

Local Resources

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. 7th 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

Menopause

Massage Therapy

Five Bodies Collective

Liz's new clinic!

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/>

Craniosacral therapy

Thrive Family Massage

5 E 24th Ave, Eugene OR

Lynnea Aponte, LMT

541-543-1791

Abdominal Therapy

Harmony Massage

571 W 17th Ave Eugene, OR

Talicia Brown, LMT

541-232-6298

Azalea Bodycare

260 Oakway Center, Eugene OR

541-632-3359

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
Garreth MacDonald, DC
Cascadehealthcenter.com
Orthotics

Jen Beck, LMFT, LPC

541-224-7712
<https://jenbecklmft.com/>
Marriage and Family Therapist

For Beautiful Smiles

541-683-7500
Ben Sutter, DDS
<https://www.forbeautifulsmiles.com/>
TMD Dentist

Oregon Kids Pediatric Dentist

541-636-4344
Jordan Lentfer, DMD
<https://www.pediatricdentisteugene.com/referal-form/>
Pediatric Dentist

Formation Self Care Studio

<https://formationselfcare.net/>
Personal Trainer

Premiere Foot and Ankle

<https://www.premierefootandankle.com/>
Foot and Ankle doctor

More Information

Melaleuca The Wellness Company

541-521-2956

Summer Highfill

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

My Body Graph

Self-discovery and decision-making website

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

Self knowledge

Curable

Informational Website/App

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

Pain Management App

Spinning Babies

Informational Website

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

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/>

Chiropractic

Recommendations

Emerald City Family Chiropractic

541-653-8086

Kevin Krautsack, DC

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

Natural Life Chiropractic

833-628-5433

Nicole-Marie Westbrook, DC

<https://naturallifechiropractors.com/>

Colfer Chiropractic

541-345-9401

Nancy Colfer, DC

<https://drcolfer.com/>

Alive Integrative Health

541-636-3079

Kaitlyn Haese, DC

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

Active Chiropractic

541-543-5032

<https://aceugene.com/>

Cascade Health Center

541-343-4343

Garreth MacDonald, DC

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

Body of Light

541-687-7775

Melody Spear

David Spear

<https://www.body-of-light.com/>