



Nutritional Healing Named Best of the Valley Weight Loss Center for 13th Year

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APPLETON, WI - September 04, 2026 -

Nutritional Healing has announced that it was named the 2026 Best of the Valley winner for Best Weight Loss Center, according to a company statement describing the result as its 13th consecutive year in that category. The honor is part of the Best of the Valley WI Community's Choice Awards, a public nomination and voting program associated with The Post-Crescent and LocaliQ contest platforms used by other Fox Valley businesses.

Community's Choice Awards programs typically invite residents to nominate and then vote in local business categories. Results reflect community ballots rather than a clinical or scientific ranking of weight-loss methods. The 13-year streak cited in the announcement comes from Nutritional Healing's own accounting of prior awards and was not independently confirmed through a complete public winners archive for every year of the contest.

Kimberly Baehman, MS, CNS, owner of Nutritional Healing, said, "The road to weight loss looks different for

every person. Lasting success comes from treating the whole person, not just the number on the scale.?

Baehman holds a Master of Science degree and is a Certified Nutrition Specialist. That credential is used in nutrition practice and is distinct from a medical license. Nutritional Healing describes itself as a functional medicine practice that uses laboratory testing and nutrition counseling. Functional medicine is an approach that looks at individual body systems and lifestyle factors. It is not a separately licensed medical specialty, and laboratory findings do not automatically establish that a given factor caused a client's weight or health concerns.

The company statement said the practice has worked with clients for 16 years on weight-related goals and other chronic health concerns. It also credited its team and community voters. The motto referenced in the announcement is "Changing People's Lives From The Inside Out."

Services listed on the company website include nutrition and lifestyle programs, body composition testing, customized menu planning, and laboratory assessments such as food sensitivity, gut health, hormone, vitamin and mineral, and toxin-related panels. Some of those tests can provide information that nutrition professionals use when designing meal plans. Others, including certain food-sensitivity and toxin-burden panels, have more limited or mixed evidence for identifying the cause of weight change, hormone symptoms, fertility concerns, Lyme disease, mold exposure, or heavy-metal illness. Those conditions often require evaluation by licensed physicians or other clinicians with relevant medical authority.

The awards announcement is a community-recognition event, not a finding that any specific test or program produces a particular clinical outcome. Weight management involves many factors, including diet, activity, sleep, medications, and medical conditions. Nutrition counseling may be one part of that picture for some people.

Educational offerings such as cooking classes and food-sensitivity talks continue on the practice calendar and are presented as general information. Those sessions and the award announcement are not medical advice. People with unexplained weight change, hormone symptoms, tick-borne illness concerns, or suspected environmental exposures should consult qualified licensed healthcare professionals for diagnosis and treatment.

Kimberly Baehman continued, "To be recognized by clients and the community for the 13th consecutive year is an honor that is not taken for granted."

Nutritional Healing, LLC is a nutrition and functional medicine practice that develops individualized nutrition

and lifestyle programs. The company uses laboratory testing and counseling as part of that work and describes its focus as helping clients address factors that may influence 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.

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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.