

# Tap into the Power of You

**A**s a Blue Cross of California member, you can get more than basic health care benefits. You gain the power to make healthy lifestyle choices with Blue Cross HealthyExtensions<sup>SM</sup>.

Blue Cross HealthyExtensions can be your springboard toward revitalizing yourself and your loved ones. This innovative program allows you to tap into alternative health and wellness practitioners, fitness clubs and products, and other health-inducing programs at discounted rates.

Combine these independent resources with the preventive care and wellness programs included with your Blue Cross benefits, and you're in step with a healthy lifestyle.



## *Blue Cross HealthyExtensions offers:*

- Information about services offered to help relieve stress, pain and addictions by alternative health and wellness practitioners
- Information about discounted products and services offered by nationally recognized sources

## *Health & Wellness Practitioners*

When was the last time you felt the tension drain from your muscles? Or your mind in balance with your body?

When did you last consume a meal that reduced your waistline as it satisfied your appetite and benefited your heart? Or overcome an addiction through the power of your subconscious?

The discounted services of massage therapists, yoga practitioners, registered dietitians and hypnotherapists are offered to you by the health and wellness practitioners who participate in HealthyExtensions. The practitioners do not belong to a Blue Cross provider network, nor are their services covered under your Blue Cross health care plan.

While helping to reduce your stress level, the Blue Cross HealthyExtensions practitioners can also reduce your costs. On average, you'll save:

- 10–25% on massage therapy
- 10–25% on yoga
- 20–25% on services from a registered dietitian
- 10–25% on hypnotherapy

For a list of health and wellness practitioners, please see pages 4-11. If you have Internet access, you can find updates to the health and wellness practitioners online at [www.bluecrossca.com](http://www.bluecrossca.com). At the *Home* page, click on *Healthy Living*, and then on the *HealthyExtensions* hotlink. For your convenience, the practitioners are organized by disciplines and counties.

## *Discounted Products & Services*

Whether you want nutritional supplements or aromatherapy, hearing aids or vision care, the independent vendors participating in Blue Cross HealthyExtensions offer you choice, flexibility and freedom. And since you're a Blue Cross member, they also offer you discounts on nationally recognized products and services.

For direct links and more information online, go to [www.bluecrossca.com](http://www.bluecrossca.com), click on the *Healthy Living* and *HealthyExtensions* hotlink in the side-navigation bar, then click on the specific product hotlink at the HealthyExtensions Home Page. You may also call the toll-free number that appears in parentheses.

Discounted HealthyExtensions products & services include:

## *Alternative Health & Nutritional Supplements*

- 15% off meditation, health & wellness programs, and spa treatments at **The Chopra Center at La Costa Resort and Spa**. Shop at **The Chopra Center Store of Infinite Possibilities** at [www.chopra.com](http://www.chopra.com) for books, inspirational music, herbal supplements, massage oils, teas and gifts. Use coupon code BCCA03 on-line to save 15%. (Call 1-888-424-6772)
- Up to 50% off brand name nutritional vitamins & supplements from **HealthyDrugstore.com**<sup>™</sup>. Receive special coupons and additional discounts by going online to your Blue Cross member Web site at [www.healthydrugstore.com/bluecrossca](http://www.healthydrugstore.com/bluecrossca). Phone orders accepted. (Call 1-877-305-0530)
- Savings of up to 40% on health & wellness products, including vitamins & supplements, health-related books & videotapes as well as guided imagery and mind-body skills programs offered by **Healthyroads** online through the Blue Cross Web site or call 1-888-289-4325.

## *Dental & Hearing Products & Services*

- **BriteSmile**<sup>®</sup> offers members a \$100 savings on a whiter, healthier looking smile in just one hour with great results that can last for years. Take advantage of priority scheduling in one of BriteSmile's Whitening Spas or at a dentist in your area. (Call 1-888-746-7705)
- Free hearing screening from **Beltone**<sup>™</sup> **Hearing Center** & up to 25% off Beltone Hearing Aids. (Parents & grandparents are also eligible; call 1-800-BELTONE)
- Free hearing aid evaluation plus 30% savings on many brands of hearing aids at **Newport Audiology**. (Parents & grandparents are also eligible; call 1-800-675-5485)

## *Family & Self*

- Enjoy your vacation exactly the way you want, a little of this, a lot of that or do nothing at all whenever you want. Members save 10% on **CLUB MED TOTAL ALL INCLUSIVE VACATIONS®** at selected Club Med villages. (Call Peak Travel Group at 1-800-258-2402, ask for Club Med reservations and mention code DBLUE)
- **Safe Beginnings®** offers a 20% discount\* on an array of childproofing, baby care and home safety products. Go to [www.safebeginnings.com](http://www.safebeginnings.com) and use member code "BCCAW" in the "Group Sales" box to receive the discount. (Call 1-800-598-8911 to request a free catalog)  
\* Some exclusions may apply
- **Selfhelpworks** offers a 30% discount to help you stop smoking, live lean or manage alcohol successfully in your life. Receive the discount for **LivingFree - A Program for Smokers™**, **LivingLean - Weight and Nutrition Program™** and **LivingSmart - Managing Alcohol Before it's a Problem™** online at [www.selfhelpworks.com](http://www.selfhelpworks.com) and use group password "hebca" when you enroll in a program or through the Blue Cross Web site or call 1-877-719-9860.
- Save 20%\* from **Things Remembered®** on hundreds of personalized gifts for everyday occasions, weddings and business events purchased online at [www.thingsremembered.com](http://www.thingsremembered.com) or by phone. (Use coupon code HESAVE online or call 1-866-902-4438)  
\* Not available at retail stores

## *Fitness & Nutrition*

- **GlobalFit Discount Health Club Network** offers more than 1,500 participating local, regional and national fitness clubs including Bally Total Fitness, Gold's Gym, World Gym, Powerhouse Gym, Curves For Women, and many other health clubs to fit your needs. Members and their families save 25% to 60% on membership fees and obtain flexible month-to-month health club memberships. (Call 1-800-294-1500 or visit [www.globalfit.com/bcc](http://www.globalfit.com/bcc))
- Members save 20% on programs at **Lindora Clinics** in Southern California, as well as on **Lindora Online™**, **Lindora By Phone™**, and the **Lindora Lean for Life Getting Started Kit**. (Call 1-800-LINDORA)
- Obtain 20% off rehabilitation & fitness products for children & adults at **TherapyZone.com®**. (Use code 10599 online or call 1-800-822-2889)

- Receive \$10 off when you sign up for a 3-month subscription to **Weight Watchers® Online**, which offers meal plans, over 1,000 recipes, a weight tracker, an online journal, and a newsletter. Visit our page at [weightwatchers.com](http://weightwatchers.com) to learn more! Go to [www.weightwatchers.com/cs/bluecrossca](http://www.weightwatchers.com/cs/bluecrossca) to receive the discount.

## *Online Pharmacy*

- Save 5% off all non-prescription items (over 17,000 products) and get \$10 off your first purchase at **drugstore.com**, online pharmacy leader, offering convenient & private shopping along with a wealth of health & wellness information. Access the discount through HealthyExtensions at [www.bluecrossca.com](http://www.bluecrossca.com)

## *Vision Services & Products*

- Save up to 50% off eyewear with **EyeMed Vision Care®**. Access over 22,000 California locations including optometrists, ophthalmologists, opticians, and **LensCrafters®** - quality name brands including Brooks Brothers®, Ann Klein®, and Vogue®. (Call 1-866-693-9372)
- Purchase brand-name contact lenses directly from the manufacturer via mail order. Receive up to 50% savings and receive free shipping through **TruVision**. (Call 1-877-766-2020)
- Receive discounts up to 58% on frames, lenses & exams, as well as sunglasses, accessories & contact lens solution from **Vision One Eyecare Program®** by Cole Vision, located in Sears, JCPenney, Pearle Vision, Target Optical & other independent optometrists. (Use code 20259 online or call 1-800-424-1155)
- **Cole Managed Vision Laser Vision Services** offers a choice of surgeons with a savings range from \$150-\$1,000 (both eyes). Initial consultation is free, even if you choose not to have LASIK. (Call 1-888-314-4631 for information or to set up an initial consultation)
- **TruVision** offers members Laser Vision Services, LASIK or PRK, for \$895.00 per eye. For information on the program, participating providers, or to schedule a pre-operative exam call TruVision. (Call 1-877-766-2020)

When making your purchase, simply tell the provider that you're a Blue Cross member. Keep your Blue Cross member ID card handy in case it's requested.

## **HYPNOTHERAPISTS**

### **Alameda County**

**Janice S. Feldman RN, MS**  
Berkeley  
510-845-9055

#### **Better Life Teaching & Counseling Center**

Maggie Van Stavern LCSW  
Christine Bartlett PT  
Berkeley  
510-486-8268

### **Contra Costa County**

#### **A Higher Perspective**

Lucy Yaldezian  
San Ramon  
925-277-0900

### **Kern County**

#### **Holistic Health & Hypnosis Center**

Anita Bell  
Pine Mountain Club  
661-242-2133

### **Los Angeles County**

#### **Marotta/Wikkeling Hypnotherapy**

Albert Marotta  
Alhambra  
323-222-3874, 323-222-8160

#### **Robert A. Levinson**

Azusa & Pasadena  
818-603-4273

#### **HM & SI Counseling**

Boris Brezhnev  
Beverly Hills  
310-650-3522

#### **Karen Golob**

Beverly Hills  
310-276-1342

#### **Todd M. Fossey**

Beverly Hills  
310-285-1553, 310-850-0571

#### **Kelly Michels**

Brentwood  
310-475-3437

#### **Michelle L. Constantine**

Brentwood  
310-842-6176

#### **Center For Hypnotherapy**

Norma Citron  
Calabasas  
818-222-6272, 818-591-8775

#### **Janet Montgomery**

Canoga Park  
818-758-2720

#### **Ann J. Ullrich**

Chatsworth  
818-773-8826

#### **Birl Martin**

Diamond Bar  
909-612-1026

#### **JRO Associates**

R. Boris Greenberg MFT  
Jacalyn Ostrove-Greenberg MFT  
Encino  
818-708-3358

#### **Personal Growth Unlimited**

Michele Guzy  
Encino  
818-501-MIND (6463)

#### **InnerSite**

Liza Boubari  
Glendale  
818-551-1501

#### **Hypnotherapy Behavior Enhancement**

Floyd Carter  
Glendora  
626-963-8424

#### **Positive Changes Hypnosis of Glendora**

Claudia Noonan  
Michael Noonan  
Humberto Santos  
Glendora  
626-914-6744

#### **Innercalm Associates**

Lou Ringler  
Hermosa Beach  
800-551-0755, 310-376-6669

#### **AV Medical Center**

Jack Knight  
Lancaster  
661-946-7166

#### **Just Imagine Hypnosis & NLP**

Melissa Bergstrom McAuliffe RN  
Lawndale  
310-973-3397

#### **Denise Manet Rodriguez**

Long Beach, Norwalk &  
Sherman Oaks  
562-929-3148

#### **Barry Dennen**

Los Angeles  
323-377-5505

#### **Diane Kirkland**

Los Angeles  
323-223-8934

#### **Fay Shatzkin**

Los Angeles  
310-712-1996

#### **Hypnosis Motivation Institute**

Blue McDonnell  
Los Angeles  
310-779-6267

#### **Hypnosis Motivation Institute**

Carol Maas  
Los Angeles  
310-588-3263

#### **Hypnosis Motivation Institute**

Patricia DiGiacomo  
Los Angeles  
213-999-6905

#### **Johnny Bao**

Los Angeles  
310-709-7251

#### **Juanita Beth Morgan**

Los Angeles  
213-389-2715

#### **Live Oak Hypnotherapy**

Nancy Powers  
Los Angeles  
310-266-9628

#### **Mariann Aalda**

Los Angeles  
323-851-7572

#### **Maria Olga Parz**

Los Angeles  
323-851-3370

#### **Nelle Pingree**

Los Angeles  
310-452-5563

#### **Sandy Giffis**

Los Angeles  
310-204-1520

#### **The Ness Counseling Center**

Denise Parrillo  
Dennis Brown  
Los Angeles  
310-360-8512

#### **Victor Aragon Jr.**

Los Angeles &  
Montebello  
323-721-6362

#### **Taking Charge**

Joan Irvine  
Marina del Rey  
310-892-6363

#### **Patricia Bilman**

Mar Vista  
310-391-6649

#### **Virginia Feingold Clark**

Mar Vista  
310-913-1777

#### **Ken J. Goodman LCSW**

Northridge  
818-542-7925

#### **Donald Holloman**

Palmdale  
661-273-5876

#### **April Louis**

Pasadena  
888-303-7797, 626-568-3443

#### **Phoenix Wellness Center**

Tim Buford  
Pasadena  
626-398-9031

#### **Creativity Unlimited**

Shelley Stockwell  
Rancho Palos Verdes  
310-541-4844

#### **Robert Pennington**

Reseda  
818-993-8414, 818-413-0616

**Gage Tarrant**

Santa Monica  
310-829-7000

**Jessica St. John**

Santa Monica  
323-550-5900

**Mursalin Machado**

Santa Monica & Sherman Oaks  
818-386-1106

**Ofra D. Peters**

Santa Monica  
818-906-3148

**Toni Miller**

Santa Monica  
310-397-7385

**Mind Growth Technologies/Hypnosis**

Kevin Stone  
Sherman Oaks  
800-474-9766, 818-780-4548

**O'Neil Motivational Hypnosis**

Cheryl O'Neil  
Sherman Oaks  
818-754-1532

**West Valley Counseling Center**

Saied Boromand  
Sherman Oaks  
818-384-8908

**Inner Harmony Inc.**

Pavitra Anand  
Sierra Madre  
626-355-5043

**A Change for the Better**

Penny Stalbow MA  
Tarzana  
818-345-0192

**Carmen S. Diamond**

Tarzana  
818-774-3767

**Doreen M. Ledley**

Tarzana  
818-730-0361

**Hypnosis Motivation Institute**

Tarzana  
818-758-2720 Appointments  
Blue McDonnell  
310-779-6267

Carol Maas  
310-588-3263

Cheryl O'Neil  
818-754-1532

Deborah Pietruska Nathan  
818-970-3532

Denise Manet Rodriguez  
562-929-3148

Diane Lerner  
805-777-1033

Edmund Johnson  
888-527-7772, 661-251-3615

Floyd Carter  
626-963-8424

Gage Tarrant  
310-829-7000

John Melton  
818-754-4681

Katherine Johnson  
888-527-7772, 661-251-3615

Kay Escalante  
818-997-6810

Lee Betchley  
818-829-8082, 818-486-9219

Linda Arebalo  
818-347-5810

Mariann Aalda  
323-851-7572

Patricia Bilman  
310-391-6649

Patricia DiGiacomo  
213-999-6905

Philip Meyerson  
818-388-1946

Robbyn Peterson  
818-754-8227

Saied Boromand  
818-384-8908

Silvia Perchuk  
818-326-3373

Victor Aragon Jr.  
323-721-6362

**MindMatters**

Sharon Morton  
Tarzana  
818-497-4931

**Barbara Gerber**

Torrance  
310-540-6943, 310-784-5994

**Philip Meyerson**

Tujunga  
818-388-1946

**Kazuo E Gil**

Valencia  
805-573-0105

**The Mind Center at Hands on Health Care**

Steven LaMar Peterson  
Valencia  
661-296-7213

**Motivational Hypnosis**

Linda Clements  
Valley Village  
213-891-2630

**Positive Changes Hypnosis**

Bob Harris  
Tere Harris  
Van Nuys  
818-774-2100

**Success Center**

Terry Brussel-Gibbons  
Van Nuys  
800-462-5669

**Melinda Sue Norin**

W. Toluca Lake  
818-766-4127

**Shiny Medical Resources**

Lily Lee RN  
West Covina  
626-917-4469

**Virginia Feingold**

West Hollywood  
310-998-2437

**William A. Cox**

Westwood  
310-208-4469

**Marin County****Balance Restored –****Center for Integrative Medicine**

Stacy Kinkade-Erickson M.A. Greenbrae  
415-461-3200

**Janet Nunan MacLaughlin**

Larkspur  
415-927-2990

**Monterey County****Jeannie Ferrara**

Monterey  
831-641-0400

**Nevada County****Priscilla Rose RN**

Nevada City  
530-265-5789

**Orange County****Karmen EAP International**

Karen Payne MA  
Costa Mesa  
800-307-KEAP, 714-556-5569

**Meridian Center**

Bobbie McDonald  
Costa Mesa  
949-645-2274

**Positive Changes Hypnosis**

Bob Harris  
Tere Harris  
Fountain Valley, Fullerton  
714-965-6999, 714-525-1700

**Jonathan Sy Jr.**

Huntington Beach  
714-964-0057

**Melody Gordon**

Lake Forrest  
949-770-2430

**Shirley Dole MBD, ND, HHD**

Shirley Dole MBA  
Mission Viejo  
949-454-1415

**Permanent Changes**

Pamela Harper  
San Clemente  
949-388-2763

**Placer County****InnerQuest**

Sue Marshall  
Auburn  
530-889-8505

**LAURUS Human Success Technologies**

Brad Yates  
Roseville  
916-729-0347

## **Hypnotherapists (continued)**

**Norma G. Flautt RN**  
Roseville  
916-789-2027

### **Riverside County**

**Success Hypnotherapy**  
Judy Callihan  
Temecula  
909-676-9727

### **Sacramento County**

**Life Enrichment Center**  
Susan George  
Sacramento  
916-489-9099

### **San Bernardino County**

**Feel Great Hypnosis Center**  
Richard Trimm  
Rancho Cucamonga  
909-483-4210, 909-634-9511

**Carmen S. Diamond**  
Yucca Valley  
760-369-4227

### **San Diego County**

**Nikki Goldman**  
Poway  
858-748-2608

**Dr. Alan M. Mitez**  
San Diego  
619-297-5468

### **San Francisco County**

**Actualizing Hypnotherapy**  
Michael Pollack Ph.D.  
San Francisco  
415-759-8630

**Beyond Words Hypnotherapy**  
Stacy Kinkade-Erickson M.A.  
San Francisco  
415-614-2149

**Grace M. Furst**  
San Francisco  
415-821-4932

**Kay B. Heatherly M.A.**  
San Francisco  
415-922-1664

**Natural Resources**  
Stacy Kinkade-Erickson M.A.  
San Francisco  
415-550-2611

### **San Joaquin County**

**Evergreen Personal Improvement Center**  
Ginny Lucas  
Stockton  
209-472-0722

### **San Luis Obispo County**

**Kathy Bornino MFT**  
Arroyo Grande  
805-481-1724

### **San Mateo County**

**Before The After**  
Julia Carmen  
Pacifica  
650-738-8045

**Suzanne Petrocchi MS, MFT**  
San Mateo  
650-340-6707

### **Santa Barbara County**

**Positive Changes Hypnosis**  
Lisa Lang  
Santa Barbara  
805-892-5572

**Spiritual Hypnosis**  
Lani Aura  
Santa Barbara  
805-701-0367

### **Santa Clara County**

**Kaleidoscope of Hope**  
Sasha Kativa  
Los Altos  
650-591-4561

**Jayne Marsh**  
Morgan Hill  
408-782-1131

**Jeanne Fournier**  
Mountain View  
650-961-3479

### **Santa Cruz County**

**Gina Pearlin**  
Santa Cruz  
831-427-2957

### **Sonoma County**

**Center for Psychotherapy & Healing**  
Diane Cullum  
Santa Rosa  
415-883-0762

### **Ventura County**

**Diane Lerner**  
Thousand Oaks  
805-777-1033

**Dorothy Bonenberger**  
Ventura  
805-644-7522

**The Shores Counseling Center**  
Robert Byram  
Ventura  
805-658-0475

**Barbara Chase**  
Westlake  
818-363-8971

**JRO Associates**  
R. Boris Greenberg MFT  
Jacalyn Ostrove-Greenberg MFT  
Westlake Village  
866-906-3002

## **MASSAGE THERAPISTS**

### **Alameda County**

**I Touch U**  
Sharon Harris  
Alameda  
510-814-7287

**Synergy Kneads**  
Asley-Nicole Browning  
Traci Reinertz  
Alameda  
510-521-8425

**Katherine Hughes Gibney**  
Berkeley  
510-841-7227

**Valley Massage & Bodywork**  
Valerie Davis LVN, NCTMB  
Marcus-Patrick Padilla NCTMB  
Castro Valley  
510-881-5551

**Daniel R. Huckabay Muscular Therapy, NCTMB**  
Fremont  
510-226-0717

**Donna Fenstermaker**  
Oakland  
510-532-7365

**European Experience**  
Karin Billups  
Oakland  
510-430-3996

**Tracy Waugh**  
Oakland  
510-595-0590

**Jeanette Miller NCTMB**  
Pleasanton  
925-556-5422

**Main Street Chiropractic**  
Linda Jagels NCTMB  
Pleasanton  
510-538-2899

### **Butte County**

**Alternative Healthcare**  
Daniel Seibert  
Chico  
530-894-5457

**Creative Hands**  
Linda Valine  
Chico  
530-879-9192

### **Contra Costa County**

**Ellen Mossman**  
El Cerrito  
510-527-7968

**Linda G. Proell**  
Lafayette  
925-930-7993

**Integrative Bodywork & Associates**  
Gayle Matsuura Alves NCTMB  
Walnut Creek  
925-947-0459

## **Fresno County**

**Ernest Klassen**  
Dinuba  
559-638-1735

## **Humboldt County**

### **Massage Therapy From the Heart**

Julie Hochfeld  
Arcata  
707-822-3133

### **Sarah Lauderdale NCTMB**

Arcata & Eureka  
707-442-3360

### **Hands-on Health Care**

Mike Walkner  
McKinleyville  
707-839-5915

## **Los Angeles County**

### **Scott Belkin**

Beverly Hills  
310-274-8669

### **Boris Massage Center**

Boris Prilutsky  
Encino  
818-788-2222

### **Elyse G. Briggs NCTMB, RYT**

Glendale  
818-241-1781

### **Inner Site**

Cherry Scott  
Stephanie Nerbak  
Glendale  
818-551-1501

### **WNF - Wellness, Nutrition & Fitness**

Edyna Loughman  
Glendale  
818-952-5480

### **Golds Gym & Massage Therapy**

Michael Levi Ph.D.  
Long Beach  
562-435-0034

### **Resplendent Day Spa**

Yvonne Tuchscher  
Long Beach  
562-624-4170

### **Tranquility Massage & Yoga Center**

Maureen McDonald  
Long Beach  
562-760-1385

### **Betzi Stein NCTMB**

Los Angeles  
310-202-0474

### **Dancing Shiva Yoga & Ayurveda Healing Center**

Sarah Lineham NCTMB  
Los Angeles  
323-934-VEDA (8332)

## **EMBRACES**

Terry Adams RN  
Los Angeles  
310-476-8605

### **Kimberly Davis NCTMB**

Los Angeles  
323-658-8166

### **Laurie Levine LVN**

Los Angeles  
323-651-2987, 818-970-2999

### **Release & Reorientation**

Robert Mueller  
Los Angeles  
323-462-5932

### **Robert Scott NCTMB**

Los Angeles  
818-715-9414

### **Oceanside Acupuncture**

Debbie Imsland  
Manhattan Beach  
310-318-2225

### **Solla**

Solla Pizzuto NCTMB  
Marian del Rey  
310-319-1050

### **Kathy Dolin NCTMB**

North Hollywood  
818-763-2236

### **East West Massage**

**Company, Inc.**  
Steven Viens  
Rolling Hills Estates  
310-265-0035

### **Santa Monica Neuromuscular Therapy**

Dennis McCoart  
Santa Monica  
310-451-8937

### **Tilo Medical & Accupuncture**

Miles Reid NCTMB, LAc  
Santa Monica, Beverly Hills  
310-278-9050

### **Julian Massage Therapy**

Michael Julian NCTMB  
Woodland Hills  
818-222-5057

## **Marin County**

### **Jai Haissman NCTMB**

Kentfield  
415-828-8725

## **Mendocino County**

### **The Body Works**

Donna Call NCTMB  
Elk  
707-877-3430

### **Dee Brater**

Little River  
707-937-1996

## **Monterey County**

### **Diane Farrow-Lapin**

Carmel  
831-624-5214

### **Bruce Doneux NCTMB**

Carmel Valley  
831-646-5499

### **Margaret Schulz NCTMB**

Carmel Valley  
831-646-5499

### **Patricia Landheer NCTMB**

Pacific Grove  
831-375-9244

### **Paul David Tuff NCTMB**

Pacific Grove  
831-649-8873

## **Nevada County**

### **Margie Plog NCTMB**

Grass Valley  
530-274-2421

### **Healing House**

Pamela Machutt  
Nevada City  
530-478-5880

### **Priscilla Rose RN**

Nevada City  
530-265-5789

### **Sierra Spa**

Patricia Rusert  
Nevada City  
530-265-0400

## **Orange County**

### **Pura Vida Body Studio**

Karen Kerwitz NCTMB  
Huntington Beach  
714-841-4161

### **"On Your Mark" Sports Therapy**

Terry Fitzgerald  
Laguna Hills & Tustin  
949-707-9965

### **Therapeutic Dimensions**

John Kohlenberger  
Martine Kohlenberger  
Lake Forrest  
949-581-2290

### **Massage Therapy Center**

#### **at Harmanee Salon**

Linda Barrett  
Mission Viejo  
949-768-5770

### **Warren J. Christiansen NCTMB**

Orange  
949-574-0935

### **Le Meridian Stress &**

#### **Pain Institute**

Terry Johnson  
Yorba Linda  
714-692-1902

**Massage Therapists (continued)**

**Placer County**

**Tranquil Touch Inner Peace**

Anna Saenz  
916-412-5975

**Riverside County**

**Innerworks Center**

Wendy Hammarstrom NCTMB  
Murrieta  
909-677-5962

**Total Health Massage**

Joe Fox  
Murrieta  
909-677-8822

**Keep In Touch Massage**

Amy Alire  
Palm Springs  
760-320-7957

**The Spa Concierge**

Luciana LoPresto  
Palm Springs, Palm Desert  
760-898-2795

**Simply Needed**

Wendy Hammarstrom NCTMB  
Temecula  
909-506-9698

**Sacramento County**

**Health Enhancements**

Gail Gilbert RN  
Gary Gilbert RN, NCTMB  
Fair Oaks  
916-961-4569

**San Bernardino County**

**Special Effects**

Adam Eldred NCTMB  
Big Bear Lake  
909-936-3561

**San Diego County**

**The Chopra Center for Well Being**

Carlsbad  
888-424-6772

**Loredana P. Curnow NCTMB**

Fallbrook  
760-728-1145

**Nancy Russell**

La Jolla  
858-623-9746

**La Mesa Holistic Health Center**

Mary Deluca  
Vivi Anne Krause  
La Mesa  
619-463-4006

**Body Therapy Associates**

Carole Osborne-Sheets NCTMB  
Andrew Sheets  
Rancho Bernardo  
858-748-8827

**Body Therapy Center**

Ursula Dobelmann NCTMB  
San Diego  
858-273-3545

**Golden Touch Therapy**

Sandra Golden  
San Diego  
619-286-1421

**Holistic Body Work Therapy**

Catherine Housseau  
San Diego  
619-701-0228

**Holistic Health Massage Therapy**

Jini Carlson  
San Diego  
858-650-2443

**Inner Resonance**

Cassandra Wang  
San Diego  
619-871-3020

**Strictly Professional Massages**

Daniel Lihach  
San Diego  
619-214-1275

**Touch For Life**

Vernon Henry NCTMB  
San Diego  
619-260-1139

**San Francisco County**

**Diamond Massage & Wellness Center**

Irene Diamond  
San Francisco  
415-921-1290

**Ellen Mossman**

San Francisco  
510-527-7968

**Hands on Health**

Rogelio Nunez  
San Francisco  
415-395-9755

**It's Nice To Be Kneaded**

David Stahlberg NCTMB  
San Francisco  
415-971-7962

**Shayne O'Brien**

San Francisco  
415-922-0350

**San Luis Obispo County**

**Annie Laurie's Massage Therapy**

Annie Laurie  
San Luis Obispo  
805-595-6221

**Compassionate Touch**

Dorene Garvin NCTMB  
San Luis Obispo  
805-549-0602

**Diamond Way Ayurveda**

Robert Sachs  
San Luis Obispo  
805-543-9291

**San Mateo County**

**Wellness Enterprises**

Barbara Myrom  
Menlo Park  
650-321-2717

**Carol Young NCTMB, RN**

Pacifica  
650-992-8848

**Santa Barbara County**

**Mark Stringer NCTMB**

Santa Barbara  
805-962-2808

**Massage for Health**

Mary Lee Martin NCTMB  
Santa Barbara  
805-682-8022

**Santa Clara County**

**Neuromuscular Therapy**

Udo Magel  
Los Gatos  
408-356-4577

**The Healthy Touch**

George Kontrovich  
Santa Clara  
408-248-0973

**Santa Cruz County**

**The Cerio Institute**

Donna C. Cerio  
Soquel  
831-475-5472

**Shasta County**

**Therapeutic Massage**

Julierae Weldon  
Redding  
530-241-1947

**Scott Carlson**

Oak Run  
530-941-1993

**Siskiyou County**

**Scott Carlson**

Mt. Shasta  
530-941-1993

**Solano County**

**Center For Chronic Pain Management**

Michael Plyer NCTMB  
Vacaville  
707-447-7913

**Olivas' Professional Therapeutic Bodyworks**

Evelyn Olivas NCTMB  
Vacaville  
707-447-2138

## **Sonoma County**

### **Body Harmony**

Jenny Blaker  
Kelly Dillman  
Russell Shimahara  
Cotati  
707-795-5900

### **Gay Jacobsen NCTMB**

Occidental  
707-876-3174

### **Jim Stern NCTMB**

Petaluma  
707-782-9120

### **Body West Center for Healing**

Anthony Pizzoferrato  
Santa Rosa  
707-545-5497

### **Bodytuning**

Douglas Canier  
Sonoma  
707-578-3569

## **Tehama County**

### **Therapeutic Health Associates**

Jerree Largent NCTMB  
Red Bluff  
530-529-0113

## **Tuolumne County**

### **Gail Warren**

Sonora  
209-532-0320

### **The Healing Center of the Sierra**

Cindy Brewer  
Sonora  
209-533-9226

## **Ventura County**

### **Integrity**

Linnaea Bohn  
Oakview  
805-649-3018

### **Jerry B. Zutavern**

Ventura  
805-644-4094

## **Yolo County**

### **Devi Eden NCTMB**

Davis  
530-758-4314

## **YOGA PRACTITIONERS**

### **Alameda County**

#### **Tri-City Physical Therapy & Yoga Center**

Kokila Patel PT  
Fremont  
510-790-9480,

#### **Tri-City Physical Therapy & Yoga Center**

Kokila Patel PT  
Union City  
510-441-8906

### **Los Angeles County**

#### **Yoga Works**

Beverly Hills  
310-553-4223

#### **Fred Miller RYT**

Burbank  
818-763-1768

#### **Yoga Body & Spirit**

Burbank  
818-566-1166

#### **Devi Yoga Wellness Center**

Naomi Bendiner  
Claremont  
909-624-2716

#### **Eylse G. Briggs NCTMB, RYT**

Glendale  
818-241-1781

#### **Yoga At The Village**

Glendale  
818-265-9833

#### **Gotta Dance Studio**

Wendy Banks  
Granada Hills  
818-363-6106

#### **Granada Pavilion**

Wendy Banks  
Granada Hills  
818-468-8606

#### **Planet Yoga Inc.**

Hermosa Beach  
310-376-5354

#### **Tranquility Massage & Yoga Center**

Maureen McDonald  
Long Beach  
562-760-1385

#### **Beverly Hills Iyengar**

**Yoga Studio**  
Eric Small  
Los Angeles  
310-275-6850

#### **Center For Yoga**

Los Angeles  
323-464-1276

#### **Dancing Shiva Yoga & Ayurveda Healing Center**

Mas Vidal  
Los Angeles  
323-934-VEDA (8332)

#### **Linda Lack, M.A., Two-Snakes Studios**

Los Angeles  
310-273-4797

#### **Samanta International**

Larry Payne Ph.D.  
Los Angeles  
310-306-8845

#### **Sivananda Yoga Vedanta Center**

Los Angeles  
310-985-1022

#### **Yoga to Go**

Julie Adler  
Los Angeles  
310-205-2619

#### **In Yoga**

Ginger LaRoche  
Marina del Rey  
310-306-9644

#### **The Yoga Center**

Diane Gilbert  
Redondo Beach  
310- 375-6722

#### **Inner Harmony**

Frances Zabica RYT  
San Pedro  
310-521-8804

#### **Leslie Bogart**

Santa Monica  
310-399-8803

#### **Yoga Garden**

Ida Unger  
Santa Monica  
310-450-0133

#### **Yoga Works**

Santa Monica  
310-393-5150

#### **Creekside Wellness**

Patrice Winter  
Topanga  
310-455-3640

#### **City Yoga**

Anthony Benenati  
Susan Elkind  
West Hollywood  
323-654-2125

#### **Yoga Loft**

Victoria Nichols RYT  
Woodland Hills  
818-710-9057

## **Orange County**

#### **Janet Schriever**

Aliso Viejo  
949-581-7688

#### **Hot Yoga Studio**

Kim Schreiber Morrison  
Costa Mesa  
949-574-9642

#### **Sandra Farr**

Irvine & Newport Beach  
949-786-0736

**Yoga Practitioners (continued)**

**Placer County**

**Moutain Top Yoga**

Susan Hayes RYT  
Meadow Vista  
530-878-7065

**Riverside County**

**Innerworks Center**

Wendy Hammarstrom NCTMB  
Murrieta  
909-677-5962

**The Spa Concierge**

Luciana LoPresto  
Palm Springs, Palm Desert  
760-898-2795

**Simply Needed**

Wendy Hammarstrom NCTMB  
Temecula  
909-506-9698

**San Diego County**

**Master Yoga Academy**

Rama Berch RYT  
La Jolla  
858-454-2436

**BKS Iyengar Yoga Center of  
La Mesa**

La Mesa  
619-469-9642

**San Francisco County**

**Hands on Health**

Rogelio Nunez  
San Francisco  
415-395-9755

**New Dawn Yoga Therapy**

Dawn Summers  
San Francisco  
415-681-4628

**Yoga 9 to 5**

Dahms Gabrielle  
San Francisco  
415-441-6280

**Santa Clara County**

**Palo Alto Kundalini Yoga & Meditation  
Circle**

Linda Alderman  
Palo Alto  
650-851-5876

**Sonoma County**

**BodyWorks**

Jean Grant-Sutton  
Petaluma  
707-769-9933

**Ventura County**

**Westlake Yoga Studio**

Paulette Dwyer  
Westlake Village  
805-496-5780 ext. 2

**REGISTERED DIETITIANS**

**Alameda County**

**Dr Sonia's Food Wisdom Therapy**

Sonia Gaemi Ed.D., RD  
Berkeley  
510-466-5022

**Contra Costa County**

**NutritionSource**

Elaine Groen RD  
Walnut Creek  
925-827-2005

**Los Angeles County**

**Jane Yu Anderson MS, PhD, RD**

Alhambra  
626-300-8769

**Tanya Widiss RD, MFT**

Arcadia  
626-447-0247

**Patricia P. Wittenberg RD**

Beverly Hills  
310-271-8246

**Westside MNT Specialists**

Valerie Gawin MSPH, RD  
Brentwood & Malibu  
310-456-5671

**On The Weigh**

Ruth Frechman MA, RD  
Burbank  
818-843-6628

**WNF - Wellness, Nutrition  
and Fitness**

Robin Stuab RD  
Glendale  
818-952-5480

**Carol Catching MS, RD**

Los Angeles  
310-208-7777

**Jill Place MA, RD**

Los Angeles  
323-225-9850

**Jacqueline Albano MS, RD**

Manhattan Beach  
310-919-7769

**Diana Shore, PhD, RD**

Northridge  
818-886-1100

**Michelle McParland MS, RD**

Santa Monica  
310-828-4907

**Susannah Lacagnina MPH, RD, CDE**

Santa Monica  
310-581-9660

**Gilli Harel MS, RD**

Sherman Oaks  
818-204-6888

**Carol Catching MS, RD**

Tarzana  
818-996-0929

**Karen Miller MA, RD**

Torrance  
310-373-5568

**Shirley Nelson MPH, RD**

Torrance  
310-325-7419

**Joan Levinthal RD**

Woodland Hills  
818-222-8746

**Marin County**

**Elizabeth Leong RD**

Novato  
415-898-4088

**Joanne Taylor MSPH, RD**

San Rafael  
415-461-7878

**Mendocino County**

**Mary E. Farkas MA, MS, RD**

Ukiah  
707-462-7239

**Monterey County**

**Kathleen Collier, RD**

Monterey  
831-601-0730

**Mary Sue Abernathy RD**

Salinas  
831-809-0999

**Orange County**

**Karen Bullick MS, RD**

Dana Point  
949-496-5081

**NutritionMasters**

Jennifer Nelson MS, RD  
Laguna Niguel  
949-448-0775

**Nutrition Education and Counseling**

Annette Globits RD  
Los Alamitos  
714-962-9917

**Geeta Sikand CDE, MA, RD**

Mission Viejo  
949-830-0124

**Sacramento County**

**Incentive Fitness**

Michele Gilles MPA, RD  
Dawn James RD  
Carmichael  
916-481-5004

**Carla Anson-Gottardi RD**

Fair Oaks  
916-966-8639

**Nutrition For You**

Judy Fields RD  
Fair Oaks  
916-965-4012, 707-455-0630

**Capital Athletic Club**

Laura Elliott-Sisterson RD  
 Sacramento  
 916-456-4180

**San Bernardino County****MEG Fitness**

Marjorie Geiser RD  
 Running Springs  
 909-867-4776

**Good Life Nutrition Program**

Usha Desai RD  
 Upland  
 909-982-2719

**San Diego County****Scripps Mercy Clinic**

Mila De Los Reyes CDE, RD  
 San Diego  
 619-260-7089, 619-260-7022

**San Francisco County****Judith Levine MS, RD**

San Francisco  
 415-273-5606

**San Mateo County****Toni Bloom & Associates**

Toni Bloom CDE, MS, RD  
 Burlingame  
 408-808-1333

**Pacific Athletic Club**

Toni Bloom CDE, MS, RD  
 Redwood City  
 650-593-4900 ext. 311

**Suzanne Tennis DrHSc, RD**

San Carlos  
 650-637-0480

**Santa Barbara County****SBAKC**

Martha Wilkins CDE, RD  
 Santa Barbara  
 805-569-2652

**Connie M. Logan CDE, RD**

Santa Maria  
 805-937-7393

**Santa Clara County****Bay Area Nutrition**

Stephanie Brooks MS, RD  
 Campbell  
 408-370-7731

**Sharbari Khanna MS, RD**

Cupertino  
 408-446-2140

**Nutrition Solutions**

Kathy Kaufman RD, CCN  
 San Jose  
 408-358-5540

**Toni Bloom & Associates**

Toni Bloom CDE, MS, RD  
 San Jose  
 408-808-1333

**Decathlon Club**

Toni Bloom CDE, MS, RD  
 Santa Clara  
 408-738-2582 ext. 222

**Sonoma County****Joyce Sokolik CDE, RD**

Santa Rosa  
 707-575-1685

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