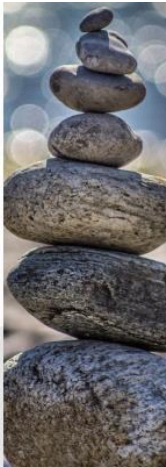



Alternative Pain Management Resource Guide




This Resource Guide is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis or treatment.

Mendonoma Health Alliance maintains this Resource Guide to enhance public access to information about alternative pain management resources along the Mendonoma coast. The inclusion of any organization, agency or service in this Resource Guide does not imply or constitute an endorsement or recommendation, nor does exclusion imply disapproval. Mendonoma Health Alliance neither guarantees nor makes any representations as to the accuracy or completeness of the information contained or the accuracy and completeness of personal and professional information, credentials, and claims.

Color Key:     

Alone/ Done at Home or One -on -One with Practitioner 

Hands on/Touch  No Touching 

Group 

Home Visits 

Acupuncture ♦

Acupuncture involves the insertion of very thin needles through your skin at strategic points on your body. A key component of traditional Chinese medicine, acupuncture is most commonly used to treat pain. Increasingly, it is being used for overall wellness, including stress management.

Judith Hughes, LAc

Point Arena

(707) 357-3055

Email: Qimonger@icloud.com

Website: Acupuncturepointarena.com

Bill Schieve, LAc, D.C. ♦

39120 Cypress Way

Gualala, CA 95445

(707)884-4805

Melinda Mills, LAc

Birdsong Clinic and Tea Shop

35590 Verdant View

The Sea Ranch, CA 95497

(707) 291-5765

Website: Birdsongclinic.com

Demitra Markis, LAc ♦

Coastal Hills Acupuncture Project

1000-A Big Barn road

Cazadero, CA 95421

(415) 710-7363

Email: Info@coastalhillsacupuncture.org

Website: Coastalhillsacupuncture.org

Laura Franklin, LAc

Gualala

(707) 884-3203

Ayurveda

Ayurvedic medicine ("Ayurveda" for short) is one of the world's oldest holistic ("whole-body") healing systems. It was developed more than 3,000 years ago in India. It's based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit. Its main goal is to promote good health, not fight disease. But treatments may be geared toward specific health problems.

Pacific Coast Ayurveda

38921 Sedalia Drive

Gualala, CA 95445

(707) 225-8844

Website: Pcayurveda.com

Osteopathy

Osteopathy is a drug-free, non-invasive manual therapy that aims to improve health across all body systems by manipulating and strengthening the musculoskeletal framework

Afsoon Foorohar, DO

Redwood Coast Medical Services

46900 Ocean Drive

Gualala, CA 95445

(707) 884-4005

Osteopathic Manual Manipulation

Healing Arts and Massage Center

39120 Ocean Dr

Gualala, CA 95445

(707) 884-4800

Osteopathic Manual Therapy


Chiropractic

Chiropractors use hands-on spinal manipulation and other alternative treatments. The theory is that proper alignment of the body's musculoskeletal structure, particularly the spine, will enable the body to heal itself without surgery or medication. Manipulation is used to restore mobility to joints restricted by tissue injury caused by a traumatic event, such as falling, or repetitive stress, such as sitting without proper back support.

Chiropractic treatment is primarily used as a pain relief alternative for muscles, joints, bones, and connective tissue, such as cartilage, ligaments, and tendons. It is sometimes used in conjunction with conventional medical treatment.

James Platt, D.C.

38820 CA-1 #108
Gualala, CA 95445
(707)884-4008

Bill Schieve, LAc, D.C. 

39120 Cypress Way
Gualala, CA 95445
(707)884-4805

Feldenkrais

The Feldenkrais Method® is a powerful and revolutionary approach to improving your life that uses gentle, mindful movement to bring new awareness and possibility into every aspect of your life. Developed by Dr. Moshe Feldenkrais, the Feldenkrais Method has helped millions of people worldwide.

The Feldenkrais Method® is based on principles of physics, biomechanics, and an empirical understanding of learning and human development. Moshe Feldenkrais said, "We move according to our perceived self-image." By expanding your perception and increasing awareness, you will become more aware of your habits and tensions and develop new ways of moving. By increasing sensitivity, the Feldenkrais Method assists you in living your life more fully, efficiently, and comfortably.

Kristen Yager, CMT 

Gualala, Point Arena

(707) 884-1383 and (707) 684-9780

E-mail: Kristin.yager@yahoo.com

Physical Gym

39144 Ocean Dr,

Gualala, CA 95445

(707) 884-1885

Hypnotherapy

Hypnotherapy is a type of complementary medicine in which hypnosis is used to create a state of focused attention and increased suggestibility. Positive suggestions and guided imagery are used to help individuals deal with a variety of concerns and issues.

Kelley Kieve

35250 Old Stage Rd

Gualala, CA 95445

(707) 321-3316 or (707) 884 4500

Website: Kelleykieve.com

Rick Cratty

Gualala

(707) 867-6570

E-mail: Rcratty@pacbell.net

Optimal Resonance for Health

Optimal health resonance is a balanced and logical approach based on your current condition and future health goals. The vibrational energy of light and sound is an emerging, recognized, powerful, and natural way to promote optimal health. While the body has the ability to heal itself, there are many instances where more education and additional tools are needed to achieve a healthy and balanced state.

Some common types of massage include:

- Audio Visual Entrainment Device
- Lumatron Ocular Light Therapy
- Far Infrared Amethyst Therapy
- Zero Gravity Sound Chair

Rick Cratty

Gualala

(707) 867-6570

E-mail: Rcratty@pacbell.net

Massage/Bodywork

Massage is generally considered part of complementary and integrative medicine. It's increasingly being offered along with standard treatment for a wide range of medical conditions and situations.

Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain, and muscle tension

Before you can decide which massage style is best for you, you need to ask yourself a question. Do you want a massage for relaxation and stress control? Or do you need symptom relief or help with a specific health condition? Before booking a massage, let the therapist know what you're looking for and ask which style the therapist uses. Many use more than one method. Or the therapist may customize your massage, depending on your age, condition, or any special needs or goals you have.

Some common types of massage include:

- Swedish
- Deep Tissue
- Sports
- Hot Stone
- Acupressure
- Shiatsu
- Reflexology
- Trager
- Lomilomi

Cheryl Mitouer, CMT 

Anchor Bay

(707) 884-3138

Website: Transformationalbodywork.org

Massage, Infant Massage

Transformational Bodywork

Far Infrared Therapy

Denise Green, CMT 

Point Arena

(707) 884-2437

Jin Shin Jyutsu

Massage/Bodywork Cont.

Valerie Miner

Gualala

(610) 360-3346

Transformational Bodywork
Deep Tissue Massage
Swedish Massage

Vicki Albiston, CMT

Mendonoma Coast

(707) 684-0785

E-mail: vickiann@mcn.org
Massage, Hot Stone Massage

Mel Smith ◆

Gualala, Anchor Bay, Point

Arena, The Sea Ranch

(707) 353-0600

E-mail: mellsmith@gmail.com
Massage, Lomilomi

Pacific Coast Ayurveda

38921 Sedalia Drive

Gualala, CA 95445

(707)225-8844

Website: Pcaurveda.com

Woven Light Studio

240 Main Street

Point Arena, CA 95468

E-mail: wovenlightstudio@gmail.com

Website: Wovenlightstudio.com

Paula Gordon, CMT

Gualala

(707) 884-3823

E-mail: paulagordon8@yahoo.com

Jin Shin Jyutsu, Integrated Awareness
Craniosacral Therapy

Candace Leila ◆

"The Seawatch Building"

39150 Ocean Drive Suite #7

Gualala, Ca 95445

(707) 972-0606

E-mail: Shiningone@icloud.com
Website: Shiningconnection.com

Intuitive touch massage,
reflexology, acupressure

Healing Arts and Massage Center ◆

39120 Ocean Dr

Gualala, CA 95445

(707) 884-4800

Swedish Massage, Deep Tissue
Massage Hot Stone Massage
Craniosacral Therapy
Osteopathic Manual Therapy
Jin Shin Jyutsu

Physical Therapy

Physical therapy is a branch of rehabilitative health that uses specially designed exercises and equipment to help patients regain or improve their physical abilities.

Lisa Kritz, PT

38550 S Hwy 1, Suite B
Gualala, CA 95445
(707) 884-4121

Lucinda Weaver, PT

Healing Arts and Massage Center
39120 Ocean Dr
Gualala, CA 95445
(707) 884-4800

Pilates

Pilates is a form of exercise developed by Joseph Pilates, which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement.

Cheryl Mitouer, CMT

Anchor Bay
(707) 884-3138

Website:

Transformationalbodywork.org

Massage, Infant Massage

Transformational Bodywork

Far Infrared Therapy

Physical Gym

39108 Ocean Dr
Gualala, California 95445

(707) 884-1555

Email: Kjatl@mcn.org

Website: Physicalgymgualala.com

Tai Chi

Initially developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

Birdsong Clinic and Tea Shop

35590 Verdant View

The Sea Ranch, CA 95497

(707) 291-5765

Website: Birdsongclinic.com

Qigong

Qigong can be described as a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent.

Roya Arasteh

Gualala, Point Arena,

Manchester

(510) 725-8184

(707) 412-8767

Email: Rarasteh@lmi.net

Website: Renxuamericas.org

Yoga

Yoga is a mind and body practice with a 5,000-year history in ancient Indian philosophy. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation.

Sutras Yoga

35507 Hwy 1

Gualala, CA 95445

(714) 345-8228

E-mail: emily@sutras yoga.com

Website: Sutras yoga.com

Physical Gym

39108 Ocean Dr

Gualala, California 95445

(707) 884-1555

Email: Kjatl@mcn.org

Website: Physicalgymgualala.com

Woven Light Studio

240 Main Street

Point Arena, CA 95468

E-mail: Wovenlightstudio@gmail.com

Website: Wovenlightstudio.com

Pacific Coast Ayurveda

38921 Sedalia Drive

Gualala, CA 95445

(707) 225-8844

Website: www.pcayurveda.com

Arlene Guerrero

Physical Gym

39144 Ocean Dr

Gualala, CA 95445

(707) 884-1885

Pacific Coast Yoga

39121 Ocean Drive #3

Gualala, CA 95445

(707) 412-0012

Additional Resources

The Green Room Cannabis Wellness on the Mendocino Coast

138 Main Street

Point Arena, CA 95468

(707) 320-1918

Website: Thegreenroomcollective.org

Roots Herbal Apothecary

250 Main St

Point Arena, CA 95468

(707) 882-2699

Website: Rootsoriginals.com

High Tides Compassionate Cannabis Care

38520 S Hwy One

Gualala, CA 95445

(707) 884-1882

Website: Hightides.info

Wellness on the Coast

Website: Wellnessonthecoast.com

Gualala Arts Center

46501 Old State Hwy

Gualala, CA 95445

(707) 884-1138

Website: Gualalaarts.org

Provider Name:

Provider Contact Number:

Appointment Date: _____

Time: _____

Location:

Provider Name:

Provider Contact Number:

Appointment Date: _____

Time: _____

Location:



38958 Cypress Way

P.O. Box 1196

Gualala, CA 95445

(707) 412-3176

Fax (707) 412-3196

www.mendonomahealth.org