



# **Listen Local Wellness Renaissance Podcast ParTAY**

**Directory  
2019**



**[www.WellnessRenPodcast.com](http://www.WellnessRenPodcast.com)**

Well, here I am! Two years into this podcast Journey. Thank you for being a part of it, and the Wellness Renaissance Podcast community!

I am doing the best thing I know to do at this time in my life and in this little corner of the world. I am doing my darndest to get messages out to help whoever can grab on to them. And, perhaps over time, I will be able to have a small effect ripple out and synergistically collide with the greater whole and make things better for all of us.

I'm not saying I have all the answers. I'm saying I desperately want to be an influence for good! A source, a resource, a helper in some way! I'm working hard to create the world I want to live in.

I LOVE helping share podcast guests' stories, skills and passion.. My podcast guest list is filled with people that I believe in. If there is a way that I can help make some of these modalities accessible to people that need them - and for people that might not even know that the modalities exist - that will make my heart sing.

My vision? My ideal vision? That we can have access to people, methods of health care and transparency in all that serves our whole being in wellness.

If you glance at the 86 podcast titles and topics you will see they cover some serious ground in topics, modalities, discussions, programs, and ideas. That is wellness - an interconnected, synergistic 3D dynamic puzzle.

Why do I do this? The short version. My health journey has never been cut and dry. I am an outlier at the tail end of the scientific studies - the one that doesn't fit the mold and gets cut from the research because it can't be explained. But this has left me with a passion for finding answers that also don't fit inside a mold. This podcast is all about sharing every shade of information, modality and wellness spectrum that is findable, and setting it out in the world in a way that people can find the information and share it.

Wellness and health! Something we all REALLY want! Something we REALLY value when it is gone. Something we want to come easy and want to not work so hard for. And something that we don't always have the energy to learn and research about all of the time... I understand that. Not every single podcast will be perfect to listen to for every person. But if you can catch my mission and use the podcast as a resource to share and distribute out into the greater community, it will cause wonderful ripples to spread.

It really is not cliché to tell those of you who have shared the podcast how much that small act means. THAT is how this starts having a larger effect! That is how the voices find new ears and the people who need or value what's inside of the episodes get the information.

Please continue to be a support in what ever way you can or makes sense. It really DOES mean the world to me. It is, for now, my life vision.

If you don't know, the Wellness Renaissance Podcast is a creation of my own. I do not have a larger corporation or program sponsoring the work I do. I am creating it with the desire to help others - those I interview, those who listen. This, however, does cause an issue. The hardest part of the podcast, for me, is the reality that I need to get real and ask for support. I really just want to "DO" and keep creating, digging deeper, sharing people's information and exploring topics. Things like this evening's Party and Patreon are the way I can try to create that "larger program" - by creating a community of friends and supporters who understand that the world needs more sharing rather than ownership of information.

OH MY Gosh, you guys. There is SO much I want to say here that there isn't room for.

Thank you so very much for your support and your being here tonight. --Judy



# Program of Events

- *Registration and Saying Hello to everyone*
- *Trivia*
- *Flip the Script - Judy Tells All... Okay, probably just some* 😊
- *Why am I doing this podcast thing ANYWAY!*
- *Who to look for in upcoming episodes*
- *Presenting an exciting new project/partnership*
- *Door Prize Drawings*

**Note:** After registration - this event will be recorded for the Live Podcast. By attending the event - you are giving permission to be recorded. But as with everything we do, we will do our best to change any recording upon specific request.

# Episode Guide

Episode 1 - Introduction Podcast: An introduction recording to start off the journey of this podcast.

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Episode 2 - Dr Jocelyn Strand -  
Naturopathic Physician

Get to know her and her work; Jocelyn is a Naturopathic physician located in Duluth, MN. Answering questions like: What is a naturopathic doctor? Her Training and Philosophy. And case studies from her practice.

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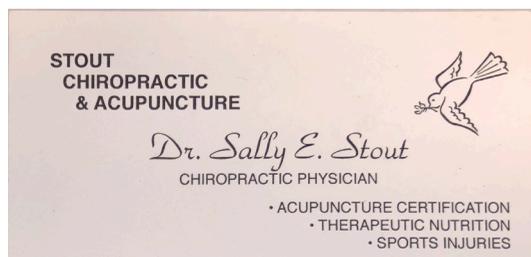
Episode 3 - Intro Interview w/ Megan Brenny

Megan shares highlights from the interviews of 4 practitioners that follow this episode. This series is the product of her senior LiNCS project as a Public Health Education and Promotion student at UMD.

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Episode 4 - Dr Sally Stout -  
Stout Chiropractic & Acupuncture

Get to Know Dr. Stout of Stout Chiropractic and Acupuncture in Duluth, MN; Modalities, Education and background and how she supports her patients.



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5722 Homestead Road Duluth, MN 55804

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Episode 5 - Interview with Gary Anderson

Gary Anderson utilizes Phoenix Rising Yoga Therapy and Thai Yoga Bodywork along with decades of personal experience in yoga practice in every BodyWise session. For the client- there is no previous body work or yoga experience necessary.

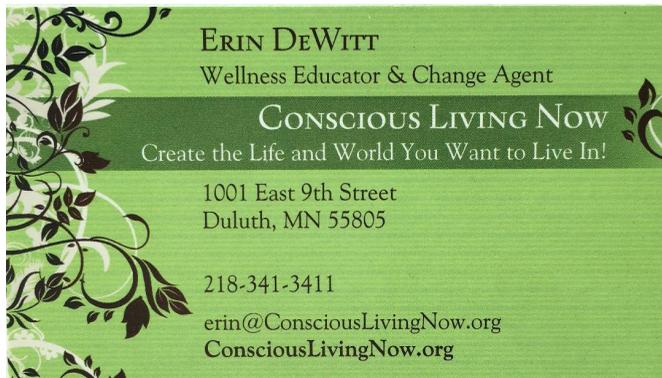
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Episode 6 & 7 - Interview with Dr Edward Szymczak part 1 & 2

Dr. Szymczak, a naturopathic physician in Superior, WI (since relocated) describes his philosophy, practices, and what sets him and other naturopaths apart from most western medical doctors.

## Episode 8 - Erin Dewit - Conscious Living

Erin Utilizes Reiki and other modalities to help restore balance and harmony in the body. Erin talks about her modalities, training, complimentary medicine and experiences of her and her clients.



## Episode 9 - Movement aka Exercise

Movement... aka exercise is something many of us find challenging to get in. Wait... how much do we actually NEED? What EXACTLY do we need to do? A conversation challenging what we think of as “correct” when it comes to the concept of “working out”.

## Episode 10 - Babies, Rollercoasters, and Google Snacks

Talking about 3 different topics inspired by stories in the news: How roller coasters might help your kidney stones, Skin to skin contact with babies and Google snacks.

## Episode 11 - Beth Bedell - Important Insights Related to End of Life Issues & Advanced Health Care Directives

Important insights related to end of life issues, medical record challenges, doctors' training around these issues, acknowledging the challenge it can be to have these hard conversations.

*“We have a nearly pathological aversion to aging and dying.*

*If we want to lead full lives, we need to accept that we are, indeed, mortal.”*

## Episode 12 - Eve Graves - Zilch to 5k coach

This week's podcast is a conversation with Eve Graves, Coach of Zilch To 5k in Duluth, MN. A class for the beginning runner... no really, the honest to goodness beginner!

Eve has 30 years of coaching experience of all levels and abilities

No Excuses Adventures:  
Zilch to 5k April to June and  
Trails 101 explore 40 trails July to October

LungplusUSA.com - a mouth worn heater/humidifier

Urban Silent Sports Retreat - a vacation rental

5k Rivet Run/Walk raising funds for Pattison State Park  
July and November

Stride, Ride, Glide winter tri, March 1st raising funds for  
Scholarship for HS Nordic skier equipment.

runnski@gmail.com

218355-0960

## Episode 13 - Moose Conversation - Find your Fetch Continued

This is a conversation that started from an article published by Judy in the Winter of 2017. Judy Breuer and Joel Swan discussing in specific the passing of a much beloved fuzzy cousin, Moose; and also a wider conversation of life and death in general.



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## Episode 14 – Shannon Flaherty - Essential Oils

Shannon talks about essential oils. What they are, 3 ways to use, safety awareness, cleaning product recipes, and ways to save money and more.

Essential oils are powerful, Please be aware of how to use and not to use your oils.

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## Episode 15 - Jim Stukel - Tortoise and Hare Footwear

A conversation with Jim where he shares his and Mary's love of helping people find the RIGHT shoes for THEIR feet. What makes shopping with them unique. They work with EVERYONE! The walker, runner, the just getting started exercising.

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## Episode 16 - Michele DeNoble - Craniosacral Therapy

Michele talks Craniosacral Therapy; what is it? How does it benefit the body?

Get a user friendly picture of what craniosacral therapy is all about and what to expect in a typical session

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## Episode 17 - Shane Courtland – His Success Living The Ketogenic Diet

Shane helps quell my, and hopefully your, curiosity about the Ketogenic (Keto) diet sharing his experience with it - how the diet has worked for him, what type of food he eats, how he feels and how he has done over the time he has been living it.

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## Episode 18 – Judy's Health Experience – Why patients may not follow treatment plans

Dear Doctors... some insights as to why some patients don't follow suggested treatment plans, loose trust or don't come back.

In this episode, I, Judy, share a recent health challenge – One made complicated by the lack of correct information conveyed to me by those in my primary care

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## Episode 19 – Dr. Jackie Harvey – 5 Different Ways our Communication Style Can Impact Our Health

Jacquelyn Harvey, Ph.D., an Assistant Professor in the Department of Communication at the University of Minnesota Duluth, looks at how our ways of communicating to others, and even ourselves, can influence our health.

Episode 20 – DJ White – The How and the Why She Chooses Ketogenics for her Health  
DJ White, Personal trainer, palates instructor and competitive lifter for over 20 years shares her reasons to live the keto lifestyle and why she feels it reduces her risk of cancer.

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Episode 21 – Cheryl Larson - Osteopathy – What is it?

Cheryl talks about what osteopathic work is. How her perspective on the body, a complex system, and her work in “applied anatomy” can clear blockages in our physical body... the WHOLE body... to help our body support and heal itself.

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Episode 22 – Sarah Bamford Seidelmann  
– Author of *Swimming with Elephants*

Sarah inspires by sharing her own journey. She suggests tools, big and small, to discover and to “follow YOUR feel good”! Sarah went from being a pathologist to a Shaman, a life coach and SO much more!



Sarah was a physician living a nature-starved, hectic lifestyle until a walrus entered her life and changed everything. She has trained at the Martha Beck Institute and Michael Harner’s Foundation for Shamanic Studies.

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[www.followyourfeelgood.com](http://www.followyourfeelgood.com)

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Episode 23 – Interview with The Infinite 3, hosts of the Spirit and Wellness Connection 2018. Today I am going to be talking with the creators and hosts of the Spirit & Wellness Connection that will be held at the Radisson Hotel in Downtown Duluth, MN. The Spirit & Wellness Connection is a one day holistic event offering alternative approaches to healthy mind- body-spirit!

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Episode 24 - alt LEAD - Chris Correia, Marty Burns - Work and a Healthy Environment Programs that “Motivate” and “Empower” are great, but how do we make them stick... at work or in our own lives. Chris and Marty of alt LEAD talk about what makes the training they create for companies really different and much more affective than other corporate trainings most of us have experienced.

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Episode 25 - Jinjer Stanton - Author of *Yoga for Every Room in Your House*

If you are a yogi or have never done yoga, don't like to sweat or exercise, you're challenged by time or motivation... Jinjer's classes as well as her book has something to offer. Jinjer talks about making yoga accessible to anyone at any age. Her motivation to do and to teach yoga. She also shares about her latest kid's book *Mousenapped*.

Episode 26 - Cookie Kilian -  
Manual Therapy Practitioner

What is Manual Therapy? Cookie's training started out as massage but then blossomed from there to the manual therapy she does today. In the interview, she shares what is different about her work.

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*Professional Therapeutic Bodywork*  
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Episode 27 - John Eliason - Tools to get clear, and a new start on the life you want to create We get a peek into John's perspective to asking the right questions finding our path to designing a life not just building a career. Asking the right questions to find the answers from our soul that allow us to get clear on what path to take to building that life right now.

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Episode 28 - Rochester Gluten Free Food Experience & Food Allergy and Gluten Free Fest '17 My take on my dining experience while eating at 3 fantastic Rochester MN restaurants. Then, I talk about Gluten Free Food Allergy Fest 2018, dates and locations and then play a pre-recorded, experience and review of the 2017 Gluten Free Food Allergy Fest expo in MPLS.

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Episode 29 - Bonnie Ambrosi - Vegan Cook Book Club

Bonnie talks about what it means to eat vegan and what inspired her to be a vegetarian and ultimately a vegan. Though being vegan might not be for everyone, she shares how you can take advantage of the health benefits that more plants in our diet can offer.

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Episode 30 - Live Podcast at  
The Spirit & Wellness Connection 2018  
The live podcast from the Spirit  
Wellness Connection Event 2018, with  
the recording of the three part panel.



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Episode 31 - Jillian Forte - At Sara's Table, Chester Creek Cafe

A Conversation with Jillian Forte – Executive Chef and General Manager for At Sara's Table, Chester Creek Café. We talk food allergies and food sensitivities, their menu making process, the focus on food sourcing, sustainability efforts, the wine bar and more!

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Episode 32 - Tonya Land and Stephanie Schirtzinger - My Meals 2 Go

Tonya and Stephanie join me for a conversation about their new company My Meals 2 Go. They, along with Stacey Greenside, created an exciting company supporting busy people and families here in Duluth, MN. (Even though this company has since ceased operating - the interview regarding their process and discussions about food still massively valuable.)



## Episode 33 - Naomi Yaeger & Rebecca Bischoff - Talking about Toxins

Naomi and Rebecca share their journey of discovery and awareness about toxins in our environment, and how they effect us as well as the environment. They share names and effects of some of the additives we might want to avoid to support our body and health.

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Hello! I'm Rebecca Bischoff, and I live in Duluth, MN. I've been a ZIN™ Member since Sep 2011 and I absolutely love teaching Zumba classes. The reason is simple: Every class feels like a party! I am currently licensed to teach Zumba, Zumba® Toning, Zumba Sentao®. Got questions, don't hesitate to drop me a message!

<https://www.zumba.com/en-US/profile/rebecca-bischoff/298825>

## Episode 34 - Jamie Harvie - Bag it Duluth

No plastic bags in Duluth? What does that mean?

Jamie shares how Bag it Duluth is aiming to support our great community in ways true to our collective values, show us how we, individually, can help with minimal effort.

## Episode 35 - Dr Lara Hill -

Not Your Standard Dr of Chiropractic

She practices an advanced specific far reaching technique.

She shares about this technique, what brought her to this work and much more in our conversation.



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4th Floor  
306 W. Superior St. #412  
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drlarahill.com

## Episode 36 - Shane Dickey - Superior Small Batch

Superior Small Batch is a new, dedicated to good food and quality, company here in Duluth. They make vegan burgers and sausage. Shane, co-founder, talks about the inspiration behind the company - what is... and is NOT... in their food.



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## Episode 37 - Kyle Severson - Wilderness Wellness Chiropractic

Dr. Kyle talks about the foundation principals of Chiropractic. He also shares some history that helps us understand chiropractic better and why there may be a stigma that we hear about the profession.



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Duluth, MN 55811  
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## Episode 38 - Cookie Kilian - FAQ Conversation

Question and Answer Conversation with Cookie – what I need to know when going to a massage therapist. Everything you have ever wanted to know about visiting a massage therapist but were afraid to ask!

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## Episode 39 - Dr. Shannon May - Nourish Natural Health Clinic

Dr. May is a Naturopath in Duluth, MN. She shares her journey and inspiration for the work she does. She also is trained in and combines Chinese Medicine and Acupuncture in her practice. Get a sense of who she is and what it is like to work with her.

Episode 40 - Jim Naus – His Healing Journey - Your Body is Always Healing  
Using food and other tools as his medicine for allergies and digestive issues ... Jim shares some of the fruits of his labor, the breadth of how food can effect our health and life, where he is now - how he stays in stasis with his current good health such as his food, simple plant based diet, self kindness as opposed to self blame, mindset, environment, etc.

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Episode 41 - Dr. Susan Gullion - The Power of SRI, Somato Respiratory Integration  
What is SRI? What does it look like? Susan talks about the simplicity of breathing positions/ exercises and “paying attention” that makes up the stages and seasons of SRI. Susan talks about the experiences and self connection one might experience with this work.

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Episode 42 - Dr Jocelyn Strand -  
Ask the Doctor

Lots of questions about eating.  
Topics that were covered. Nutritional yeast; “How can I eat vegan and loose weight?”; Hypoglycemia; Saturated fat - bad for us or is it a matter of the other foods we are eating with it? What about creating inflammation?

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Episode 43 - Michele Perron PhD - Drinking for a lifetime in a healthy way  
Alcohol is something we know isn't exactly GOOD for us, but many of us, 70% or so, drink alcohol to some degree. We talk about the difference between keeping our brain and body healthy so we can continue to live a healthy life and be around to drink in a healthy way in our old age. She talks about exactly what this looks like...

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Episode 44 - Stacey Quade  
Herbalist & Healing Touch Practitioner

Stacey is an herbalist and healing touch practitioner. She talks about some edible greens, leaves, “weeds”, etc. that we can find growing in our gardens, lawns and on our walks as we end summer and go into fall. What they offer and how they support us, how to collect, dry and use them.



Stacey Quade, COTA/L-CHTP/I-Herbalist  
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#### Episode 45 - Natalie Clark - Conversations with a Mom

There are no instruction manuals when you are sent home from the hospital, Just allowing first time parents to walk right out of there with a life to mold. It is wading through the books, the research, the trial and error. MUCH to figure out. Then add the adventure of learning to parent a non verbal child.

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#### Episode 46 - A Tour Through *A Matter of Balance* Workshop

You'll hear from participants and facilitators from a workshop here in Duluth. Matter of Balance is here to help those growing older who have maybe fallen, have gained a fear of falling or just want a little help with more flexibility, stability and balance so they can be as active and independent as they can for as long as they can.

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#### Episode 47 - Barbara Bengtson, Lori Moerbitz, & Sherri Swanson - Northland Coaching Consortium.

Sometimes we need a little help getting over a hump, life, health, business, etc. What is the purpose of a coach? How do they differ from a therapist or counselor? Listen to find out. We hear from three coaches from the Northland Coaching Consortium. They share their specific focus and philosophies with us.

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#### Episode 48 - Rachel Kain - A Conversation with a New Zealander

I had a great time learning about New Zealand from Rachel. She spent 2 months in Duluth as a volunteer with the Domestic Abuse Intervention Program (DAIP) here in Duluth. I was excited to learn more about her perspectives on the differences and similarities in our cultures.

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#### Episode 49 - Jen Quade - Revolutionary Holistic Women's Health Care

Jen, a board certified holistic nurse, shares the work that she does with women using Mayan Abdominal Therapy, Holistic Pelvic Care, Women's QOYA Movement, Mind body medicine, vagina massage and more to awaken, power, spirit and joy living within each of us in her Revolutionary Holistic Women's Health Care practice.

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#### Episode 50 - A bit of a reintroduction and exploring some FAQs with Judy & Joel

This one is a little different than our usual episode. We took some time out to talk about some things that come up in questions frequently. HEY... that's why they call it Frequently Asked Questions! FANCY! I took a little time to hang out with Joel, the behind the scenes guy that supports making this all possible, and conversate on such things.

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#### Episode 51 - Gene Wood - Conversation with Fruit and Veggie Wash Creator

Gene, of Life's Pure Balance, a chemical engineer and creator of this unique fruit and vegetable wash shares about his product. He set out to create a safe, non allergenic, residue free product that took the stuff off that we don't want to take in.

Episode 52 - Jan Tomaino - Holistic Nurse of Orange Blossom Healing Arts



Jan talks about what it means to be a holistic nurse and her work with Essential oils training. She shares insights about the terms holistic, integrative, alternative, complimentary - and what they mean.

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<https://www.facebook.com/orangeblossomhealingarts/>

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Episode 53 - Amy Vasterling - Intuitive Pathfinder

Amy defines an intuitive pathfinding role as, "One who shares information in a motivational way helping you through this information to build half of a bridge. Then she shares tools you can use to fully bridge the expanse of the situation." She helps those she works with to open up to and know their own intuition - Life, relationships, parenting, next steps and insights.

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Episode 54 - Lars Johnson - Holiday Meals, Safety and Keeping Us Healthy

Lars, a fantastically experienced food safety guy FROM "Food Safety Guy", checks in to give us tools and remind us of good, big meal prep practices. He talks turkey... pause for effect :- ) ... preparation, storing, thawing options, and minimizing salmonella, etc. He walks us through our meal with left over food, storage, and sending food home with folks.

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Episode 55 - Gray Miller- Titanium Healthcare – An Example of What is Possible

Titanium healthcare is the vision and creation of Gray Miller. He set forth on creating a different option. The goal, "...To give people who are at a high risk of going into the hospital or going back into the hospital a private doctor... with purely one motivation - to do what it takes to help people stay home."

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Episode 56 - Jodi Tervo Roberts - Wellness in Winter... and BEYOND!

Our conversation travels far and wide about winter, wellness and the range of activities that might include making it more fun, social and accessible for everyone as a part of life. With her holistic mindset she encourages us to ask questions of ourselves to help us find the activities that will light us up and serve us... in winter and well beyond.

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Episode 57 - Shelby Kirillin - End of Life Doula

What is an End of Life Doula? Who is it for and why would I want to utilize such a person? End of life Doula's bring so much to the person who is dying and also those around them. We think of beautiful births and beautiful funerals. We don't always think of the concept of a beautiful death and what that might mean or look like.

Episode 58 & 59 - Lyle Wildes –  
Brain Coach - Part 1 & 2

“20 years growing up, 20 years messed  
up, 20 years locked up – but I never  
GAVE up!”

He shares his intriguing and powerful  
journey that led him to being a Brain  
Coach and the work he does today..



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**Core Values, Wellness, Compassion & Transparency**

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Episode 60 – Having Guests with Dietary Needs – Holiday with Judy  
Food sensitivities, allergies and other dietary restrictions are much more common than they  
used to be. I share suggestions and strategies for those hosting parties with guests that have  
food needs and for those that have dietary restrictions.

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Episode 61 – Resolutions and goals, Why is this such a challenge – Holiday with Judy  
New year's resolutions... If it is true that 80% of New Year's resolutions have “failed” by  
February, what might we consider or do differently to help us succeed? I share some thoughts  
and suggestions around goals and resolutions.

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Episode 62 – Kim Schlichting -  
Live Simply With Kim

Since 2005, Kim has been supporting  
people in living simply, living with  
better fitting organization and SO  
much more! I had NO idea how big  
and broad the work of a professional  
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Kim Schlichting

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Episode 63 – Laurie Chapman – What Does it Take to be an End of Life Doula  
We continue the conversation about End of Life Doulas with Laurie. If the concept of being  
an end of life doula has piqued your interest, Laurie, who has recently started this focused  
chapter of her life, shares some of her experience regarding her training and what qualities  
make a good end of life doula.

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Episode 64 – Lori Moerbitz – Health Benefits She Gained from Primal Living  
Lori has freed herself from the burden of diets and gym memberships while drastically  
improving her health. (Her weight loss was just a welcome side effect!) She now finds herself  
in great health, living and enjoying life, choosing to feel good and NOT stressing about or  
feeling deprived with her food and lifestyle.

## Episode 65 – Paul Bergstrom - Freeflow Jin Shin Jyutsu

Paul shares his powerful experience with this work - And after another encouraging experience he became a practitioner of this modality. We talk about what it is like working with him as a patient and how Jin Shin Jyutsu works in us to support well-being and healing by allowing energy flow.



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## Episode 66 – Emily Vikre - Vikre Distillery

Emily Vikre, and a few words of input from Joel Vikre, share not only about the care, quality and complexity they put into their spirits (gin, vodka, whiskey and aquavit) – but Emily also shares about her growing up in Duluth and her summers in Norway. We dive a little into our food culture, food policy and positive psychology.

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## Episode 67 – Sarah Vandermeiden – Life and Effectiveness Coach

Sarah shares with us what she loves about helping people get on the path and find their way to the life and goals they are looking to reach. How does she do it? Techniques in mindset, mindfulness, productivity and wellness to walk through the obstacles getting in our way.

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## Episode 68 – Patricia Engelking – Sexual Authenticity Coach

“Sex isn’t good or bad, it just is.”

There is a broad range of what sex and sexuality looks like and includes. Does it feel good, right, authentic to you? How can we get to a place of feeling comfortable not only answering that question but asking it in the first place.



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Episode 69 – Wendy Quarrington – Good Food Bank coordinator in Ontario Canada  
Wendy and her crew at the Table Community Food Centre in Canada not only feed hungry people in their region with healthier food options and health awareness leading to life style change – The work they do has a health positive effect on those they serve and, impressively, reaches out into the community in a pretty big and multifaceted way!

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Episode 70 – Barb Bengtson –  
Perception Coaching

Barb's mission is to work with Individuals, Families and Teams. She helps people build understanding of themselves and those around them to increase success working together or on your own goals increasing effectiveness and efficiency in a way that is authentic to you.



Barbara Bengtson, PhD  
Certified Coach / Consultant

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Episode 71 – Farm to Patient Program at NorthLakes Community Clinic –  
Sarah Tarkington and Lesley Burg

Sarah and Lesley share how this program gives patient's access to local farm fresh food, information and support on how to use and maximize their shares. Their Vision – Healthy prosperous engaged communities where everyone thrives.

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Episode 72 – Malcolm Macaulay – The LightSpeed Lift

Malcolm Macaulay shares how the LightSpeed Lift helps everyone from physical therapy patients to elite runners. Have you heard of the LightSpeed Lift? The short story – it takes 25 lbs off your body weight, so you can move with less weight, allowing your body to condition and strengthen differently.

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Episode 73 – Dr. Jason Buffington – Lifestyle Medicine and Plant Based Diets

A packed conversation with Dr. Jason Buffington. A family practice physician for 20 years and most recently practicing lifestyle medicine.

He shares his journey to what brought him to a plant based diet over the last 6 years or so.

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Episode 74 – Dale Lewis – Financial Wellness

Dale was the president of Park State Bank for 35 years. Now she loves to work with people and businesses as an independent consultant. Helping them find and structure financing when buying a business, manage their business, prepare businesses for sale, help people avoid traps and pitfalls and more.

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Episode 75 – Interview with Vinod Gupta on Happiness

What is happiness? When Vinod retired, he felt like he had all the great things in life, but he felt he wasn't as happy or fulfilled as he could be. He talks about his search and his findings. What makes us happy, and how do we influence and support our own happiness?



Episode 76 – Betsy Craig – CEO of MenuTrinfo and Leading Expert on Menu Labeling and Food Allergies.

So excited to share Betsy and her story! I had the privilege to work with Betsy when I visited MenuTrinfo in Colorado. She is the trainer that I worked with to complete my AllerTrain Master Trainer Certification, which allows me to provide certified training to restaurants.

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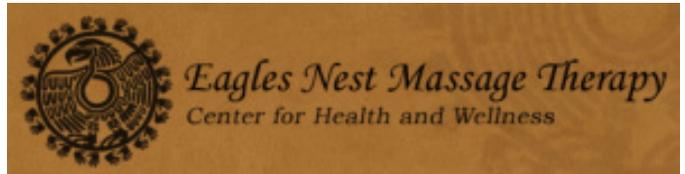
Episode 77 – Wendy Grethen – Up North Excursions and Community Enhancement Organizer THIS is a busy, varied, community experience minded lady.

Wendy organizes day excursions that she invites us to ride along, save some gas, relax and chat with our friends, meet new friends or take a nap during our day excursion.

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Episode 78 – Marcy Kernez – Eagles Nest Massage Therapy

Marcy talks about the long history of massage as a health practice. How it evolved in the U.S. and in Duluth, MN. Then she shares her history of massage and her 30 years in her business at Eagles Nest Massage.



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Episode 79 – Matthew Tims – Digital Marketing Specialist

We are faced with so much information that comes at us. Most of it is designed to entice in us a particular emotion or influence us to a particular action of their design.

He reminds us that newspapers and online media outlets are a businesses vying for our eyes, our attention, our mouse clicks. Not for our best interest.

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Episode 80 – Mel Alvar – Insights into Sex Trafficking

Our discussion was a great opportunity to gain a better understanding about what trafficking is and where it is happening or can happen. She opens our eyes to what a “typical” trafficker might look like or who they might be.



Mel Alvar

Safe Harbor NE Regional Navigator | Youth Advocate

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Episode 81 – Claudia Cottrell – Why animals need a chiropractor too!

Claudia Cottrell with Animal Kingdom Chiropractic shares her journey from chiropractor for humans to finding an ease and passion now as a chiropractor for animals. Why would an animal need a chiropractor?

Episode 82 – Kitty Jacquot – Dragon Fire Ceramics – Spirit and Wellness Connection Panelist  
Not just gorgeous ceramics with a mindset on sustainability and safety, Kitty offers affordable classes for kids each Saturday. Adult classes, parties, date nights and other opportunities to gather, use our hands, expand and explore our creativity in a supportive space and have fun!

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### Episode 83 – Spirit and Wellness Connection 2019 Panel Live Podcast

We return for the 2nd Spirit & Wellness Connection in 2019 for another wonderful live podcast. This year, we host four panelists, in two panels. Enjoy the live recording of the event with great discussions and questions from the audience.



Erin DeWitt was one of the panelists at the Event.

Her offerings include:

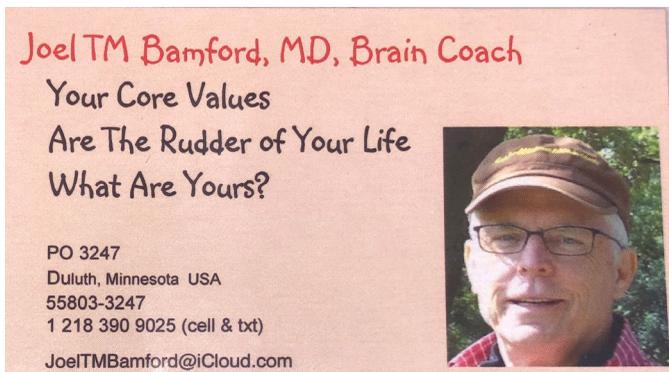
- Balancing Sessions
- Reiki Healing Attunements
- Messages with Spirit on Canvas

Erin DeWitt  
Wellness Educator & Change Agent  
218-341-3411  
ConsciousLivingNow.com

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### Episode 84 – Joel Bamford – Our skin, the Sun, Benefits, Drawbacks and Care

Joel brings his passion of helping us know the ways around caring for our skin after his retirement. He spent some time with me so we can all be reminded that the sun has great health protective benefits and some drawbacks in its power. And, the drawbacks of getting too little.



### Episode 85 – Jan Tomaino – Essential Oils, Essential Knowledge for Safe Using and Sharing

Jan is a huge promoter and fan of the power of essential oils but has concerns about incorrect information out there leading to potential harm and, in many cases, over use. She talks safety without losing any of the great benefits.



<http://orangeblossomhealingarts.com/>

[Jan@OrangeBlossomHealingArts.com](mailto:Jan@OrangeBlossomHealingArts.com)

<https://www.facebook.com/orangeblossomhealingarts/>

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Episode 86 – Adeline Wright – Gag Me With a Spoon – a Community Story Share  
Adeline's creation is building community connection and understanding in a safe space that invites us to share our stories, challenges, struggles, experiences; what makes us who we are. Creating a loving and supportive environment encouraging us to be brave and vulnerable for those experienced storytellers and especially those who are not.

# Some of the Upcoming Episodes!

Laura Ness & Steve Stern -

Green Home Solutions -

Interior Mold and Air Quality



**Laura Ness**

Owner/Business Director

📞 218-576-5293

✉ [laura.ness@greenhomesolutions.com](mailto:laura.ness@greenhomesolutions.com)



Kari Becken -

Core Energy Transitions Coach



Nathan Lipinski - Platonic App

Eric Stein - Sickness Narratives

Nathan Crotteau - Holistic Wellness Services - Hemp Farmer

Dr. Jon Herbert - NAK (Northland Applied Kinesiology)

Jackie Lip-ski - Lip-ski's Naturals

Restorative Justice - Laraine and Paul Mickelson

Sandy Molin - VoxxLife Sock Technology



# ...Upcoming Episodes (continued)

Yana Stockman -

Transition Life Coach



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Jean Sumner -

World Wellness Education



**Jean Sumner**

Co-founder

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Photographer for the event



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Kathryn Nordstrom  
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info@studiosoulshine.com  
www.studiosoulshine.com



Martha Oie, Support & Help



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Cole Fischer, Ticketing & Registration  
Jeff Flugear, Technical Support  
Angie Locker, Flip the Script  
Sue Maki, Driver Extraordinaire  
Cookie Kilian, Reading Trivia at the Event and so much more  
Joel Swan, Sound Support, Technical Support, Quiet Behind the Scenes Guy

Thank you to all of you who donated gifts for our drawings!  
I appreciate your support and generosity!

## Deep Gratitude to all of our Patreon Members

Adeline Wright  
Christa Overson  
Eagles Nest Massage Therapy



Janet Tomaino  
Lara M Hill  
Martha Oie



Lake Superior Natural Medicine is adding another Doctor!

*I am excited to announce the addition of Dr. Jonathan Otten, ND to my location. Dr. Otten specializes in Lyme and autism. He has trained with some of the top physicians in the country in various modalities, including herbal therapies and pharmaceutical treatment. He worked alongside Dr. Chris Foley for nearly 5 years - one of the top Lyme doctors in the state. He will start seeing patients on June 13, and will be commuting from the Twin Cities regularly. I am so excited to collaborate with him, and to share the chronic Lyme patients, who often have a complex medical picture. Welcome Dr Otten!*

**Dr Jocelyn Strand, N.D. & Dr Jonathan Otten, N.D.**  
732 E Superior St (next to Va Bene)  
Duluth, MN 55802  
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A shout out to my office space that has served as my recording studio and editing den. Thank you Brandon and Kat at Regus for helping me get this ball rolling... and always having the hot water on for tea!



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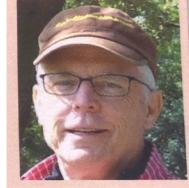


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