Nutritional Healing Appears on WBAY TV-2 2 Your Health Segment

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APPLETON, WI - March 26, 2026 -
Nutritional Healing recently appeared on WBAY TV-2 for the station?s ?2 Your Health? segment hosted by Brian Teeters. Owner Kimberly Baehman, MS, CNS, and Brooke Knowles discussed toxic body burden and the importance of addressing drainage pathways before detoxification.

In the segment, the speakers noted that individuals in the United States are exposed to hundreds and thousands of chemicals on a daily basis, with more than 80,000 chemicals currently in use and over 25 percent of agricultural products reported as contaminated with mold. These exposures can combine with individual body chemistry to produce symptoms whose origins may not be immediately clear.

The discussion emphasized testing to assess toxic body burden. This involves evaluating levels of mold, environmental chemicals, and heavy metals to determine the body?s load. Symptoms that may prompt such evaluation include chronic fatigue, headaches or dizziness, sleep disturbances, joint or muscle pain, mood changes, hormonal imbalances, and anxiety.

A central educational point was the distinction between drainage and detoxification. Drainage focuses on

ensuring the body?s elimination pathways are functioning effectively before mobilizing toxins. The speakers explained that proceeding with detoxification without first supporting drainage can limit effectiveness and potentially worsen symptoms.

Kimberly Baehman, MS, CNS, owner of Nutritional Healing, said, ?We look at a toxic body burden for all of our clients because we are exposed to hundreds and thousands of chemicals on a daily basis in the United States alone. We have over 80,000 in use for chemicals, and over 25% of our agricultural products are contaminated with mold.?

Brooke Knowles, Office Manager and Wellness Account Executive at Nutritional Healing, added context on the proper sequence. ?Our philosophy is that we want to focus on drainage first to make sure that that is happening the correct way, that all cylinders are firing correctly, and that when we go to do the detoxification of those chemicals or toxins, that is able to happen effectively without causing more symptoms.?

The segment presented general educational information consistent with functional medicine principles. This approach examines root causes through evaluation of individual body systems and interconnections rather than focusing solely on disease labels. Scientific testing, including total toxin burden testing, supports the development of personalized nutrition and lifestyle recommendations.

Kimberly Baehman, MS, CNS, owner of Nutritional Healing, said, ?Once we?ve got that out of our systems, they feel better than they even realized they could feel. They?re just like, ?This is so common for me. I don?t even know what normal feels like anymore.??

The information shared during the WBAY TV-2 appearance was intended for general educational purposes only and does not constitute medical advice. Individuals experiencing symptoms are encouraged to consult qualified healthcare professionals for evaluation and guidance specific to their situation.

The television segment provided viewers with a comprehensive overview of everyday toxin exposures and foundational steps in supporting the body?s natural elimination processes. Participation in ?2 Your Health? allowed Nutritional Healing to effectively contribute to community education on these important topics through the lens of functional medicine, fostering awareness and empowering individuals to make informed health choices.

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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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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