

# health & fitness DIRECTORY

## ADDICTION NUTRITION



**SWEET SURRENDER** is a natural, effective program that will help you understand why you are sugar-sensitive. We offer practical tools that you can use at each step of the recovery process and help insure that these healthy changes will be lifelong. Our program includes individual consultation, group support, cooking classes, grocery shopping and meal preparation.

LEIGH FILES, M.A., A.T.R. • 683-8883  
LICENSED PROFESSIONAL COUNSELOR

## COLON HYDROTHERAPY



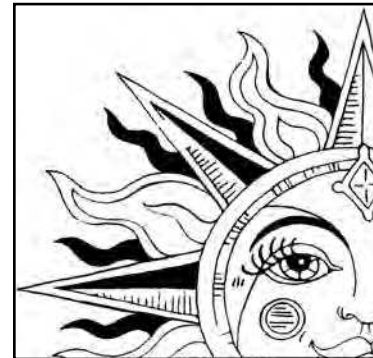
### ALDER BROOKE HEALING ARTS

Enhancing the colon's ability to eliminate waste can be a key addition to obtaining optimal health goals. Colon hydrotherapy is a safe effective way to eliminate excessive toxins from our already over-worked bodies. Providing education and support, I invite you to experience the cleansing benefits for yourself in our safe, comfortable, relaxed environment at Alder Brooke Healing Arts. Please call for our supported fasting programs and class schedule.

**TARA ALDER, NCCT**  
NATIONALLY CERTIFIED COLON HYDROTHERAPIST  
317 W. BROADWAY, SUITE 117 • 513-7894  
[www.alderbrooke.com](http://www.alderbrooke.com)



## COLON HYDROTHERAPY

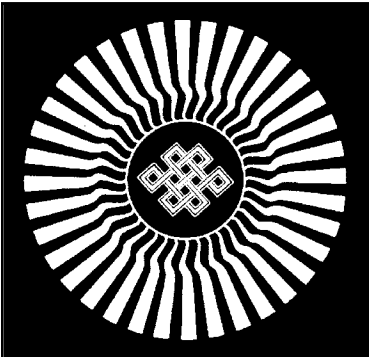


### SUNRISE COLONICS

Colon Hydrotherapy can be an important part of an overall health maintenance program, as well as specific concerns. Colon cleansing provided in a clean, supportive and safe environment that meets your individual cleansing needs. Nationally Certified Colon Hydrotherapist. State-of-the-art FDA registered equipment. Disposables for your comfort and safety.

LAURA TAYLOR • 484-6224  
1885 SUNRISE AVE • EUGENE

## ENERGY PSYCHOLOGY



### TALK LESS, HEAL MORE

*In depth alternatives to traditional therapy. Integrating Body/Mind/Spirit*

- Heal the wounds of the past
- Choose a new way of being in the present
- Realize a more fulfilling & creative future.

**RADIANT LIFE CENTER**  
LOUIS CAROSIO, M.A.  
RUTHANNE HARRIS CAROSIO, M.A.  
687-2835 • MOST INSURANCE ACCEPTED

## RELAX INTO HEALING



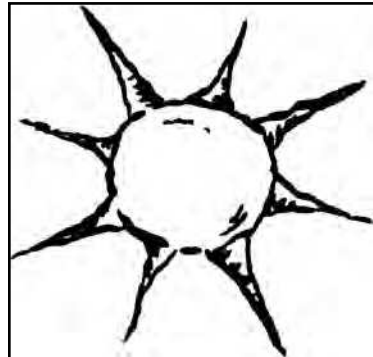
*with Nancy Hopps*

Nancy offers a unique blend of healing modalities, including relaxation techniques, breath work, guided imagery, hypnotherapy, energy release techniques, NLP, & life coaching skills, intuitively tailored to guide you to the Wisdom within. Also an LMT, Nancy is now accepting new clients for body/mind healing, massage and coaching sessions. Her *Relax Into Healing* and other audio titles, endorsed by Dr. Bernie Siegel and others, are sold across the U.S. and Canada and via the web.

*"I think it's your warmth and genuine caring, along with your skills, that make your work so powerful." - D.R.*

(541) 683-9088  
**SEE CLASSIFIED AD FOR UPCOMING WORKSHOP!**  
[WWW.RELAXINTOHEALING.COM](http://WWW.RELAXINTOHEALING.COM)

## INNER HEALING

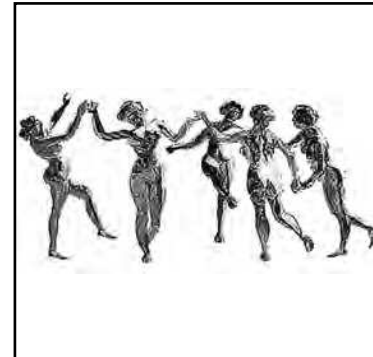


### Talent Health Resources Intuition Vitality Energy

Trauma Transformation, Developmental Healing, & Performance Enhancement

**PATRICIA HENRY-SCHNEIDER, MS**  
Licensed Professional Counselor • Certified EMDR Therapist  
541-953-7999

## CRANIOSACRAL THERAPY



### STUDIO 268

Craniosacral Therapy for women, children and infants. Gentle approach to:

- Releasing Trauma (including birth) • ADD & ADHD • Colic • Structural Imbalances • Chronic Neck & Back Pain • Migraines & Headaches • Anxiety & Depression • Nervous System Disorders • Head & Spinal Cord Injuries

**STUDIO 268**  
BEAUTY & WELLNESS SALON  
HEATHER MCCARLEY, LMT  
268 WEST 7TH • 485-7273

## HERBAL CONSULTATION



### LIVING EARTH HERBS

Consultations by appointment. Holistic prenatal and post-partum care • Natural child health care • Complimentary cancer therapies • Allergy Management Offering classes, oils, supplements, and herbs-by-the-ounce to the home herbalist, alternative health care professional, and health conscious consumer with a friendly, knowledgeable staff. Call for class schedule and hours.

383 W. 3RD EUGENE PLANING MILL DISTRICT  
345-7744 • [www.LivingEarthHerbs.com](http://www.LivingEarthHerbs.com)

## HERBAL HEALTH



### MRS. THOMPSON'S HERBS, GIFTS & FOLKLORE

Eugene's Herb Store since 1994.

- Certified Organic bulk dried herbs, bulk tinctures & essential oils
- Free herbalist guidance with every purchase. Classes and fall academic program available.
- Health consultations with Herbalist Heather Nic an Fhleisdeir, professionally trained, 15 years experience, confidential appointments

SHOP HOURS:  
MON - FRI, 11-7PM • SAT 12-5PM  
27 WEST FIFTH • DOWNTOWN EUGENE  
(541)686-6136 • [www.celticherbs.com/mrst](http://www.celticherbs.com/mrst)

## HOLISTIC PSYCHIATRY



### MIND BODY SPIRIT MEDICINE

Holistic medicine is the healing of the whole person – mind, body and spirit. I provide outpatient psychiatric care for adults seeking healing using traditional and non-traditional strategies.

NAMASTE!

SANDRA KALNINS, D.O.  
[www.DrKalnins.com](http://www.DrKalnins.com) • 685-9861  
5 EAST 24TH AVE., EUGENE 97405

## HYPNOTHERAPY



### TRIED EVERYTHING? STILL FEEL STUCK?

Miracles *do* happen—they can happen to you!

*"Healing is essentially the release from fear."*  
**PATRICIA ROBINETT** is a trained hypnotherapist, who specializes in gently leading you inside where you find a powerful ally – your own kind, loving, healing inner wisdom.

**686-LOVE (686-5683)**  
Call now to schedule your  
FREE 30-minute initial consultation