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Integrative Health Care Practitioners

MOAB, UT

6th edition
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Dr. Donald T. Leathers, ND

Phoenix Rising Center
76 S. Main St. #10
Moab, UT. 84532
435-259-8123
phoenixrising@phoenixrisingmoab.com

Naturopathic Medicine, Homeopathy, Herbs, Nutrition, Musculoskeletal Work, Qigong, Education

As a Naturopathic physician, I am a licensed general medical practitioner trained as a specialist in natural medicine, I use therapies from the sciences of clinical nutrition, herbal medicine, homeopathy, exercise therapy, counseling, hydrotherapy, Chinese medicine, etc. Naturopathic physicians are educated in the conventional medical sciences. In practice, I perform physical exams, laboratory testing, nutritional and dietary assessments, metabolic analysis, allergy testing, x-ray examinations and other diagnostic tests. As a physician, I cooperate with all other branches of medical science.



Emily Stock

Sundial Medicinals, LLC
550 North Main, Ste. D
Moab, UT. 84532
435-260-8556
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sundialmedicinals@gmail.com

Herbal and Nutritional Consultations

Sundial Medicinals offers a line of locally handcrafted herbal medicine with organic ingredients and effective original formulas. Herbal and nutritional consultations with Emily Stock, herbalist of Sundial Medicinals, are available by appointment on a no-questions-asked sliding scale from \$30-\$80 per consultation with a free one time follow-up. Emily is trained in Western Herbalism, Traditional Chinese Medicine, and Ayurveda, with specialties in women's health and chronic illness. She works with herbs, nutrition, and individual constitutional assessment to create balance and health in body and mind.

Icon Key:



Dr./Physician



Herbalist



Counseling



Bodywork



Acupuncture



Life Coach



Flora Najafi LAc., M.Ac., Dipl.Ac.

Moab Acupuncture Clinic, LLC
50 E Center St.
Healing Arts Center, Ste. #3
435-259-8483
moabacupuncture@gmail.com
www.moabacupuncture.com

Classical Five Element Acupuncture (CFEA), TCM Acupuncture, Chinese herbal medicine, Microcurrent & Mei Zen Cosmetic Acupuncture, NADA Auricular Acu Detox, NAET/Allergy, Sport injury

By appointment only and accepting insurance. When the very fine acupuncture needles are inserted into particular points that lie along the many pathways of energy within the body, imbalances are corrected and innate balance and harmony are re-established. Symptoms such as pain, stress, fatigue, depression and anxiety are the body's way of calling out for help. A CFEA diagnosis identifies and treats the root of these distress signals. The overall effect is a restoration of balance, offering a more permanent solution to chronic problems. Acupuncture used preventively, can help maintain good health and deter injury. Treating the whole person-Body, Mind and Spirit.



Kimberley Stanard

Essence of Light
4056 Beeman Dr.
Moab, UT. 84532-3972
435-259-5214
k_stanard@hotmail.com

Intuitive Counseling, Energy Work, Hands on Healing, Flower Essences, Bloodline Clearing

I am able to be totally present with you, supporting your growing awareness and your healing. By listening with Awareness to you and your body, I am able to bring in the healing that is needed at the deepest levels allowing surface problems to soften and heal. Your understanding and clarity about what is really under current circumstances allows healing of old physical, mental, & emotional patterns. Practicing as an intuitive healer since 1995.

Icon Key:

Dr./Physician	Herbalist
Counseling	Bodywork
Acupuncture	Life Coach



Ata S. Morse, LMT

OmBodywork
50 E. Center St., Ste #6
Moab, UT. 84532
435-260-2874
soul.pilgrim@yahoo.com
www.ombodyworkmoabmassagetherapist.com

Therapeutic Massage (Swedish, Deep Tissue, Medical and Trigger Point) Shiatsu, Acupressure, Reiki/Energy Work

OmBodywork offers health and wellness support with therapeutic massage, acupressure and energy work. I can help you maintain well being and fluidity of motion through regular or occasional tune-up sessions, or assist you recover from injury, strain or overuse symptoms. Special emphasis on freeing the neck/shoulder area, restoring range of motion and easing stiffness and pain. Light to deeper touch, caring & supportive presence. Hot stones and towels and heated table available in a quiet studio in town. Reasonable rates. Affordable monthly, bi-monthly or weekly sessions or multiple treatment packages. Certified practitioner since 1996 (CA), Utah License since 2009.

This publication is sponsored by:



Moonflower Community Cooperative

**39 E 100 N
(435) 259-5712**

(across from the post office)
Visit our website @
www.moonflower.coop

Your resource for:

- Bulk Herbs
- Nutritional Supplements
- Tinctures and Salves
- Lotions and Oils
- Homeopathics
- Essential Oils
- Organic and Local Foods
- Organic Deli foods

**These listings are provided as a community service by Moonflower Community Cooperative and do not constitute an endorsement or recommendation regarding the practitioners or their services.*



Lisa Carter

Lotus Massage & Yoga
550 N. Main St., Suite D
Moab, UT. 84532
801-388-9247
lotusmassagemoab@gmail.com

Swedish, Deep Tissue, Sports, and Prenatal Massage

Hello from Lisa at Lotus Massage! I love working with clients to help them relax, find pain relief, increase range of motion, facilitate healing, and gain a better awareness of their own body's inner workings. Whether you live in Moab full-time or are just here for the day, I look forward to meeting you and working with you towards your health goals through massage therapy! Goals can range anywhere from simply needing a relaxing massage after a long day to rehabilitating an injured limb. I will work with you every step of the way, customizing your massage to the day's particular needs.



Judith Lee, LMT, BCST, Minister

Awakening Heart
76 S. Main Suite 13
Moab, UT. 84532
435-260-8667

Massage, Bodywork, Biodynamic Crainiosacral, Hot Stones and Embrocations

Offering Biodynamic Crainiosacral, massage, hot stones, and Embrocations to assist your life journey's. Crainiosacral is a gentle, non-invasive hands on therapy that uses the body's intelligence and its inherent desire to be healthy to support and facilitate self healing. Treating chronic pain, head injuries, TMJ, neck, back, shoulders, hips, knees and so much more. Massage Therapy for your well-being, relaxation, healing of soft tissue structures, to prevent and alleviate pain. Each session is designed with you in mind. Inviting relaxation, awareness and coming home to your body.



Phoenix Rising Center

Donald T. Leathers, ND
Catherine Shank
76 S. Main St. Suite #10
Moab UT. 84532
435-259-7278
phoenixrising@phoenixrisingmoab.com
www.phoenixrisingmoab.com

Education in internal art: Taiji, Qigong, ShengZhen Gong, Meditation, Fire Pujas, Martial Arts

Phoenix Rising Center has been educating and inspiring our community since 1998. We currently offer ongoing classes and seminars in Taiqi, Qigong, martial arts (Kung fu), meditation and soul healing processes. Our intention and primary focus is the cultivation of health and body-mind consciousness, through classes that open the heart and increase the awareness of life essence. Participants learn how to follow the Qi, which trains the mind, nourishes the body, and elevates the spirit. We advocate health, transformation, and living the full potential of life.



Drew Roots, LMT

San Miguel Wellness
1102 San Miguel
Moab, UT. 84532
435-260-9298
rootsbodywork@myabmp.com
www.smwr.abmp.com

Massage, Specialized Bodywork, Wellness Coaching and Training/Classes

I work with active people in chronic pain. I help them get mobile, strong and grounded so they can return to all the activities they love and need to do in their life. This is done through several unique modalities and training exercises. As a body worker for 25 years, I get an idea of what works well for most people if they are serious about creating the changes they say they want. A large part of it is understanding the causes of chronic pain and tension and then doing the necessary steps to change your muscle memory to more functional patterns without creating more tension in the process. Call for free 50 min. phone consultation!

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 Dr./Physician	 Herbalist
 Counseling	 Bodywork
 Acupuncture	 Life Coach





Catherine Shank
LMT, NCTMB, since 1995
Advanced Practitioner
Associate Instructor Ortho-Bionomy®

Phoenix Rising Center
 76 South Main St. Suite #10
 Moab, UT. 84532
 435-259-8123

Ortho-Bionomy®, Sai Shakti Healing,
Dreaming Work

Ortho-Bionomy® is a comprehensive system of healing that works through the nervous system to inspire the body to heal from within. By engaging the self-corrective reflexes, shifts occur that restore structural integrity and increase the circulation of lymph, fluids, and oxygen. The result is seemingly effortless pain and tension relief which greatly aid in the recovery from injuries, surgery, and stress.

Sai Shakti Healing works at the root of all problems. It's an advanced ancient method of healing that transforms negativity of the body-mind. It addresses heartbreak, depression, childhood wounds, and clears personal blocks such as fear and anxiety.



Nancy Kurtz
 435-259-0734
 NancyStarjive@gmail.com

Tarot and Astrology Readings, Sessions in
Psychic Doctoring, and Ortho-Bionomy
(Associate Practitioner)

I have been a student of Native American traditions, astrology & Tarot and am a continuing student of Ortho-Bionomy. I combine these creative techniques and intuitive abilities to support and strengthen the body's natural resilience. By changing the environment in the body, you enable the body to change and grow in a beautiful way that encourages self-awareness and well-being.



Tawn Jorie Lee
 Our Community Acupuncture
 540 E 100 # 209
 Moab, UT. 84532
 435-210-0667
 spritening13@gmail.com

Acupuncture

Chinese and needle-less Japanese acupuncture. Offering first aid with acupuncture and herbs. Addiction and esoteric therapy, as well as detoxification supported with acupuncture.



James Ferro, Ph.D.
 76 S. Main St. Ste #6
 Moab, UT. 84532
 435-260-1138
 jimmyferro@hotmail.com

Psychological Counseling, Enneagram,
Meditations

Providing psychological counseling for individuals, couples and families, for a wide range of emotional and interpersonal issues: anxiety, depression, addiction, trauma recovery, stress, anger management, assertiveness, goal development, self esteem, etc. Specializing in dialectical/behavioral therapy, Gestalt, hypnosis, and instruction in the Enneagram and meditation. Office in Moab. Flexible hours by appointment, insurance accepted.



Jen Goff
 Wise Raven Herbs, LLC.
 HC 64 Box 2803
 Castle Valley, UT 84532
 435-260-2743
 Jen@wisravenherbs.com

Herbal Remedies, Natural First Aid &
Body Care Products

Wise Raven Herbs offers a full line of herbal remedies and body care products for every day use. Many of our products are grown on our certified naturally



Meagan Coy
 Twisted Juniper Yoga and Healing
 563-528-2908
 Coyster84@hotmail.com

Private Yoga, Children's Yoga

Yoga Alliance certified with 8 years of experience teaching and practicing yoga. I have a passion for bringing a comfortable and knowledgeable approach to your health goals through a personalized yoga program in the comfort of your home. I also offer an educational and fun approach to teaching yoga to children through story, song and games and am available for school activities, events and parties.



Antje Rath, CMHC
 Sunrise Counseling
 476 W. Williams Way.
 Moab, UT. 84532
 435-719-5550
 antjer@mrhmoab.org

Mental Health Counseling for children,
adolescents, adults, couples and families

Counseling for anxiety, grief, depression, stress, behavior problems, communication problems, among others. Most insurances are accepted and payment plans are available.



**Will Cooper, M.Ac.O.M.,
L.Ac., Dip.Ac.**

Moab Healing Arts Center
50 E. Center St.
Moab UT. 84532
435-260-8005
cooperwill84532@gmail.com

**Acupuncture, Bodywork, East-Asian
Medicine**

Offering 28 years of licensed clinical practice with therapeutic bodywork and acupuncture, including their skillful combination. Specializing in the gentle treatment of injuries and resolving acute or chronic pain—even from injuries that maybe several decades old—from foot/ankle pain to hip and low-back pain; to headaches and TMJ, and everything in-between. Also effective with functional issues such as insomnia, anxiety, essential hypertension, digestion disturbances, PMS/infertility/menopause, etc. Treatments access and interface with the body’s own means for self-regulation and self-healing. Effective results are gained through finding and treating cause, rather than treating symptoms.



**Elizabeth Lamoureux,
Llc.**

435-260-1320
lizzylammy@gmail.com

Rolf Method of Structural Integration

Structural Integration aligns and balances the body by lengthening and repositioning the fascia. As fascia is lengthened it allows the muscles to move more efficiently. The practitioner will apply pressure to the body, working the entire fascial system in a systematic way. When restricted fascia is released and lengthened the body can return to its structurally optimal position. The continuing pull of gravity, the stress of daily activities, belief systems and physical injuries can pull the body out of alignment. The fascia gradually shortens, tightens and adjusts to accommodate the misalignment. When the body is out of alignment it creates inefficiency and imbalance resulting in stiffness, discomfort and loss of energy. When a body is aligned and balanced it moves with greater ease. It requires less energy to function. Good posture is effortless and breathing is easier. The body becomes more flexible, more coordinated and athletic performance improves.



**Nancy B. Anderson, MA,
CMHC**

Healing Arts Center
50 E. Center St.
Moab, UT 84532
970-708-0078
nanbanderson@hotmail.com

Integrative Counseling, Individual, Couples, Group Psychotherapy and EMDR for trauma

I work broadly with all adults, with specialization in healing from trauma, childhood abuse, depression, anxiety, and eating disorders. I can also work with interested clients to facilitate spiritual growth, bringing the perspective of the medicine wheel, dark night of the soul, and being present with unintegrated aspects of the self, such as inner child or shadow aspects. I combine talk therapy, EMDR, which is a way of working to heal trauma, and ceremonial work, such as cord cutting or meeting one’s power animal.



Breann Davis

76 S. Main St. #14
Moab, UT. 84532
801-440-5958
www.moab.massagetherapy.com
breann@massagetherapy.com

Massage and Bodywork

Breann Vail, owner of Balanced Body Massage Therapy, is a Board Certified, Licensed Massage Therapist with over 12 years of experience. She is certified in Hospital Based Massage Therapy at The Mayo Clinic. Breann specializes in: Deep Tissue Massage, Sports Massage, Hot Stone Therapy, Thai Massage on the table, Clinical and Oncology massage, pain reduction and relaxation.

Icon Key:

-  Dr./Physician
-  Herbalist
-  Counseling
-  Bodywork
-  Acupuncture
-  Life Coach



Kiersten Wilson, LMT

Back to Center Massage Therapy
76 S. Main St. #7
Moab, UT. 84532
435-210-8274
wilson_kiersten@yahoo.com

Relaxation, Swedish, Active Deep Tissue Massage

At Back to Center Massage Therapy I strive to maintain a balanced, calm, and soothing atmosphere that invites you to unwind, let go and have the focus on Your well-being. In my practice I can and like to integrate different techniques. I offer a variety of essential oils to choose from ranging from uplifting to grounding, stress management to sore muscle relief to health maintenance. I am certified in the doTerra AromaTouch Technique which when applied is aimed towards achieving homeostasis, the natural balance of body systems and health. Chair massage available with notice, monthly specials, and flexible hours.



Emily Stock, Doula

Birth Harmony Doula Services
Moab, UT. 84532
435-260-8556
birthharmonydoula@gmail.com

Doula

Emily is a Doula trained through DONA International. Birth doulas provide labor support to birthing mothers and their partners. Labor support includes pain management, breathing techniques, comfort measures, breastfeeding support, education and birth planning, and emotional support. Depending on location and desired services, fees can range from \$600-\$800. Emily's services include two pre-labor visits, prenatal massage, on-call time, continuous support during labor and birth, and post-birth follow up with breastfeeding coaching.



Jan Crutchfield, LCSW

31 Abbey Rd.
Moab, UT. 84532
435-260-1863
bekind2u@gmail.com

Mindfulness-based Psychotherapy

The intention of my offering is to facilitate awareness and movement through life's inevitable transitions. I draw on over 35 years as a Licensed Clinical Social Worker, and over 20 years as a Dedicated Meditator. My training and experience enable me to sit with individuals and couples seeking insight and ease with anxiety, depression, health changes, work and relationship issues, and grief. I have a deep faith in our ability to create the causes and conditions which invite clarity and peace of heart-mind. Flexible time and fee schedule to accommodate your circumstances.



Deanna King, Alchemist, Visionary



Divine Integration—Moab Manifesting and Alchemy
2971 Desert Rd.
Moab, UT. 84532
435-260-9027
deannarenae@gmail.com
divineintegrations.com

Spiritual Coaching, Energy work, Intuitive Healings, Trainings, Classes and Prayers/Ceremony

I am a Self Empowerment Mentor and Alchemist, teaching you to play in the shifting of energy. Offering classes or private instruction and healings. Individual sessions are intuitively personalized for your needs. Learn about your energy body and transformation. Move toward your highest good! I specialize in writing sacred text for you, as prayers/blessings, Ceremony, and spiritual class curriculum's. You deserve to be your best self ever!

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