

Practitioners team up to enhance results

By
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IVN Contributing Writer

This is the fourth installment of a series about alternative health care providers in the Illinois Valley.

The former Takilma People’s Clinic has once again become medical offices, housing Naturopathic physician Margaret Philhower and two acupuncturists, Karin Rohland (profiled Oct. 23 in the IV News) and Louisa Suta.

According to the Oregon Association of Naturopathic Physicians website, naturopathy combines centuries old common-sense therapies with current advances covering all aspects of health, from prenatal to geriatric care. Naturopathic doctors (NDs) emphasize prevention and self-care and seek to address the underlying cause of the condition rather than focusing on symptoms. NDs are also licensed to prescribe all pharmaceuticals needed in primary care.

Philhower, who’s currently accepting new patients, opened her practice here in 2007. She works with all the alternative health care providers in the community and finds acupuncture especially effective for addressing chronic pain.

As a child, she had a difficult-to-diagnose health condition, which

defied conventional treatment. As she grew up, she began exploring the many uses of herbs and the importance of nutrition.

“Diet changes and taking vitamins were a huge piece of the puzzle for me,” Philhower said.

“Everyone’s needs are a little different,” she added. “One of the techniques I use is food allergy testing. A virtually painless finger prick produces a few drops of blood used to test 96 different food allergies. Another technique is to eliminate all potential allergens from the diet, then gradually add back foods until the culprit can be identified.”

Philhower individualizes treatment.

“I work with people to create a plan they’re willing to follow,” she said.

A new patient visit usually takes two hours to complete and Philhower hands the treatment plan to the patient at the end of the session.

“I write it all down so they have guidelines to follow,” she said.

As a general practitioner, Philhower’s services include school sports physicals and well child visits, women’s health exams and menopause support, craniosacral therapy and homeopathy as well as diagnosis and treatment of most health conditions. She said she’s often happy to

refer folks to other providers or specialists.

“I offer very affordable rates,” she said. “Many people in this area don’t have healthcare insurance. Some patients have told me my rates are lower than their copay and I do give a super bill for insurance reimbursement.”

Office hours are 10 a.m. to 4 p.m. Monday, Wednesday and Friday. Walk-ins are discouraged. After making an appointment, people generally can be seen within a few days. The clinic phone for Philhower, Rohland and Suta is 541-592-4254.

Louisa Suta began her working career in media. She worked for Channel 38 in San Francisco, the largest Chinese language station in America, and also had her own business as a glamour portrait photographer and videographer. In her work for the television station, she had to spend a great deal of time near a microwave tower. The electro-magnetic radiation she was receiving, as well as a poor diet and sleep deprivation, made her very ill.

“I knew nothing about diet and nutrition,” she said. “I was working at the station so I could use all the editing equipment; but got so sick, I couldn’t use the equipment anymore.”

She met Robert Heyob, an acupuncturist and tai chi teacher, and be-

gan taking herbs, studying tai chi and also receiving acupuncture treatments from Heyob. She eventually regained her health and decided to become an acupuncturist.

“I was terrified of needles. Never in a million years would I go anywhere near acupuncture,” she said. “But, because of Robert, I learned acupuncture treats body, mind and spirit. Sometimes you need to treat all three at the same time. Treatment puts you in a more safe and receptive state to heal.”

Suta said that acupuncture can balance a person.

“It allows a person to find out who they truly are,” she said. “Peak health allows you to fulfill your destiny and realize better goals.”

Suta got her degree from the American College of Traditional Chinese Medicine and has continued to study for over 20 years.

“I’ve had numerous amazing teachers,” she states.

Suta grew up moving between Maine and Brooklyn, and now likes to split her time between the Bay Area and Southern Oregon. She owns a mule and likes to ride it to work.

“At heart I’m a country doc for sure,” she said.

A few years ago, Suta was looking for someplace where she could both practice and afford to keep a

mule, and found Dr. Margaret online. Now, the two work together to enhance healing.

“We’re opposites in astrology, so we make a good team,” she said.

Suta offers community acupuncture at the clinic from 6 to 7 p.m. on Wednesday evenings, when she is in the area. The schedule varies. Call the clinic for information. One technique she employs is “acutonics,” using various tuning forks in tandem or in place of needles. The forks vibrate on a deep cellular level and can be used on babies, the terminally ill or even animals.

“Acutonics are a very gentle way to effect a deep level of change,” she said.

Suta also uses magnets and cupping, which can be very effective for lung or blood pressure problems, or for children.

“It’s like a reverse massage, pulling out instead of pushing in,” she said.

She also employs meditation techniques.

“The power of the mind is the greatest strength we have,” Suta said. “We’re all here to evolve and grow.”



(Photo by Dale Sandberg, IVFD Media Dept)

IVFD volunteers work to remove a man from his vehicle after being rear-ended on Hwy. 199, Tues., Nov. 5. One person was transported by AMR to Three Rivers Hospital with non-life threatening injuries.

The Salmon are Coming!

Wild Chinook and Coho Salmon will soon be returning and swimming up the Illinois River and its tributaries. When the fall rains bring higher water flows the salmon will be spawning in the Illinois Valley streams.

Irrigators – The Irriga-

tion Season ended November 1st, and the salmon might have returned before then. Please remove or notch any irrigation dams or flash boards for easy fish passage as soon as possible after you are done irrigating.

All Illinois Valley Resi-

dents – The Illinois Valley is a protected spawning area for Chinook and Coho Salmon. Consequently, all Salmon fishing is prohibited in the Illinois River system, but you can view these magnificent creatures on their upstream migration at places like Illinois Falls

and Little Falls. Please respect and enjoy our salmon.

Thank you for doing your part to insure that the Illinois River has viable and valuable salmon runs!

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