

Alternative Therapies

- **Traditional Alternative Medicine**
 - Acupuncture & Naturopathic Medicine
 - *Green Mountain Medicine, 255-1951*
 - 102 S Euclid Ave., Suite 110, Sandpoint
 - Using natural therapies to meet wellness goals.
 - Community Acupuncture Session for Stress and Pain Relief. Tuesday's 10-1 at Hidden Valley Worship Center (\$20 donation).
 - *Acupuncture Center of Sandpoint, 263-9687*
 - 515 Church St., Sandpoint.
 - **10% discount to KHS patients**
 - *Acupuncture, Susan Arima, M.T.O.M. (Master, traditional oriental medicine), 255-2989*
 - 101 N. 4th Ave., Suite 103, Sandpoint
 - *Berta Kuhnel, Acupuncture, 265-8278*
 - 908 Oak St., Sandpoint
 - **20% discount on 1.5 hour acupuncture/cranial therapy session for KHS patients**
 - *Rhea Maloney, Sandpoint Acupuncture, 265-0707*
 - 510 N 4th Ave.
 - **Body/Touch**
 - Massage
 - *A Sacred Massage, 290-6133*
 - 329 ½ First Ave, Sandpoint.
 - Massage and Life Coaching
 - **15% discount for KHS patients**
 - *Adesso, LLC, 290-6091*
 - Sandpoint. Craniosacral Therapy (skull massage).
 - *Advanced Health Touch Massage & Wellness, 290-7955*
 - 710 Superior St., Suite D, Sandpoint.
 - Integrative massage for pain relief and relaxation.
 - **10% discount for KHS patients**
 - *Aquavit Group, 265-8440*
 - 219 Cedar St., Sandpoint.
 - Rolfing (Deep Massage)
 - *Cindy McCall, LMBT, 610-9166*
 - 231 N. 3rd Ave., Suite 105, Sandpoint.
 - Massage/Reflexology/Craniosacral Therapist.
 - Chiropractic
 - *Baker Chiropractic Clinic, 263-2247*
 - 102 S. Euclid Suite 109, Sandpoint
 - **discount equal to medicare rates to KHS patients**

- Yoga
 - *Downtown Yoga, 255-6177*
 - 301 Cedar St., Suite 106, Sandpoint
 - Free Community Yoga class on Sundays
 - *Shree Yoga, 290-6000*
- **Diet and Herbs**
 - *Strega Gardens & Herbal Care, 702-380-9916*
 - 418 Pine St., Sandpoint.
 - Natural remedies for Women's Health issues.
 - *Relaxation Destination, 597-4343*
 - 1203 Michigan St., Suite 2, Sandpoint.
 - Herbalist.
- **Therapy for the Senses**
 - *A Heaven of Sound, 844-768-6311*
 - Sandpoint.
 - Sound Therapy for wellness and relaxation.
- **Other**
 - *Inland Northwest Hypnosis Practice Group*
 - Meets the last Wednesday of each month at the home of facilitator John Lundholm
 - 696 S. Ithaca St., Post Falls. (208) 691-4468 or visit the Web site at www.ChangeDynamics.net.

**Kaniksu Health Services has provided information on community resources for your convenience. Kaniksu Health Services does not assume any responsibility or liability for any information, services or materials provided by outside organizations.