Nutritional Healing Announces Seasonal Eats & Treats Class Following Successful Food Sensitivity and Gut Health Session

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APPLETON, WI - April 10, 2026 -
Nutritional Healing held an educational class on food sensitivities and gut health on March 25. The free session provided participants with information on how slight sensitivities to everyday foods may relate to various symptoms. The practice has now scheduled its next community program, the Seasonal Eats & Treats ? April class, for April 15 from 5:00 pm to 6:30 pm. This paid session, open to the public, costs $25 and will focus on seasonal nutrition topics.

The March session examined connections between common foods and issues such as discomfort, challenges with weight, gastrointestinal disorders, skin rashes, acne, arthritis, and migraines. Participants learned about food sensitivity testing and its support for science-based nutrition plans tailored to individual needs. The class also covered specialized gut health testing. This testing maps the gut from throat to colon and analyzes bacteria.

Research published in peer-reviewed journals has linked gut bacteria communities to multiple chronic conditions. Studies indicate that dysbiosis, or an imbalance in the gut microbiota, is associated with diseases

such as inflammatory bowel disease, obesity, and diabetes. Gut bacteria play roles in immune modulation, metabolism, and protection against certain pathogens, according to reviews in journals such as the International Journal of Molecular Sciences and Gut.

Participants in the March class received details on how diet, digestion, and gut function connect to daily wellness. The session drew from functional medicine methods to illustrate these relationships. Individuals who have experienced ongoing concerns found the information relevant for understanding potential underlying factors.

Kimberly Baehman, MS, CNS, owner of Nutritional Healing, said, ?Many individuals suffer from persistent symptoms without recognizing the potential link to their diet. The recent class provided valuable information on identifying food sensitivities and understanding gut function to support better health decisions.?

The upcoming Seasonal Eats & Treats ? April class continues the series of educational programs. It will explore seasonal recipes, snacks, meals, and mocktails approved under the practice?s nutrition guidance. Registration details are available through the company?s events page.

Nutritional Healing uses an approach that investigates root causes of health concerns through examination of individual body systems. This framework employs scientific testing to guide nutrition and lifestyle recommendations.

The company offers expertise in areas including sustainable weight loss programs, food sensitivities, gut health and enzyme testing, women?s and men?s hormone balance, fertility support, detoxification and drainage, and management of environmental factors like mold, heavy metals, and toxins. It also provides programs for athletic performance optimization, body composition testing, cardio-metabolic lab work, and customized menu planning.

By presenting a series of classes that included the March food sensitivity and gut health topic, and now continuing with the April 15 session, Nutritional Healing supports broader community engagement with nutrition education. These programs offer opportunities to explore concepts related to diet and wellness.

The information presented in the recent class and the upcoming session is intended for general educational purposes. It does not constitute medical advice. Individuals are encouraged to consult qualified healthcare professionals regarding personal health matters.

Baehman continued, ?By looking deeply into how the gut influences the rest of the body and extending that understanding to seasonal nutrition, we can better assist clients in addressing underlying factors that affect their well-being.?

The March class drew from the practice?s experience with clients facing similar challenges. Emphasis in these educational sessions remains on providing foundational knowledge that can inform decisions about further evaluation. The April program will build on similar principles with a practical focus on seasonal eating.

Through its educational outreach, Nutritional Healing contributes to public awareness of nutrition topics. The transition from the March session to the April 15 class reflects ongoing efforts to share information drawn from functional medicine principles and scientific testing methods.

Nutritional Healing, LLC is a functional medicine practice that specializes in root cause analysis and personalized health optimization. The company develops nutrition and lifestyle programs designed to address specific client needs through scientific methods and targeted testing. Its work centers on helping people achieve improved health outcomes by focusing on the internal factors that influence overall wellness.

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Nutritional Healing

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