

DUBUQUE HEALTH-READY GUIDE

A listing of producers, businesses and individuals who provide the Dubuque area with natural goods and holistic services

DUBUQUE HEALTH-READY GUIDE VOL III

BROUGHT TO YOU BY:

Amber and Jim Earles
2811 Buena Vista
Dubuque, Iowa 52001

WE ARE ALSO ON-LINE!
[www.earlesdesigns.com/
dubuquehealthreadyguide](http://www.earlesdesigns.com/dubuquehealthreadyguide)



August 2007

This booklet was compiled by Amber and Jim Earles in an effort to unite producers, practitioners, and consumers in the Dubuque area. There are even more resources that didn't make it in, so watch for future editions of the Guide!

For additional printed or email copies of this guide, pricing and all other comments/inquiries, please contact the Earles directly:

- * 2811 Buena Vista St., Dubuque, IA 52001
- * 563.588.2935
- * ambermearles@gmail.com or yogaspectrum@yahoo.com

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Photography in this Guide was provided by Amber Earles. Jim and Amber would like to thank everyone that participated in the creation of and inspiration for this booklet!

For info on other resources available in Iowa, the publishers recommend the Directory of the Holistic Resource Network of Iowa. Details may be found at <http://healthresourcenetwork.org> or by calling 319.338.4300. For a national perspective, try Co-Op America's "National Green Pages™" Directory. Details about this may be found at www.coopamerica.org/pubs/greenpages/ or by calling 800.584.7336.

- How is one product or service different from another in the same field? Organic food items can vary tremendously in terms of how they are grown and produced. (Also, two otherwise similar organic foods may differ in terms of one also being locally-grown, fair trade, biodynamic, additive-free, etc.) It pays to ask your local farmer what methods they use, or to carefully read labels in the store. Similarly, there are different styles of yoga, acupuncture, t'ai chi, reiki, massage, etc. If one style does not meet your needs, it is entirely possible that a different style will. Make sure to ask for details as to how a particular good or service will meet your needs.
- How will my purchase of a natural good or service affect the others besides myself? Is this good or service truly sustainable, environmentally-friendly, labor-friendly, supportive of the local economy, etc.? Very seldom does one good or service meet all possible criteria, but perhaps if more people asked these questions than more effort would be made to do so.
- And, of course, there are always the old standard questions—credentials, qualifications, licensure, years of experiences, areas of expertise, etc. Since most people are not realistically going to abandon conventional ways in every single aspect of their lives, it also pays to ask how best to integrate natural and alternative modalities into your everyday life. If you can't afford to buy all your groceries organic, ask which conventional foods tend to be the most contaminated. If you can't afford to quit that high-stress job, ask which natural healthcare strategies will best allow you to stay healthy. If you must be on some sort of prescription drugs, ask which forms of alternative healing safely compliment them.

Remember, it is not just us as individuals that need to be healed. It is us as a community, as a society, as a species. I have heard it said that the first thing that needs to be healed is our conception of who is a healer. The healer is you...every single person reading these words is the healer. We live in an exciting time, as many new options are becoming available to us. The challenge before us, then, is to do what a good healer should do: honestly evaluate the situation and then make use of every available tool to move forward in a positive direction. Like cells in one giant body, when you improve yourself you will uplift everyone else...and that is what it's all about!

Many blessings,
Jim and Amber

Some additional thoughts from the publishers...

Well, as this third edition shows, alternative health and wellness is alive and blossoming in the Tri-States! The 45 farms, businesses and practitioners listed on the previous pages are testimony to that. (And of course we didn't get everybody...there is always more to be found out there.)

Organic and natural items of every variety are available in the Tri-States—from salads, sprouts and fruit juices to coffee, beer, wine and tobacco blends. Even McDonald's and Wal-Mart have jumped on the organic foods bandwagon. In the field of yoga, over a dozen of us are actively teaching...in contrast to the one, lone yoga pioneer who was teaching here a little over a decade ago. The yellow pages lists over 20 places in the area to get a massage, and more than twice that many practicing chiropractors. (There is now even an official yellow pages category heading for Alternative and Complementary Health Care.) More and more Dubuquers have tried things like acupuncture, reiki, t'ai chi, yoga or meditation. It seems as though everyone is taking at least one herbal supplement these days...maybe even an organic one.

So all of this is good, right? It certainly is progress, in my opinion. However, a note of caution deserves to be sounded—we need to stay alert that things are getting bigger *and better*, not just bigger. You, the consumer of these goods and services, need to always hold the providers of these goods and services up to scrutiny. Here are a few thoughts as to what questions a discerning customer ought to be asking:

- Why is this natural option better for me than its conventional equivalent? Usually there are many good answers to this question, but there are also cases where the answer is not so good. Eating foods that are full of refined sugars is bad for your health, whether the refined sugars are organic or not. Using a natural healing modality instead of pharmaceutical drugs will not ultimately help you if you continue to live the unbalanced and destructive lifestyle that led you to a health crisis in the first place. A good natural option should help you to remove harmful influences from your life and replace them with positive influences. A competent provider of natural goods or services should be able to assist you in understanding and implementing these sorts of changes.

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**GLOSSARY OF ABBREVIATIONS
USED IN THIS GUIDE**

- A.F.N.O.R./I.S.O.—Association French Normalization Organization Regulation / International Standards Organization
- A.H.G.—American Herbalists Guild
- C.A.D.C.—Certified Alcohol and other Drugs of Addiction Counselor
- C.H.T.—Certified Hypnotherapist
- C.H.T.P.—Certified Healing Touch Practitioner
- C.R.—Certified Reflexologist
- C.S.A.—Community Supported Agriculture
- Dipl. Ac.—Diplomate in Acupuncture
- Dipl. C.H.—Diplomate in Chinese Herbalism
- D.N.F.T.—Directional Non-Force Technique
- E.F.T.—Emotional Freedom Technique
- G.M.O.—Genetically Modified Organism
- L. Ac.—Licensed Acupuncturist
- L.C.M.T.—Licensed Certified Massage Therapist
- L.M.T.—Licensed Massage Therapist
- N.A.H.A.—National Association for Holistic Aromatherapy
- N.C.C.A.O.M.—National Certification Commission for Acupuncture and Oriental Medicine
- N.C.T.M.B.—Nationally Certified in Therapeutic Massage and Bodywork
- N.D.—Naturopathic Doctor
- N.S.T.—Neuro-Structural Therapy (also called Bowen Technique)
- R.A.—Registered Aromatherapist
- R.H.—Registered Herbalist
- R.M.—Reiki Master
- R.N.—Registered Nurse
- R.Y.T.—Registered Yoga Teacher



Yogacare

Contact Person: Deb May

Phone: 563.556.7141

E-mail: deb@yogacare.net

Web Site: www.yogacare.net

Related Categories: Books & Information, Detoxification Products, Essential Oils, Yoga

Leave the constant demands of daily life and enter the world of yoga.

Deb teaches yoga classes at various locations, including Shalom Retreat Center, Roberta Kuhn Center, Babka Wellness Center, NICC—Town Clock Center, and Cuba City. Yoga mats are provided. Beginners are welcome!

Deb began practicing yoga as a means of healing her body after a serious automobile accident. The profound transformation she continues to experience inspires her teaching. Her classes focus on breathing, alignment and body awareness, as she encourages students to trust their own instincts, to find the balance between effort and ease.

Yoga is a journey, a process that helps us become more aware and appreciative of our life. Yoga means union; the practice of yoga helps to unite body, mind, and spirit. Yoga benefits include increased strength and flexibility, improved posture and breathing habits, getting in touch with a sense of wholeness and inner peace.

Deb’s specialty is bringing the Yoga Experience to You. She teaches several private classes at businesses, designed to meet their employees’ needs and schedules. Please contact her if you’d like to arrange a class at your location, whether this is a business, school, church, or a group of friends.

Student comments:

- “Yoga taught me relaxation using breathing to become aware of my body. A healing, spiritual experience.”
- “My first exposure to yoga—I like the philosophy—WE are in charge of taking care of our own body and mind. Some exercises were a tad difficult, however the excellent instructor encouraged us to ‘Do what YOU can.’ Stretches got easier with repetition—has to be good for a person!”
- “Yoga really helped me become more aware of my body and mind and how they affected my mood and physical well being. It came in handy every day.”

Books & Information

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Chiropractic

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Coaching/Life Purpose/Spiritual Direction

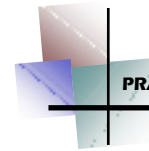
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Yoga for the Whole You

Business Address: 621 Ridge Street, Galena, Illinois 61036

Contact Person: Marion Roberts Lubinski

Phone: 815.777.1785

E-mail: jwalstib@mchsi.com

Related Categories: Guided Imagery, Yoga

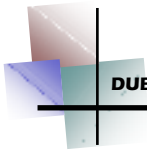
Restore...Refresh...Renew...YOGA FOR THE WHOLE YOU!

In today's fast-paced world, isn't it comforting to know that not everything you undertake has to be hard-driven? I teach hatha yoga to those interested in becoming one with the body, mind and spirit. The breath is the key. If you can breathe, you can do yoga! It is this life force that unlocks the door which puts you in touch with the divine in all creation.

My style of teaching is gentle and compassionate with an emphasis on stretches assisted by deep breathing exercises, learning to relax and having fun—holding a pose but not holding the breath.

The benefits of yoga are many: practicing helps increase flexibility and circulation, improves concentration and creativity, boosts self esteem, improves muscle tone, reduces stress and tension. From a medical standpoint, yoga reduces your risk of heart disease; it stimulates the immune system and the production of calcium for stronger bones. This is just a partial list of the many benefits to practicing yoga.

I began practicing yoga in the year 2000; I became a certified yoga teacher in 2004, so that I may share this ancient practice with others. I am passionate about what I do and I would love to share it with you. Current class information is just a phone call away!



Weber Chiropractic Office, S.C.

Business Address: 289 Sinsinawa Avenue, East Dubuque, Illinois 61025

Contact Person: Dr. David Weber

Phone: 815.747.6548

E-mail: djweberdc@yahoo.com

Related Categories: Acupuncture / Acupressure, Chiropractic, Nutritional Supplements / Natural Healthcare

At Weber Chiropractic Office, S.C., each patient is unique in his or her health challenges and we devise an action plan that is special to each patient. We start with a solid understanding of the health problem by taking the time to listen to the patient’s history. We then administer a thorough orthopedic, neurological and kinesiological (movement) examination.

Treatment options include manipulative treatment to restore movement and function to joints of the spine, shoulders, elbows, hips, knees, ankles, hands and feet. Manipulation can be done by hand or for those people who do not like the “cracking” approach, Dr. Weber is **advanced proficiency rated** in the Activator technique which uses an instrument to gently restore function with minimal force and no twisting. Other treatment options include **decompression therapy** for disc problems, **acupuncture** (with or without needles), **specific rehab exercises** for each patient, **nutritional recommendations**, **physiotherapy**, **low level laser**, and **muscle balancing techniques** to loosen tight muscles and to strengthen weak muscles, restoring balance in the body. We can also help to reflexively release hidden emotional blocks to healing through **light and sound therapies**. We also expect patients to actively participate in their own recovery.

Dr. Weber is board certified in **Chiropractic Orthopedics** and **Level 1 Chiropractic Rehabilitation**. He has studied rehabilitation approaches in Europe and has 29 years of acupuncture experience. This varied educational background provides a unique perspective on a patient’s condition because it is evaluated from multiple points of view. This allows for more varied treatment options specific to each patient.

We do not keep patients coming back forever. No canned treatments (3 times per week for four weeks). No long contracts, just competent, experienced care. We want you to be a lifelong, satisfied patient, but only when you need us.



Detoxification Products

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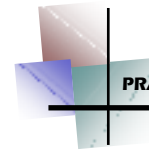
Emotional Freedom Technique (EFT)

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Touch Therapy Therapeutic Massage

Business Address: Dubuque Historic Old Main District

Contact Person: Barbara Jean Turner

Phone: 563.580.0359

Related Categories: Acupuncture / Acupressure, Emotional Freedom Technique (EFT), Energy Work, Massage, Reflexology, Reiki

Barbara is a certified and licensed massage therapist in Iowa and Illinois; and is also a member of NCTMB. 20 years experience includes: reflexology, polarity, acupressure, Swedish, eslan, emotional freedom technique, and many others. A unique blend of all her experience is used to customize your session. "My work is gentle, but firm, wholesome and down to earth. I provide a safe nurturing atmosphere for healing treatments using a combination of bodywork techniques."

Barbara has been a Reiki Master since 1989.

La Stone Therapy, the original hot stone massage, is also offered; enabling relief from physical stress and emotional pain.

Emotional Freedom Technique works with the body's subtle energies. "Of all the modalities that I have investigated over the years, EFT has simply proven to be the most effective. I welcome the opportunity to assist you in achieving your goals with EFT."

Sessions are by appointment only, with a 24 hour cancellation policy.

Celebrating 20 years in the Tri-state Area; tourists are welcome.

Sessions bring about rejuvenation, invigoration and open you up to a deeper level of awareness. Learn to love and appreciate yourself and the wonderful changes that occur in your life. YOU DESERVE IT! "My work is always adjusted to suit your particular needs. I help people who are afraid to be massaged, new to massage, or are uncomfortable with their own bodies."

Experience the benefits of "Touch Therapy Therapeutic Massage"!



Therapeutic Massage

Business Address: 2255 JFK Road, Asbury Square, Dubuque, Iowa 52002

Contact Person: Joan Knockel, L.C.M.T.

Phone: 563.583.3629

Related Categories: Aromatherapy, Massage, Pregnancy-Related Services, Reflexology



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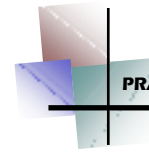
Feng Shui

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Flower/Gemstone Essences

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Patrick Sterenchuk

Business Address: Dubuque

Contact Person: Patrick Sterenchuk

Phone: 563-580-9779

Related Categories: Energy Work, Guided Imagery, Intuitive Readings, Laughter Yoga, Meditation, Reiki

Patrick Sterenchuk is best known as "That Laughter Yoga Guy!" or "That Psychic Guy!" and he will gladly answer to both. He also feels fortunate to answer to other names like Reiki Master/Teacher, Healer, Meditation Instructor, Guided Imagery/Meditation Coach, Spiritual Teacher and Advocate, and Messenger of Hope! Patrick's practice reflects his many interests and talents: a truly Holistic approach from one of the people who helped to bring Holistic Health, Metaphysics and Wellness to Dubuque in the late 1990's as one of the owners and creators of the Holistic Health Center.

While eclectic in application, his practice stems from the simple desire to be a good steward of his gifts by serving others, as well as a desire to inspire people to experience their highest potential. This is at the heart of a phrase that his friends, students, and clients know well: "Trust The Youniverse! Know That You Are Loved!" We all have our own inner compass, our own inner light. A session with Patrick will help you to re-magnetize your compass, help you shine that light as bright as you can, and help you live your life more consciously aware of the wonder and beauty of your own experiences.

Patrick is excited to announce that his office will soon be located in The Cove Building at the Fountain Park Event Center (Asbury Road in Dubuque, Iowa). He is available, by appointment, for a wide range of services including:

- Laughter Yoga as a Certified Teacher of Laughter Yoga
- Psychic-Medium Readings and Channeling
- House Blessings and Cleanings (think ghost busting but more loving and holistic)
- Healing Work that includes Reiki, color therapy, sound therapy, NLP, and his own model of healing (more on this in 2008)
- Meditation Instruction, Stress Reduction and Relaxation Coaching
- Guided Imagery and Guided Meditation
- Past-Life Regression and Future-Life Progression
- Teachings in Metaphysics and Spirituality

Patrick Sterenchuk has 15 years of professional experience and over 20 years of study in the Holistic Health Field. He is available for individual sessions and group sessions including businesses, organizations, schools, and social gatherings. Gift Certificates are available! Call now to schedule your appointment with Patrick!

Please contact Patrick by calling 563-580-9779 or by e-mail at omtattva@gmail.com



Springer's Martial Arts Academy Inc.

Business Address: 1880 Radford Road, Suite 1, Dubuque, Iowa 52002

Contact Person: Ben Springer

Phone: 563.582.1400

Related Categories: Martial Arts

Springer's Martial Arts Academy offers fun and exciting karate classes for kids as young as 5 years of age up to adults of all ages. Children learn self-discipline, respect, goal-setting and the value of exercise. They improve their attention span, focus and self-confidence in a positive, friendly and motivating classroom setting. We offer two free introductory lessons to anyone who wants to try it out. Kick aerobics classes are also offered.

Springer's Martial Arts Academy is a very 'family oriented' school. Parents are welcome to stay and watch their child in class. Parents take an active role in assisting their child at home in studying their student handbook.

Adults can adopt an exercise program that improves their physical fitness as well as learning effective self-defense techniques.

There are also classes available for parents who wish to train with their children.

All martial arts styles are welcome. Students from other styles retain their current rank (they do not start over at white belt again).

Moral philosophy and ancient wisdom are at the foundation of martial arts training. All students learn the important qualities of courtesy, humility, integrity, perseverance, self-control and indomitable spirit through disciplined training rooted in the mind, body and spirit philosophies.

It is our hope that each student becomes a productive part of society: By providing strong interactive leadership, we set the example. We try to help each student become at peace with oneself. With that achieved, the student can learn to be at peace with others.

Please feel free to call us at 563.582.1400 or come visit us at our spacious Westside location at 1880 Radford Road and talk with any of our qualified instructors.

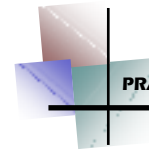


Food (Natural/Organic)

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Healing Touch

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Herb Plants

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Herbalism

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River Lights Bookstore, 2nd Edition

Business Address: 1098 Main Street, Dubuque, IA 52001

Contact Person: Sue Davis

Phone: 563.556.4391

E-mail: rlb2e@mchsi.com

Web Site: www.rlb2e.com

Related Categories: Books and Information

Dubuque’s locally owned, independent bookstore, committed to the satisfaction of our community. We offer a full spectrum of quality literature with a knowledgeable and resourceful staff to help you. We carry reading lights and glasses, newspapers and magazines, greeting cards, and hand crafted gifts for socially conscious book-lovers.



Putman Productions

Contact Person: Victoria Putman

Phone: 563.872.5996 (mobile phone: 563.542.7993)

E-mail: victoriaputman@yahoo.com

Related Categories: Counseling, Emotional Freedom Technique (EFT), Energy Work, Feng Shui, Reiki

Victoria Putman is a certified Feng Shui consultant and teacher, Eden Energy Medicine practitioner, and Reiki master.

Feng Shui is the ancient Chinese art of working with subtle energies and arranging your environment to enhance all areas of your life, including health, wealth, and relationships.

Feng Shui shows you how to arrange your home or office to

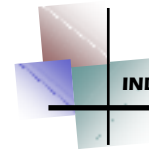
- attract prosperity
- create harmony
- enhance your life.

Energy Medicine and Emotional Freedom Techniques (EFT) work with your body's reservoir of electromagnetic and more subtle energies to

- increase your vitality
- enhance your health and state of mind
- create a profound effect on your personal psychology
- identify and correct energy imbalances that keep you from being at your best

Everything is energy. Victoria invites you to clear, balance, and enhance the energy within your body, within your home, and within your relationships.

She is available for personal Feng Shui consultations at your home or place of business. Energy medicine sessions are 30 or 60 minutes and are held at the Body & Soul Spa.



Hypnosis/Hypnotherapy

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Indoor Environmental Purification

Breitbach's Farmers' Market Food Store	563.557.1777	Page 24
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Intuitive Readings

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Laughter Yoga

Patrick Sterenchuk	563.580.9779	Page 59
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Lymph Drainage Therapy

Integrating Wellness	563.690.0506 or 563.590.6522	Page 51
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Martial Arts

Cre8 Studios	563.690.0093	Page 42
Springer's Martial Arts Academy Inc.	563.582.1400	Page 58

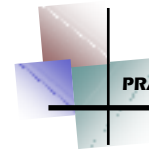


Massage

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Neurofeedback Solutions

Business Address: 2659 JFK Road, Dubuque, IA 52002

Contact Person: Lynn Siegert or Greg Smith

Phone: 563.583.6063

Related Categories: Biofeedback, Neurofeedback

Neurofeedback is a self-regulation skill that can help the brain heal or improve itself without the aid of medication. Neurofeedback has helped people with serious debilitating neurological problems when no other therapies seem to work.

During neurofeedback, an electroencephalogram (EEG) is used to monitor brain wave activity and “feed back” information to the brain about its activity. A neurofeedback professional provides the necessary instruction and interpretation to encourage the brain to function with a more appropriate pattern level. This involves increasing or decreasing certain brain wave frequency activities at certain locations. In effect, the brain learns to function with greater control and stability through self-regulation.

Neurofeedback is used in a variety of disorders, including: addiction, anxiety, depression, attention deficit disorder (ADD), autoimmune dysfunctions, chronic fatigue syndrome (CFS), attachment disorder, behavior disorders, seizure disorders, premenstrual syndrome (PMS), Tourettes syndrome, autism, chronic pain, headaches and migraines, fibromyalgia, stress and sleep problems and learning disorders.

A neurofeedback session begins by applying sensors to specific areas on the scalp and ears. These sensors transmit brain wave activity to an EEG that measures and records the frequencies.

During neurofeedback, the trainee effectively “plays” a video game, using his/her brain to reach the mental state in which the desired brain wave activity is achieved. When the desired brain wave is reached, the brain wave is rewarded and learns to direct itself toward a more desirable performance level. There are no medications. The procedure is completely painless and non-invasive.

In order to reach a specific objective, the training is ideally scheduled for at least twice a week. The number of sessions required varies from person to person, and for the specific condition being treated. After the desired effects have been achieved, training should be gradually reduced to insure long term benefits.



Nature's Treasures

Business Address: 3602 Route 20, Woodbine, IL 61085

Contact Person: Sandy Staas

Phone: 815.858.3722

Related Categories: Gemstones / Jewelry

Over 75 varieties of crystals and rocks.



Midwifery

Breitbach's Farmers' Market Food Store	563.557.1777	Page 24
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Natural Beauty Care

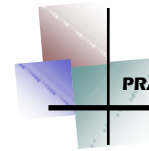
Body & Soul Wellness Center and Spa	563.556.9642	Page 39
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Natural Cleaning Supplies

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Natural Lawn & Garden

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Neurofeedback

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Nutritional Supplements/Natural Healthcare

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Weber Chiropractic Office, S.C.	815.747.6548	Page 62

Ortho-Bionomy®

Bodywork for Health & Life Coach	563.542.4081	Page 41
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Pilates

Body & Soul Wellness Center and Spa	563.556.9642	Page 39
Dubuque Healing Arts Group	563.588.1899	Page 43

Dave March

Business Address: 20501 Ridge Road, Sherrill, Iowa 52073

Contact Person: Dave March

Phone: 563.552.1516

Related Categories: Allergy Products, Books & Information, Coaching / Life Purpose / Spiritual Direction, Detoxification Products, Energy Work, Essential Oils, Food, Homeopathic Remedies, Natural Beauty Care, Natural Cleaning Supplies, Nutritional Supplements / Natural Healthcare, Wellness Education

Founded by D. Gary Young, N.D., Young Living Essential Oils is world renowned for exceptionally high-quality essential oils, dietary supplements, personal care products, and other unique solutions for healthy lifestyles. D. Gary Young has spent the past 25 years researching natural ways to combat disease and preserve health and has traveled extensively throughout the world in pursuit of that quest.

Young Living is one of the world’s leaders in the cultivation, distillation, and production of organically grown, guaranteed pure essential oils, and was the first company to combine guaranteed pure essential oils with dietary supplements. Young Living owns more than 1,800 acres of organic farmland in Utah and Idaho, with over 70,000 square feet of greenhouse space, and annually harvests and distills over 2,000 acres of wild herbs and vegetation. They also participate in joint-venture research farms in Provence, France, and Seville, Spain. Young Living cultivates over 15 different herbs and botanicals, including organic peppermint, spearmint, basil, clary sage, lavender, rosemary, thyme, melissa, and wolfberry. They use a proprietary low-pressure, low-temperature stainless steel steam distillation system designed to preserve the high quality of essential oils.

Since 1993, the company’s knowledge and use of natural medicine and essential oils has become enormously valuable to countless people throughout the world. The company founded to disseminate both traditional and modern knowledge of different healing methods has grown to encompass more than 250,000 distributors in 20 foreign countries. Essential oils are transforming the way people deal with illness and aging, and they are revolutionizing natural medicine.

For more information, please contact Dave March (member # 372130) at 563-552-1516, or visit www.youngliving.com.



Key West Chiropractic Health Center

Business Address: 2254 Flint Hill Drive #2, Dubuque, Iowa 52003
Contact Person: Dr. Jennifer R. Klein or Dr. Nathalie Denain (Webster Certified)
Phone: 563.588.9776
E-mail: keywestchiro@earthlink.net
Related Categories: Chiropractic, Nutritional Supplements / Natural Healthcare, Pregnancy-Related Services

Key West Chiropractic Health Center's mission is to provide chiropractic care to the community while educating and promoting the concept that the human body has an inborn healing potential that works to maintain us in health and heal us if injured or diseased.

Our doctors utilize a type of structural correction called D.N.F.T. (Directional Non-Force Technique). We employ a diagnostic system for subluxation analysis consisting of gentle challenging and a unique leg check.



Pregnancy-Related Services

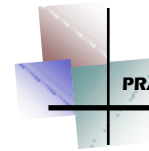
Table listing pregnancy-related services: Breitbach's Farmers' Market Food Store, Eastwind School-Holistic Healing and Massage, Integrating Wellness, Key West Chiropractic Health Center, Therapeutic Massage.

Qi Gong

Table listing Qi Gong services: Bai Yu Healing Arts, Cre8 Studios, Integrating Wellness.

Reflexology

Table listing reflexology services: Balance Healing Arts Center, Bodywork for Health & Life Coach, Eastwind School-Holistic Healing and Massage, Integrating Wellness, Therapeutic Massage, Touch Therapy Therapeutic Massage.



Reiki

Active Healing	563.580.8010	Page 37
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Putman Productions	563.872.5996	Page 56
Patrick Sterenchuk	563.580.9779	Page 59
Touch Therapy Therapeutic Massage	563.580.0359	Page 61

Tai Chi

Bai Yu Healing Arts	815.776.0319	Page 38
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Thai Massage

Dubuque Healing Arts Group	563.588.1899	Page 43
Eastwind School— Holistic Healing and Massage	319.351.3262	Page 45

Integrating Wellness

Business Address: 1001 Davis Street, Suite 1, Dubuque, Iowa 52001

Contact Person: Mary Benedict or Tracy Weber

Phone: 563.690.0506 or 563.590.6522

E-mail: Cybilred@yahoo.com or tranquiljourney@tds.net

Related Categories: Acupuncture / Acupressure, Aromatherapy, Books & Information, Energy Work, Essential Oils, Lymph Drainage Therapy, Massage, Meditation, Pregnancy Related, Qi Gong, Reflexology, Reiki, Tui Na Chinese Massage

In today's fast-paced world, it is important for us to attend to our physical, mental and spiritual health. The following all-natural treatments can be tailored to meet your specific needs:

- Swedish Massage
- Acupressure
- Reflexology
- Reiki Sessions and Classes
- Hot Stone Massage
- Lymph Drainage Therapy
- Aromatherapy
- Deep Tissue Massage
- Qigong (healing sessions & exercise classes)
- Tui Na (Chinese medical massage)
- Prenatal, Infant, & Postnatal Massage
- Chair Massage
- Ear Candling

We also have a retail area offering many different "healthy" and unique treats for yourself, as well as gifting to others. Gift certificates and package discounts are available...please call for more information!

Each Massage Therapist in our office has been Nationally Certified, as well as State Licensed, and each practitioner upholds the highest professional and ethical standards of practice as guided by respective professional associations.

Office hours: Monday through Friday, 8 a.m.— 5 p.m.
Wednesday, 6 p.m.— 9 p.m.
Saturday & other hours by appointment

We invite you to come experience our environment of hospitality and peace...
Mary Benedict, Dave Benedict, Sharon Hoppenjan, Tracy Weber & Amber Sisler



Ardell and Marian Hoff ~ Independent Distributors

Contact Person: Ardell L. Hoff

Phone: 563.872.4740

E-mail: a-l-hoff@hotmail.com

Related Categories: Essential Oils, Natural Beauty Care, Nutritional Supplements / Natural Healthcare

Independent distributors for Young Living Essential Oils since 2000
Distributor # 372134

Young Living uses AFNOR / ISO certification standards for producing pure therapeutic grade oils, the highest standard of quality in the world. Any oil failing to meet these standards is rejected.

Young Living has formulated and markets Ningxia Red, "Patent Pending" the highest known antioxidant drink in the world today. The 242-page book "Discovery of the Ultimate Superfood" by Dr. Gary Young, Dr. Ronald Lawrence and Marc Schreuder presents all the independent documented scientific research studies done on the health benefits of the Chinese Ningxia Wolfberry.

ART—"Age Refining Technology" Skin Care repairs damaged skin and DNA, and reduces wrinkles.

Educational meetings are held monthly—everyone is welcome! For more information, contact Ardell L. Hoff at 563.872.4740.



Tui Na Chinese Massage

Integrating Wellness	563.690.0506 or 563.590.6522	Page 51
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Water Purification

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Wellness Education

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Wellness Education (Cont.)

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Dave March	563.552.1516	Page 53
Weston A. Price Foundation	608.794.2638	Page 35

Yoga

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Cre8 Studios	563.690.0093	Page 42
Dubuque Healing Arts Group	563.588.1899	Page 43
Jim Earles	563.588.2935	Page 44
Galena Yoga Center	815.777.4856	Page 47
Yoga for the Whole You	815.777.1785	Page 63
Yogacare	563.556.7141	Page 64



Colleen Helgerson

Business Address: Dubuque and Galena

Contact Person: Colleen Helgerson

Phone: 563.599.2823

E-mail: healingreiki3@aol.com

Web Site: www.galenabodyandspirit.com

Related Categories: Coaching / Life Purpose / Spiritual Direction, Energy Work, Intuitive Readings, Meditation, Reiki, Wellness Education

Colleen Helgerson is a practitioner and teacher of healing and the esoteric arts, specializing in Usui Reiki, Karuna Reiki®, Shinjiro (to believe), Life Coaching and the Akashic Records.

- Usui Reiki is basic energywork—enhancing the bodies’ own innate wisdom to heal itself.
- Karuna Reiki® is an expansion of Usui Reiki, which moves blockages more quickly and effectively.
- Shinjiro is a combination of the energy of Reiki with the loving, healing energies of the Akasha.
- The Akashic Record is the vibrational documentation of each individual’s energetic patterns. Within the record, we can find the resources to live in peace within ourselves and the world.

An Akashic Reading is the exploration of the soul’s signature vibration. When working with a practitioner, the two of you interact with the energy of your records—you both enter a sacred space where you become aware of the energetic patterns of your thoughts, words, and actions; our interactions with all of creation. Together we find ways to become aware of ourselves through the language of issues and experiences. An Akashic Reading can shift beliefs and create healing in the emotional, mental and physical body. The study of quantum physics has begun to scientifically explain what spiritual explorers have known forever—our energy follows a path toward that which we focus upon—to heal we must refocus our attention—the shifting of this energy through exploration in the Akashic Record can move us quickly and easily into a new alignment with our True Self. All that has been written upon the Akasha—has been placed there by our souls, waiting for us to use its presence as a vehicle to see ourselves as the limitless beings we have always been.

Green Angels Herbs & Healing Arts

Business Address: 3405 Mt. Vernon Road SE, Cedar Rapids, IA 52403

Contact Person: Trilby Sedlacek, R.H., A.H.G.

Phone: 319.247.1243

E-mail: GANGEL999@aol.com

Web Site: www.GreenAngelsHerbs.com

Related Categories: Books & Information, Detoxification Products, Essential Oils, Herbalism, Nutritional Supplements / Natural Healthcare, Reiki, Wellness Education



Dubuque Area Farmers and Businesses Promoting a Healthy Environment



Ambleside Farm

Business Address: 15758 Temple Hill Road, Onslow, Iowa 52321

Contact Person: Kristina Doll and Kevin Nash

Phone: 319.310.2210

E-mail: ask@amblesideorganics.com

Web Site: www.amblesideorganics.com

Related Categories: Food (Natural/Organic)

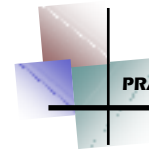
Local – Seasonal – Direct

Ambleside Farm is a growing vegetable and fruit farm. Our guiding principles are that the best food is always produced locally in accordance with the seasons and sold directly to you by us! We can then give you fresh food you require at the best value.

Local availability – We sell at the Dubuque Farmers’ Market on Saturdays, Dyersville Farmers’ Market on Thursdays, and the Monticello Farmers’ Market on Wednesdays and Saturdays. Direct sales are also available.

Seasonal – During our main crop season we grow berries, lettuce, spinach, tomatoes, eggplants, peppers, onions, leeks, garlic, carrots, radishes, beets, fennel, celery, beans, peas, zucchini, broccoli, cabbage, kale, brussel sprouts, cucumbers, melons, butternut squash and potatoes. We only grow the best tasting varieties and harvest at the peak of ripeness. During the winter we grow greens in an unheated greenhouse. We also offer free-range eggs.

Direct – We don’t want to live with or eat chemicals so we don’t expect you to. What you see is what you can eat! We are proud of our fruit and vegetable produce. Our produce is grown utilizing organic principles and sustainable agricultural practices. We compost, use green manure, and mulch to sustain our soil. To protect the environment we use no chemicals. We pass these ideals directly to the customers. We are proud of our produce!



Galena Yoga Center

Business Address: 306 South Main Street, Galena, Illinois 61036

Contact Person: Tracey Roberts and Jeff Wright

Phone: 815.777.4856

E-mail: galenayoga@mchsi.com

Web Site: www.galenayoga.com

Related Categories: Books & Information, Meditation, Yoga

The Galena Yoga Center is housed in an historic downtown building overlooking Main Street. The bright, airy room is well suited for your enjoyment of Yoga, Meditation, and other mind-body practices.

Our desire is to help you achieve greater stability, flexibility, and peace of mind so you can find contentment in the face of everyday adversity.

Yoga classes, taught by certified instructors Jeff Wright and Tracey Roberts, are offered at three levels so that anyone can participate. On our weekly schedule we offer Level I and Level II hatha yoga classes, Vinyasa flow class and a free sitting group hour. Introductory hatha yoga courses and short courses in meditation practices are offered throughout the year.

Jeff has been teaching yoga in the Tri-State area for over 20 years. His first instruction came from Swami Rama and Swami Veda Bharati of the Himalayan tradition. He is the author of numerous articles published in *Yoga International* and *Yoga Journal*. Jeff is also the author of the book, *Dubuque Yoga*. Tracey has been teaching yoga classes for about three years. Jeff and Tracey both hold M.A. degrees, in Education and History respectively, and work as teachers. A weekly schedule of classes is available at www.galenayoga.com.

Workshops and special events occur several times a year. Also, individual one-on-one sessions are available in hatha yoga, yoga therapy, meditation and breath awareness. We offer quality yoga gear for sale and beautiful custom malas made by Jeff.

For more information and to register, please call us at 815.777.4856 or e-mail at galenayoga@mchsi.com.

Galena Yoga Center, 306 South Main Street, Second Floor, Galena, Illinois 61036. (Our entrance is on Commerce Street.)



Elements Acupuncture

Business Address: 1880 Radford Road, Dubuque, IA 52002

Contact Person: Joel Thielen, L. Ac., Dipl. Ac. or
Jason Burke, L. Ac., Dipl. Ac., Dipl. C.H.

Phone: 563.582.7878

E-mail: elementsacupuncture@yousq.net

Web Site: www.elementsacupuncture.net

Related Categories: Acupuncture / Acupressure, Books and Information,
Nutritional Supplements / Natural Healthcare

Joel Thielen is a State Licensed (L. Ac.) Nationally Certified (Dipl. Ac. NCCAOM) Acupuncturist. He graduated with honors from the Midwest College of Oriental Medicine (Chicago / Racine), one of the oldest schools of Oriental Medicine in the United States. He wrote his master thesis on face reading in Chinese Medicine. His advanced acupuncture training allows him to treat even the most difficult cases. Jason Burke, L. Ac., Dipl. Ac., Dipl. C.H., earned his Master's in Oriental Medicine in 2002 from Emperor's College in Santa Monica, CA, where his training included in-depth study of herbal medicine and acupuncture alongside some of the finest teachers in the country. He is happy to help spread the many benefits of Chinese Medicine in the Dubuque area.

Acupuncture is recognized by the National Institutes of Health (NIH) and the World Health Organization (WHO) as effective in treating these conditions: Anxiety, Arthritis, Asthma, Bronchitis, Carpal Tunnel Syndrome, Colitis, Common Cold, Constipation, Dental Pain, Depression, Diarrhea, Digestive Trouble, Dizziness, Dysentery, Emotional Problems, Eye Problems, Facial Palsy / Tics, Fatigue, Fertility, Fibromyalgia, Headache, Hiccough, Incontinence, Indigestion, Irritable Bowel Syndrome, Low Back Pain, Menopause, Menstrual Irregularities, Migraines, Nausea, Osteoarthritis, Pain, PMS, Pneumonia, Reproductive Problems, Rhinitis, Sciatica, Seasonal Affective Disorder (SAD), Shoulder Pain, Sinusitis, Sleep Disturbances, Smoking, Sore Throat, Stress, Tennis Elbow, Tonsillitis, Tooth Pain, Urinary Tract Infections, Vomiting and Wrist Pain.

Elements Acupuncture Inc., opened in December 2006. We treat patients four days a week at our Radford Road location and one day a week at the Babka Wellness Center at Finley Hospital. Our goal is to help patients overcome health challenges while at the same time guiding them towards a more balanced lifestyle. We believe that health does not just mean freedom from disease, but achieving optimal well-being physically, emotionally and mentally.

Arnold's Farm

Business Address: 997 North Salem Road, Elizabeth, Illinois 61028

Contact Person: Tom Arnold

Phone: 815.858.2407

E-mail: arnoldfarm@juno.com

Web Site: www.arnoldsfarm.com

Related Categories: Food (Natural/Organic)

Arnold's Farm is a diversified Centennial Family Farm direct marketing grain- and grass-finished beef, chicken, pork, turkey and lamb to health conscious consumers. We are the fourth and fifth generations on this land to take great pride in caring for it. We are committed to raising our meat animals in a sustainable and ecologically sound system, utilizing good land stewardship practices, responsible animal husbandry, and socially acceptable farming methods. Hormones, antibiotics, animal by-products, and GMO corn are not used in our livestock feeds.

We are located in beautiful Jo Daviess County in northwestern Illinois near Elizabeth. Direct-to-consumer sales are transacted at the farm by appointment or by scheduled delivery to Chicago and selected Tri-State areas. Individual cuts, quantity packages, sides and whole animals are available. All meats are packaged in easy to use portions and are done at USDA inspected plants with excellent reputations. (Turkeys are done by an Illinois custom plant.) The processors do not use irradiation or mechanical separation of meat from the carcass and do not add water to the final product. All meats excepting those cured or smoked are sodium nitrate- and MSG-free. We think you will find Arnold's Farm meat to be a pure, fresh and flavorful product.

Breitbach's Farmers' Market Food Store

Business Address: 1109 Iowa Street, Dubuque, Iowa 52001

Contact Person: Michael and Pearl Breitbach

Phone: 563.557.1777

E-mail: theonehatband@yahoo.com

Web Site: www.theonehatband.com

Related Categories: Allergy Products, Aromatherapy, Books & Information, Detoxification Products, Essential Oils, Flower/Gemstone Essences, Food (Natural / Organic), Herbalism, Homeopathic Remedies, Indoor Environmental Purification, Midwifery, Natural Beauty Care, Natural Cleaning Supplies, Natural Lawn and Garden, Nutritional Supplements / Natural Healthcare, Pregnancy—Related, Water Purification, Wellness Education

The Food Store...Breitbach's Farmers' Market Food Store...started in 1974 with the name Life Force. Michael and Pearl Breitbach purchased The Life Force Natural Food Store in 1982. Having been vendors at Dubuque's Farmers' Market since 1980, the Breitbachs moved the business to a store front on the market in 1985, where for 22 years, the Food Store has been the "far side" of Farmers' Market. I'm Michael Breitbach, and I'll take the blame for the far side designation, but please cut me some slack...I've spent half my life peddling organic food here at the gateway to the Middle Ages.

So the Food Store has evolved from a buying club closet to a retail bulk dry goods store to a Tri-state niche for organic produce. The progress of the good food movement in Dubuque for the last 30 years has been reflected in the inventory stocked for the buying habits of the members of the Life Force Buying Club...which still exists in 2007. A large percentage of edibles...food, food grade massage and essential oils, supplements, and beverages. For \$10/yr, any household or business can get the retail discount and deep discounts on whole case purchases.

Breitbach's Farmers' Market Food Store, with a 33 year history, is now a downtown Dubuque retail grocery specializing in anything organic, including local organic beef, pork, chicken and turkeys. (Local is where it's at...buy local organic anytime you can!) We eat what we sell, we know our inventory...and we answer questions about food, medicinal herbs, cleansing, organic growing, and environmental politics with more than dumb looks.

The pricing at our store is set so that if you get the 8% discount you will be paying under suggested retail on most items, and often way under, like pounds of herbs and spices, tree nuts, honey and maple syrup. We don't have a huge inventory of packaged and processed organic foods, but if you have a favorite chip, cracker, or chocolate bar addiction just tell us and we'll stock that item.

We do have the largest selection of fresh organically grown fruits and vegetables in Dubuque. The catch-word here is "fresh": the more people we have buying, the more variety we can stock and at lower prices. We could get deliveries more than once a week if we could sell more...and that means fresher! Sometimes we may seem out of the way, and our hours are limited to 10 a.m. till 5:30 p.m., but your purchases will help us. Helping people get the best food is how we have made our living since 1982.

Eastwind School — Holistic Healing and Massage

Business Address: 221 East College Street, Iowa City, IA 52240

Contact Person: Kristen Stephens, Executive Director

Phone: 319.351.3262

E-mail: Kristen@eastwindschool.com

Web Site: www.eastwindschool.com

Related Categories: Acupuncture / Acupressure, Aromatherapy, Books and Information, Energy Work, Healing Touch, Massage, Pregnancy—Related, Reflexology, Reiki, Thai Massage, Wellness Education

We are the Premiere Massage School in the state with the most comprehensive programs available—cutting edge materials and instruction and an outstanding reputation. Your education will lead to certification with state and national licensing.

Our instructors are hand-selected by the President of Eastwind School and our curriculum is exceptional...like no other. Each instructor has a minimum of 5 years in their field of expertise, and some have been practicing for more than 25 years. Students travel from all over and drive many hours just to attend for this very reason. Our faculty are all working Health Care professionals...masters in their field, including four PhDs. Our quality will exceed your expectations!

Our students graduate with a comprehensive education which allows them to find a rewarding career in many settings. You will have the practical experience to obtain employment as a massage therapist in a number of healthcare settings, including medical and rehabilitation clinics, hospitals, doctor's and chiropractor's offices. Opportunities also exist in the health spas, hotels, fitness centers, sports organizations, tourist destinations and cruise ships. There is also the possibility of going into private practice.

Our programs can be completed in as little as 6 months or you may choose to work at a slower pace and take more time to graduate without any additional costs. (Additional extra time to graduate is available for a minimal fee.) Our classes are not held every day of the week, which allows you to work, make money and enjoy a personal life while going to school. In addition to having many days off, we also give you every Friday off. Please contact the school to discuss which of our three exceptional programs is best for you.

We are located in the Heart of Iowa City, in a new, award-winning building with floor to ceiling windows, overlooking fountains, gardens, boutiques and over 20 unique restaurants, all within walking distance. The building also has a gym that is open 24 hours/day and seven days/week, there's a pool, hot tub, outdoor atrium, coffee shop, sushi bar and cocktail lounge...plus more. You'll fall in love with this space. The ambiance is truly beautiful and tranquil. Perfect for learning Holistic Healing & Massage! Body, Mind & Spirit Education.



Jim Earles

Business Address: 2811 Buena Vista Street, Dubuque, IA 52001

Contact Person: Jim Earles

Phone: 563.588.2935

E-mail: yogaspectrum@yahoo.com

Related Categories: Meditation, Wellness Education, Yoga

Jim Earles has been teaching Kundalini Yoga in Dubuque for 6 years now. Over that time, he has introduced many students to this powerful form of yoga. The power of Kundalini Yoga is in its comprehensiveness. It includes all of the original aspects of yoga—the physical postures, breath work, meditation, chanting, using various hand and finger positions and other secret techniques to access energies in the body, working with the chakras, and living a conscious spiritual life inside and outside of the yoga studio. Far from being intimidating, Kundalini Yoga is fun to learn and practice! One does not have to be young and incredibly flexible to participate...only open-minded and willing. Contact Jim for class times and locations. Private instruction is a possibility.

Jim is also passionately interested in nutrition and nourishing foods. He is a charter member of the local chapter of the Weston Price Foundation, a nutritional advocacy group. (Please see the listing for “Weston A. Price Foundation” in this guide.) While Jim is not certified as a nutritionist or dietitian, he is very happy to talk with people informally concerning matters of food and health.

As the co-publisher (along with his wife, Amber) of this Guide, Jim is very knowledgeable about many different forms of natural living and healing methods (and who is practicing them in our area). He loves helping introduce others to these things. If you have a real desire to live a simpler or more healthful life, to try some form of natural healing, to eliminate toxic chemicals from your home, to find a deeper meaning in your life, etc., it could be that someone in this Guide could help you. If you’re just not sure where to begin with it all, Jim would be quite happy to listen to your needs and offer some thoughts as to what practitioner, business or form of healing might best suit your needs. Even if you are already very much involved with some of these alternative ways of living and looking at the world, you may not be connected to any others in the area who share your views. Others are out there! Jim has helped make connections between many people in the local area who share similar views. He can help you to get “in the loop” as well!

May peace and well-being be with you!
Jim Earles



C & J’s “The Good Stuff” L.L.C.

Business Address: 202 West Gillet Street, Preston, IA 52069

Contact Person: Catherine Reding

Phone: 563-689-5191

Related Categories: Food (Natural / Organic)

Finest Grains — Natural and Organic Products

Business Address: 635 16th Avenue SE, Dyersville, IA 52040

Contact Person: Deanne Coohy

Phone: 563.875.6088

E-mail: finestgrains@iowatelecom.net

Related Categories: Allergy Products, Aromatherapy, Books & Information, Detoxification Products, Essential Oils, Food (Natural/Organic), Herbalism, Homeopathic Remedies, Natural Beauty Care, Natural Cleaning Supplies, Nutritional Supplements / Natural Healthcare, Wellness Education

Established and opened for business on August 31, 2006, we offer a fine assortment of nutritional and wholesomely healthy foods and products. Our passion lies in quality products designed to enhance and enrich the lives of the people who use them. We feel it is essential to one's well-being to ingest quality and nutritionally-sound foods, while maintaining a healthy body that is able to absorb the nutrients of these fine foods and products.

At Finest Grains, we offer healthy alternatives to your present diet, including the following:

- Organic Meats, Dairy and Fresh Produce
- Natural and Organic Foods, Vitamins, Personal Care Products
- Gluten-Free Products
- Low-Sodium/Sodium-Free Products
- Low Glycemic Products

No chemicals or preservatives whatsoever are used to qualify as a 100% Organic food or product. We carry **Organic or Natural** whole grain flours, 100% fruit or vegetable juices and special tea products, all giving your body what it is calling for in the line of nutrition.

A Natural Product is considered a "clean product" often raised in an organic environment, but not certified Organic. Our Natural products still maintain a higher nutritional level because there are no ADDED chemicals such as high fructose corn syrup, preservatives, coloring dyes or refined sugars.

A large display of top-of-the-line pharmaceutical grade vitamins and supplements, along with multiple body-cleansing alternatives are available, with our most treasured line being herbal and whole foods blends in gel cap form.

We recognize the importance of using organic personal care products which are free of aluminum, fluoride and so many of the terrible and health-defying chemicals used in today's conventional personal care products.

We offer a large gluten-free section including cereals, cookies, pasta, cake & bread mixes, along with frozen breads, pastries, kids meals, etc.

Our store hours are: M-F 10 AM to 7 PM
Sat. 10 AM to 5 PM

Our store is closed on Sundays and Holidays.

We invite you to stop by.

Dubuque Healing Arts Group

Business Address: 679 Bluff Street, Dubuque, IA 52001

Contact Person: Elisa Eigenberger

Phone: 563.588.1899

E-mail: elisakay100@yahoo.com

Web Site: www.dubuquehealingarts.com

Related Categories: Aromatherapy, Coaching / Life Purpose / Spiritual Direction, Detoxification Products, Energy Work, Flower / Gemstone Essences, Healing Touch, Hypnosis / Hypnotherapy, Massage, Meditation, Nutritional Supplements / Natural Healthcare, Pilates, Reiki, Thai Massage, Wellness Education, Yoga

Dubuque Healing Arts Group is a collective community of independent practitioners, teachers, and healers. Eight small businesses under one roof and we're thrilled to be here to serve. We are working together to expand the awareness and utilization of healing arts and alternative therapies, and to improve the quality of life of our clients, students, visitors and the larger Tri-State Area. Whether you are an existing client or a potential new client we would like to thank you for exploring all your healthy options that could very well keep you happier and healthier a whole lot longer.

We are located in historic downtown Dubuque across from Washington Park in a beautiful old 3 story house with charm and warmth that delights every visitor. There are eight office rooms where we conduct our business of helping and healing. We also have a beautiful classroom studio where we offer yoga, pilates, aromatherapy, meditation, and a variety of wellness education classes. In the spring we will be creating a meditation garden in our back yard. We know it will be an amazing place for quiet contemplation and the journey inward.

The businesses here at this time are:

The Tree of Health, Elisa Eigenberger, R.N., L.M.T., R.Y.T., Certified Thai Massage Practitioner.

MAKE IT GREAT DAY!, Dawn Coogan and Stacy Tull-Leino, R.N., Ultimate Potential coaches.

eWebtrix Web Design, Cathy Mauk, Website design, small business consulting.

Maggie Udelhofen, L.M.T., Therapeutic Massage.

Tracy Goetzinger, M.A., C.A.D.C., C.H.T., Hypnotherapist, Theophostic Ministry (mind renewal).

Nancy Whitlow, Reiki Practitioner with color and sound therapy and flower remedies.

Susie Piekenbrock, Reiki Master Teacher.

Coming soon... *Whole Body Cleansing*, Cynthia Cechota, colon hydrotherapy, nutrition counseling, and more.

AND WE'RE STILL GROWING!

We hope you will visit our website often and keep an eye on our growth. We believe it is an abundant universe and our purpose in this life is to help others find their joy.



Cre8 Studios

Business Address: 1113 Main Street

Contact Person: Tom Harron or Gene Tully

Phone: 563.690.0093

E-mail: genetully@cre8studios.us

Web: www.cre8studios.us

Related Categories: Martial Arts, Qi Gong, Yoga



Flynn's Honey

Business Address: 2337 Roosevelt Street, Dubuque, Iowa 52001

Contact Person: Kevin and Connie Flynn

Phone: 563.556.3349

E-mail: inflay@peoplepc.com

Related Categories: Allergy Products, Food (Natural/Organic)

Flynn's Honey offers the highest quality raw honey for sale—30 years experienced beekeeper. Direct from local honey bees and our sweet home to yours. Dubuque-land honey bees located in Sherrill, Asbury and Key West in Iowa, and near Galena in Illinois. Beneficial for allergy sufferers, and perfect for the natural foods connoisseur.

- 1 gallon plastic container = \$25 (available in wide-mouthed plastic canister styles)
- 3 lb. plastic jug = \$9 (resembles miniature milk jug)
- 1 lb. plastic container = \$3 (available in squeeze "bear container" or squeeze "skep container")
- Cut comb honey (when available) in Plexiglas box = \$7
- 1 lb. chunk comb honey (when available) in glass jar = \$7

Delivery to be determined, based on purchase. We also have 100% pure beeswax for sale. Call to inquire.



Gateway Natural Meats LLC

Business Address: 37443 385th Street, Bellevue, Iowa 52031

Contact Person: Phil and Barbara Hueneke

Phone: 563.872.4327

E-mail: gateway@yousq.net

Web Site: www.gatewaynaturalmeats.com

Related Categories: Food (Natural/Organic)

In 1980 we started to raise our animals without hormones, chemicals or antibiotics in the feed. Gateway Natural Meats was established in 1985 to direct market the beef, pork, chicken and produce that we raised on our farm. Today we market our products direct to customers and health food stores within the tri-states, between Des Moines and Chicago. Locally our products can be purchased at Breitbart's Food Store in Dubuque and Finest Grains in Dyersville. Our meat may be bought by the quarter, half or by the package. Our organic or natural products include: beef, pork, chicken, turkey, lamb, fish, milk, cheese, butter, eggs, goat cheese, corn chips, yogurt, organic frozen fruits and vegetables.



Bodywork For Health & Life Coach

Business Address: Mercy Medical Center
Professional Arts Plaza
Dubuque, IA 52001

Contact Person: Gwen Stone, L.M.T., C.R., N.S.T.

Phone: 563.542.4081

E-mail: Bodywork4health@yahoo.com

Web Site: www.bodyworkforhealth.com

Related Categories: Acupuncture / Acupressure, Aromatherapy, Books & Information, Bowen Technique, Coaching / Life Purpose / Spiritual Direction, Cranial-Sacral Therapy, Emotional Freedom Technique (EFT), Essential Oils, Flower / Gemstone Essences, Massage, Ortho-Bionomy, Reflexology, Wellness Education

Gwen Stone is a Life Coach and Chronic Pain Relief Specialist. As an Illinois Licensed Massage Therapist (11 years experience), she supports and educates clients of all ages. Gwen's healing approach is gentle and uses techniques such as those listed below. Her clients have experienced beneficial results from chronic pain relief from everyday aches and pains.

As an advocate of balance for the purpose of healing holistically, Gwen incorporates relaxation therapies that will improve an individual's overall health and well-being. As a promoter and teacher of self care, Gwen educates clients in the techniques most beneficial for the individual. She also presents in group settings.

Life Coach: Are you ready to set clear goals, improve your relationships, move ahead in your career or business, live a healthier lifestyle and discover your true gifts and passions? Do you want to make the most of your life now? We all want to live the happiest and most balanced life possible, but why is it such a challenge to achieve? As a Life Coach, Gwen can help you to bridge the gap of where you are and where you want to be. Please call today for a complimentary session.

Reflexology: Touch Therapy applied to the feet. The feet are like a mini-map of the entire body, with reflex points corresponding to every organ, gland and part of the body. By stimulating these areas on the feet, it can aid in promoting better health.

Neuro-Structural Therapy (a.k.a. Bowen Technique): NST uses a series of gentle movements across muscles, helping the body relax and balance itself. NST is non-invasive, yet it has proven to be the most effective bodywork that I have come across to help with chronic pain.

Cranial-Sacral Therapy: CST is used to release tension and energy blocks. This assists the muscles to a state of rest, relaxation and balance.

Ortho-Bionomy®: This gentle work is effective at relieving everything from soft tissue trauma to long term postural imbalance.

Flower Remedies: Similar to homeopathic remedies, these are wonderful tools for healing and emotional support. They do not eliminate symptoms or problems, but help to develop our ability to balance our health.



Body Wisdom

Business Address: 3538 Eclipse Circle, Dubuque, Iowa 52003

Contact Person: Peggy Kaune, R.N., C.H.T.P., R.M., R.A.

Phone: 563.556.5173

E-mail: peggykaune@mchsi.com

Related Categories: Aromatherapy, Essential Oils, Healing Touch, Natural Beauty Care, Reiki, Wellness Education

Peggy is a Registered Nurse (R.N.) and a Certified Healing Touch Practitioner (C.H.T.P.) who uses hands-on energy-based techniques to assess, balance, and align the human energy field. She is a Reiki Master (R.M.) and therapist. As a Registered Aromatherapist (R.A.) with NAHA she formulates and sells oils that support the client’s inherent ability to heal themselves. Peggy attends ongoing classes to certify in Healing Touch Spiritual Ministry.

- Essential oils promote good health, improve nutrition, enhance immunity, elevate mood, are high in antioxidants, boost stamina, help relaxation, improve stress management, reduce appearance of aging, improve mental clarity, and promote overall health, vitality and longevity. They are an excellent compliment to your ongoing doctor’s care.
- Selling organic therapeutic grade essential oils, blends, herbal, vegetable and carrier oils at wholesale prices.
- Creating personalized blends after consultation assessment, formulated for your unique areas of dis– ease on physical, mental, emotional, and spiritual level. Peridot gem nuggets added to every massage oil, beauty cream and bubble bath mixture.
- Classes on clinical uses for aromatherapy, using therapeutic grade oils that support balancing emotions, regenerating tissue and purification. Peggy studied Clinical Aromatherapy I & II at the University of Minnesota.
- Classes are offered in Reiki I, II and III, which are different levels of an ancient Tibetan healing system using light hand placements to transfer healing energies to the recipient.
- Therapies offered using Reiki, Healing Touch, anointing with holy oils or Raindrop Therapy.



Harvest of Hope Winter Farmers’ Market Program

Business Address: Churches Center for Land and People, c/o Trinity Episcopal Church, 409 East Court Street, Janesville, WI 53545

Contact Person: Jim Earles (for Iowa market sales) or Tony Ends (for Wisconsin market sales)

Phone: 563.588.2935 (for Jim) or 608.754.1877 (for Tony)

E-mail: iowaharvestofhope@yahoo.com (for Jim) or cclp@trinityjanesville (for Tony)

Web Site: www.cclpmidwest.org

Related Categories: Books & Information, Food (Natural/Organic)

CCLP is a non-profit, ecumenical church group which serves to alert, inform and call to action people of faith in defense of Creation. The Harvest of Hope project involves organizing one-day winter farmers’ markets, catered exclusively to farm vendors who use organic and/or sustainable methods, to bolster winter incomes for local farm families. The sales are all held in church meeting spaces and feature winter-friendly goods such as root crops, meats, cheeses, honey, sorghum, popcorn, hand-made soaps, leather products, woolen goods, etc. The exact products present at each sale will vary. Part of the revenue generated at each sale will go into a bank fund held to help farmers out of financial crisis situations.

Come out and support our local organic and sustainable farmers at a Harvest of Hope sale! For more information, including a schedule of sales in the tri-states or requirements to vend your products at a sale, contact Jim or Tony.



Hy-Vee Health Market

Business Address: Hy-Vee Food Stores:
2395 Northwest Arterial, Dubuque, Iowa
400 South Locust Street, Dubuque, Iowa

Contact Person: Megan (NW Arterial) or Dean or Mark (Locust)

Phone: 563.583.2199 (NW Arterial) 563.583.6148 (Locust)

E-mail: 1160dietitian@hy-vee.com (NW Arterial)
1162dietitian@hy-vee.com (Locust)

Related Categories: Allergy Products, Books & Information, Detoxification Products, Essential Oils, Flower / Gemstone Essences, Food (Natural/Organic), Homeopathic Remedies, Natural Beauty Care, Natural Cleaning Supplies, Nutritional Supplements / Natural Healthcare, Water Purification, Wellness Education

Iowa Grape Vines

Business Address: 45062 17th Street, Preston, Iowa 52069

Contact Person: Jim and Mary Kay Sorensen

Phone: 563.689.6347 or toll-free at 866.689.6340

E-mail: iowagrapevines@yahoo.com

Web Site: www.iowagrapevines.com

Related Categories: Food (Natural/Organic)

We are a GRAPE PLANT NURSERY, which includes dormant and greenhouse wine, juice and table (seeded and seedless) grape plants. We have a YOU-COME-PICK for all the above types of grapes. We offer 100% GRAPE JUICE (no added colors, flavors, preservatives or sugars and not from concentrate). We incorporate organic principles in our nursery and vineyard.

Body & Soul Wellness Center and Spa

Business Address: 2728 Asbury Road, Suite 777, Dubuque, Iowa 52001

Contact Person: Scott and Julia Theisen

Phone: 563.556.9642

E-mail: bodyandsoul@relaxlivewell.com

Web Site: www.relaxlivewell.com

Related Categories: Aromatherapy, Books & Information, Coaching/Life Purpose/Spiritual Direction, Counseling, Energy Work, Essential Oils, Feng Shui, Gemstones/Jewelry, Hypnosis/Hypnotherapy, Massage, Meditation, Natural Beauty Care, Pilates, Reiki, Wellness Education, Yoga

Body & Soul is a state of the art wellness center and spa offering a gourmet menu of opportunities to relax, heal, and become fit. Our comprehensive approach to wellness includes:

- A beautiful, full-service day spa offering holistic treatments that can be enjoyed on your own, side-by-side, or with a group of friends.
- A full schedule of fitness classes including Yoga, Total Body Conditioning (TBC) and Pilates taught by high quality instructors in impressive studios. The first Yoga or TBC class is always free for area residents.
- Professional counseling services consisting of mental health and relationship counseling, hypnotherapy, professional life coaching, and spiritual direction.
- A specialty gift shop and bookstore carrying a fine assortment of products to nurture the body and soul.
- A host of seminars and workshops with leading experts in the field of mind/body/spirit wellness
- Body & Soul At Work – On-site corporate wellness programs featuring fitness and yoga classes, bootcamps, stress management, and professional massage.

Come and experience an oasis of relaxation and well-being! Enjoy our premier facilities that have been designed for your comfort, healing and relaxation, and allow our uncommonly motivated staff to assist, educate, facilitate, and truly care about **you ~ body and soul.**

Mon-Fri: 8:30 am—7:00 pm
Sat: 8:30 am—4:00 pm



Bai Yu Healing Arts

Business Address: Art and Recreation Center, 413 South Bench Street,
Galena, Illinois 61036

Contact Person: Gloree Rohnke

Phone: 815.776.0319

E-mail: baiyu@galenalink.com

Web Site: www.galenayoga.com

Related Categories: Qi Gong, T'ai Chi

Balance Healing Arts Center

Business Address: 4655 Old Highway Road, Dubuque, IA 52002

Contact Person: Kristi Norman

Phone: 563.580.3415

Related Categories: Counseling, Essential Oils, Hypnosis / Hypnotherapy,
Massage, Reflexology, Reiki, Wellness Education, Yoga



Linden Soaps

Business Address: 16594 Carmen Oaks Drive, Durango, IA 52039

Contact Person: Ronald and Kelly Lindblom

Phone: 563.552.2828

E-mail: rk@lindensoaps.com

Web Site: www.lindensoaps.com

Related Categories: Natural Beauty Care

Excellence in Nature

Linden Soaps™ are a truly natural handmade soap made in Durango, Iowa. We add only 100% plant essential oils for scent. Botanicals and natural colorants distinguish each variety. The Linden Soap™ base consists of rainwater and saponified pure grade olive, coconut, and palm oils. This formula delivers a mild, gentle lather from long lasting bars. Linden Soaps™ are designed for purity, performance and practicality.

To Purchase

There are three ways to purchase Linden Soaps™. We have stores carrying our soaps listed on our website at www.lindensoaps.com under the locations tab. You may catch us at a venue such as a craft fair or the Dubuque Farmers' Market which runs from May to October. (For more information, contact Dubuque Main Street at 563.588.4400.) Also one may order Linden Soaps™ by calling in an order, print or fax an order form from the products page of www.lindensoaps.com, or call us for other arrangements at 563.552.2828.

Nature Friendly

We use no animal ingredients or testing. Where possible we have ascertained that the ingredients in our soap come from sustainable resources.



Pine Ridge Herbs

Business Address: 20443 Pine Ridge Lane, Sherrill, Iowa 52073-9566

Contact Person: Kathy and Mark Sand

Phone: 563.552.2449

E-mail: herbladykjs@aol.com

Related Categories: Herb Plants

Located in an old stone church approximately 1 mile southeast of Sherrill, Iowa is the home of Pine Ridge Herbs. We have been growing and using herbs for over 25 years. Pine Ridge Herbs offers a large variety of culinary and medicinal herb plants. We also have heirloom tomato and pepper plants. Although not certified organic, we have always used organic and natural growing methods. No pesticides or chemicals are used. All of our plants are top quality, as we use a lot of care in growing and raising plants for purchase and use by you. Pine Ridge Herbs is located at the Dubuque Farmers' Market starting the 1st weekend in May through the end of June. On occasion we do offer fresh bakery items as well as cut flowers, dried wreaths, fresh-cut herbs and dried herbs. As it becomes available, we also have fresh produce as part of our business. This allows us to be at Market in July, August and September, after the planting season is over. We are always experimenting and expanding, so look for new and unique items in the future.

Singing Valley Farm

Business Address: Saint Donatus, IA 52071

Contact Person: Wanda Ross

Phone: 563.582.6132

E-mail: wkr@smartbeans.net

Related Categories: Food (Natural/Organic)



Active Healing

Business Address: 120 Bryant Street, Suite 108, Dubuque, Iowa 52003

Contact Person: Karen V. McCarthy, L.M.T., M.A., Ed.

Phone: 563.580.8010

Related Categories: Counseling, Dowsing, Energy Work, Essential Oils, Flower / Gemstone Essences, Gemstones / Jewelry, Healing Touch, Reiki

**Restore natural healing
and balance to
your body and spirit**

Active Healing provides energy-based services and products to support your physical, emotional, mental and spiritual health and well-being. Karen is a Reiki Master, Quantum Healer, Healing Touch Practitioner Apprentice, Touch for Health Practitioner and National Certified Counselor.

Services Include:

Healing Touch (www.healingtouchprogram.com) has roots in the Holistic Nurses Association and provides techniques for balancing, clearing and supporting the body's energy systems.

Reiki, an ancient and sacred energy healing system, increases the quality and flow of energy.

Quantum, based upon Chinese Energetic teachings, provides access to the underlying causes of imbalances, and the tools to correct these into collective consciousness.

Muscle testing assists in locating energy-based barriers and blockages and provides tools to easily release and rebalance emotional and other energies that are no longer useful. Used in conjunction with counseling, sessions move quickly to core issues and address them with ease and grace.

Touch for Health (www.touch4health.com) locates muscles weakened by imbalances and provides tools for balancing overall energy systems and strengthening muscles.

Flower and gem essences provide natural vibrational patterns to the body which support healing and spiritual growth processes.

Sessions are 60 minutes in person or by phone. All sessions are \$60, cash or check. There is a 50% charge for sessions missed without 24-hour notice. Please call to schedule an appointment. Hours vary to accommodate most schedules.

Active Healing carries a full line of Simplers essential oils, flower essence aura sprays, locally made gemstone necklaces and small to medium sized healing stones.



Dubuque Area Practitioners and Service Providers

Small Family CSA

Business Address: S. 2950 West Salem Ridge Road, La Farge, WI 54639

Contact Person: Jillian Jacquinot

Phone: 608.625.4178

E-mail: smallfamilycsa@yahoo.com

Web Site: www.smallfamilycsa.com

Related Categories: Food (Natural/Organic), Herb Plants

The Small Family CSA farm is located in the Driftless Region of Southwest Wisconsin near La Farge and Viroqua. We are stewards of 21 beautiful ridge-top acres of land.

We offer a 20-week local-food subscription program. Community members subscribe to our farm via a CSA membership to ensure their share in the season's produce. We primarily grow annual vegetables using organic and biodynamic methods. We take a special interest in the fertility and mineral balancing of our soils. We strive to nourish our soils with as much of a variety of biodegradable composts and manures as possible to, in turn, create a healthy soil that produces nutrient-dense foods.

The Community Supported Agriculture program is a way for folks to have access to farm-fresh and local vegetables every week for 20 weeks. Members pre-pay for their share at the beginning of the season (or in two installments) to let the farmer know that they are committed. Then, we do all of the planning, ordering, growing and all the rest of the dirty work. Members are only responsible for picking up their weekly share of seasonal veggies at one of our 8 drop locations and eating up each week's contents before the next delivery arrives. The program runs from June thru October.

To mimic a more balanced ecosystem we have broiler chickens, feeder pigs and beef cattle help us to maintain the land. They help us keep the grass munched down and the pastures fertilized. We believe that having a small amount of animals on the farm that have access to fresh grass at all times is an important part of maintaining healthy soils and healthy animals. In the summer and fall we do have broiler chickens and some pork for sale.

We do accept worker-shares and Wisconsin Quest cards as payment for the share.

Two Onion Farm

Business Address: 19638 Cottage Inn Road, Belmont, Wisconsin 53510

Contact Person: Chris and Juli McGuire

Phone: 608.762.5335

E-mail: farmer@twoonionfarm.com

Web Site: www.twoonionfarm.com

Related Categories: Food (Natural/Organic)

We raise delicious, healthful, beautiful vegetables on our 12 acre farm in Belmont, WI, 35 minutes northeast of Dubuque. We select vegetable varieties for their flavor, grow them under the best conditions, pick them at the peak of ripeness, and carefully handle them. The deep, fertile silt loam soil on our farm contributes to the excellent taste of our vegetables, and we strive to maintain our soil fertility by cover cropping, mulching, and composting. For your health and the health of the environment, we use no chemical pesticides or fertilizers.

From June through October we offer farm memberships to people who wish to eat our vegetables. Members receive weekly or biweekly boxes containing a mix of the vegetables which are currently ripe on our farm; over the season the boxes include lettuce, tomatoes, carrots, broccoli, onions, green beans, spinach, peppers, peas, potatoes, squash, garlic, and over fifteen other vegetables. Each box also contains a newsletter describing the vegetables and providing cooking tips and recipes. We carefully research and evaluate all of the recipes we distribute, and members report that the recipes greatly help them to eat and enjoy the vegetables. We welcome new farm members in the greater Dubuque area, southwestern Wisconsin, and the Madison area.

Weston A. Price Foundation

Contact Person: Jim and Sandy Kammes

Phone: 608.794.2638

Web Site: www.westonaprice.org

Related Categories: Books & Information, Detoxification Products, Food (Natural/Organic), Wellness Education

As a nation-wide group (with many chapters internationally), the WAPF is a nonprofit, tax-exempt charity founded in 1999 to disseminate the research of nutrition pioneer Weston A. Price, D.D.S. Dr. Price's research is the primary source of the nutritional information presented by the WAPF, but it is corroborated by the work of many other researchers, physicians, and nutritionists who have dared to break away from the orthodoxy and look for the real facts.

- Saturated fats and dietary cholesterol are **good for you!!!** The supposed scientific research showing how dangerous they are is completely flawed.
- Raw, un-pasteurized, un-homogenized milk is one of **nature's perfect foods!!!** Milk from a healthy, properly-raised animal should not need to be sterilized with heat; milk that does need to be sterilized should never be consumed in the first place.
- Vegetarianism (and especially veganism) are **very dangerous to your health!!!** Animal foods contain vital nutrients that are just not found in any plant foods...nor in multi-vitamin supplements, most of which are synthetic and largely worthless to your body.
- Most modern soy foods are **extremely bad for your health!!!** They are full of anti-nutrients which deplete your body of real nutrients.

The WAPF is dedicated to restoring real foods to the American diet by supporting accurate nutrition instruction, organic and biodynamic farming, pasture-feeding of livestock, community supported farms, honest and informative labeling, prepared parenting, nurturing therapies, establishment of universal access to clean, certified raw milk and a ban on the use of soy-based infant formula.

The local chapter meets on the second Monday of each month at 7 p.m. in the Home Environment Center, 4484 Dodge St., Dubuque. The meetings are free, fun and open to everyone. If you have never been to a meeting before, you might want to call Jim and Sandy in advance to double-check on the meeting date.

The local chapter also sponsors a major speaker on nutrition and wellness each year around January. On Saturday, Jan. 26th, 2008, noted nutritionist Kaayla T. Daniel, Ph.D. will speak from 9 a.m. to 4 p.m. at Grandview United Methodist Church in Dubuque. An on-site lunch of local, organic foods will also be available. Call Jim and Sandy for ticket prices and further info. **Page 35**