

Welcome to the 2011 Annual My Healthy Beginning Resource Directory...otherwise known as the MHB Faves! Download and print for yourself or send this link to your friends. For more information on natural pregnancy, birth and raising your family, register over on the right hand side of the screen for my FREE New Parent Tool Kit (\$30 value). It will definitely save you time, money and energy scrounging for the information you don't know you need!

~Nichi Hirsch Kuechle  
President, My Healthy Beginning  
Parent Coach, Doula, Craniosacral Therapist  
612-418-3801  
[nhirsch@myhealthybeginning.com](mailto:nhirsch@myhealthybeginning.com)  
[www.myhealthybeginning.com](http://www.myhealthybeginning.com)

#### **Birth Center**

Health Foundations Family Health & Birth Center  
968 Grand Ave  
Saint Paul, MN 55105  
651-895-2520  
[www.health-foundations.com](http://www.health-foundations.com)

Morning Star Women's Health and Birth Center  
Menomonie, WI Phone: 715.231.3100  
St. Louis Park, MN Phone: 612.922.BIRTH (612.922.4784)  
[www.morningstarbirth.com](http://www.morningstarbirth.com)  
Come in for \$5.00 off Ina May's Guide to Childbirth

#### **Birth Doula**

Nichole Hirsch Kuechle  
612-418-3801  
[nhirsch@myhealthybeginning.com](mailto:nhirsch@myhealthybeginning.com)  
OFFER: Complimentary 30 minute Skype consultation

#### **Childbirth Education**

Sarah Beth Stack Seguin  
763-442-0532  
[sarahbethseguin@yahoo.com](mailto:sarahbethseguin@yahoo.com)

#### **Children's Fitness**

[www.move-with-me.com](http://www.move-with-me.com)  
818-667-3689

Learning Tree Yoga-yoga for toddlers through teens  
[www.learningtreeyoga.com](http://www.learningtreeyoga.com)

## **Children's Products**

Sniffle Buddies

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

1-800-375-4991

Sniffle Sleeve & Kanigo Essential Oils

Teaching good germ control one elbow at a time.

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

## **Chiropractic**

Chiropractic USA

Chiropractic for the well-adjusted life

Dr. Amy Michelle Willcockson

Dr. Brian Devitt

952-476-2260

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

Lakepointe Chiropractic & Wellness

Drs. Carrie Getzmier, Rebecca Adamek, Chad Peckles, and Jessica Peterson

5000 W. 36<sup>th</sup> Street

Suite 120

Minneapolis, MN 55416

(p) 612-922-8100

(f) 612-922-8130

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

[drcarrie@lpwellness.com](mailto:drcarrie@lpwellness.com)

[drjessica@lpwellness.com](mailto:drjessica@lpwellness.com)

## **Cloth Diapering**

All Things Diapers

Cloth Diaper Store & Cloth Diaper Delivery Service

12064 Central Ave NE,

Blaine, MN, 55434

763- 439-1973

[allthingsdiapers@yahoo.com](mailto:allthingsdiapers@yahoo.com)

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

OFFER: 1 week free with the purchase of 4 weeks of service and 10% off your next purchase of \$50 or more in store.

Do Good Diapers

A cloth diaper delivery service

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

[DoGoodDiapers@gmail.com](mailto:DoGoodDiapers@gmail.com)

612.990.2183

The Natural Life Store

Modern cloth diapers & accessories

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

## **Coaching for Pets and People**

Dancing Porcupine

Helping pets and people become happier, healthier and better behaved. Life Coaching and Shamanic Healing for People, and Animal Communication, Tellington TTouch® Training and Shamanic Healing for Pets.

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

Sage Lewis

[sage@dancingporcupine.com](mailto:sage@dancingporcupine.com)

612-817-4473

## **Community Supported Agriculture**

Crazy Boy Farm

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

## **Counseling**

Laurie Moser, MA, LAMFT

Circle of Counseling

3908 Georgia Ave North

Crystal, MN 55427

763-234-4813

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

## **Craniosacral Therapy-Pediatric & Adult**

Nichole Hirsch Kuechle

612-418-3801

[nhirsch@myhealthybeginning.com](mailto:nhirsch@myhealthybeginning.com)

OFFER: First visit intake fee of \$25 waived upon mention of this offer.

## **Essential Oils**

Young Living

[www.youngliving.org/dropbydrop](http://www.youngliving.org/dropbydrop)

## **Healthy Foods**

The HopeFULL Company

P.O. Box 5556

Hopkins, MN 55343

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

We aim to make it easy to prepare satisfying, nutrient-dense and easily edible meals for those having trouble eating.

OFFER: Free Shipping for MHB Readers through April 15, 2011. Mention ShippingMHB at check-out.

Pure Market Express

Fresh. Natural. Delicious

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

500 Chestnut Street  
Chaska, MN 55318  
1-888-4-RAW MEALS  
952-452-4865  
info@puremarketexpress.com

### **Homeopathy**

Kate Birch, RSHom(NA), CCH, CMT  
212 Third Ave N Suite 425  
Minneapolis MN 55401  
612-701-0629  
katebhom@hotmail.com  
<http://vaccinefree.wordpress.com/>

Homeopathy for the whole family: Specializing in vaccine alternatives, childhood illnesses and promoting normal development.

### **Interior Design**

Embellishments Design Studio is a full-service interior decoration studio, specializing in space planning, custom furniture and window treatments. The owner, Jane-Marie Bloomberg, has a passion for achieving well-appointed interiors by focusing on what you already have, what you really need and what you truly want. Transform the house you live in into the home you'll love.

Embellishments Design Studio  
612-251-6512  
[www.embellishmentsdesign.com](http://www.embellishmentsdesign.com)  
OFFER: Receive \$100 off your first service.

### **Life Cycle Work**

Melissa Batalden Mendez  
Birthing From Within Childbirth Mentor, Life Cycle Celebrant and Rites of Passage Facilitator  
As a trained life-cycle celebrant, Melissa can assist you in creating a meaningful and unique BlessingWay Ceremony, a Child Welcoming Ceremony or any other life passage ceremony (adoption, coming of age, crowning, etc).  
honeybeemommy@yahoo.com  
952-220-7288

### **Mama Fitness**

Blooma  
952-848-1111  
[www.blooma.com](http://www.blooma.com)  
OFFER: mention My Healthy Beginning for \$5 off your first class (valid at all three locations)

### **Massage Therapy**

Relaxation Advantage

Located in New Hope

Online Scheduling Available

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

612-816-0255

OFFER: Mention MHB and get \$10 off your massage and \$10 sent to your favorite non-profit.

Nichole Hirsch Kuechle

612-418-3801

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

[nhirsch@myhealthybeginning.com](mailto:nhirsch@myhealthybeginning.com)

OFFER: mention My Healthy Beginning for the initial visit intake fee of \$25 waived.

### **Mortgage**

Midwest Mortgage Consultants

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

david@mmc-mn.com

### **Music**

Mark Romero Music

Transform your life through the power of music.

[www.markromeromusic.com/cmd.php?af=1298725](http://www.markromeromusic.com/cmd.php?af=1298725)

Music Together-music and movement classes for children 0-5

[www.musictogethermn.org](http://www.musictogethermn.org)

### **Natural Health Care Clinics**

Dynamic Healing Center

507 N. Nokomis, Ste 201

Alexandria, MN 56308

320-762-4295

Dynamic Healing Center

Maple Plain, MN 55359

763-479-6335

The Dynamic Healing Center Offers Personalized Naturopathic and Lifestyle Medicine for All Members of Your Family.

OFFER: 15 minute initial consult with lifestyle medicine wellness coach

Newbridge Clinic

8200 Humboldt Ave S. #301

Bloomington, MN 55431

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

[appt@newbridgeclinic.com](mailto:appt@newbridgeclinic.com)

### **Non-Toxic Household Products**

Melissa Hirokawa, Melaleuca Marketing Executive

612-208-0156

[melissa@livingspirittherapy.com](mailto:melissa@livingspirittherapy.com)

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

OFFER: \$5 rebate on Melaleuca products

Paula Pursley, Healthy Options & Shaklee

Natural support for you and your family's health with nutritional supplements and safe personal care items for the whole family including healthy weight control, cleaning and laundry supplies.

OFFER: complimentary consult. Mention MHB during this consult for a free gift (\$15 value)

763-550-9117

[paula@healthy-ops.com](mailto:paula@healthy-ops.com)

[www.healthy-ops.myshaklee.com](http://www.healthy-ops.myshaklee.com)

Norwex-chemical free cleaning

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

### **Non-Profit**

Charlene's Light, A Foundation For Ovarian Cancer

Dedicated to educating women and the community about symptoms of ovarian cancer and provide support and hope for patients, caregivers and families! We are committed to helping mothers create a healthy home for their families by providing safer, more economical consumable products that "go green for wellness" and give back to the foundation every month.

Kristine Greer or Amanda Winter

[www.charleneslight.org](http://www.charleneslight.org)

[Kristine@charleneslight.org](mailto:Kristine@charleneslight.org)

[Amandawinter@wedeliverwellness.com](mailto:Amandawinter@wedeliverwellness.com)

612.720.3308

OFFER: Free complimentary consultation offered, along with a chance to receive \$100 in free products!

### **Parent Coaching**

**Nichole Hirsch Kuechle**

**612-418-3801**

[nhirsch@myhealthybeginning.com](mailto:nhirsch@myhealthybeginning.com)

**OFFER:** Complimentary 30 minute Skype consultation

Find support and guidance with issues such as sleep training, implementing a rhythm, and how to navigate the many resources out there while making decisions as an expecting or new parent.

### **Re-usable Snack/Lunch Bags**

[www.reBAG-it.com](http://www.reBAG-it.com)

re-usable & washable alternative to plastic storage bags

