

Alternative/Integrative Health

Forestville Wellness Center (West County Health Centers) **887-0290, 6550 Front Street, Forestville, www.wchealth.org** – Integrative consults, osteopathic manipulation, herbal consults, massage, acupuncture, wellness classes including: diabetes management, chronic pain, drug abuse alternatives, smoking cessation, and nutrition education.

ACUPUNCTURE/CHINESE MEDICINE

© **Asyrah’s Garden, Jody James, Lac, Dipl OM (NCCAOM): Graton, 823-2866 www.acupuncturegoddess.com** - Outcalls available, Specializes in treatment of pain, stress, chronic illness and women’s reproductive health. Call **228**-Inquire about sliding scale option.

Forestville Acupuncture, Richard Rosen, Lac: 887-1165 - Specializes in family medicine. Accepts wide range of insurance. Inquire about sliding scale option.

James Grossman, Lac: 479-1165, Sebastopol - Acupuncture, Chinese Herbs, Dietary Counseling, Sliding scale option.

Jan Rice, Lac: Sebastopol, 829-1092 - Acupuncture, Chinese herbs, supplements, facial rejuvenation.

Sebastopol Community Acupuncture, Ian McCullough, MS, Lac: www.sebastopolfamilyacupuncture.com, 823-4300 - Chinese herbs, acupuncture, homeopathic remedies, pediatric massage, includes post-partum and pain treatments. Sliding scale available.

AYURVEDA

© **Dhyana Center: 800-796-6863, 823-8818, Sebastopol, www.dhyanacenter.com** - Ayurvedic consultations, treatments and bodywork; aromatherapy, lifestyle consults, certification programs, community classes. Sliding scale available.

Mamta Landerman, CAS, PKS: Sebastopol, 876-1937 - Clinical Ayurvedic and Pancha Karma Specialist, diet and lifestyle counseling, bodywork, classes.

Helen Thomas, DC: 527-7313, Santa Rosa, www.drhelenthomas.com, www.effortlessayurvedicliving.com - Clinical ayurveda specialist, NAET (Allergy Elimination), chiropractic, “EB” Cellular cleanse therapy footbath, supplements, classes.

INTEGRATIVE/NATUROPATHIC/HOMEOPATHIC

Amitabha Medical Clinic and Healing Center, Isaac Eliaz, MD, MS, Lac; Cheri Quincy, DO: Sebastopol, 829-5900, www.amitabhaclinic.com - Chinese medicine, acupuncture, moxabustion, osteopathy, Jin Shin Jyitsu, infrared heat therapy, electro lymphatic treatments, herbal and nutrition therapy, intravenous therapy.

©**Gail Dubinsky, MD: Sebastopol, 829-7596, www.gaildubinskymd.com** - Orthopedic medicine, complementary approach including yoga, exercise programs, lifestyle modifications and referrals to alternative therapies.

Yusuf Erskine, DO: Sebastopol, 829-5455, www.dr.erskine.com - Osteopathic manipulation, homeopathy, integrative HIV care, therapeutic yoga. No sliding scale options.

☺ **R. Andrew Landerman, DDS: Sebastopol, 829-0200, www.drlanderman.com** - Holistic biological dentistry incorporating Chinese medicine, acupuncture, naturopathy and homeopathy, uses mercury-free, bio-compatible materials.

Sebastopol Integrative Medicine, Erica M. Steffe, MD: Sebastopol, 823-3877, www.themindbodymd.com - Specializes in Infectious Diseases, integrates with several alternative therapies including homeopathy, dream work, guided imagery. Accepts insurance.

Stillpoint Family Health Services, Michael J. Lipelt, DDS, ND, Lac: Sebastopol, 829-2737, www.stillpointhealthcare.com - Naturopathic medicine, sports medicine, acupuncture, Chinese medicine/herbs, cranial sacral therapy and biological dentistry. No sliding scale options.

MASSAGE THERAPY AND BODYWORK AND SPAS

BodyTouch Therapy: 237-2700, www.bodytouchtherapy.com - Website lists several independent practitioners including advanced bodyworkers in Sonoma County, their schedules and where they practice, outcalls available, numerous bodywork modalities, workshops, insurance billing – call ahead, sliding scale available. Call to make an appointment.

Cottage Massage, Barbra Friedman, CMT: Forestville, 696-2009, www.barbrafriedman.com - Offers Swedish, deep tissue, reflexology & polarity in a charming cottage surrounded by a meditation garden. Outcalls available.

Eastern Holistic Center: Sebastopol, Petaluma, 364-5364, 823-4342 - Private sessions, classes, continuing education & certification programs; includes massage, yoga, QiKung, aromatherapy & childbirth education.

Mermaids Spa: Sebastopol, 823-3535, www.mermaidsspa.com - International hydrotherapy mineral baths, massage therapy, hot stones, facial therapy, spa treatments.

Osmosis Day Spa: Freestone, 823-8231, www.osmosis.com - Cedar enzyme baths, massage therapy, facials, Enjoy tea in the Japanese garden before session.

Olivia Parrish, RN, RCST: 887-8724, 206-2943 - Cranio-sacral therapy, counseling for anxiety, depression, grief and life transitions.

Patte's Massage: Guerneville, 869-2052 - Hot Stones, aromatherapy, craniosacral, Swedish, myofascial release, Thai, sports massage. Local discounts and sliding scale options available.

Sebastopol Massage Center: 823-3550, www.sebastopolmassage.com - Massage therapy services, classes, certification programs.

Joani Shaw, CMT: Guerneville, 869-3323 - Massage therapy, polarity, lomi bodywork, lifeforce energy work. Sliding scale available.

West Sonoma Inn and Spa: Guerneville, 869-2470, (800) 551-1881, www.westsonomainn.com - Massage therapy, facials, spa treatments. No sliding scale options.