



Nutritional Healing Named Weight Loss Center Winner in Regional Awards

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APPLETON, WI - August 14, 2026 -

Nutritional Healing has been named the winning Weight Loss Center in both the Best of the Valley and Best of the Lakeshore awards. The practice was also selected as a finalist for Best Women's Health Services, marking a first-time recognition in that category this year.

The dual wins for Weight Loss Center reflect community voting that recognized the practice's work in supporting clients through individualized nutrition and lifestyle programs. The finalist status for Women's Health Services highlights additional community acknowledgment of services related to hormone balance and related wellness needs. These results stem from public participation in the regional awards programs that identify local businesses and services across multiple categories.

Kimberly Baehman, MS, CNS, owner of Nutritional Healing, said, "This honor would not be possible without the dedicated clients and the support of the community. Together, these recognitions reflect the ongoing commitment to promoting health and wellness through functional medicine approaches."

The awards programs gather public input to determine rankings based on community feedback. Placement

as the winning Weight Loss Center in both competitions and as a finalist for Women's Health Services indicates sustained positive response from area residents regarding the practice's contributions to local health and wellness. The dual Weight Loss Center recognition in separate regional programs underscores consistent community support across different geographic areas.

Nutritional Healing applies functional medicine principles that examine root causes of health concerns by evaluating individual body systems. Scientific testing informs the development of personalized nutrition and lifestyle recommendations rather than applying uniform approaches based solely on symptoms or disease labels. This method prioritizes understanding why certain health issues develop and uses laboratory data to guide targeted strategies for each client.

The company offers expertise in areas that include sustainable weight loss programs focused on body composition, food sensitivities, gut health and enzyme testing, women's and men's hormone balance, fertility support, detoxification and drainage, and management of environmental factors such as mold and heavy metals. Additional services cover athletic performance optimization, vitamin and mineral testing, Lyme disease and tickborne illness support, cardio-metabolic lab work, and customized menu planning that translates test results into practical daily guidance.

These awards align with the practice's broader educational efforts, including community classes and media appearances that share information on nutrition and wellness topics. Seasonal cooking workshops, television segments and recipe resources complement clinical services by providing practical knowledge that supports long-term health habits. The recognitions come during a period of continued program development and client support focused on sustainable outcomes.

The information associated with the practice's programs and public acknowledgments is intended for general educational purposes. It does not constitute medical advice. Individuals seeking guidance on health concerns are encouraged to consult qualified healthcare professionals for evaluation and recommendations specific to their situations.

Baehman continued, "The dual Weight Loss Center awards and the Women's Health Services finalist recognition underscore the value of root cause approaches and personalized care within the community. We remain focused on helping individuals address underlying factors that influence overall wellness."

The practice continues to focus on science-based methods and individualized support. Laboratory analyses and nutrition guidance form the foundation of programs designed to address factors that influence overall wellness. Community recognition through these awards reinforces the ongoing work of translating functional medicine principles into accessible, practical support for clients and the broader region.

Nutritional Healing, LLC is a functional medicine practice that specializes in root cause analysis and personalized health optimization. The company develops individualized nutrition and lifestyle programs using scientific testing methods to address specific client needs, including factors that influence overall wellness.

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For more information about Nutritional Healing, contact the company here: Nutritional Healing Kimberly Baehman 9203585764 info@nutritionalhealingllc.com 639 W Ridgeview Drive Appleton, WI 54911

Nutritional Healing

Clinical Nutritionist Kimberly Baehman, MS, CNS, is a well-regarded expert in the nutrition field. Kimberly received her Bachelor of Business Management from the University of Wisconsin ? Eau Claire.

Website: <https://nutritionalhealingllc.com/>

Email: info@nutritionalhealingllc.com

Phone: 9203585764

The logo for Nutritional Healing features the words "NUTRITIONAL" and "HEALING" in a bold, sans-serif font. "NUTRITIONAL" is colored red and "HEALING" is colored green. The letters are closely spaced and have a slightly distressed or hand-drawn appearance.