

Referral Information, provided by Cascade Acupuncture Center, LLC

104 5th Street, Hood River, OR 97031, 541-387-4325 and 414 Washington St, The Dalles, OR 97058 541-298-2378, www.CascadeAcupuncture.org

We believe that seeing multiple practitioners of different disciplines, even at the same time, can enhance your healing process. It is your choice how you walk your path to better health and which practitioners you will choose. We do not know all of the listed practitioners personally, we simply compiled their information for your convenience. We hope this will contribute to your highest level of health.

- Cascade Acupuncture Center, Carola Stepper, LAc & Associates

Name of Clinic/Provider	Address & Phone #	Website & Contact Email (if available)	Accepts Insurance?	Specialties/Other information
<u>Acupuncturists</u>				
Cascade Acupuncture Center, LLC Carola Stepper, LAc & Associates	104 5 th Street, Hood River, OR 97031 Phone: 541-387-4325 & 414 Washington St The Dalles, OR 97058 Phone: 541-298-2378 Open Monday - Saturday www.CascadeAcupuncture.org heal@CascadeAcupuncture.org		-Accepting and billing most insurances (BCBS, Providence, ASHN, Cigna, CHP, Regence, Health Net, AWHN, and more!) as well as PIP claims and Worker's Comp. <u>Free Insurance verification available!</u> -Sliding fee scale and monthly payment plans also available if you do not have insurance	General Acupuncture practice with a focus in Pain management. Our treatment style means most needles are below the elbows and knees. We offer treatments in our comfortable leather recliners with heated massage pads in addition to treatments on massage tables. We also offer an on-site Chinese Herbal Pharmacy.
<u>Chiropractors</u>				
Dr. Rick Allen, DC	663 Sunnyside Rd. Trout Lake, WA 98650 509-395-0024	www.cascadewellnessclinic.com	Yes, please call for specific information.	General chiropractic care with massage therapy.
Akita Chiropractic Clinic Bryon Akita, DC	818 W. 6 th St. Suite 5 The Dalles, OR 97058 541-296-1900		Yes, please call for specific information.	He specializes in using diverse techniques of chiropractic care and therapies to address various pain conditions. He also treats Sports, Auto and Work Injuries, Spinal Degeneration, Acute & Chronic Cervical Headaches
Peak Performance Lee Lloyd, DC	508 Oak St. #200 Hood River, OR 97031 541-386-3790	www.pkchiropractic.com lee@pkchiropractic.com	Yes, please call for specific information.	She addresses a variety of pain conditions and specializes in using Active Release Technique to address painful conditions.
Wasco Wellness Center Ken Miller, DC	600 Washington St. The Dalles, OR 97058 541-296-3290 Emergency: 541-298-5390	www.wascowellnesscenter.com ken@wascowellnesscenter.com	Yes, please call for specific information.	He specializes in a full spectrum of chiropractic care and therapies including the treatment and prevention of pain, Carpal tunnel syndrome, Sports, Auto and Work Injuries, Spinal Degeneration, Acute & Chronic Cervical Headaches
Asula Chiropractic Suzy Sarmasti, DC	212 4 th St Hood River, OR 97031 541-400-0266	www.asula.org drsuzy@asula.org	Yes, please call for specific information.	She works with anything structural, nutritional counseling and whole food supplements, hormone and adrenal testing and treatment, exercise and rehab, cranial sacral therapy.
Mary Zega, DC	818 W 6 th St. #2 The Dalles, OR 97058 541-298-1404		Yes, please call for specific information.	She uses gentle chiropractic care and treats a wide variety of structural conditions resulting in pain.

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<u>Counselors</u>				
Ann G. Kramer, Ed.S. LPC	104 5 th St Hood River, OR 97031 541-399-3066	www.lifepuzzle.com ann@lifepuzzle.com		
Paul Woolery, MA, CHT Body Mind Therapy	104 5 th St Hood River, OR 97031 541-386-1650	www.paulwoolery.byregion.net		Holistic Counseling Hypnotherapy Breath work
<u>Massage Therapists</u>				
Cascade Wellness Center Pamela Wolter LMT	104 5 th St Hood River OR 97031 541-386-8757	pamelaw@gorge.net	Yes, please call for specific information.	Deep tissue, cranial sacral, body talk and beyond
Cascade Wellness Center Cookie Gilpatrick, LMP, LMT, NCTMB	104 5 th St Hood River OR 97031 & Tout Lake, WA cell 541-490-9077 home 509-395-2468	cookieg@gorge.net	Yes, please call for specific information.	Specializing in Deep Tissue, Soft Tissue Rehabilitation, Cranial Sacral, Visceral, Lauren Berry Work, Neuro Muscular Therapy, Lymphatic and Therapeutic Exercise
Jenny Harvey-Smith LMT	104 5 th St Hood River OR 97031 541-490-1444	www.massaghoodriver.com	Yes, please call for specific information.	Deep tissue, myokinetic and trigger point therapy, sports massage, pregnancy massage and reflexology.
The Gentle Touch Wendy Hildreth LMT	15 3 rd St Hood River OR, 97031 541-386-3648	www.gtmassage.com gentletouch@gorge.net	Yes, please call for specific information.	Massage therapy, Cranio Sacral massage.
Debra Harkness, LMT	600 Washington St. The Dalles, OR 97058 541-380-1307	www.wascowellnesscenter.com debra@wascowellnesscenter.com		Deep Tissue, Chronic Muscle Injury, Hot and Cold Stone Certified, Trigger/Pressure Point TMJ dysfunction
Mt Adams Wellness Center Laura Green LMT LMP	1000 E Jewett Blvd White Salmon WA 98672 541-490-0268	tangence@gorge.net	Yes, please call for specific information.	Thai massage, therapeutic remobilization and pain relief, Shiatsu, acupressure, trigger point, Swedish relaxation and stress management
Body Works Massage Therapy Patricia L Bellacera, LMP, LMT	PO Box 859 White Salmon WA 98672 509-493-4949	patbella@gorge.net	Yes, please call for specific information.	Swedish, Sports, & Lymphatic Massage with Cranial Sacral and other therapeutic techniques.
<u>MD Acupuncturist</u>				
Seven Dragons Healing Arts Michael Hauty, MD	1151 May St Hood River OR 97031 541-387-6125		Yes, please call for specific information. Please note that some insurance companies will only cover Acupuncture if performed by a MD.	Combining Classic Chinese Medicine tenets with a neuro- anatomic approach.
<u>Naturopathic Physicians</u>				
Dr Joan Laurence, ND	1940 12 th St. Suite B Hood River, OR 97031 541-386-4844	joanl@gorge.net	Yes, please call for specific information.	General Family Practice which includes men, women, and children. Therapies utilized are homeopathy. nutrition therapies, herbal medicine, Labs and Diagnostics
Gorge Family Wellness Center Dr. Shawna Hasel, ND	818 West 6 th St. #1 The Dalles, OR 97068 541-296-0006		Yes, please call for specific information.	Women's Medicine (hormone balancing), PMS, menopause, Annuals, birth control, Botanical and herbal medicine, Homeopathy, allergy relief and more

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<u>Pain Clinic</u>				
Columbia Pain Management Trey Rigert, MD & Associates	1010 10th St Hood River, OR 97031 541-386-9500	www.columbiapain.org	Yes, please call for specific information	
<u>Physical Therapists</u>				
Columbia Gorge Physical Therapy	2002 12 th St Hood River OR 97031 541-386-1211		Yes, please call for specific information	Physical Therapy, Pre-employment, fitness evaluations
Hood River Physical Therapy	2690 May St Hood River, OR 97031 541-386-2441	www.hoodriverpt.com	Yes, please call for specific information	See website for specialties
East Cascade Physical Therapy Andrew Roof MPT	115 W 4 th St The Dalles OR 97058 541-298-8985		Yes, please call for specific information	Custom home exercise programs, manual therapy & body mechanic/postural re-education
Rebecca Street Physical Therapy Rebecca Street PT	1210 Dry Hollow Rd Ste 1 The Dalles, OR 97058 541-296-3368	rstreetpt@gorge.net	Yes, please call for specific information	
<u>Yoga, Pilates & Water Aerobics</u>				
Pilates at Columbia Gorge Physical Therapy Christina Sproule	2002 12 th St Hood River OR, 97031 541-386-1211	christinasproule@yahoo.com	Accepts insurance for Pilates Based Rehab supported by an MD referral and evaluation by a Physical Therapist.	Postural Alignment, Injury Prevention, Core Strengthening Rehabilitation, Stress Reduction.
The Pilates Studio of Hood River located inside Flow Yoga Virginia Thomas	118 3 rd St Hood River, OR 97031 541-490-0660	vmthomas59@hotmail.com		Core strength, muscle balance, shoulder and pelvic stability, postural alignment.
Flow Yoga	118 3 rd St Hood River, OR 97031 541-386-9642	info@flowhoodriver.com www.flowhoodriver.com		Yoga, various styles, hot yoga, Pilates, Cycle Classes
Studio Elan Yoga & Pilates & Tai Chi	102 E 2 nd St The Dalles, OR 97058 541-993-9235	www.studioelandance.com		Yoga & Pilates & Tai Chi
Center for Mind Body Medicine at MCMC Barb Robison	1700 E 19 th St The Dalles, OR 97058 541-296-7202	www.mcmc.net		Tai Chi, Yoga, Aromatherapy, Guided Relaxation, Healthy Weight Solutions Class, Massage, Reiki, Wellness Classes
The Dalles Fitness and Court Club	731 Pomona West The Dalles, OR 97058 541-298-8508			They offer classes in Water Aerobics
Hood River Aquatic Center	1601 May St Hood River, OR 97031 541-386-1303	http://hoodriverparksandrec.org/aquaticcenter.htm		They offer classes in Water Aerobics and have a therapy pool
Curves Julie Cantrell	1108 12 th St Hood River, OR 97031 541-386-6600	www.curves.com		Complete workout for women: warm-up, cardio, strength training, cool down, stretching
<u>Resources</u>				
Health & Medical Library - Planetree Health Resource Center	200 East 4 th St The Dalles, OR 97058 541-296-8444	www.mcmc.net/library		Extensive Info on Health related topics, books, journals, internet, database, clipping files of articles, audio and video tapes
		www.Acupuncture.com		Resource to learn more about Acupuncture and Chinese herbs.
		www.caffeineawareness.org		Info on how to decrease or stop drinking caffeine.

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