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Integrative Health Care Practitioners

MOAB, UT

5th edition
Fall 2013



Dr. Donald T. Leathers, ND

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

Naturopathic Physician

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.



James Ferro, Ph.D.

76 S. Main St. Ste #6
Moab, UT. 84532
435-260-1138

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.



Lisa Albert, LMT

50 E. Center St. Suite 5
Moab, UT. 84532
435-260-9506
lisaalbert5@yahoo.com

Sports, Swedish massage, spinal touch treatment, Bellanina facelift massage, deep tissue, relaxing massage

16 years in practice. Spinal misalignment, injury gently treated. Renew, refresh, rejuvenate your face & décolleté.



Drew Roots, LMT

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

Massage, Bodywork

Specializing in PUSH therapy, a unique system that aims to have you pain-free and achieve mobility for life by following a 4-part treatment program. Free consultations. To view services go to : www.smwr.abmp.com.

Icon Key:



Herbalist



Dr./Physician



Counseling



Bodywork





Mary Beth Fitzburgh, LMT

Body Wisdom: Bringing Spirit into Body
50 East Center St. Studio 9
Moab, UT. 84532
435-260-2506

Deep Tissue and Trigger Point Massage, Jin Shin Jyutsu Acupressure, Cranial Sacral Therapy, Aromatherapy and Flower Essence Therapy

With over seventeen years of professional experience, specializing in massage and bodywork that is slow, deep, intuitive and detailed with an ability to address specific needs, using clients' comfort level and direction to determine depth of pressure and focus of session, incorporating a calming gentle presence with a skillful compassionate, and sensitive touch.



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.



Kira Schneider

43 Behind the Rocks Dr.
Moab, UT 84532
435-260-1767
kiraschneider@yahoo.com

Counseling, Energy Work

Take Care! Live Better! Feel Better! Kira Schneider offers intuitive counseling, Reiki, Energy Healing and cranial sacral therapy.









Jen Goff

Wise Raven Herbs
HC 64 Box 2803
Castle Valley, UT 84532
435-260-2743
jen@wiserravenherbs.com

Herbalist

Wise Raven Herbs offers a line of herbal remedies & bodycare products that are made using locally-grown, ethically wildcrafted, and certified organic ingredients.

Icon Key:			
	Dr./Physician		Herbalist
	Counseling		Bodywork
	Acupuncture		Life Coach



Christy Williams
SWCSS and BPI Certified

435-260-1464

moabsoulkitchen@yahoo.com



Counseling, Energy Work, Ceremonies

Psychological intuitive, clairvoyant reader, energy worker offering quantum biofeedback, mirroring for healing, spiritual growth, decisions, transitions. Threshold ceremonies, weddings, funerals officiated. SWCSS and BPI certified.

By appointment.



Lisa Paterson

Gently Held, Deeply Seen

435-259-7314

www.lisapateroncoaching.com

Life Coaching

Lisa Paterson helps others connect with their own inner guidance and wisdom. Lisa is a certified life coach trained by Dr. Martha Beck.

Lisa understands that each person already has the answers to his/her questions, but might not know how to access this wisdom. Through coaching, Lisa reconnects you with your own inner self, helps you illuminate and dissolve limiting beliefs, and teaches you the tools to continue guiding yourself independently toward your goals & dreams. Call for a free 20 min consultation.



Jan Crutchfield

435-259-4979

Cell: 435-260-1863

bekind2u@gmail.com



Counseling, Bodywork

My intention is to facilitate heart-mind body movement through life's inevitable transitions. Therapy for individuals and couples seeking insight and ease with anxiety, depression, health changes, work and relationship issues, grief. Bodywork to relieve stress and discomfort. Home visits available for elderly or ill, and infant massage instruction.



Sarah Finkbeiner, CHC, LMT

Nourish Your Roots

76 S Main St #14

Moab, UT. 84532

435-260-0424

nourishyourroots@gmail.com



Health Coaching, Massage

I help women who feel "stuck" around issues with weight, addiction, and emotional eating feel free and fabulous without denial or deprivation. Together, we dig deep to uncover what's holding you back and add in pleasurable and lasting change so you love who you see in the mirror.

Visit www.sarahfinkbeiner.com to schedule your free 30 minute Strategy Session if you're ready to say "yes!" to stepping into the greatest version of YOU. I also specialize in A.R.T. (Activation Release Technique), deep tissue, and Swedish massage.



Red Valley Chiropractic and Physical Therapy

267 North Main St. Suite B
Moab, UT. 84532
435-259-0123
matte@moabchiropracticmassage.com

Chiropractic, Massage, Physical Therapy

We are a full service Wellness Center including Chiropractic, Physical Therapy, and Professional Massage services. We strive to offer same day appointments.

Our Providers:

- Dr. Christopher Kasprick DC
- Dr. Rhonda Cowern PT
- Anne Howe LMT
- Micaela McCann LMT

Treatments provided by individual practitioners or in combination will provide optimal results. Continuation of care from one treatment provider to the next also allows for better communication between providers. This translates into better results with increased patient satisfaction.

We treat children to the elderly, amateurs to professional athletes . We also carry dietary supplements, cervical and support pillows, postural supports, orthopedic supports, portable TENS and ultrasound machines, low-tech rehabilitation equipment, and much more.



Emily Stock, Doula

Sundial Medicinals and Birth Services
484 Sundial Dr.
Moab, UT. 84532
435-260-8556
sundialmedicinals@gmail.com

Herbalist, Doula

Emily is a Doula trained through DONA international. She is passionate about helping parents create the birth they want and can supply herbal formulas for a wide range of prenatal and postnatal situations. Sundial Medicinals also has a full line of herbal extract products.



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.



Sarah Ball-Jacobsen, LMT

Healing Arts Center
50 E. Center St, Studio 4
Moab, UT. 84532
435-260-2238
Sarahball.massagetherapy.com

Swedish, Deep Tissue, Trigger Point, and Sports Massage

Providing an integration of massage techniques to relieve pain, muscle soreness, joint immobility, headaches, backaches and stress; for injury recovery, relaxation and improved quality of life.

Balanced Body Massage Therapy



Breann Vail

50 East Center St. #8
Moab, UT. 84532
801-440-5958
www.moab.massagetherapy.com

Massage and Bodywork

Breann Vail is a Board Certified, Licensed Massage Therapist with over ten years of experience. She recently became 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.









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 ®, Spiritual Counseling, Energy Healing

Ortho-Bionomy ® is a profound system of working with innate reflexes that relieves pain by restoring structural integrity and improving the circulation of blood and lymph. Through subtle movements and gentle positioning, body alignment is restored, which facilitates the recovery from injuries, surgery, and stress. Chronic and acute conditions unravel effortlessly through principles of self-correction. I am grateful that OB has been my joy filled container for 20 years!! I also offer spiritual counseling and energy healing, and dreaming processes from the Toltec Tradition.

Icon Key:			
	Dr./Physician		Herbalist
	Counseling		Bodywork
	Acupuncture		Life Coach



Tawn Jorie Lee

Our Community Acupuncture
540 E 100 # 209
Moab, UT. 84532
435-210-0667
Mayancalendar2004@yahoo.com

Acupuncture, Homeopathy

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



Judith Lee

LMT, BCS, MCTMB, Minister
Laughing Dragon Therapeutic Massage & Bodywork
76 S. Main Suite 12
Moab, UT. 84532
435-260-8667
laughingdragonmoab@yahoo.com

Massage, Bodywork, Spiritual Counseling

Judith Lee offers a variety of healing modalities to assist your life's journey. Sessions designed with you in mind. Sliding fee scale offered for those who qualify.



Lee Truesdell, LMT

Morning Glory Healing Arts
50 E Center #6
Moab, UT. 84532
lee@massagemoab.com



Massage, Energy Work, other Bodywork Modalities, and Wellness Coaching

Active in the healing arts profession since 2003, Lee offers a variety of options to help clients live more comfortably in their bodies and more fully in their lives. In addition to massage, energy work, and other bodywork modalities, Lee specializes in wellness coaching designed to help you expand your awareness of what it means to be healthy, and to access the skills and resources needed to live a full, meaningful life aligned with your deepest values and desires. Phone work also available.



Antje Rath, CMHC

Sunrise Counseling
450 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 accepted, payment plans available

Icon Key:



Dr./Physician



Herbalist



Counseling



Bodywork



Acupuncture



Life Coach



Ambrosia Brown

True Self
50 E Center St #7
Moab, UT. 84532
www.ambrosiabrownmassage.com

Massage, Bodywork

Deep tissue, Thai Yoga, Relaxing Swedish, Reflexology, and Pregnancy bodywork. Please note that Ambrosia is typically in Telluride, CO during the summer and winter months. She does attempt monthly visits but is only in Moab full time during April-May & Sept-Oct.



B. Steiner

Helix
HC 64 Box 3014
Castle Valley, UT. 84532

Essential Body Release

Energetic release of visceral, vascular, neural, and connective tissue. A light touch, noninvasive touch facilitates the release of holding patterns, bringing movement and harmony gently back to the deepest levels of one's being.

**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.*

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www.moonflower.coop

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