

Holistic Directory

Body-Mind-Spirit Practitioners & Services

Chico, Paradise & Oroville

Acknowledgements

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earthhavenchico@hotmail.com Contact us to be listed in the next edition.

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Introduction

What do holistic practitioners do? Instead of just alleviating physical symptoms, holistic practitioners work with the big picture and underlying causes, recognizing that body, mind, emotions and spirit influence each other. Any dis-ease happens first on the emotional and spiritual level, then manifests last on the physical level. Asian cultures have applied this knowledge for thousands of years, using tools such as acupressure, acupuncture, herbs, and massage to balance the immune system so the body can heal itself.

The NIH (National Institutes of Health), the US government health research agency, includes a National Center for Complementary and Alternative Medicine. It categorized these CAM practices in five groups. 1) Alternative medical systems such as Indian Ayurveda or homeopathy. 2) Mind-body interventions such as meditation and prayer. 3) Biologically-based therapies such as herbs, vitamins, and diet. 4) Manipulative and body-based practices including chiropractors, osteopaths, and massage therapists. 5) Energy therapies, e.g., Qigong, Reiki, Therapeutic Touch, and electromagnetic devices. (See the glossary for definitions.) All these modalities can be found in the directory.

This guide includes a surprising variety of over 100 local resources, which you'll enjoy exploring as you maintain and enhance your mental and physical health. Let us know if you have additional practitioners and services to recommend or other feedback. Enjoy! Duplicate and share with your friends.

Affirmations

By Barbara Kimball

- *Stop and smell the roses along the way.
- *Tomorrow is a new day.
- *Life is only as good as you make it.
- *Look on the bright side: Every cloud has a silver lining.
- *Honest praise is pure gold: It works magic.
- *Dance to the music of the spheres.
- *Look for the little joys of life; savor the sunshine smile of a baby.
- *Look for the good in all things, even adversity. It can be your teacher.
- *Forgive and you go free. Forgiveness opens the door to love.
- *You don't have to be perfect to start loving yourself.
- *I'm an adult. I let go of childhood defenses I don't need now.

ACUPUNCTURE/ACUPRESSURE



Karyl L. Clark *A Touch Better Reflexology*
343-0794 or 518-1646

Reflexology is a science that deals with the principle that there are reflex areas in the feet and hands, which correspond to all of the glands, organs and parts of the body. Reflexology is a unique method of using the thumb and fingers on these reflex areas. karylcl@juno.com

Colleen DeLaney, L.Ac. *Natural Care at Affordable Prices*
345-7735

John Struthers, L.Ac. Acupuncture Center of Chico located at 1550 Humboldt Road, Suite 7, Chico.

Adam L. Moes, L.Ac, MTCM, CMT *Traditional Chinese Medicine*
899-9800

Safe and effective family medicine for practically all internal medical concerns. Areas of specialization include: woman's health, pediatrics, allergies, and all manner of pain syndromes. All major insurances accepted. Acupuncture and Herb located at 574 Manzanita Ave. Suite 5 in Chico
acuherbs@sbcglobal.net <http://sky.prohosting.com/acuherbs/>



Sheryl Murata, L.Ac. *Masters of Oriental Medicine* 877-7003
Heavenly Herbs & Acupuncture Alternative Healing Center features acupuncture and clinical herbology, homotoxicology, nutrition and food therapy. Also detox, addiction and weight loss programs.

smurata@heavenly-herbs.com

www.heavenly-herbs.com

ART/MUSIC THERAPY

Marianna Love, MA, MFT *Visual Art For Healing* 872-9602
A water media artist creating work using the chakra/rainbow colors for healing. Teaches "Painting From the Heart: Enhancing Your Inner Artist and Taming Your Inner Critic."

watercolor6539@aol.com

<http://chicoartcenter.com>

Marc Rising Star *Music to Heal* 876-8142
Composes meditation music, web and graphics design, electronics repair for audio equipment, audio and video production, tape and CD duplication services. Provides musical mediation CDs, art, etc.

rstar@angelfire.com

www.starjourneys.com

ASTROLOGY, PALM READING

Helen Hendon *Astrologer* 680-6297
Astrologer: A spiritual approach to an ancient art; a synthesis in time of life events. Astrology answers the question "Who am I?" HelenHendon@aol.com

Maaj *Astrology* 893-8825
Specializing in astrological charts and interpretation. Mystik visionary, chakra healer. Radiant light body reading (working with light, sound and color). Osho Zen Tarot cards and readings. Antidotes and remedies. Ceremonies. Lectures and workshops.

Dhara Lemos *Spiritual Palm Reading* 342-2280
Experience this unique and self-empowering session. Discover the answers that lie deep within you. Treat yourself to a new beginning.
Dhara@usa.com
www.SpiritualLight.com

Koz McKev (Kevin Durkin), BA
Astrologer/Multi-Media Artist 891-5147
Provides guidance to clients primarily using western astrology; however, Vedic and Chinese astrology, tarot readings and palmistry are available. Kev hosts a weekly radio show called "Bohemian Express" on 90.1 FM and hosts an astrology TV show called "Kozmic Cream." He is seen on cable channels 11 & 44.
kozmickev@sunset.net
www.healingartsinfo.com

BEAUTY CARE

Mary Katherine Jones *Skin Beautiful* 894-6362
BA CSU, Chico, BS Duke University Medical School, Physician Assistant, Paramedical Clinical Esthetician, Trained in Reiki and Shiatsu massage. Skin Beautiful provides nature skin care. Our methods work with the skin's natural ability to heal itself, bringing the skin to new levels of health and beauty without compromising its delicate natural balance. With healthy skin as a base, many conditions will gradually heal themselves.

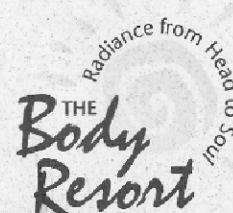
Body Resort *Elegant Skin, Hair, Nail, Massage Care* 899-8773
Mikell Kilburn, owner.

China Minor, CMT/Aesthetician *House of China Skin Care* 894-8236
Oxygen facials for all skin types implementing violet-light therapy. A treat for thirsty skin! Does outcalls and parties. chinalynn49@yahoo.com

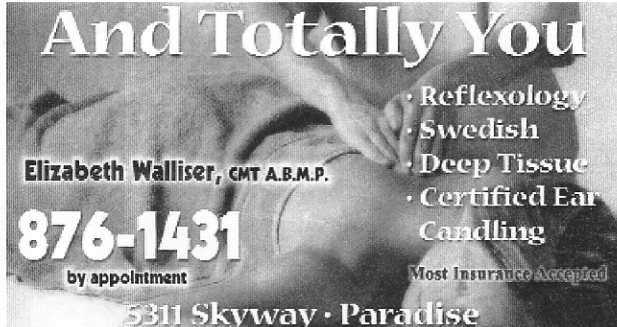
Elizabeth Walliser *One Stop Shop* 876-1431
Kathleen Hana (hair), Tracy Luna (nails). One stop with many services, Reiki, orthopedic massage and pain management, reflexology, Swedish, Deep tissue, Reiki. Herbal body wraps, ear candling.
ewmassageperson@yahoo.com

Mikell Kilburn
Licensed Esthetician
Specializing in
Microdermabrasion, Clinical
and Paramedical Esthetics

5th & Mangrove Plaza
1600 Mangrove, Suite M
Chico, California 95926
(530) 899-8773



And Totally You



Elizabeth Walliser, CMT A.B.M.P.
876-1431
by appointment
Most Insurance Accepted

- Reflexology
- Swedish
- Deep Tissue
- Certified Ear Candling

5311 Skyway • Paradise

BIRTH/PARENTING/ELDER CARE

Kamela Gibbs, Studio Director *Santosha Yoga Studio* 345-5885
Registered Yoga Teacher, Certified Massage Practitioner and Birth Doula. Prenatal Yoga, Yoga with Baby, Birth Partner Yoga.

Judy Goff *Reiki Master* 343-7244
Reiki master, specializing in hospice patients and the elderly, those approaching passing on. Spiritually oriented healing. (See business card, page 18.)

Angela Losoya *Personal Assistant* 879-9068
A personal assistant who enjoys helping out, including office and typing as well as childcare. Experienced with infants to 12-year-olds, she loves children. Certified in Microsoft Word, Excel, Power Point and beginner's Access, she loves working on the computer.
Alosoya123@yahoo.com

Nancy Pyle, MA *Quality of Life Services* 893-2797
Quality of Life Enhancement: Services for elders and their families to help cope with the challenges of later life. Recreational Activities - Companionship - Assistance Locating and Assessing Lodging. End of Life Comfort Care with 14 years experience.



Lou Ann Roemer Choss, LMT, RYT *Massage* 514-1958
Specializing in Birthing, Massage, Yoga and Energy Work.
regeneration_now@yahoo.com

Elena Tonetti *Birth into Being* 519-1445
Water birthing. Limbic imprint recoding, birth trauma release, massage. Very effective, fast and pleasant way of liberating from old patterns. It expands the capacity of the nervous system to process higher frequencies.
elena@dealingwithgravity.com www.dealingwithgravity.com

Sandra Young *Doula, Herbalist, Massage Therapist* 534-3343
A Doula is a woman experienced in childbirth, provides physical, emotional support during labor. earthandspirit@hotmail.com

BOOKS BY LOCAL AUTHORS

Annalisa Cunningham:
Gentle Yoga for Healing Mind, Body, Healing Addiction with Yoga: A Yoga Program for People in 12 Step Recovery
Yoga Vacations: A Guide to International Yoga Retreats
Spa Vacations: Your Guide to Healing Centers & Retreats

Glynda-Lee Hoffmann. *The Secret Dowry of Eve* offers a revolutionary new interpretation of an ancient story. It reveals little known secrets about the text of Genesis and the hidden talents of the human brain. Integrating spirituality with psychology and neurophysiology, a groundbreaking new study in consciousness.

Mary Katherine Jones. *Life as a Human.* A practical guide on how to live a more joyful life by teaching self acceptance, the acceptance of others, the elimination of fear, and the achievement of perspective. Books available at Skin Beautiful, located inside In Motion Fitness in Chico. 891-0601

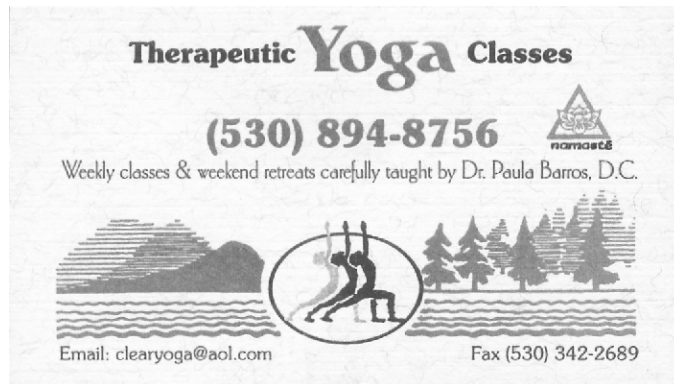
Mark Kitch. *Ascend.* Channeled information from angels.

Susan Wooldridge. *Poemcrazy: Freeing Your Life with Words.*

William "Rahasya" Poe & Dhara Lemos. *The 12 Spiritual Laws of Recovery and Meditations for the 12-Step Program.* (Also the editors of *Lotus Guide* magazine.)

Gayle Kimball. *Essential Energy Tools* kit: book, 2 CDs, and 3 videos. Video 1 "Essential Energy Tools." Video 2, "Energy Tools for Clairvoyance." Video 3, "Energy Tools for Healing and Wellness." CD. "Meditate with Dr. Gayle Kimball" and "Mind Power Tools for Kids." *How to Survive Your Parents: Divorce: Kids' Advice to Kids.* Includes comments of 20 counselors.
The Teen Trip: The Complete Resource Guide 1,500 young people report on their experiences and coping techniques.
50/50 Parenting. How to share parenting in various family styles.
Everything You Need to Know to Succeed After College. 14 chapter authors discuss career, finances, family, health, etc.

CHIROPRACTORS



Therapeutic Yoga Classes
(530) 894-8756
Weekly classes & weekend retreats carefully taught by Dr. Paula Barros, D.C.
Email: clearyoga@aol.com Fax (530) 342-2689

Paula Barros, D.C. *Yoga Therapy for All Chiropractic Needs*
894-8756

Includes craniosacral balancing, visceral manipulation, Bollma bodywork, Flower Essence consultation and personal nutritional counseling. Clear Creek Healing Center, Butte Valley. www.clearyoga.com



Michelle King, D.C.
Chiropractor
Directional Non-Force Technique™
(530) 898-1470
14 Williamsburg Lane
Chico, CA 95926
*Gentle,
Relaxing,
Chiropractic care*

Michelle King, D.C., B.S. *Gentle Chiropractic* 898-1470
Dr. King would like to invite you to experience a unique and gentle form of chiropractic care. Specific adjustments allow structural changes to be made with just a small amount of force. 14 Williamsburg Lane in Chico.
mkingdc@yahoo.com

Terry Malone, D.C., B.F.A. *Network Chiropractic Center* 345-9991
A wellness practitioner specializing in a highly advanced work called NETWORK SPINAL ANALYSIS and Somato Respiratory Integration. I help people heal from past physical, emotional and chemical stresses and traumas by teaching them tools and strategies they can use throughout their lifetime. These allow them to identify where in their bodies they hold traumas and how to unwind the built up stress and tension patterns. My practice is referral based and by mentioning this directory you can receive my referral discount.
418 Orient Street in Chico. drterrydcb@earthlink.net



CRAIG SHEPHERD D.C., C.C.S.P.
• Certified Chiropractic Sports Physician
• Vitamin & Nutritional Testing
• Reflexology & Applied Kinesiology
(530) 891-6300
SHEPHERD CHIROPRACTIC
1380 Longfellow Avenue • Chico, CA 95926

Craig Shepherd, DC. *Shepherd Chiropractic* 891-6300
Chiropractic, cranial adjustment, muscle testing for nutritional deficiencies and food allergies, Reiki and other energy work. Works with sports injuries. Most insurance accepted & student discounts.
C_Shepherd_DC@hotmail.com

CLAIRVOYANTS

Robert Kent Andersen *Clairvoyant/Psychic Readers*
893-8683, ext. 3
Associate Director of Earth Haven for 3 years. Readings, Life Path Guidance, Christ Force Healings, Reiki, teaches Earth Haven classes, Male Energy Work, free long distance healings, free reading contest.
Zehealer@hotmail.com www.geocities.com/chicopsychic2000

Peg Bailey *Spiritual readings & Massage* 877-3783

This work helps give insight and inspiration from the spiritual world by understanding your past, dealing with the loss of loved ones, grief, and receiving clarity on how to achieve goals and future growth. "Like John Edwards, only better," DC. "Sensitive, helpful, and surprising insights about my deceased father," D.B. Also a variety of massage techniques: Swedish, reflexology, and shiatsu massage.

Sharon Fletcher, Rev. *Healing from the Spiritual Realm*
342-9498

Channels messages of hope and healing from the spiritual realm, transmedium, and energy work, Reiki & Life force healing sessions.

Rowena Pantaleon *Diviner, Meditation Teacher, Mentor, and Healer* 343-1883

Mentoring and guiding individuals towards the landscape of spirit and its inner tapestry by combining meditation, inquiry, curiosity, breathwork, process bodywork, energy work, vision quest, super-ego work, ancestral work, and divination.

rowena@rowenapantaleon.com www.rowenapantaleon.com

Susan Selene *Spiritual Consultations* 877-5817

Clairvoyant, Intuitive Tarot, Astrology, Spirit Guides, Past Lives, Life Coaching, Relationship Specialist. Internationally known Psychic on Radio, TV, and Internet. Teacher, Author, Reiki & Crystal Healer.

psychicsusan@hotmail.com <http://susanselene.com>

Margaret VanLaanMartin *Age of Aquarius* 345-9214

Psychic and tarot readings, past life readings, business clearing, pet healing. Classes offered in Meditation, Healing, Soul Mate, Tarot, Runes, Astrology, Forgiveness and Mock-ups.

mlvlm@hotmail.com

COACHING/COUNSELING

Margaret Cherry *Astrology & Healing* 566-1180

Metaphysical teacher and counselor, Buddhist Osho Zen Tarot readings, astrology, color therapy, Reiki, free soul method to stimulate clairvoyance, and the Reason Method developed by P. Quinby to find the source of illness.

Glynda-Lee Hoffmann *Author & Spiritual Coach*

An author and spiritual coach available to individuals and couples.
genesis@shocking.com

Gayle Kimball, Ph.D. *Life Coach* 345-8118

Personal coach to achieve your goals, clairvoyant readings, telephone sessions, energy balancings, Emotional Freedom Technique, Reiki, marriage ceremonies. Oldfield Electro-Crystal Machine. Author of 11 books.
earthhavenchico@hotmail.com
www.gaylekimball.info

Jon Luvaas, J.D. *Mediation Law Office* 343-4934

Mediating family, property, and business conflicts. Resolving differences, finding creative solutions, and preventing personal and legal escalation. 341 Broadway, Room 211 in Chico. jonluv@sbcglobal.net



Tanha Luvaas, MFT *Counselor/Meditation* 893-3426

Psychotherapy and Assisted Individual meditation sessions as well as groups/classes. *Notes from my Inner Child.* TanhaLuvaas@sbcglobal.net



Adrienne Parker-Morano, MFT *Life Coach & Therapist*
321-6148

Marriage and family therapist. A life coach and therapist in the areas of communication, relationships, parenting, polyamory, sexuality, spirituality, divorce, dreamwork, and sandtray play. 341 Broadway, Suite 409, in Chico.

spiralcreations@sbcglobal.net

David M. Pierce, CHT *Hypnotherapist* 896-0796
Specializing in Traditional and Spiritual Regression (Life-Between-Lives) Hypnotherapy. Member of the National Association of Transpersonal Hypnotherapists, the Society for Spiritual Regression, and certified in Spiritual Regression Hypnotherapy with author Dr. Michael Newton.
dpierce@dpierce.com <http://www.dpierce.com>

Carol Sears, LVN, BS, CCHT, CRPT *Holistic Health Consultant & Coach* 532-4626

I encourage people to take back their life by knowing what the options are and how standard medical practice fits into the holistic picture. I teach a variety of modalities in a workshop setting. I also have a weekly radio program introducing practitioners and their work. Want to be a guest?

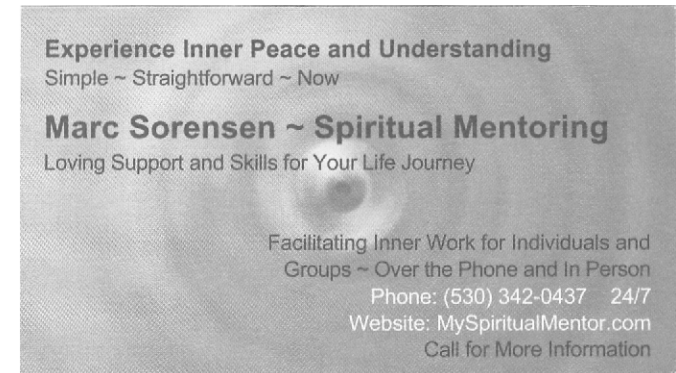
carol@coachcarol.net

www.coachcarol.net



George Sweet, BFB, Dowser *Dowsing*
Member ABH. Past life regression making contact with the subconscious. Explore the subconscious for memories, random or specific. PO Box 5877 in Oroville.

Stacy Schutten, MFTI *Transformative Healing* 343-9446
MFT Intern Supervised by Shannon Sheridan. Individual, couple, children and family therapy. Transformative Healing Spiraling Towards Growth. Experience in using an integrated therapeutic approach with a diverse client population.



Marc Sorensen *Spiritual Mentor* 342-0437
Inner ReSourcing opens our awareness to the Wisdom and Unconditional Love that we are born of. With support and simple skills we can reconnect with the guidance and life energy, which is our birthright.

Marc@MySpiritualMentor.com

MySpiritualMentor.com

ENERGY HEALING/REIKI

Susan Casey *Integrated Healing* 228-2134

Barbara Brennan School of Healing graduate, Reiki Master, Hakomi trained. Facilitates a healing process that acts upon your energy field and beyond, by integrating multiple healing modalities. With in-depth professional training and experience, I bring a natural, holistic, and personalized approach to stress management, challenges of illness, and spiritual growth. Experience the coming of ancient wisdom and modern science as it therapeutically touches the body, mind, heart and spirit. Located at 173 E. Fourth Ave., Suite B in Chico.

Kathleen Grundmann *Reiki Master/Practitioner* 589-9984

Bio Energy: Over 16 years experience empowering others to heal body, mind and spirit. World traveler teaches healing modalities and lecturer. klgrund@cncnet.com



Cedar Moss, C.M.T. *Inner Exploration* 898-0906

Accompanera-one who accompanies on the inner journey. I do basic massage and Reiki along with inner exploration including awakening creativity and spiritual direction. My favorite is to integrate it all together.

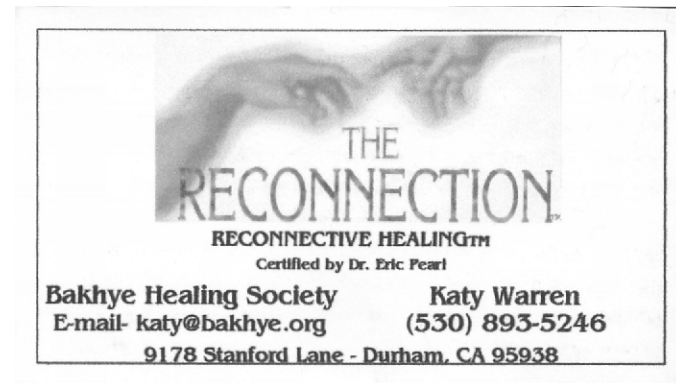
cedamoss@sbcglobal.net.

Cherie Pollock *Energy Healing* 865-3761
A Johrei Minister who channels Spiritual Light, a healing force, for the purpose of purifying the soul. A purified spirit ultimately leads to physical and mental healing. bobandcherie@netzero.com

Sela Randazzo *Rock-Medicine* 585-2960
Rock-Medicine is our last available source of medicine that has not been tainted by air, water and soil born pollutants. It does not replace medical practitioners and their value as diagnosticians, but rather gives us a less toxic and more affordable means of treating ourselves. Teacher, Practitioner & Author of *Rock-Medicine, A Practical Guide for Healing with Gems, Stones & Crystals*.
sela@tco.net www.rockmedicine.com

Donna Russell, C.M.T. *Energy Exploration* 534-9758
Therapeutic Touch. Spiritually grounded energy exploration and release through prayer, discussion and balancing.
donna@citizenshealth.org.

Jennifer Weddle *Reiki Master/Energy Healings* 894-5820



Katy Warren *Reconnection Practitioner* 893-5246

The reconnection links you to a parallel dimensional circulatory system that draws the basic energy for the renewal functions of the human body. Also, the reconnection brings in "new" axioatonal lines, which enable us to standardize unique vibratory levels and frequencies for healing and evolution.
katy@bakhye.org

FENG SHUI/HOUSING

Max Ramirez, Designer *Houseplans* 894-8236
Golden Sun Designs assists people in obtaining building permits for new home construction or remodels, creating graceful home designs to support your creative lifestyle. Includes Feng Shui and energy work.
designs@inreach.com

Randall Foreman *Environmental Technologies for Home & Office Health*
Reduce employee turn over, health insurance and workers' comp. costs, increase balance and productivity. Consultant about various technologies and techniques. Experience the joy of an energetically balanced surroundings and supercharged water.
radiantrandall@yahoo.com

Devin O'Keane *Chico Bio-Diesel Collective* 321-1585
Specializing in biodiesel and vegetable oil-only conversions on any diesel engine.
www.chicobiodiesel.org

Ursula Rabe

*Feng Shui Consultant
Astrologer & Artist*

(530) 432-9365
TOLL FREE 1-866-999-8163

website: www.healingartsinfo.com

Ursula Rabe *Astrology & Feng Shui* 432-9365
Certified Feng Shui Consultant & Astrologer. Creative Interior and Garden Design Solutions. Ursula is a well-known, long-time expert with services including artful furniture placement and decorating, astrological and intuitive guidance, dowsing, EMF detection, geomagnetic solutions, space clearing, Blessings and much more. All Feng Shui consultants are astrology-based.
www.healingartsinfo.com

FOOD/VITAMINS

Chico Natural Foods *Organic Food Products* 891-1713
Best selection of fresh organic produce and bulk foods in the Chico area. Wide selection of supplements and body care products. Fresh organic vegan sandwiches, salads, and soup made daily. Fresh organic coffee and organic vegan pastries every morning. 818 Main St. Open: 7:00 AM - 10:00 PM Daily



Robina Dausey *Healing Food*
Personal chef and catering, food charged with healing energy. Energy work and hands-on healing during births.
RobenaT@aol.com

Perry Fox *Dietary Consultant* 891-1713, ext. 114
Dietary supplementation consultation, information on dosage regimes, toxic levels and combining supplements and herbal remedies.

Rita A. Lehr, Holistic Health Practitioner
Full Body Health 345-3264
Natural health consultant treating the whole person, physically, emotionally, energetically. Vitamins and herbs.
bodyhealthshoppe@aol.com.

Cindy Maderos *Catering* 343-8349
Fresh, healthy food, including vegetarian dishes, creatively prepared and presented.

Miller's Bakery 532-6384
Hand crafted bread, organic whole-grain flour from local farmers, wheat alternatives. Also, cookies and scones. Available at the Saturday Farmers' Market in Chico, Chico Natural Foods, and S&S Produce.



**Organic
PRODUCE
& NATURAL FOODS**

- VITAMINS & HERBS
- NATURAL SKIN CARE
- 100% NATURAL MEAT
- FRESH SEAFOOD

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FAX 530-342-5537

1924 MANGROVE, CHICO, CA 95926

**S&S Organic Produce, Natural Foods & Cosmetics,
Butcher Store, Vitamins** 343-4930

GIFTS

Vicki Cook *Unique Containers* 899-0407
Flower pots, ponds, and animal watering troughs made of recycled tires.

Lotus Flower Imports *Crystals and Gifts* 345-6783
Lotus Flower Imports is a metaphysical gift shop. Sells a large variety of crystals, stones, minerals, and jewelry and gift items. Also offers classes, workshops & seminars. Linda Sowder & Harrison Morrison 839 Main St in Chico.
lotusflowerimports@sbcglobal.net.

LYON BOOKS & Learning Center 891-3338
New and used books, unique gifts, tutoring for grade school kids, special orders. Newsletter, book signings and other special events.

David Silverhawk *Native American Sculptures* 892-9109
A specialist in Native American ceremonial sculptures and fine woodworking. Of Apache and Ojibwe descent, he developed his personal style through over 30 years experience as an artist. He prefers to work directly with wood and stone, primarily using hand tools. His work exhibits strong spiritual themes. He also does carpentry work.

dsilverhawk@netzero.com

www.silverhawksculpture.com

Kirstan Quinn *Jewelry and Art* 533-0353
Special order jewelry, ready-made jewelry with semi-precious stones and crystals. Visionary artist on canvas and fine art paper.

Nancy Pyle *Singing Well-A-Gram* 893-2797
Singer will serenade a friend or family member who needs support, cheering-up, or to celebrate an anniversary, achievement, etc.

HEALTH/HOMEOPATHY/NUTRITION

**Jennifer Andrews, M.Ed. Ayurvedic
Specialist** *Science of Self-Healing*
518-3368

Ayurveda "Science of self healing" is over 5,000 years old. Simple techniques enables individuals to learn simple daily practices that enhance health and longevity. www.ambikasayurveda.com

Ambika's Ayurveda



Laura Burnett, R.N. (retired) 873-1434
Free health information plus intuition.

Davin Finn, R.N., N.D. *Naturopath
and Homeopathy* 893-4509
Homeopathic remedies, herbs, and vitamins. Specializes in immune problems, chronic disease, emotional health, women's health issues, childhood ailments, and more.

Ambika, Jennifer Andrews
Clinical Ayurvedic Specialist
530-518-3368
ambika9678@cs.com

Free Birth Control



Confidential information

Abortion pill, Morning
after pill, Pregnancy testing,
HIV testing, Health advice line

891-1911

**Women's Health
Specialists**

1469 Humboldt Rd.
Suite 200, Chico

Tara Barker
530-342-7132

NATURAL HEALTH

*herbal & nutritional consultations

*herbs, vitamins & supplements

*muscle testing (kinesiology)

*iridology analysis

*saliva testing/hair analysis

568 Manzanita Avenue #7
Chico, California 95926

Tara Barker

Natural Health

342-7132

Herbal, nutritional and lifestyle consultations. Herbal, vitamin and other supplement products as well as personal care. Muscle testing (kinesiology) and iridology analysis are methods used. Education too! 568 Manzanita Avenue #7, Chico
tara.barker@worldnet.att.net

Mark Kitch, Ph.D.

Homeopathy

518-2439

Homeopathy, immune system specialist. Nutritional supplements. Books on planetary ascension, nutritional supplements.
sunrock999@aol.com

Tina B. Ramirez, C.C.T.

Colon Hydrotherapy

345-9442

Improve digestion. Detox with internal cleansing using colon hydrotherapy. A clean start for a new you.

Mamie Woo, L.M.T

Chinese Medicine

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Women's Health Specialists (see previous page)

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Robert Ruggles, N.D. Ph.D.
P.O. Box 2764 • Oroville, CA 95965
(530) 534-9304*

Robert Ruggles, N.D., Ph.D. *Naturopath* 534-9304
Alternative solutions, intrinsic medicine. Specializes in natural remedies for cancer.

Christa Seybold-Haynes, M.D. (Vienna, Austria) *Holistic Health* 891-0601
Diplomas in Psychosocial and Psychosomatic Medicine, holistic health practitioner, certified massage therapist, reflexologist, Reiki Master, certified Flower Essence practitioner, licensed pastoral counselor (many years of experience in hospice work and terminally-ill counseling). Health and wellness workshops at Butte College and at CARD.
candchaynes@hotmail.com www.seyboldhaynes.com

HERBS

Taysha Bunce *Taysha's Flowers & Herbs* 345-0686 or 518-0360
Herbal products for total body skin care and slaves. Aromatherapy spritzers (double as mosquito repellent). 2097 Oro Chico Hwy. in Durham.
tayshastar@att.net.

Sandra Young *Doula, Herbalist, Massage Therapist* 534-3343
Earth and spirit herbals use only organic and wildcrafted plants, chemical and preservative free. I offer two kinds of face creams, lavender and calendula. Great for sensitive skin, also salves, tinctures, body lotions and massage oils using St. John's-Wort.

Donna Gauthier *Essential Oil Raindrop Technique* 876-1876
Independent distributor of nine powerful Therapeutic Grade A Essential Oils, which are dropped like "little raindrops" and massaged into the spine relieving muscular tension in the body. This procedure originates from an ancient Lakota Indian Healing Technique adapted by D. Gary Young of Young Living Essential Oils. The Essential Oils enhance the systems of the body and deeply energize detoxify and balance the electrical frequency of the body. The Essential Oils support the immune and nervous system and are designed specifically for topical application.

<http://www.youngliving.us/>

LIFESTYLES



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Website: www.dinner4six.com

Dinner 4 Six **Singles Club**
345-2020 in Chico, 873-2044 in Paradise, 533-8099 in Oroville
Helps singles find a way to socialize and/or match up in a non-threatening environment. Singles can meet at the Monthly Mixers (70-100 singles) or Dinners 4 Six at local restaurants organized by age groups or at activities like golf, dancing, hiking, theatre, museums, bowling, walks, etc. Non-members can attend the Monthly Mixers at 6-7pm at Nash's restaurant in Chico every Wednesday night to find out more about this fun singles club.

Stonewall Alliance of Chico *Come Be Yourself* 893-3336
Stonewall Alliance of Chico is a community and resource center for Lesbian, Gay, Bisexual, and Transgender individuals of Butte and surrounding counties, offering social, educational, and health resources.

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Adeline, C.M.T. *Touch of a Mermaid* 893-2259

Complimentary healing and therapeutic massage using an intuitive and integrative approach for your body's healing needs. It is my goal to facilitate optimal healing, relaxation and rejuvenation for your mind, body, and spirit. Ask about discount pricing for referrals and on-site chair massages at your place of business and special events.

Jean Louise Green, C.M.T. *Myofascial Release* 899-7653

Rolfing/structural integration and myofascial release. Thorough balancing and destraining of the body's soft tissue. Realignment of body structure with myofascial release.

jeanlgreen@hotmail.com.

Lisa Goodstein, BA, LMT *Conscious Bodywork* 896-1848

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ljgood@sbcglobal.net

Megan Harris, C.M.T. *Therapeutic Massage* 872-5099

Therapeutic massage, craniosacral, medial massage to correct alignment, pain management, Trigger Points. Offers massage therapy aids such as hot packs. Reiki master.

MASSAGE



Marsha Adler, CMT
B.S. Biomedical Science
Intuitive Integrated Massage

Stonebridge Professional Village
22 Williamsburg Lane, Suite F
Chico, CA 95926

530.893.9200

Marsha Adler, C.M.T. *Integrative Massage* 893-9200

An intuitive approach to integrative bodywork using a combination of massage techniques: Swedish, Esalen, Shiatsu, Reiki, Reflexology, Acupressure, Deep Tissue, and Trager work. It gently rocks the body to harmonize unconscious patterns. Also aromatherapy, flower essences, visualization and breath techniques, stretching routines, and Voice Dialogue Facilitation (a process involving the integration of parts in the personality).

marsha13@jps.net

Islet Therapeutic Massage

Diana Kelley, C.M.T.

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~Reflexology~Aromatherapy~SpaTreatments~

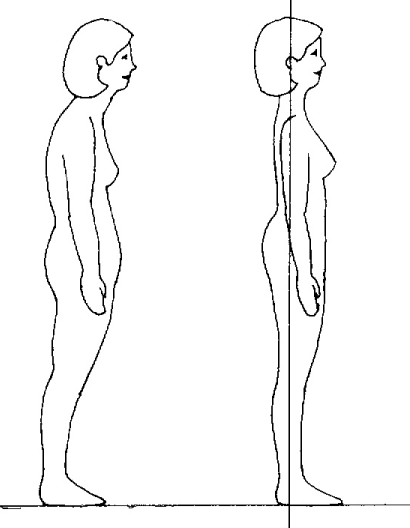


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--	---

Elaine Martin, Certified Practitioner

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4 Williamsburg Lane, Suite B, Chico

342-4280

Diana Kelly, C.M.T. *Therapeutic Massage and Shiatsu*
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Provides Relief from TMJ, migraine and sinus pain, along with sciatica, cramps, feet, back, neck and shoulder pains. Past injury experiences help to provide a better understanding of your therapeutic needs. Massage may include hot packs and warm aromatherapy foot wrap. 342 Broadway, Suite 314, Chico, CA 95928
isletmassage@netscape.net www.isletmassage.net

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Glori Mardesich, M.A, C.M.T. *For the Health of It.* 343-1383
An eclectic approach to health and wellness: Swedish/soft tissue mobilization, acupressure/shiatsu, reflexology, neuromuscular therapy, healing touch, energy work, guided visualizations, sports medicine, exercise therapy, proprioceptive neuromuscular facilitation. Herbal information. (MA, exercise physiology)

Elaine Martin *Rolfing, structural Integration* 342-4280
Deep Tissue Integrative myofascial release based on the work of Dr. Ida P. Rolf for realignment of the body and resolution of muscle strain and chronic pain. Transformative body therapy for posture improvement, enhanced sports performance, increase in height, healing of old injuries, and relief from chronic pain.
Elaine@rolfingchico.com 4 Williamsburg Lane, Suite B, Chico, CA 95926

Mike Metzger, CMT, NMT, LDT *Chico Therapy Wellness*
891-4301

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mikemetzger@sbcglobal.net www.chicotherapywellness.com

Michael Murphy

Therapeutic Massage

342-3581

healingspirittospirit@yahoo.com

www.Talk-N-Tree.com

Cynthia Muskin

Massage Practitioner

894-2483

Specializing in Thai massage which is based on yoga and focuses on stretching, relaxation and energy work. Shiatsu and Swedish massage are also available.

Felix Panlasigui Jr., C.M.T.

Bodywork

342-8106

Acupressure, craniosacral, reflexology, energy work, Reiki master.



PenRose Baldwin

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Water Works, featuring Watsu. An aquatic massage combining stretches, Shiatsu, therapeutic, and Lomi Lomi massage. Imagine floating in a safe warm place, while letting your cares drift away.

penrose@earthlink.net

Michael Pyramid, C.M.T.

Acupressure Massage

877-5522

Acupressure Massage, T'ai-Chi instructor. 494 Eldredge Drive in Paradise.

pyramidmichael@aaahawk.com



Lou Ann Roemer Choss, LMT, RYT *Lomi Lomi Massage*
514-1958

Specializing in Birthing, Massage, Yoga and Energy Work. Certified Holoenergetic Practitioner and trainer.


regeneration_now@yahoo.com



Vita Segalla *Massage, Alexander Technique, Meditation teacher*
345-7027

Offering wholistic massage in a mix of energy work, myofascial therapy, point release and polarity.

Moving in the Moment
Beth Weil-Sisk CMT



*integrated
massage therapy*
895-0105 899-9988

Beth Sisk *Moving in the Moment*
Massage Therapist 899-9988

I became a certified massage therapist in 1981 after completing training at East-West School of massage, Chico's first massage school. At East-West we focused on Polarity, Shiatsu and Swedish Techniques as well as basic anatomy and physiology. I've had further training in Tuina (Chinese Medical massage), Polarity, Kinetic Therapy (deep corrective therapeutic style), and the energetic healing work of Reiki. I do a combination of these styles each session to meet the needs of the individual client.

Sirena Squires, MT, Reiki Master 345-2150

Therapeutic massage moving energy and facilitating healing with acupressure and deep tissue massage. Offering wholistic massage in a mix of energy work, myofascial therapy, point release work, deep muscle therapy and polarity.

Mindi Williams, C.M.T. *Kneaded Healing* 891-5679

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Karen Zimmer *Massage* 533-9376

Jeanette Jones *Visionary Craniosacral* 520-9857 or 899-2699

The craniosacral wave is one way that the soul has of expressing its needs. In visionary craniosacral work, shamanic skills are used to sculpt the conscious medium, so that regenis and healing occur. (See business card, page 18.)

MEDITATION & SPIRITUAL TEACHERS

Liana H. Fernandez, BA *Spiritual Leader* 534-6797 or 533-8696

Spiritual healing, prayer, hands-on healing. Spiritual light worker, spiritual counseling. (See business card, page 18.)

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Understand Your Life Path

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e-mail: earthhavenchico@hotmail.com



Gayle Kimball, Ph.D. *Meditation & Energy Tools Teacher*

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earthhavenchico@hotmail.com

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Rowena Pantaleon *Diviner, Meditation Teacher, Mentor, and Healer*
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rowena@rowenapantaleon.com www.rowenapantaleon.com

Vita Segalla *Complete Self Process* 891-8192
A facilitator for the Complete Self Process. Complete Self Attunement Session: Have a personal trainer for your private meditation session to assist you in allowing your greatest potential to manifest in your life. Both spiritual and therapeutic.

Lynn Tosello, Rev. *Perfect Joy Ministries* 342-3740
Christan (not Christian) minister providing spiritual guidance to all who seek totality. My message is simple: Spiritual Health is an essential component in our overall well-being. Connection with the Divine calls forth the Joy that is within you. This Joy has lain dormant, hidden, unknown to you, but is beginning to stir to awakening. I can help you realize your waking Joy. The revivification process expands into all areas of your life. You are made new!
spiritualwisdom@nowusa.com www.perfectjoyministries.com

Susan G. Wooldridge, MA *Inner Guidance* 893-8808
Author of *Poemcrazy: Freeing Your Life with Words*. Inner Guide Meditation facilitator, Chinese Energetic Medicine practitioner, writing workshop leader. I help eliminate pain within minutes, facilitate meeting with your inner guide and archetypal energies safely.
poemcrazy@shocking.com

MOVEMENT/DANCE

Tone Cardenas, P.T. *Rhythm Therapy & Movement Medicine*
332-YOGA
Tone is a physical therapist, movement therapist and rhythm therapist who teaches Neuro-Muscular Re-patterning, Sensori-Motor Mastery, Mindfulness training, Muscle-Brain Gymnastics and whole-brain learning for coordination, balance, agility, range of motion, stress management, awareness, energy cultivation, brain function and learning disabilities through rhythm and movement, various *Exercises of Attention, Movement Meditations, Yoga-dance* and novel inventions like the 'Yoga Gym Swing'.
info@RhythmTherapy.com www.RhythmTherapy.com, www.YogaSwings.com

Pamela Huggins *Modern Dance Classes* 343-6613
Pamela offers a modern dance class every Monday evening, at Chico Creek Dance Centre (only \$5 per class!). Over the past 10 years, Pamela has incorporated her studies in transformational movement, experiential teambuilding and training, Alexander Technique, and process work to bring you her unique approach to sculpting the body, mind and spirit. Past facilitator of *Alive & Dreaming Workshops*, Pamela also meets regularly with individuals and groups ready to see their bodies transform.
pamefra@peoplepc.com
To receive her free monthly newsletter, email chicoforum@peoplepc.com.

Jeanette Jones *Visionary Craniosacral*
520-9857 or 899-2699
The craniosacral wave is one way that the soul has of expressing its needs. In visionary craniosacral work, shamanic skills are used to sculpt the conscious medium, so that regenesis and healing occur. (See business card, page 18)

Pyramid Michael *Health-E-2 T'ai-Chi instructor* 877-5522
Yang style T'ai-Chi instructor for 14 years. Acupressure Massage Therapist, Ear Acupuncture Clinic (for making life pattern changes). Located in Paradise & Chico.
pyramidmichael@aaahawk.com

Vita Segalla *The Alexander Technique* 891-8192
Movement therapy for behavior modification and ease in body use. Enjoy table work and work in movement.

Bob Walker *Ballroom Dance* 891-0424
Teaches classes, workshops and private lessons in West Coast Swing, Four Count Swing, Hustle, Night Club Two Step and Cha Cha with years of experience and a sense of humor. Dance email newsletter
justgottadance@email.com
Salsa newsletters: salsa@classesinchico@hotmail.com,
salsaclasssinchico@hotmail.com

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RETREAT CENTERS

Adele Johnson *Wild Horses Retreat Center* 824-1223
20 acres country retreat offers camping, ritual celebrations, horse riding lessons, horse boarding, and a swimming hole. adelewildhorses@prodigy.net

L'Abri Bed and Breakfast 800-489-3319 893-0824
Lauree and Stephen Janak. Country setting, weddings. Located North Chico. 14350 Highway 99

Workshops/Personal Growth Organizations

For current activities see *Lotus Guide* magazine calendar, Earth Haven email newsletter (join at www.yahogroups.com), and **Chico Community Forum** chicoforum@peoplepc.com; Pamela Huggins' monthly e-newsletter networks creative artists and healers

Butte Community College Continuing Education 895-2810
CSUC Extension 898-6105
CARD 895-4711
Earth Haven: Center for Spiritual Enrichment
(free energy balancing, Fridays, 5-7, 341 Broadway, Suite 416)
345-8118, 893-8683, ext. 3

Institute of Noetic Sciences 342-8540
Lotus Flower Imports 345-6783
Spirit-to-Spirit (free energy balancings) 342-3581
healingspirittospirit@yahoo.com

YOGA

Tone & Sharon Cardenas *METTA Physical Therapy & Intuitive Yoga*
332-9642

Tone is a Physical Therapist, Movement Therapist, and Rhythm Therapist. Sharon is a registered Nurse, certified Yoga Therapist, certified Massage Therapist, and Certified Nutritionist. Promoting Self Treatment of Neck and Back Pain, Headaches, Stress Management through Physical Therapy, Yoga, Massage & Bodywork, Conscious Exercise, Movement Meditations, Nutrition, Novel Products and *yogaswings*.
info@yogaswings.com

www.YogaSwings.com, www.IntuitiveYoga.net, www.RhythmTherapy.com

Amaera Bay Laurel-Ceccone *Yoga Teacher* 892-2626
Hatha yoga, Kids' "Yoga-Fun," gentle yoga, pre-natal and yoga dance. 15 years of dance and movement experience including martial arts, yoga, and dance.
amaera@wildmail.com

Rob Cossetta *Dancing Fish Yoga* 876-0212
Currently teaching Yoga fundamentals at the Ironworks Gym in Paradise and at Fit One in Chico, Rob incorporates aspects of various forms of yoga into his teaching style. "I really enjoy introducing yoga to new people. There were times as a landscaper where I could barely walk, and yoga healed me, so I know what the possibilities are, and I know yoga works for stress too. I'd love to show you the difference it can make." Classes and individual instruction available.

Annalisa Cunningham *Yoga Classes & Retreats* 343-9944
MA in Counseling, certified Hatha Yoga Instructor, Writer, Travel Guide, Massage Therapist. Annalisa offers yoga vacations in Mexico, Hawaii, Sedona (Arizona) and Northern California. She also teaches local yoga classes with emphasis on healing mind, body, and spirit.
rioanalisa@aol.com www.openingheartjourneys.com

Kamela Gibbs, Studio Director *Santosha Yoga Studio* 345-5885
Registered Yoga Teacher, Certified Massage Practitioner and Birth Doula. Yoga Santosha Yoga Studio provides beginning and intermediate Hatha Yoga classes as well as Prenatal Yoga, Yoga with Baby, Birth Partner Yoga, and Pilates Mat classes. The studio offers morning and evening classes Monday-Friday as well as workshops and trainings.
info@chicosantosha.com <http://www.chicosantosha.com>



Liana H. Petersen-Fernandez, L.T.

Spiritual Leader

Residence
534-6797

Church
533-8696

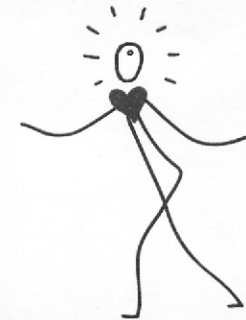
Judy Alise Goff

Certified Reiki Practitioner

1420 Kentfield Road
Chico, CA 95926-7344
E-mail: judygoff@hotmail.com

Energy Healing

(530) 343-7244



Jeanette Jones, RN
Cranial Sacral Therapist

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GLOSSARY

Thanks to *Alternative Medicine* by Burton Goldberg and practitioners

Astrology: Based on the position of planets, sun and moon at your birth. The astrologer looks at their complex interaction in the 12 houses and zodiac signs of the birth chart, a blueprint of the strengths and weaknesses we bring into our lives.

Acupuncture: based on the belief that health is determined by a balanced flow of qi, the vital life energy present in all living organisms. Qi circulates in the body along twelve major energy pathways, called meridians, each linked to specific organs and organ systems. There are over one thousand acupoints within the meridian system that can be stimulated to enhance the flow of qi. When special needles are inserted into acupoints under the skin, they help correct and rebalance the flow of energy to relieve pain and/or restore health. Acupressure uses touch rather than needles.

Aromatherapy: a branch of herbal medicine that utilizes the medicinal properties found in the essential oils of medicinal plants. Through a process of steam distillation or cold-pressing, the volatile constituents of the plants oil (its essence) are extracted from its flowers, leaves, branches, or roots. These oils are used to treat conditions ranging from infections and skin disorders to immune deficiencies and stress.

Ayurvedic Medicine: practiced in India for the past five thousand years, Ayurveda (“science of life”) describes three body and personality types, *vata*, *pitta* and *kapha*, useful in thinking about one's health and relationships. Vatas tend to be slender and quick; pittas tend to be fiery; and kaphas tend to be grounded and solid. Ayurvedic medicine places an equal emphasis on body, mind, and spirit, and strives to restore the innate harmony of the individual, as through cleansing methods.

Biofeedback Training: teaches a person how to change and control his or her body's vital functions through the use of simple electronic devices. Biofeedback is particularly useful for learning to reduce stress, eliminate headaches, control asthmatic attacks, recondition injured muscles, and relieve pain.

Bodywork: refers to therapies such as massage, deep tissue manipulation, movement awareness, and energy balancing, which are employed to improve the structure and functioning of the human body. Bodywork in all its forms helps to reduce pain, soothe injured muscles, stimulate blood and lymphatic circulation, and promote deep relaxation.

Chinese Medicine: practiced for over 3,000 years, it combines herbs, acupressure along meridian points, massage to balance *qi* and the vital energy of yin and yang elements in the body.

Chiropractic: through adjustments of the spine and joints first developed by Daniel David Palmer (died 1913), chiropractors can influence the body's nervous system and natural defense mechanisms in order to alleviate pain and improve general health. Because of its effectiveness in treating back problems, headaches, and other injuries and traumas, chiropractic has become the second largest primary health care field in the world.

CMT: certified massage technicians are trained and licensed by the state, with a minimum of 135 hours certified by the state of California. Most schools will only issue the certified massage therapist for over 500 hours of training. The bills working their way through the houses will raise the hours and set standards. See www.abmp.com or www.amp.com

Coaching, life or personal. They don't do therapy unless licensed to do so, provide instruction and feed back on career success, achieving goals, etc.

Colon Therapy: promotes healthy colon function through running water through the large intestine.

Craniosacral Therapy: subtle manipulation of the bones of the skull to treat a range of conditions, from headache and ear infection to stroke, spinal cord injury, and cerebral palsy.

Divination: using symbols to see patterns and directions, using Tarot cards, the 24 Rune stones, the 4,000-year-old I Ching coins explained with 64 hexigrams, a crystal ball called “scrying,” palm reading, astrology, and other techniques to access information from subtle sources. Osho Zen Tarot cards are influenced by Buddhism.

Doula: a labor assistant is a professional care provider who understands and trusts the process of birth, who respects its transcendent and sacred aspect as well as its physical and emotional aspects and who facilitates the birth experience for parents, baby and primary care providers. Encourages woman-centered, non-technical, un-medicated birth as the safest possible choice for mothers and babies today. Provides continuity of care for the family, prenatal through the postpartum period.

Energy Healing: Einstein used the term “subtle energy” to describe *qi, ki, prana, mana, ether*, and other cross-cultural terms. Quantum physics refers to as the quantum field or consciousness. Layers of energy, the aura, surround the body. Meridians carry energy through the body, fed by the chakras. Energy healers help charge and balance the subtle energy, as the body is like a battery with negative and positive poles. When the immune system is energized, it can heal the body. Energy workers may also be called light workers.

Feng Shui: Developed in China over 1000s of years to balance energies in the home or business, as by placement of moving objects, fountains, colors and removing blocks and clutter.

Flower Remedies: Flower essences address a person's emotional state in order to help facilitate both psychological and physiological well being. By balancing negative feelings and stress, flower remedies work like homeopathy to remove the emotional barriers to health and recovery. Dr. Bach, an English physician, discovered them.

Herbal medicine: Used as the basis of many pharmaceutical medicines, herbs on their own can't be patented. Herbs contain compounds with biological activity. Dr. Andrew Weil explains that they use an indirect route to target organs and their effects usually take longer than purified drugs but with fewer side effects. Herbs can be consumed in tea, tablets, extracts, essential oils, and ointments.

The **holoenergetic™** model allows us to go beyond relief of symptoms and connect with the fundamental source of separation. This is frequently a long-past, deeply troubling experience, which we interpreted in a way that initially helped us to cope, but ultimately cut us off from a part of ourselves. It gives us a way to identify and understand these limiting patterns and beliefs, release them, and replace them with life affirming feelings of safety, nurturance, and love. This model of conscious transformation consists of four basic steps, which are called the *Four R's of Holoenergetic Healing: Recognition, Resonance, Release, and Reformation*. Integrated with an energetic component using hands and breath.

Homeopathy: Very dilute natural substances were discovered in the 18th century by physician Samuel Hahnemann to stimulate the healing response based on “like cures like.” The healing process eliminates immediate symptoms, regressing in layers of time to bring up older chronic problems to heal them.

Hypnotherapy: uses the power of suggestion in relaxed trance-like states to access the unconscious to treat addictions and other mental and physical health problems.

Inner ReSourcing (tm)

An intentional meditation, which opens the consciousness to the essential energies of unconditional love and whole wisdom from which we can experience healing and life guidance

Kinesiology: Applied kinesiology studies physiology to determine health imbalances in the body's organs and glands by identifying weaknesses in specific muscles. By stimulating or relaxing these key muscles, muscle testing can diagnose and resolve a variety of health problems.

Light Therapy: full-spectrum light activates the hypothalamus gland to send chemical messengers to regulate the automatic functions of the body. Different colors of light have different effects on the body.

Lomi Lomi Massage: an ancient Hawaiian healing art addressing the mental, emotional, spiritual and physical bodies through nutrition, exercise, the breath, introspection, visualization, prayer and massage therapy. Using prayer and hands with a loving touch are important aspects of lomi lomi.

Meditation: keeps the attention in the present. Various methods are to focus on the breath, an image, a sound, or a word to calm the mind, get centered, and peaceful.

MFCC/MFT: A licensed marriage, family and child counselor. Requires a master's degree in psychology, supervised hours, state tests.

Naturopathic practitioners: Draw from a variety of remedies such as nutrition, homeopathy, herbs, hydrotherapy (water), light therapy, and more to strengthen the immune system.

Psychic: Sensitives are able to use their inner senses: clairvoyance (inner sight), clairaudience (inner voice), telepathy (receiving thoughts), and so on. Parapsychology or psi (the Greek letter) research verifies that the reality of remote viewing, the power of intention to change the ph of water, the rate at which yeast releases oxygen, etc. See *Essential Energy Medicine* for a summary of this research.

Psychosocial and Psychosomatic Medicine both address the whole person, including the social, psychological, spiritual, environmental, nutritional aspects of a life style, which can either promote health or cause disease. All symptoms are understood as a message from the body and perceived as an opportunity for increased awareness, as well as personal and spiritual growth.

Reiki: life-force energy activated by an “attunement” by a Reiki master used for healing. Mikao Usui first taught Reiki in the late 19th century in Japan, after he learned how to activate symbols used for various purposes.

Rolfing/structural realignment: Ida Rolf taught how to realign the fascia, the connective tissue, in deep tissue massage.

Shamanism: tribal healers of physical and emotional problems are able to travel to other dimensions, to retrieve parts of the spirit separated off by trauma and communicate with ancestors.

Shiatsu: a Japanese-style massage used for pain relief, relaxation and medical therapy. Finger pressure, trigger points, and acupressure all refer to the same principles to remove energetic blocks.

T'ai-Chi: "Grand Ultimate" energy-generating system of slow movements. A Chinese martial art practiced for health and longevity. The slow, graceful, twisting movements open the meridians, energize and tone the organs, and balance the internal energy system of the body.

Therapeutic Touch: balances and relaxes the energy field using hand movements over the body. Often used by hospital nurses, it can be used without physical touching.

Traditional Thai massage: has been practiced for at least 1000 years. It's a member of the family of Oriental bodywork, which is based on the intrinsic flow and energy balance theory of health and healing. Thai massage is based on yoga and is performed on the floor with the client clothed. The practitioner uses a combination of soft tissue manipulation and stretching to relax and balance the body.

Watsu is a series of gentle stretches, Zen Shiatsu and other types of therapy which are performed on a weightless body floating in chest-high warm water by a certified therapist, who has a minimum of 500 hours of training. It is appropriate for pregnant women, couples, seniors, chronic pain sufferers, and the physically challenged who want to experience greater freedom of movement. Watsu acts as a meditation for people under stress.

Wassertanzen treatment (Water Dance in English) is a form of aquatic bodywork where the receiver wears a noseplug and is guided underwater by the giver in a water-facilitated dance. The freeing of the body underwater and on the surface helps one get in touch with their own breath and being. This starts as a Watsu but is taken deeper as a result of the breath work.

Yoga, (union of body and mind) an ancient Indian practice. Astanga Yoga has 8 branches: Ashtanga means Eight Limbed as set forth in the Yoga Sutras by Patanjali. Restraints (Yama), Observances (Niyama), Posture (Asana), Breath Control (Pranayama), Withdrawing the Mind from Sense Perception (Pratyahara), Concentration, Prayer (Dharana), Meditation (Dhyana), Higher Consciousness (Samadhi).

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