

Health Care Referrals

Naturopath, Chiropractor and Acupuncturist at Integrated Healing Arts Dr. Eric Posen, ND Address: 730-1285 W Broadway at Birch just east of Granville St
Tel: 604-738-1012

Comment: Eric is a genius! He has helped me improve my digestion and heal from both a bike and car accident as well as a loss of an important relationship. He is a naturopath; acupuncturist; and chiropractor all rolled up into one person. His muscle testing as a diagnostic tool is like magic ? he works so quickly yet effectively with a warm presence and genuine interest in his clients. For overall health concerns, Eric is my top pick as he can work with muscular, skeletal, physiological and emotional healing. He only compares to my Ayurvedic doctor in India, Dr. B. Ganesh.

Counsellors/Psychologists

1. Dr. Lee Pulos

Email: info@drpulos.com **Website:** www.drpulos.com **Tel:** 604-669-6979
Address: 2036 West 15th Avenue, Vancouver

Comment: I worked with Lee for almost 10 years on issues concerning self-esteem and relationships. He is like a wise grandfather filled with kindness and humour. At times, he joins me for a series of Yoga classes, which is always a great honour for me. His encouraging nature makes you feel as if anything is possible! I think his work is very complimentary to my own healing through Yoga Therapy.

2. Body Dynamics Counsellor/PT - Eva Dicasmirro

Tel: 604-733-7427
Address:

203 B - 2678 W Broadway

Comment: During a challenging experience dealing with grief, loss, and trauma, Eva was a powerful healer for me. She works with gestures and visualizations that remind me of my teachers in India. I think her work is very complimentary to my own healing through Yoga Therapy.

Physiotherapists

Jericho Physiotherapy Clinic

Email: reception@jerichophysio.com **Website:** <http://www.jerichophysio.com/> **Tel:** 604.228.1474

Address: 310 - 2083 Alma Street, Vancouver, BC, V6R 4N6

Comment: Maggie worked at Jericho Physiotherapy Clinic from 2004-2006 as a Yoga Therapist. She highly recommends Bev, Bob, and Louise for medical diagnostics for muscular-skeletal imbalances before starting Yoga Therapy.

Ayurvedic Practitioners

1. Dr. Shiva Varma's Clinic

Address: 3331, No. 3 Road Richmond, BC, V6X 2B6

Website: www.revitalizeme.ca **Tel:** 604.273.4372 fax: 604.303.9663

Comment: Shiva is a gifted healer knowledgeable of both Ayurveda and modern approaches to natural healing. He is from a long family tradition of Ayurvedic doctors from India and you feel that just being in his sattvic presence. His pulse reading skills are the best I have experienced in Vancouver.

2. Jaisri Lambert, Ayurvedic Practitioner

Email: jaisri@ayurveda-seminars.com **Website:** www.ayurveda-seminars.com **Tel:** 604-290-8201 (Can.) 1-408-378-2880 (U.S.)

Comment: Jaisri is a classically trained Ayurvedic doctor with whom I did a Panca Karma Cleanse a couple of years ago (PK). It was amazing to be oiled, massaged, steamed, and fed for 3 days! The effect was so profound that I felt on a different plane of consciousness for months afterwards. She is very knowledgeable of Ayurveda and lovely to spend time with. I learnt about oil self massage from her, which has continued to be part of my lifestyle.

3. Todd Caldecott, Dip. Cl.H., RH(AHG), Ayurvedic Practitioner, Medical Herbalist

Email: clinic@toddcaldcott.com **Website:** www.toddcaldcott.com **Tel:** 778-896-9994

Comment: Todd is a brilliant young man whose knowledge of the classical texts of Ayurveda along with Western medicine and herbology make him a unique voice in Ayurveda. He has taught me much about eating a low ama (low carb/toxin/kapha) diet, which has helped improve my digestion immensely and lose weight. His unique herbal remedies, which combine western and eastern herbs are worth trying for a range of health concerns too.

Traditional Chinese Medicine

Dr. Tai Website:

http://www.tcmcollege.com/index.php?option=com_content&view=article&id=13&Itemid=7 **Tel:** 604-731-2926

Comment: Dr. Tai is a wise man of few words. His unique herbal formulas have helped me improve my digestion and dispel a long standing parasite from my system. His acupuncture treatments have been wonderful for dealing with emotional stressors. If you want to work with a traditional healer on a tight budget, I highly recommend Dr. Trai and his team of well trained student practitioners. An hour consultation with acupuncture + herbs cost around \$35.

Acupuncture

Poke Community Acupuncture Tel: 604-568-7322

?**Website:** pokecommunityacupuncture.ca **Address:** 225 East Broadway, Vancouver, BC V5T 1W4, Canada

Comment: Poke offers acupuncture on a sliding scale of \$20-40 per treatment. You pay what you can afford. I go there for a restorative rest or immune booster when needed. Again, it is great for those of us on a tight budget.

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