Nutritional Healing Reaches 100th Appearance on Fox 11 Living

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APPLETON, WI - May 22, 2026 -
Nutritional Healing has achieved a significant milestone with its 100th segment on Fox 11 Living. The recent appearance provided an opportunity to reflect on the practice?s evolution from initial discussions focused on basic nutrition and weight loss to a comprehensive functional medicine approach addressing complex health concerns.

Host Abby surprised the team with retrospective footage from Kimberly Baehman and Brooke?s earliest appearances on the program years ago. The segment traced the progression of topics covered over time and highlighted how the practice has expanded its scope to include deeper investigations into underlying factors affecting wellness. Viewers saw the journey from foundational conversations to more advanced explorations of health connections.

During the 100th appearance, the discussion encompassed several key areas, including gut health, food sensitivities, hormone balance, environmental toxins, and Lyme disease. These topics illustrate the range of subjects the practice has addressed across its media contributions, helping viewers understand potential links between persistent symptoms and internal body processes.

Kimberly Baehman, MS, CNS, owner of Nutritional Healing, said, ?What started years ago as conversations around the basics of nutrition and weight loss has evolved into something so much bigger. Today, our team helps clients uncover the root causes behind their health struggles through functional medicine testing and personalized care.?

The milestone underscores the value of consistent public education in the health space. Over the course of 100 segments, Nutritional Healing has shared science-based information with the local community, reaching audiences who may benefit from learning about proactive approaches to wellness. Regular television contributions have complemented the practice?s in-person educational classes and clinical services.

Nutritional Healing applies functional medicine principles that examine the interconnections among different body systems. This framework prioritizes the identification of root causes through detailed laboratory assessments instead of focusing only on isolated symptoms or standard disease classifications. The method supports the creation of tailored nutrition and lifestyle recommendations based on individual test results and personal health history.

The company maintains expertise across multiple related areas. These include sustainable weight loss programs centered on body composition improvements, food sensitivities and gut health testing, women?s and men?s hormone balance, fertility support, detoxification and drainage protocols, and management of environmental factors such as mold and heavy metals. The practice also addresses athletic performance optimization, vitamin and mineral status, Lyme disease and tickborne illness support, cardio-metabolic evaluations, and customized menu planning to translate laboratory findings into practical daily guidance.

Reaching 100 segments on Fox 11 Living represents sustained community engagement. Each appearance has contributed to broader awareness of how factors like gut bacteria balance, toxin exposure, and hormone function may influence daily energy, mood, digestion, and overall quality of life. The retrospective format of the milestone episode allowed both long-time viewers and new audiences to appreciate the continuity of the educational message.

Kimberly Baehman, MS, CNS, owner of Nutritional Healing, said, ?This segment was especially touching because Abby surprised us with footage from each of our very first Fox 11 appearances years ago. Watching those early clips reminded us just how far this journey has come and how grateful we are for this incredible community that has supported us every step of the way.?

All information presented during the practice?s media appearances and educational programs is intended for general educational purposes only. It does not constitute medical advice. Individuals experiencing health symptoms are encouraged to seek guidance from qualified healthcare professionals who can provide

personalized evaluation and care.

The 100th appearance marks an important point in Nutritional Healing?s public outreach efforts. The practice remains dedicated to sharing accurate, research-informed perspectives on wellness while continuing to support clients through individualized programs. Future segments and community initiatives will build upon this foundation of education and root cause focus.

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

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