

# Local Resources

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## Naturopathic Care

### Alive Integrative Health

1902 Jefferson St #1, Eugene, OR 97405

541-636-3079

Brielle Mele, ND

(Female Hormone Imbalance Specialist)

<https://www.aliveintegrative.com/>

*Takes OHP*

### Oregon Naturopathic Clinic

1278 Arcadia Dr., Eugene OR, 97401

541-221-1827

Kim Foster, ND

<https://www.oregonnaturopathicclinic.com/>

### Illumination Wellness

1274 W. 7<sup>th</sup> Ave. Suite 203, Eugene OR

541-403-5189

Rachel Stricker, ND, RYT

illuminationwellness.com

<https://www.illuminationwellness.com/>

*Pediatric Naturopath*

### Healing Tree Family Practice

Jeri Otterstrom, ND

1000 River Road, Eugene, OR 97404

541-688-1569

[info@drotterstrom.com](mailto:info@drotterstrom.com)

*Menopause*

## Massage Therapy

### Five Bodies Collective

2485 W 7th Pl, Eugene, OR 97402

541-344-4788

<https://www.thaibombaat.com/>

*Thai Massage*

### Jennifer Villanueva, LMT

4739 Main St. Suite 4, Springfield, OR 97478

541-999-7444

### Crimsonspiral Wellness

395 W. Broadway, Eugene OR

541-554-3072

Rachel Gross Hess, LMT, Doula

<http://crimsonspiralmassage.massageplanet.com/>

### Thrive Family Massage

5 E 24th Ave, Eugene OR

Lynnea, Abdominal Therapy

541-543-1791

## Other Resources

### Pelvic Wellness Center

2160 W 11th Ave suite B, Eugene, OR

541-515-6215

<https://eugene.pelvicwellnesscenter.com/>

*Pelvic Physical Therapy*

### Tensegrity

244 E Broadway, Eugene OR 97401

541-338-7088

<https://tensegrityphysicaltherapy.com/>

*Physical Therapy*

### Red Pine Acupuncture

389 W 6th Ave, Eugene, OR 97401

971-263-0747

Ruty Wherland MAcOM

<https://redpineacupuncture.wordpress.com/>

*Takes OHP*

### New Leaf Hyperbarics

1200 Executive Parkway #230

541-554-5622

Matt McCarl

<http://newleafhyperbarics.com/>

**Sole Work Reflexology Health Plus**

541-290-9029

Theresa A. Bolch

*Reflexologist and Reiki Master*

**Insight Doula**

541-246-4062

Tiffany Grantom

<https://insightdoula.com/>

*Birth Doula*

**Urban Therapeutic**

749 Willamette St., Eugene OR

541-357-4662

<https://www.urbantherapeutic.com/>

*Shop local, Self-care, and Massage supplies*

**Four Corners Vet Clinic**

2575 Roosevelt Blvd. Eugene, OR 97402

541-688-5521

Dr. Jessie Williams

<https://fourcornersvetclinic.com/chiropractics/>

*Animal Chiropractor*

**Oregon Medical Group**

Meg Hamilton, NP

2830 Crecent Ave, Eugene OR

541-686-9000

<https://oregonmedicalgroup.com>

*Primary Care Physician*

**Tracy and Keim Chiropractic**

541-689-0935

Eugenechiropractor.com

*Laser Therapy*

**Cascade Health Center**

541-343-4343

Cascadehealthcenter.com

*Orthotics*

# More Information

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## **Melaleuca The Wellness Company**

541-521-2956

Summer Highfill

[www.melaleuca.com/summer](http://www.melaleuca.com/summer)

*Natural cleaning products and more*

## **“Feel Good Effect” Podcast**

Podcast by Robyn Conley Downs

<https://realfoodwholelife.com/fge/>

*Wellness Information*

## **Juice Plus+**

516-220-0117

Julianna Leach

<https://www.juiceplus.com/us/en>

*Whole food supplements*

## **Source Naturals**

Supplements

<https://www.sourcenaturals.com/>

## **Pure Encapsulations**

Supplements

<https://www.pureencapsulations.com/>

## **Mama Natural**

Informational Website

<https://www.mamanatural.com/>

*Natural Pregnancy and Parenting*

## **Kelly Mom**

Informational Website

<https://kellymom.com/>

*Breastfeeding*

## **Balanced Life**

Informational Website

<https://thebalancedlifeonline.com/>

*Pilates and Fitness*

## **Headspace**

Informational Website/App

<https://www.headspace.com/>

*Meditation App*

## **Noom**

Informational Website/App

<https://www.noom.com/>

*Weight Loss App*

## **Curable**

Informational Website/App

<https://www.curablehealth.com/>

*Pain Management App*

## **Having trouble sleeping?**

Here are a few mattress and pillow resources recommended by other patients to try!

<https://relaxtheback.com>

<https://casper.com/>

<https://www.nectarsleep.com>

<https://purple.com/>