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.


AYURVEDA


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

R. Andrew Landerman, DDS: Sebastopol, 829-0200, - 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](http://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](http://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](http://www.bodytouchtherapy.com) - Website lists several independent practitioners including advanced bodyworkers in Sonoma County, their schedules and where they practices, outcalls available, numerous bodywork modalities, workshops, insurance billing – call ahead, sliding scale available. Call to make an appointment.


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](http://www.mermaidsspa.com) - International hydrotherapy mineral baths, massage therapy, hot stones, facial therapy, spa treatments.

Osmosis Day Spa: Freestone, 823-8231, [www.osmosis.com](http://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 [www.pattesmassage.com](http://www.pattesmassage.com)- 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](http://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.