

something blocks or unbalances your chi. Acupuncture is a way to unblock or influence chi and help it flow back into balance.

Acupuncture is done by putting very thin needles into your skin at certain points on your body. This is done to influence the energy flow. Sometimes heat, pressure or mild electrical current is used along with needles.

What Is massage therapy? I went back to the National Institutes of Health for this answer.

The term "massage therapy" includes many techniques, and the type of massage given usually

depends on your needs and physical condition. In general, massage therapists work on muscle and other soft tissue to help you feel better.

In Swedish massage, the therapist uses long strokes, kneading, deep circular movements, vibration, and tapping.

Sports massage combines techniques of Swedish massage and deep-tissue massage to release chronic muscle tension. It is adapted to the needs of athletes.

Myofascial trigger-point therapy focuses on trigger points — areas that are painful when

pressed and are associated with pain elsewhere in the body.

Massage therapy is sometimes done using essential oils as a form of aromatherapy.

An alternative-care treatment may be the answer to your health issue and your insurance company may cover this needed care. Before making the appointment, please check with your insurance company to confirm these benefits are covered and check with the provider to confirm they are in network for your particular insurance plan.

ALTERNATIVE HEALTH CARE PROFILES



TRACY ERLING, N.D.
Naturopathic Physician

- EDUCATION:** Willamette University, Salem, OR, National College of Natural Medicine, Portland, OR
- BOARD CERTIFICATION:** Oregon Board of Naturopathic Examiners
- AREAS OF INTEREST:** Women's Health, contraception, bioidentical hormones, thyroid and adrenal dysfunction, digestive health, food allergy testing.

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KATHLEEN FLEWELLING, ND
Naturopathic Physician

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DEBBIE INMAN
Holistic Health Care

- QUALIFICATIONS:** Certified Biofeedback Specialist, Licensed Spiritual Health coach, Energy Medicine Practitioner
- EDUCATION:** International Quantum University for Integrative Medicine
- AFFILIATIONS:** NTCB, FSHLB

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VICKI MC AFEE, CH, CN
Clinical Herbalist, Certified Nutritionist

- SCHOOLS OF CERTIFICATION:** Rocky Mountain Center of Botanical Studies, American Health Science University
- STUDIES AND PRACTICE:** Passionately involved with herbs & nutrition for 30 years, with the last 16 dedicated to private consultations
- SPECIALTIES:** Herbal therapeutics, nutritional counseling, herb/drug interactions



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TRUDIE PHILLIPS
LMT

- EDUCATION:** East/West College of Healing Arts, Portland, OR
- CERTIFICATIONS:** Institute for Integrative Nutrition, NY, NY.; Health Coach, World Christian Ministries/Minister; Clark College, Vancouver, WA - Culinary Arts; Portland Community College-Communications
- SPECIALTY:** Massage Therapy
- AREAS OF INTEREST:** Officiating weddings & commitment ceremonies, Alternative Healing and seeing amazing results
- OTHER:** Aroma touch and Raindrop Therapies; 20 years experience

Massage Therapy



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ANGELA SIDLO
Licensed Reflexologist, Certified Holistic Aromatherapist, Reiki Master Teacher, Certified Health Coach, Certified Tai Chi Instructor

- TRAINING:** Health Coach, Reflexology, Aromatherapy, Nutrition, Certified Tai Chi Instructor
- EDUCATION:** Institute for Integrative Nutrition, Seattle Reflexology & Massage Center, East-West School of Herbal & Aromatic Studies
- AFFILIATIONS:** NAHA, ARCB




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ARIA WALKER, L.AC., DIPL. AC., M.AC.
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- ACUPUNCTURE SCHOOL:** Academy for Five Element Acupuncture, FL; Pacific College of Oriental Medicine, CA
- BOARD-CERTIFIED:** NCCAOM, NCBTMB, Oregon Medical Board
- SPECIALTIES:** Five Element Acupuncture
- AREAS OF INTEREST:** Anxiety, depression and stress; internal medicine; pain and injury; preventative medicine; grief; addiction & life change



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