

**Alive & Well AIDS Alternatives  
Health Practitioner Referral List  
Last Updated: March 2007**

Alive & Well encourages healthcare that is individualized, holistic, unbiased, health-enhancing and non-toxic. With that goal in mind we offer this modest but growing list of healthcare professionals that agree with Alive & Well on the importance of:

- Treating the individual person rather than treating their symptoms or diagnosis.
- Carefully evaluating each patients' health and healthcare needs through clinical presentation as well as via diagnostics that can identify actual deficiencies, imbalances, and potential areas of concern.
- Using non-toxic, natural and holistic therapies as primary treatment methods and engaging in careful use of pharmaceuticals only when necessary and based on individual diagnosis.
- Achieving, supporting and maintaining good health through an interactive relationship that emphasizes patient participation and responsibility.
- Honoring the right of patients to make informed choices about testing and treatment.
- Extending courtesy and respect to all patients regardless of their health challenges, health history, sexual identity or sexual preference.

Please notify us immediately of any experience with a listed practitioner that does not reflect the principles outlined above.

Some listed practitioners offer discounts for patients referred through Alive & Well. Be sure to mention our organization prior to consultation with these particular providers.

It is important to note that we also include practitioners recommended as supportive of holistic approaches to health but who have not (yet) agreed to the specific principles outlined above. These practitioners are distinguished from the others listed by the asterisk following their names and further information may be found in the brief notes about their recommendation.

#### Internet Resources and Other Helpful Information

Several web sites that provide holistic healthcare referrals around the country are included here along with a check-list of points to consider when choosing a practitioner. If you find a competent and helpful healthcare professional through these or other means, please let us know. Your recommendations are valuable and provide other people in your same or similar circumstances with practical and appropriate care.

Finally, on the last pages are some sites for basic health information and other resources. We hope you find these useful in exploring what works best for you. Again, please let us know if you come across any other sites or resources that have made a difference in your life and may help others to reach their health goals.

#### Help by Phone and Email

The following practitioners work with patients nationally and internationally (details on each are found in their individual listings):

Allison Ashley, PhD  
(New Jersey)  
[www.veracitynow.com](http://www.veracitynow.com)

Eric Braverman, MD  
212-213-6155 (New York)  
pathmedical@aol.com

Conrad Dean, ND  
505-392-8925 (New Mexico)  
drdeannd@yahoo.com

Michael Ellner, MH  
212-580-3471 (New York)  
revdocnyc@aol.com

Juan Jose Flores, MD  
Int'l+52-281-721-99 (Mexico)  
drjuanflores@yahoo.com.mx

Meridian Grace, ND  
512-280-9621 (Texas)  
awakeninghealth@austin.rr.com

Roberto Giraldo, MD  
robgiraldo@aol.com

Philip Incao, MD  
303-321-2100 (Colorado)  
drincao@juno.com

Gulam Jafer, ND (US), BHMS (Bachelor of Homeopathic Medicine and Surgery, India)  
408-667-4524 (California)  
www.drjafer.com, homnat2@yahoo.com

William Martin, MD  
313-534-1860 (Michigan)

Greg Nigh, ND, Lac  
503-287-4970 (Oregon)  
www.naturecuresclinic.com

Dr. Sharon Rabb, ND, MPH, CN  
214-353-0385 (Texas)

John Ruhland, ND  
206-723-4891 (Washington)

Matt Sison, MH  
818-744-0852 (California)  
matt @hypnosisandfitness.com

With our best wishes for the best of health,

Our friends at Alive & Well

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Guide to Abbreviations

CN = Certified Nutritionist  
DABT = Diplomat of American Board of Toxicology  
DC = Doctor of Chiropractic  
DipCH = Diplomat of Chinese Herbology  
HMD = Doctor of Homeopathic Medicine  
LAC = Licensed Acupuncturist  
MH = Master of Hypnotherapy  
MPH = Masters in Public Health  
ND = Doctor of Naturopathic Medicine  
OMD = Doctor of Oriental Medicine  
RPH = Registered Pharmacist  
RSW = Registered Social Worker

### Guide to Terminology

**Acupuncture:** A traditional Chinese therapy which stimulates healing in parts of the body that are connected to points on its surface by inserting fine needles into those points.

**Alexander Method:** Posture education to relieve tension and pain, and improve flexibility, coordination and self awareness.

**Ayurveda:** An ancient Hindu medical system which seeks to improve health by harmonizing the body with herbal remedies, diet, exercise, and meditation.

**Chelation:** A method of detoxification that bonds certain metals to non-metals allowing the product to be passed from the body through the urine and feces.

**Chiropractic:** Manipulation of the spinal column and other bodily structures to treat diseases resulting from neural malfunction.

**Herbalist:** A specialist in medicinal properties of herbs.

**Holistic:** Views the body as a whole made up of interdependent parts which together create effects larger than their sum. Recognizes many factors contributing to disease, including nonphysical.

**Homeopathy:** Treatment using minute quantities of remedies that in massive quantities produce effects similar to symptoms of condition being treated.

**Iridology:** Method of determining areas of disease in the body through changes in eye color and patterns in the iris.

**Kinesiology:** Study of muscles and their movements as applied to physical conditioning.

**Naturopathy:** System of therapy that relies exclusively on natural remedies and noninvasive techniques.

**Oriental Medicine:** Any medical practice originating in Asia including Acupuncture, Ayurveda, and certain Herbology.

**Pilates:** Form of mind/body exercise to strengthen flexibility and improve coordination, balance and precision.

**Reflexology:** System of massage in which the feet and sometimes the hands are manipulated in an attempt to favorably influence particular body functions.

**Shiatsu:** Massage technique where finger pressure is applied to points of the body used in acupuncture.

Toxicology: Study of the effects, detection, and removal of poisonous substances from the body.

## Listings By Country

### AUSTRALIA

#### Brisbane

David Kempson, HMD  
280 Bennetts Road  
Norman Park, Brisbane 4170  
Int'l +073-901-7817  
davidjkempson@aol.com  
Classic homeopathy treating chronic fatigue, poor immunity, depression, anxiety, insomnia, and persistent skin and bowel problems.

### AUSTRIA

#### Vienna

Dr. Christian Fiala, MD  
Mollardgasse 12a  
1060 Vienna, Austria  
Int'l + 43-699-1597-3190  
christian.fiala@aon.at  
Ob/Gyn and practitioner of holistic, nutritional medicine with extensive experience in Africa.

### BRAZIL

#### Sao Paolo

Dr. Roberto Giraldo, MD  
Specialist in Infectious Disease and Tropical Medicine, nutritional therapies  
Clinic of Integral Immunology  
Av Reboucas 3887  
CCP 05040 1-450  
Sao Paolo, Brazil  
Int'l + 55-11-3814-0130

### CANADA

#### British Columbia

Saul Pressman, DC  
Relaxation Wellness Spa  
4636-218A Street  
Langley, BC V3A8H8  
604-530-9956  
saul@plasmafire.com  
Holistic cleansing and nutrition. Naturopathic principles. Ozone sauna.

#### New Brunswick

James C. Price, RSW  
Cairncrest Counseling  
31 Queen Square North, Suite 3

Saint John, New Brunswick E2L1R6  
506-657-7380  
westie@nb.sympatico.ca  
Counseling services, nutrition, supplementation, client-centered wellness.

Quebec

Steven Glassman  
5030 Saint Denis  
Montreal, Quebec  
514- 842-7954  
s\_glassman@yahoo.com  
Alexander Technique, movement, posture, breathing.

GERMANY

Bavaria

Christian Kolb, ND  
Die Praxis, Parkstrasse 18  
Unterhaching, Bavaria 82008  
Int'l+089-61-19-96-76  
christiankolb@arcor.de  
Classic naturopathy, iridology, orthomolecular medicine.

GREAT BRITAIN

London

Fernando Branco  
51 Millway  
London, UK NW7 3QT  
Int'l+44-70-9222-5225  
homoeopathy@freeuk.com  
Homeopathy, herbal medicine, nutrition, blood analysis, scienceuticals.

ITALY

Rome

Maureen Jones  
Phyismedica  
Via Ascari 283  
Rome, Italy 00142  
Int' + 39-0347-453-7077  
holisticmedicine@hotmail.com  
English doctor of naturopathic medicine using kinesiology, nutrition, acupuncture, and Bach Flower remedies.  
Un dottore inglese di naturopatia usando kinesiologia, agopuntura, dieta ed altri trattamenti naturali. Ha in cura diverse persone "HIV positive" che riesce a mantenere o portare in salute.

Dr. Flavio Gazzola  
Via Libertà 74  
20097 San Donato Milanese  
Intl' + 39-0255601846  
flarida@tin.it

Un medico che utilizza la medicina naturale, in particolare fitoterapia, l'omeopatia, l'immunoterapia, le vitamine e altre metodiche naturali. per la terapia. Cura diverse persone sieropositive alcune che prendono gli antivirali.

## MEXICO

### Veracruz

Juan Flores, MD  
Zamora 48, Zona Centro  
Xalapa, Veracruz, ZC 91000  
Int'l+52-281-721-99  
drjuanflores@yahoo.com.mx  
Holistic medical doctor with extensive experience treating immune related illnesses in HIV positive and HIV negative diagnosed persons.

## SOUTH AFRICA

### Western Cape

Martin Combrinck  
7 Durban Dr., Somerset West  
7130, Western Cape, South Africa  
27-21-855-1470, sanga@intekom.co.za  
Ayurveda practitioner, yoga therapy, meditation instructor.

## UNITED STATES

### Arizona

James Hutton, NMD  
3510 Red Cliffs Lane  
Sedona, AZ 86336  
928-203-9013  
Bio-oxidative and herbal medicine, UV blood irradiation, auto-hemo therapy (ozone therapy of the blood) nutrition; chronic infections with emphasis on anti-biotic resistant infections, gastro-intestinal disorders.

### California

Mohammed Ali-Bayati, DABT  
150 Bloom Dr.  
Dixon, CA 95620  
707-678-4484  
maalbayati@toxi-health.com  
Toxicology, nutrition, pathology.

Gary Archer, LAC, OMD, HMD  
2670 E. Gage Ave., Suite 1  
Huntington Park, CA 90255  
323-584-4230  
garcher@aol.com  
Traditional Chinese medicine, homeopathic medicine, acupuncture.

Ken Babal, CN  
City Sports Health Center

5900 Wilshire Blvd., 2<sup>nd</sup> Floor  
Los Angeles, CA 90036  
323-933-1673

Nutrition counseling, cardiovascular, immune and digestive health, anti-aging strategies, stress management, blood sugar control, detoxification programs, and sports nutrition.

Donna Beccia, HHP, CK  
26945 Pueblo Nuevo Drive  
Mission Viejo, CA 92691  
949-305-8868  
donna@beccia.com

Treatment of an individual rather than a diagnosis using specialized technology to identify what organs and areas of the body need help. Uses bio-energetic healing techniques and natural treatments including supplements, herbs and homeopathics.

Jennifer Berman, MD\*  
Crista Johnson, MD\*  
Female Sexual Medicine Center  
924 Westwood Blvd #515  
Los Angeles, CA 90024  
310-794-3030 or 310-794-2496

\*Alive & Well list member referral for “women seeking competent and professional care from doctors who don’t ask about HIV status or push testing.”

Rainbow Casey, MD  
66713 Buena Vista Ave.  
Desert Hot Springs, CA 92240  
760-251-5000  
healthcoach@usa.net  
Naturopathy, homeopathy, nutrition, counseling therapy.

Nicolas Campos, DC  
West Hollywood Healing Arts Center  
8455 Beverly Blvd  
Los Angeles, CA 90048  
323-654-4555  
drcampos2003@aol.com  
Chiropractic and sports physician, BA molecular biology; total body wellness.

Paula Daniels, DC, Lac  
18800 Main Street Suite 102  
Huntington Beach, CA 92648-5362  
714-914-0497  
Strongly supports everyone’s right and ability to live in health. Treats using bio-energetic healing techniques, nutrition, supplements, herbs, acupuncture and other natural therapies.

Richard De Andrea, MD, ND  
21daydetox@earthlink.net  
Naturopathic, holistic, and herbal medicine.

Sal D’Onofrio, DN  
611 Carnelian St.  
Redondo Beach, CA 90277  
310-376-2067  
Nutripathic doctor using bodily fluid and dark scope microscopy (test kits and health survey forms can be sent by mail).

Edison De Mello, MD  
Akasha Center for Integrative Medicine  
520 Arizona Avenue  
Santa Monica, CA 90401  
310-451-8880

Intergrative medicine combining most effective of natural and western methods; family practice.

Timothy R Dooley, MD  
Professional Corp.  
3446 Park Blvd.  
San Diego, CA 92103  
619-297-8641  
[drdooley@drdooley.net](mailto:drdooley@drdooley.net)

Classical homeopathy, natural, non-toxic medicine that treats the whole person

Mark Dwight, MD\*  
Los Angeles, CA  
213-977-4190

\*A & W list member recommends this OB/Gyn who "honors women's rights to make informed choices in prenatal care, birth and infant nutrition."

Tracy Fitzpatrick  
Aline Conditioning  
2651 Irvine Ave #128  
Costa Mesa, CA 92627  
949-650-2939

Movement, muscle balancing, post rehabilitation., energy work, pilates, core balancing and strengthening.

Craig Jace ND, DOM, PAC  
Jace Wellness Center  
10843 Magnolia Blvd.  
North Hollywood, CA 91601  
818-505-8610  
818-505-8630 (fax)  
Crosstreets: Lankershim (2 blks E) – Free Parking in Rear Lot  
Hours: Tues, Weds, Thurs, & Sat -10-5 PM  
\$340 – Initial Consultation - \$80 for Subsequent Visits

Gulam Jafer, ND (US), BHMS (Bachelor of Homeopathic Medicine and Surgery, India)  
Richmond, Marin, Fremont, and El Cerrito, CA  
408-667-4524  
[www.drjafer.com](http://www.drjafer.com)  
[homnat2@yahoo.com](mailto:homnat2@yahoo.com)

Complimentary alternative medicine, holistic medicine health care provider, specializes in homeopathy, ayurvedic natural health, safe non-toxic healing for emotional and physical health.

Amanda Lovett-Jones  
ALJAustralia  
15113 Sunset Blvd #4  
Pacific Palisades, CA 90272  
310-454-8874  
[aljaustralia@yahoo.com](mailto:aljaustralia@yahoo.com)

Naturopathic, botanical and herbal medicine; clinical nutrition; massage. Discount for A&W referrals.

Dr. Paul Lynn\*



San Francisco Preventative Medical Group,  
345 West Portal Avenue  
San Francisco, CA 94107  
415-566-1000

\*Holistic medical doctor referred by Alive & Well List member who reports “He treated my girlfriend with natural vitamins, minerals and enzymes, and while he did not dispute the HIV/AIDS hypothesis, he mentioned the possibility of reducing the HIV medicine given to her by other doctors.”

Dr. Michael Galitzer, MD\*  
310-820-6042

\*Holistic, nutritional and integrative medicine. Vitamin drips and chelation therapy. Recommended by an Alive & Well list member who states, “Dr. Galitzer very effectively treated my health issues using natural treatments, and had no objection to my decision to refuse AIDS medications.”

Jay Gordon, MD, Lac  
Call for consultation  
Santa Monica, CA  
310-393-9784  
Holistic pediatric & adolescent medicine.

Dr. Hans Gruenn, MD\*  
Longevity Medical Center  
2211 Corinth Ave #204  
Santa Monica, CA  
310-966-9194

\*Holistic, nutritional and integrative medicine. Dr Gruenn is recommended by several Alive & Well list members who report him as being open minded, compassionate and effective.

Mary Gutzi  
1516 Electric Ave. #B  
Venice, CA 90291  
310-301-0932  
Reiki energy work.

Huy Hoang, MD, LAC  
11695 National Blvd.  
Los Angeles, CA 90064  
310-479-2266  
Internal medicine, acupuncture, nutrition, herbal medicine.

Lisa Hosbein, MD, ND  
Call for consultation  
Grass Valley, CA  
530-218-3514  
Dan McKenzie, Office Manager  
Holistic and naturopathic medicine; nutrition and supplementation; ozone and IV therapies.

David Husar  
Physognosis  
2801 Redwood Pkwy, #221  
Vallejo, CA 94591  
415-871-7273  
davidhusar@yahoo.com  
Physiognomy (reading the body), nutrition, ayurvedic healing routines, detoxifying, immune system building, digestive balance, anti-viral cleanses, weight concerns.

Ron Kennedy, MD  
2448 Guerneville Rd. #800  
Santa Rosa, CA 95403  
707-576-0100  
Nutritional/Alternative medicine, live blood cell analysis. Specializing in fatigue syndromes and vascular disease.

Dennis Kinnane, OMD, LPH  
4015 Pacific Coast Highway #104  
Torrance, CA 90505  
310-373-9739  
dennis\_komd@yahoo.com  
Oriental medicine, herbal medicine, acupuncture. Former pharmacist and expert in pharmaceuticals.

Ellis Kooby, DC  
245 S. Spalding Dr., #502  
Beverly Hills, CA 90212  
310-753-4848  
elliskooby@hotmail.com  
Network spinal analysis.

Kim Lindsey  
8300 Holloway Dr.  
West Hollywood, CA 90046  
213-694-2125  
Energy work, balancing, pranic healing.

Heather Lounsbury, LAC  
13050 San Vicente Blvd. #206  
Los Angeles, CA 90049  
310-383-1902  
hlounsbury@juno.com  
Traditional oriental medicine, acupuncture, herbal medicine.

Johnny Lynch, ND  
5766 E. Los Angeles Ave.  
Simi Valley, CA 93063  
805-522-4811, 805-527-5971  
Naturopathic family practice, raw food nutrition.

John Lynch, ND  
Natural Health Care Family Practice  
7222 Owensmouth Ave, Suite 100  
Canoga Park, CA 91303  
[GetWell979@yahoo.com](mailto:GetWell979@yahoo.com)  
[www.johnlynchnd.com](http://www.johnlynchnd.com)  
818-222-2037  
Naturopathic family practice, raw food nutrition.

Darren John Main  
P.O. Box 14584  
San Francisco, CA 94114  
415-807-3947  
info@darrenmain.com  
Yoga (private & group), bodywork, spiritual counseling.

Carl J. Mattina, PhD, NHD, CMT  
365 Texas Street  
San Diego, CA 92104-4043  
619-692-695  
info@drcarl.org

Doctorate in Natural Health; member American Association of Nutritional Consultants. Healing, wellness maintenance and weight control through nutrition, herbs, vitamins, food supplements and lifestyle changes. Certified Massage Therapist.

Sarah McGurn, DC  
14431 Ventura Blvd. #347  
Sherman Oaks, CA 01423  
818-784-3707

Network spinal analysis, energy work, chiropractic manipulation, natural healing.

David Nickel, OMD, LAC, DipCH  
PrimeZyme Nutritional Clinic,  
1530 Lincoln Blvd. #E,  
Santa Monica, CA 90401  
888-811-7888, 310-396-0175

Nutrition, acupuncture, enzyme therapy, organotherapy, herbal medicine, hair mineral analysis.

Kimberly Ockrim, Pharm.D.  
Capitol Drugs  
8578 Santa Monica Blvd  
West Hollywood, CA 90069  
310-289-0744

Alternative meds including vitamins, herbal remedies, and Chinese herbs.

Patt O'Neil, RM, CM, NLP  
PO Box 1926, Palm Springs, CA 92263  
760-778-6826

Reiki, traditional oriental medicine, specializing in immune enhancement.

Steve Phillips, LAC  
Acupuncture & Herbal Medicine Clinic  
2627 La Mesa Way, Sacramento, CA 95825  
916-486-3666  
yinyangdoc@yahoo.com

Oriental medicine, acupuncture, herbal medicine, nutrition.

Carl Pomey  
3090 N. Lake Blvd. #6,  
PO Box 5884  
Tahoe City, CA 96145  
530-583-8212  
carlphillip@earthlink.net

Nutrition, detoxification, immune enhancement, hair, saliva, iridology, stool analysis.

Jo Ann Rothman  
Call for consultation  
818-785-8773  
jodane1@hotmail.com

Swedish massage, Thai massage, reflexology.

Faina Sapozhnikov, RN

Body Awareness Center  
14436 Union Ave.  
San Jose, CA 95124  
408-997-2038

Colon hydrotherapy. Herbal treatments and referrals to other experienced natural practitioners.

Dr. Joseph Sciabarrasi, MD, MS\*  
2001 S Barrington Ave #208  
Los Angeles, CA 90025  
310-268-8466  
[www.DrJosephMD.com](http://www.DrJosephMD.com)

\*Holistic and integrative medicine, board certified in emergency medicine. Recommended as being "compassionate, respectful, thorough and focused on treating the person rather than the diagnosis."

David O. Schneider, DC  
1151 E. Main St .  
Ventura, CA 93001  
805-643-0168

Immune deficiencies, musculoskeletal and G.I. tract conditions, nutrition, pre- & post pregnancy care.

Matt Sison, MH  
14724 Ventura Blvd. #110  
Sherman Oaks, CA 91403  
818-744-0852  
[www.hypnosisandfitness.com](http://www.hypnosisandfitness.com)  
[matt@hypnosisandfitness.com](mailto:matt@hypnosisandfitness.com)

Hypnotherapy for addictions, chronic pain & illness, anxiety, self esteem, phobias, sports enhancement and natural childbirth.

David A. Shapiro, DC  
Ultimate Health  
19401 Parthenia Street, 2nd Floor  
Northridge, CA 91324  
818-341-3435  
[drshapiro@msn.com](mailto:drshapiro@msn.com)

Chiropractic kinesiology, gentle non-force techniques, nutritional healing.

Michael Steward, MD\*  
1500 Avenida Sevilla  
Palm Springs, CA 92264  
760-416-3757

\*Holistic MD uses nutrition, supplements and bio-energetic healing techniques. Recommended for complimentary care only.

Alexander Strande, ND, PhD  
Simply Healing  
2192 Martin St. #280  
Irvine, CA 92612  
949-553-1882

Iridology, tongue diagnosis, lab tests, naturopathic methodology.

Sabrina Took, MD  
Call for consultation  
310-652-3570  
Internist.

Susan Kay Udry, DC, HMD, ND  
2001 S. Barrington #316  
Santa Monica, CA 90401  
310-473-2020

Kinesiology, chiropractic manipulation, homeopathy, herbal medicine, nutrition, live cell microscopy.  
functional medicine.

Matt Van Benschoten  
Call for consultation  
818-344-9973  
Oriental Medicine.

Jeremy Werner, LAC  
6221 Wilshire Blvd. #617  
Los Angeles, CA 90048  
310-428-5778

jrwner1@earthlink.net

Acupuncture, herbal medicine, acupressure, massage, nutritional counseling, energy healing, guided  
meditation.

\*Dr. Jennifer Wicher, DN  
Synergy Natural Medical Clinic  
678 W. Foothill Bl.  
Monrovia, CA 91016  
626-303-3300

jen@synergymedclinic.com

\*"Naturopathic doctor whose work centers around therapies that encourage and support the body's natural  
healing processes with a unique perspective on the integration of naturopathic medicine with conventional  
medical care."

Colorado

Philip Incao, MD  
Steiner Medical Association  
1624 Gilpin St.  
Denver, CO 80218  
303-321-2100  
drincao@juno.com  
Holistic family medicine. pediatric & adolescent care.

Craig Jones, DC, LAC  
600 White Ave., Suite 102  
Grand Junction, CO 81501  
970-243-3981  
chomsky@gj.net  
Chiropractic manipulation, nutrition, yoga, herbal medicine, acupuncture.

Joy Moore, PhD Nutritionist  
A Natural Approach  
12001 W Belleview Ave  
Littleton, CO 80127  
303-549-9623  
joymoore@qwest.net  
Detox and immune challenges; chronic and acute conditions; herbs,  
supplements and dietary support for healing.

Florida

Jeffrey Dach, MD  
4700 Sheridan Suite T  
Hollywood, FL 33021  
954-983-1443  
www.drdach.com

Medical doctor with 25 years experience in the Memorial Hospital system. Takes HIV positive patients that are healthy and wish to stay that way by avoiding use of toxic drugs.

Leonard Haimes, MD  
7300 N Federal Hwy Ste 100  
Boca Raton, FL 33487  
561-995-8484  
Fax: 561-995-7773  
www.goodhealthdoctors.com  
Samhaimes@aol.com

Chelation, hormone replacement, anti-aging, Ultiman therapies, ozone therapy, weight management, complementary holistic care.

Jeffrey Hilton, OD  
800 E. Broward Blvd.  
Ft. Lauderdale, FL 33301  
954-524-9400  
Hilton@bellsouth.net  
Routine eyecare with and without pupil dilation.

Peter Holyk, MD  
600 Schumann Dr.  
Contemporary Health Innovations, PA  
Sebastian, FL 32958  
772-388-5554  
Fax: 772-388-2410  
Specializing in ophthalmology, vision care analysis, natural-vision improvement, chelation therapy.

Carol Roberts, MD  
Wellness Works  
1209 Lakeside Dr.  
Brandon, FL 33510  
813-661-3662

Lucian Shila, DOM\*  
Tampa, FL  
813-998-9200

\*Recommended by Alive & Well list member who reports "I have been healthy and medication free since testing positive in 1999 and working with Dr. Shila."

David Sontag, DOM (Dr. of Oriental Medicine)  
18110 NE 19<sup>th</sup> Ave.  
North Miami Beach, FL 33162  
305-949-2990  
Fax: 305-949-2980  
www.davidsontag-dom.com  
acudoc@bellsouth.net

Accupuncture, NAET Prodalgely Elimination Technique, electrodermal screening, holistic care.

Alvin Stein, MD, FACS  
Stein Orthopedic Association  
4101 NW 4<sup>th</sup> St., #401  
Plantation, FL 33317  
954-581-8585  
Fax: 954-581-5580  
www.steinorthopedic.com  
steinorthopedic@aol.com  
Specializing in pain management, prolotherapy, orthopedic medicine, detoxification, chelation therapy.

#### Georgia

Heath Motley, DC  
Center for Alternative Healing Arts  
4501 Circle Parkway, Suite F-6190  
Atlanta, GA 30339  
770-916-9800  
h\_motley@bellsouth.net  
Applied kinesiology, chiropractic manipulation, acupuncture, nutrition.

#### Hawaii

Jack M. Ebner, Ph.D. Biophysiology  
PO Box 805  
Holualoa, HI 96725  
808-937-1649  
[konajacque@yahoo.com](mailto:konajacque@yahoo.com)  
physiological pathologies, extensive sixteen page personal health profile intake  
assistance in reversing all conditions through self empowerment  
“This is where health is taught, not bought.”

#### Illinois

James Ciulla, MD  
New Life Medical Clinic  
509 S. Main St.  
Paris, IL 61944  
217-465-8053  
General Family Practice MD, surgeon, pediatrics, specializing in holistic general practices.

Sam Saib Scott, DC  
Good Life Chiropractor  
458 N. Noble St., 1st Floor  
Chicago, IL 60622  
312-432-0984, drrocstar@aol.com  
Chiropractic manipulation, nutrition.

#### Indiana

Denise P. Grose, RN  
My Own Nurse Perinatal Services  
548 E. Franklin St.  
Huntington, IN 46750  
260-356-1420  
my\_own\_nurse@yahoo.com  
Prenatal education, professional labor support.

Maryland

Lee Ann Picciuto, CMT  
46860 Hilton Dr. #434  
Lexington Park, MD, 20653  
240-925-3329  
lapicciuto@aol.com

Swedish message, general stress and relaxation massage, Myofascial release.

David Wember, MD  
Gaithersburg, MD  
301-424-4048  
Homeopathic and holistic approaches to health and healing.

Massachusetts

Ruben Oganosov, MD\*  
Commonwealth Chelation Center  
39 Brighton Avenue  
Allston, MA 02134  
617-783-5783

\*Holistic medical doctor in group practice offering various natural and nutritional therapies.

Michigan

William Martin, MD  
Call for consultation, Redford, MI  
313-534-1860  
Holistic medicine, naturopathic healing, immune disorders. Can work by phone.

Minnesota

Najat Fares Kessler, CH  
11835 Avocet Circle NW  
Minneapolis, MN 55448  
763-228-2050  
najatkessler@earthlink.net  
Hypnotherapy

New Jersey

Allison Ashley, PhD  
Belle Mead, NJ  
www.veracitynow.com  
Mind, body, and energy medicine, SOTA distribution, psychologist, consultations by phone.

New Mexico

Conrad Dean, ND  
2728 N. Del Paso  
Hobbs, NM 88240  
505-392-8925  
drdeannd@yahoo.com



Nutrition, herbal medicine, laser & acupuncture, iridology, lymphatic medicine.

Li Xu, OMD

Southwest Acupuncture College

Free acupuncture and Chinese medicine for HIV positives in two locations:

1622 Galisteo Street

Santa Fe, NM 87505

505-438-8880

Clinic Manager: Charlene Wunderlich

8701 Academy NE

Albuquerque, NM 87109

505-888-8868

Clinic Manager: Jennifer Branham

New York

Rudolf Ballentine, MD

718-549-7610

Naturopathic, holistic medicine encompassing various non-toxic disciplines and modalities. Lectures on non-HIV causes of immune dysfunction. Author of the book Radical Healing.

Kenneth Bock, MD

108 Montgomery St.

Rhinebeck, NY 12572

845-876-7082

rhc@rhnebeckhealth.com

Holistic medicine, natural healing, nutrition.

Eric Braverman, MD

185 Madison Ave., 6<sup>th</sup> Fl

New York, NY 10016

212-213-6155

Fax: 212-889-5204

pathmedical@aol.com

Specializing in contemporary medicine, integrative medicine, integrative-oriental medicine, acupuncture, worldwide phone consultations.

Michael Ellner

Call for consultation

212-580-3471

revdocnyc@aol.com

Hypnotherapy with effective phone counseling to relieve the stress surrounding HIV and AIDS issues.

Family Health Counseling

233 Mann Street

Frankfort, NY 13340

315-868-0195

biologist1959@hotmail.com

Naturopathic and preventive medicine; body/mind intergration; kinesiology.

Scott Gerson, MD

Ayurvedic Medicine of New York

13 West Ninth St.

New York, NY 10011

212-505-8971

Integration of modern internal medicine and Ayurveda for mind/body healing.

Roberto Giraldo, MD

New York, NY

718-786-6759

robgiraldo@aol.com

Infectious disease and tropical medicine; nutritional and holistic healing; counseling and consultation in English or Spanish. See web site [www.robertogiraldo.com](http://www.robertogiraldo.com) for more information.

MSBH Holistics

223 Grant St.

Buffalo, NY 14213

716-887-9240

webmaster@msbholistics.com

Dark field microscopy, biofeedback, Kinesiology, radionics, reflexology, Reiki, hypnotherapy, frequency therapy.

Lawrence Jackson-Rosen, Health Counselor

8<sup>th</sup> Avenue

Chelsea on border of Greenwich Village

212-989-5109

inquire@rosenhealth.com

[www.rosenhealth.com](http://www.rosenhealth.com)

Integrative and nutritional medicine, reiki and therapeutic massage.

Douglas Willen, DC, NP, CNC

134 West 26<sup>th</sup> Street #903

New York, NY 10001

[www.willenwellness.com](http://www.willenwellness.com)

drdoug18@aol.com

212-924-8218

Clinical nutrition, homeopathy, and chiropractic care, CRA, ART and NAET.

Oregon

Doug Brown, Homeopath

812 SW Washington St., #610

Portland, OR 97210

503-253-6334

healing@teleport.com

Classic homeopathy for chronic illness, immune deficiency, depression, anxiety.

Greg Nigh, ND LAC

Nature Cures Clinic, LLC

1020 SW Taylor St.

Portland, OR 97205

503-287-4970

drnigh@naturecuresclinic.com

[www.naturecuresclinic.com](http://www.naturecuresclinic.com)

Acupuncture, herbal medicine, nutrition, naturopathic therapies. Treats all types of autoimmune conditions and cancers.

\* Recommended by Alive & Well list member who reports "He is the best informed and knowledgeable person in dealing with AIDS...his specialty is immune system illness...the clinic has a sliding scale."

Tennessee

Glinda Watts  
Healing Arts Group  
5575 Poplar, Suite 320  
Memphis, TN 38119  
901-763-0909  
greenmoma@hotmail.com  
Neuropathy, herbal medicine, spiritual healing.

Texas

Meridian Grace, ND  
510 Kingfisher Creek Dr.  
Austin, TX 78748  
512-280-9621  
Fax: 512-292-6912  
Awakeninghealth.com  
awakeninghealth@austin.rr.com  
Naturopath, homeopathy, bio-therapeutic drainage, biochemically individualized nutritional work, life style coaching and counseling, dark field microscopy, iridology, manual lymphatic drainage, spiritual energy work (Jaffe Institute), detoxification programs, natural cooking classes, experienced with children, phone consultations.  
\* Recommended by Alive & Well list member.

Dr. Sharon Rabb, ND, MPH, CN  
504 Business Park Way  
Dallas, TX 75081  
214-353-0385  
Naturopath, energy medicine, clinical nutrition, CRA contact reflex analysis; Specializes in chronic illness, liver detox, immune issues, allergies; Gives seminars and talks; will consult over the phone anywhere in the U.S.

Virginia

Matt Irwin, MD  
703-780-2865 (Home number)  
drmattirwin@yahoo.com  
Holistic medical doctor; homeopathy; family therapy and parent counseling for ADHD.

Washington

Christopher Jayne, ND  
Integrated Natural Health Center  
1044 Water St. #206  
Port Townsend, WA 98368  
360-385-1929  
yashpal@lifefood.com  
Homeopathy, bioenergetic medicine, detoxification, nutrition, lab exams.

John Ruhland, ND  
Call for consultation, Seattle, WA  
206-723-4891  
Naturopathic medicine, nutrition, herbal medicine. Phone consultations.

Bradford Weeks, MD

Call for consultation  
Clinton, WA 98236  
360-341-2303  
admin@weeksmd.com  
Neurology, psychiatry, nutritional and holistic medicine.

#### Alternative Healthcare Provider Search Sites

www.alternativemedicine.com: Web site of Alternative Medicine magazine; articles, resources and practitioner search  
www.ahha.org: American Holistic Health Association  
www.acam.org American College for the Advancement of Medicine  
www.anma.com: American Naturopathic Medical Association  
www.apma.net: American Preventive Medical Association; telephone (800) 230-2762 or (703) 759-0663  
www.certifiednutritionist.com; Society of Certified Nutritionists  
www.findanutritionist.com; Nutritionally-oriented health providers search  
www.naturopathic.org: American Association of Naturopathic Physicians  
www.pandamedicine.com: Naturopathic Medicine Network  
www.wholehealthmd.com: Referrals for doctors of integrative medicine  
www.holisticmedicine.org: American Holistic Medical Association.

#### Choosing a Healthcare Practitioner

Holistic medicine is a system of interaction and growth. It is not limited to a particular specialty or ideology. It is a philosophy of medical care emphasizing personal responsibility and encompassing all safe and appropriate modalities of diagnosis and treatment. Holistic medicine focuses upon patient education and participation in the healing process.

Accepting responsibility for your lifestyle choices is important in working with a holistic practitioner. Illness can be seen as a messenger – an indication that one or more aspects of your life may be out of harmony. The holistic practitioner can serve as a guide to assist you in this process of restoring homeostasis or balance.

#### Five Helpful Qualifying Questions

1. Have you checked your potential practitioner's credentials, references, and affiliations with professional organizations and institutions. How does he/she feel about second opinions?
2. How do you feel about the office environment and support staff? Are you comfortable? Do you feel respected?
3. What kind of reputation does this practitioner have among peers and patients? Can you speak with other patients waiting in the office or be put in touch with other patients through the practitioner?
4. Is the practitioner someone you can trust? Does s/he inspire confidence? Is s/he accessible? Does he/she respect your anxieties and fears? Is s/he open to discussing the cost of treatment? Does the practitioner look healthy?
5. Is the practitioner someone you can work with? Is there an open minded discussion of a plan tailored specifically to you? Do you feel a level of commitment from this person?

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## Health Information and Resources

[www.biologicaldent.com](http://www.biologicaldent.com): Referrals for and info on non-toxic, holistic dentistry

[www.dentalhelp.org](http://www.dentalhelp.org): Dentist referrals

[www.doctoryourself.com](http://www.doctoryourself.com): Practical advice for home healthcare

[www.donaldepstein.com](http://www.donaldepstein.com): Dr. Donald Epstein's site of information on natural healing

[www.drkulacz.com](http://www.drkulacz.com): Info on dental infective toxicity

[www.explorepub.com](http://www.explorepub.com): Explore Publications

[www.health-diets.net](http://www.health-diets.net): Linda Lazarides on natural health recovery and well-being

[www.healthyisnatural.com](http://www.healthyisnatural.com): Various articles on natural health

[www.holistic-online.com](http://www.holistic-online.com): Information on alternative therapies

[www.hypnosisandfitness.com](http://www.hypnosisandfitness.com): Hypnotherapist Matt Sison, creator of Let Go of Fear and Live in Health relaxation/self hypnosis audio tape for HIV positives (available through Alive & Well)

[www.livingtreecommunity.com](http://www.livingtreecommunity.com): Info on organically grown foods

[www.medical-library.net](http://www.medical-library.net): Standard doctor referrals and symptom search database

[www.mercola.com](http://www.mercola.com): Web site of Dr. Joseph Mercola, leader in alternative healthcare

[www.nancyappleton.com](http://www.nancyappleton.com): Web site of nutritionist Nancy Appleton, PhD; features a an effective critique of the germ theory of disease

[www.price-pottenger.org](http://www.price-pottenger.org): Price-Pottenger Nutrition Foundation

[www.rawfood.com](http://www.rawfood.com): Nutritional info and resources for raw food diets

[www.sickofdoctors.com](http://www.sickofdoctors.com): Alternative to mainstream info and referrals

[www.sumeria.net](http://www.sumeria.net): Extensive information on immune health

[www.toxi-health.com](http://www.toxi-health.com): Web site of toxicologist, pathologist Dr. Mohammed Ali Al-Bayati, author of HIV Does Not Cause AIDS

[www.thchamp.org](http://www.thchamp.org): Info on natural recovery from liver disorders including hepatitis C

[www.unhinderedliving.com](http://www.unhinderedliving.com): Info on independent living and self authority

[www.vaccinationnews.com](http://www.vaccinationnews.com): Information on vaccine safety and efficacy

[www.909shot.com](http://www.909shot.com): Web site of National Vaccine Info Center, advocates of informed choice regarding immunizations

[www.whale.to](http://www.whale.to): Wide variety of alternative health and living info

[www.wrf.org](http://www.wrf.org): Web site of World Research Foundation; studies, data and treatment info