Nutritional Healing Shares Healthy Summer Grilling Tips on Fox 11 Living

June 16, 2026

APPLETON, WI - June 16, 2026 -
Nutritional Healing recently appeared on Fox 11 Living to provide guidance on preparing healthier meals during summer grilling season. Kimberly Baehman, MS, CNS, owner, and Brooke Knowles joined the program to discuss practical strategies for reducing potential health risks associated with common grilling practices.

High-temperature cooking methods such as grilling, frying, roasting, and broiling can lead to the formation of compounds known as advanced glycation end products, or AGEs. These compounds form when proteins or fats combine with sugars under dry heat conditions. The segment addressed how frequent consumption of foods prepared this way may contribute to increased inflammation and other health considerations.

The discussion focused on ways to modify grilling techniques to minimize AGEs while preserving flavor and enjoyment of seasonal meals. Recommendations included selecting appropriate ingredients, managing cooking temperatures and times, and incorporating complementary foods that support overall nutritional balance. Such approaches align with broader principles of mindful meal preparation during warmer months when outdoor cooking is popular.

Kimberly Baehman, MS, CNS, owner of Nutritional Healing, said, ?Grilling is a favorite summer activity for many people, but being mindful of how we prepare foods at high temperatures can make a meaningful difference in supporting long-term wellness.?

The appearance on Fox 11 Living provided viewers with accessible information on balancing tradition with health-conscious choices. The segment emphasized that small adjustments in cooking methods can help reduce exposure to inflammatory compounds without eliminating favorite summer foods entirely.

Nutritional Healing applies functional medicine principles in its work. This framework examines interconnections among body systems to identify root causes of health concerns. Scientific testing assists in developing personalized nutrition and lifestyle recommendations tailored to individual needs rather than applying general disease labels in isolation.

The practice offers expertise in multiple areas that complement educational topics like healthy grilling. These include sustainable weight loss programs focused on body composition, food sensitivities and gut health 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 tick-borne illness support, cardio-metabolic lab work, and customized menu planning.

By participating in local media segments, Nutritional Healing extends its educational outreach beyond individual client consultations. The healthy summer grilling discussion contributes to community awareness of how everyday food preparation choices may influence inflammation, energy levels, and chronic disease risk factors over time. Peer-reviewed research has associated higher dietary AGEs with conditions including diabetes, heart disease, kidney concerns, and accelerated aging processes.

The information shared during the Fox 11 Living segment and similar programs is intended for general educational purposes only. It does not constitute medical advice. Individuals are encouraged to consult qualified healthcare professionals for guidance specific to their personal health situations and dietary needs.

Kimberly Baehman, MS, CNS, owner of Nutritional Healing, said, ?Our goal with these appearances is to equip people with practical knowledge they can use immediately, whether they are firing up the grill for a family gathering or planning meals for the week ahead. Small changes in how we cook can support the body?s natural processes and contribute to feeling better overall.?

The recent television contribution reflects the practice?s ongoing commitment to sharing science-based nutrition insights with the Fox Valley community. As summer continues, such topics remain relevant for

residents seeking to enjoy outdoor cooking while prioritizing wellness. Future educational efforts will build upon this foundation of accessible, practical health information.

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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