

ACUPUNCTURE

Acupuncture is a traditional Chinese medicine practice involving the placement of thin needles in the body to relieve pain and treat illness.

Acubloom

1077 Cass St, Monterey CA, 93940
(831) 383-9652

Acupuncture Clinic by the Sea

Okazaki Koji, LAc
1077 Cass St
Monterey, CA 93940
(831) 646-1077

Acupuncture Clinic of Carmel

Jeanette Rogge, LAc
26619 Carmel Center Pl.
Carmel, CA 93923
(831) 625-6161

Cook's Chiropractic and Acupuncture Wellness Center

Karen Cook, LAc
cookswellness.com
2600 Garden Rd, Ste. 232, Monterey, CA 93940
(831) 375-5117

Flowing Waters Wellness Center

Marisa Mijares, LAc
flowingwaterswellness.com
1011 Cass St, Suite 112
Monterey, CA 93940
(831) 333-0409

Julu Healing Arts

26555 Carmel Rancho Blvd, Suite 3, Carmel, CA
(831) 244-0074

Li Liu, OMD, LAc

1010 Cass St., Suite D1, Monterey, CA 93940
(831) 915-8961.

Optimal Health Acupuncture

Glenn Sadowsky, LAc
optimalhealthmonterey.com
132 Carmelito Ave., Monterey, CA 93940
(831) 655-3208

Pacific Grove Acupuncture Clinic

Maureen Manning, LAc
acupuncture-monterey.com
150 15th St, Pacific Grove, CA 93950
(831) 373-3038

Soquel Health Center Acupuncture

Martin Knaus, LAc
99.128.229.126/shc/acupuncture-department
2930 S. Main St., Soquel, CA 95073
(831) 475-2230

CHIROPRACTICS

Chiropractics is a form of medicine concerned with the diagnosis and treatment of mechanical disorders of the musculoskeletal system, particularly the spine.

The Back and Neck Center of Monterey

Aaron Gaily, DC
chiropractormontereyca.com
1299 Pacific Street, Monterey, CA 93940
(831) 657-0191

Brunke Chiropractic — Troy Brunke, DC

montereychiro.com
205 Montecito Ave., Monterey, CA 93940
(831) 372-5602

Lynn Boughton, DC

1077 Cass St. #B, Monterey, CA 93940
(831) 648-1000

Cater Chiropractic

1211 N Main St., Salinas, CA, 93906
(831) 449-2225

Cook's Chiropractic and Acupuncture Wellness Center — Jay Cook, DC

cookswellness.com
2600 Garden Rd., Ste. 232, Monterey, CA 93940
(831) 375-5117

Deena Hakim

222 Forest Ave., Pacific Grove, CA 93950
(831) 648-8100

Edward Jarvis, DC

572 Gibson Ave., Pacific Grove, CA 93950
(831) 375-9582

Montellesse Family Chiropractic

Chris Montellese, DC and Kristina Montellese, DC
montellessefamily.com
550 Camino El Estero, Ste 103
Monterey, CA 93940
(831) 655-3255

Susan Nilmeier, DC

572 Gibson Ave., Pacific Grove, CA 93950
(831) 372-6699

Peter Ruiz, DC

991 Cass St. Monterey CA, 93940
(831) 375-2225

Wilson Smith, DC, PhD

6 Del Fino Pl., Carmel Valley, CA 93924
(831) 659-5180

COMPREHENSIVE WELLNESS SERVICES

The Healing Collaborative

various services available
thehealingcollaborative.com/index.html
222 Forest Avenue, Pacific Grove, CA 93950
(831) 648-8100

CRYOTHERAPY

Cryotherapy is the use of cold temperatures to reduce inflammation, decrease pain, and treat illness.

Glacier Bar

26135 Carmel Rancho Blvd., Suite F-21
Carmel, CA, 93923
(831) 250-5874

Flow Cryotherapy

flow-cryotherapy.com/
311 Salinas St., Salinas, CA, 93901
(831) 975-4449, info@flow-cryotherapy.com

ENERGY MEDICINE

Energy Medicine is a form of alternative medicine that focuses on healing energy in the patient to create positive results.

Biospiritus — Wayne Hoff

biospiritus.net
1011 Cass St., Suite 102-A, Monterey CA, 93940
(831) 818-6980

Gail Robbins, RN

(831) 277-5454

Lyona Thibault

lyona.info
P.O. Box 277, Davenport, CA, 95017
(831) 264-7000

Soul Guidance and Transformational Healing

Hilary Nicolls, DC
hilarynicolls.com
P.O. Box 1325, Capitola, CA, 95010
(831) 642-2622

Denise Warfield
denisewarfield.com
1976 Luzern St., Seaside, CA 93955
(831) 393-2064

FELDENKRAIS PRACTITIONERS

Coleman Family Chiropractic — Patric Zito
colemanfamilychiropractic.com
1219 Forest Avenue, Suite I
Pacific Grove, CA 93950
(831) 375-0270

GYROTONIC

Gyrotonic is a form of exercise that is low impact, and focuses on both stretching and strengthening connective tissues of the body through movement.

White Lotus Gyrotonic
whitelotusgyrotonic.com
Carmel, CA
(800) 856-7018
Info@whitelotusgyrotonic.com

HEALING TOUCH PRACTITIONERS

Margot Baker
79 Los Ositos, Carmel Valley, CA 93924
(831) 659-2116

HOLISTIC STRESS MANAGEMENT

Channels of Energy
Chris Caffrey, CMT
channelsofenergy.com
620 Lighthouse Ave., Pacific Grove, CA 93950
(831) 238-2399

HOMEOPATHIC MEDICINE

Homeopathic medicine is an alternative form a medicine that focuses on using substances which can cause disease in specific and calculate ways to cure illness.

Carmel Valley Chiropractic Clinic
Patricia Wolff, DC, MFT
drpatriciawolff.com
6 Delfino Place, Carmel Valley, CA 93924
(831) 659-5180

The Lester Clinic — Jeff Lester, DO
lesterclinic.com
65 Aspen Way, Watsonville, CA 95076
(831) 724-1164

Robert Rosett, MD
780 E Romie Ln. #C, Salinas, CA 93901
(831) 751-3505

INTEGRATIVE MEDICINE

Family Care Medical Group
Catherine Petronijevic, DO
fcmg.doctorsoffice.net
17615 Moro Rd., Prunedale, CA 93907
(831) 663-3926

Fortify Health — Dan Beilin, OMD, LAC
fortifyhealth.com
9057 Soquel Drive, Suite AB, Aptos, CA 95003
(831) 685-1125

Optimage Health — Dawn Motyka, MD
optimagehealth.com/index.html
930 Mission St, Suite, Santa Cruz, CA, 95060
(831) 421-0197

INTEGRATIVE PHARMACY

Integrative Pharmacist
Brian Ellinoy, PharmD
integrativepharmacist.com/index.htm
(831) 644-8487

MASSAGE THERAPY

Daya Fisch, MS, CMT
(831) 320-8808

Linda Thompson, CMT
1199 Forest Ave., Suite 2, Pacific Grove, 93950
(831) 643-9643

MENTAL HEALTH/THERAPY

Community Hospital of the Monterey Peninsula
Outpatient Behavioral Health Services
chomp.org/what-we-do/behavioralhealth
576 Hartnell St., Monterey, CA 93940
(831) 625-4600

Monterey County Behavioral Health
mtyhd.org/index.php/services/behavioralhealth/
learn-how-to-get-started
various locations
(888) 258-6029

MINDFULNESS MEDITATION

Mindfulness meditation is a technique of meditation used to pay attention to thoughts and feelings in a way to learn from them and gain awareness.

Eva Giedt, PMH, NP-BC
evagiedt.com
183 Sargent Ct, Rear Cottage
Monterey, CA 93940
(831) 236-7110

NATUROPATHIC MEDICINE

Naturopathic medicine focuses on the use of natural remedies to help the body heal itself.

Monterey Bay Wellness
Erik Dunning, NMD, MSA, PTA
mtybaywell.com
26335 Carmel Rancho Blvd, Ste 8, Carmel
(831) 625-9999
mtybaywell@sbcglobal.net

Wellspring Natural Health
Heather Swallow, ND
wellspring.publishpath.com
833 Cass St., Monterey, CA 93940
(831) 648-1870

NEURO-EEG FEEDBACK

Neuro-EEG feedback uses real-time displays of brain activity to teach self-regulation of brain function.

Montage Medical Group Neurology
Stella Legarda, MD
montagemedicalgroup.org
23845 Holman Highway, Ste. 210
Monterey, CA 93940
(831) 620-0700

Monterey Bay Neurofeedback Center
Richard Vieille, PhD and Ellen Saxby, RN
montereybayneurofeedback.com
26335 Carmel Rancho Blvd, Suite 7
Carmel, CA 93923
(831) 622-9877

Santa Cruz Neurofeedback Center
Langdon Roberts, MS
santacruzbiofeedback.com
4630 Soquel Dr, Suite 10, Soquel, CA 95073
(831) 464-1419

OCCUPATIONAL THERAPY

Occupational therapy is the use of assessment and intervention to develop, recover, or maintain, the meaningful activity and function of patients, including those with pain or injuries.

Joy Colangelo, MS
1199 Forest Ave., Pacific Grove, CA 93950
(831) 643-9643

Community Hospital of the Monterey Peninsula

Hartnell Professional Center
576 Hartnell Street, Monterey
(831) 883-5640

Montage Wellness Center
1910 N. Davis Road, Salinas
(831) 883-5640

OSTEOPATHIC MANIPULATIVE MEDICINE

Osteopathic medicine is a type of medical practice that uses physical manipulation of the body to diagnose and treat disease in addition to standard medical practice.

Monterey Integrated Sports and Pain Associates
Gerard Issvoran, DO
24551 Silver Cloud Ct, Suite 201
Monterey, CA 93940
(831) 333-2100

PAIN PSYCHOLOGISTS

Pain psychology focuses on evaluating and treating the psychological consequences of pain, both acute and chronic.

Bonnie Bufkin, MFT
Lincoln 2 NW. of 7th Ave.
Carmel-by-the-Sea, CA, 93921
(831) 621-1127

Mary Welschmeyer RN, LMFT
262 El Dorado, Suite 100, Monterey CA, 93940
(831) 278-4714

Mark Willison, MFT
2801 Monterey-Salinas Hwy, Ste. 1
Monterey, CA, 93940
(831) 277-9999

PELVIC REHABILITATION THERAPY

Community Hospital of the Monterey Peninsula
Montage Wellness Center
1910 N. Davis Road, Salinas
(831) 883-5640

2920 2nd Avenue, Marina
(831) 883-5640

PHYSICAL THERAPY

Physical therapy involves treatment for the preservation, enhancement, and/or restoration of movement and physical function.

Amy Altshuler, PT
245 Crossroads Blvd., Carmel, CA, 93923
(831) 620-0744

Claire Kristl, PT
245 Crossroads Blvd., Carmel, CA, 93923
(831) 620-0744

Amy Dore, DPT
1199 Forest Ave., Ste 2, Pacific Grove, CA, 93950
(831) 643-9643

Balance Physical Therapy
2260 N Fremont St., Monterey, CA 93940
(831) 372-4782

Community Hospital of the Monterey Peninsula

Hartnell Professional Center
576 Hartnell Street, Monterey
(831) 883-5640

Montage Wellness Center
1910 N. Davis Road, Salinas
(831) 883-5640

**Damon Anderson and
Associates Physical Therapy**
980 Cass St., Suite A. Monterey CA, 93940
(831) 375-2466

Will Kramer, PT
550 Camino El Estero, #100.
Monterey, CA, 93940
(831) 372-2963

Precision Physical Therapy —
Chris Christensen, DPT
prefitpt.com
8030 Soquel Ave, Suite #200
Santa Cruz, CA 95062
(831) 464-8200

WELLNESS

Wellness is the process of becoming aware of and making choices to promote a healthy and meaningful life.

Community Hospital of the Monterey Peninsula
varies by class, varies by location
chomp.org/classes
(831) 624-5311