**Acupuncture**

Acupuncture is a form of traditional Chinese medicine. Disposable, ultra-thin needles are applied to specific points on the body to stimulate the nervous system to release certain chemicals in the brain. Symptoms commonly treated with acupuncture include pain, muscle tension, neuropathy, dry mouth, headache, musculoskeletal problems, fatigue, anxiety, depression, insomnia, stress, lack of appetite, nausea, diarrhea, constipation, weight gain and loss, swelling, hot flashes.

Oliva, Karen, L.Ac, M.Ac.  
540.371.4401  
karensgarber@yahoo.com

Truong, Anne N., MD  
540.374.3164  
drtruong@truongrehab.com  
www.truongrehab.com

**Acupressure**

Acupressure is a centuries old treatment modality that encourages balance and healing in the body. It releases tension and stress, increases circulation, improves lymphatic flow, reduces pain, and promotes healing. Finger pressure is utilized on specific points of the body to access and release blocked and/or congested energy areas to encourage the body’s own natural healing.

Armbrister, Cynthia, HHP, LMT  
540.621.2885  
herbalchi@yahoo.com

**Acupressure-Tuina Style**

Chen, Steve  
540.361.7030  
naturaltherapy1@verizon.net

**Biofeedback/Neurofeedback**

A technique that can be used to control the body’s functions, such as heart rate or breathing, to increase relaxation, relieve pain, or develop healthier life patterns. Using external sensors, patients receive information about heart and breathing rate, blood pressure, skin temperature, or muscle activity. This feedback helps focus on making subtle changes in the body, such as relaxing certain muscles, to achieve desired outcomes i.e. decreased pain or anxiousness.

Eitt, Elizabeth  
540.455.1830  
e2eitt@aol.com

**Chiropractic Care**

Offers comprehensive and individualized chiropractic techniques that improve alignment of the musculoskeletal frame reducing pain, improving physiology, increasing well-being. Also offers nutrition counseling and supplement recommendations, detoxification program, and lymph therapy.

Truong, Anne N., MD  
540.374.3164  
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Please note that these therapies and their providers are subject to change. Patients are required to discuss with each provider what the insurance/self-pay requirements are for each service.
**Energy Medicine**

Restores flow, balance, and harmony non-invasively. Used to relieve pain, stress and anxiety. Also strengthens immune system, improves digestion and relieves allergies.

**Earnest, Michelle S., MSN, M.Div., RN, FNP-BC**  540.273.0386  
Enhealing@gmail.com  
www.fredtherapies.com

**Eitt, Elizabeth**  540.455.1830  
e2eitt@aol.com

**Johnson, Marie**  540.604.0277  
principlehealing@live.com

**Healing Touch**

To restore harmony and balance to the patient using the body's natural innate healing process. Light touch is applied to the patient while fully dressed. Healing touch can assist with wound healing, relief of pain and reducing anxiety/stress.

**Fields, Vimala Ren**  540.371.4555  
ren4yoga@yahoo.com

**Harvey, Barbara, RN**  540.582.7773  
msbarbjm@aol.com

**Orrell, Carol, MS, LMT**  540.846.7653  
carol@yourhealingbody.com  
www.yourhealingbody.com

**Wallen, Sue F., BSN, RN**  540.286.2745  
swallenhtp@gmail.com

**Ioncleanse Foot Detoxification**

Positive and negative ions are emitted in the ionCleanse foot detox system to reenergize the body and red blood cells. It is effective at eliminating toxins stored in the fatty tissue of the liver, kidneys, bowels, and skin. This foot bath stimulates and cleanses a detoxification process 24-48 hours after the treatment.

**Chen, Steve**  540.361.7030  
naturaltherapy1@verizon.net

**Life coaching**

Teaches patients to strengthen their confidence and self-esteem in order to motivate them to obtain good health care services and follow through with their physician’s program. Patients learn to take better care of their bodies and choose attitudes that foster more peaceful emotions.

**Brown, Kym, Min**  540.300.7325  
realtalkkym@gmail.com

**Grimsley, Marcia BA, MS**  540.785.4104  
margrimsley@aol.com  
www.marciaslifecoaching.com

**Pierson, Sarah**  540.287.7871  
shpierson@gmail.com  
piersoncoaching.com

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Massage Therapy
May assist those with pain and stress by eliminating stress from the mind and body, reducing muscle tension, increasing circulation, as well as enhancing immune system function.

- **Burgos, Jessica** 540.455.6997  robison3@marshall.edu
- **Cerar, Karyn** 540.372.4145  karyncerar@gmail.com
- **Hicks, Stacy** 540.288.8888  stacydhicks@gmail.com
- **Lamb, Amy** 540.656.8011  aelmassage@gmail.com
- **Osorio, Linda** 540.288.8888  lindoomm@gmail.com
- **Watts, Cecile** 540.656.8756  cwmassage4yourhealth@gmail.com
- **Woollam, Suzy** 540.372.4145  suzy@thescenteroftown.com

Mindfulness/Meditation
Art of actively paying attention to the present moment for deeper self-understanding and more purposeful living.

- **Eitt, Elizabeth** 540.455.1830  e2eitt@aol.com

Music Therapy
Music therapy is the use of music by health care professionals to promote healing and enhance quality of life for their patients. Designed to promote wellness, manage stress, alleviate pain as well as express feelings and improve communication.

- **Zink, Kana, MT-BC** 540.361.1556  kanazink.mt@gmail.com

Nutrition
Our goals in Nutrition and Medical Nutrition are to provide each cancer patient with individualized, current, well documented, beneficial diets and supplementation to boost their immune system. Working with families, oncologists and primary care providers, our nutritional counsel will assist in maximizing treatment effectiveness, reducing uncomfortable side-effects and optimize successful outcomes in their care.

- **Hetrick, Donna, CCN, FT** 540.898.5219  dphetrick@verizon.net
- **Miller, Jen, INHC** 540.446.6174  jen@growinggreentomatoes.com
- **Thompson, Christine, D.C.** 540.899.9421  cthompson@whole-health.net

QiScan® Medical Nutrition™ Assessment

- **Jackson, Gloria, MD,** 415.720.6551  org@foundationforthehealingarts.org

Please note that these therapies and their providers are subject to change. Patients are required to discuss with each provider what the insurance/self-pay requirements are for each service.
Practitioners with an Integrative Approach
Consultant in Integrative/Preventive/Energy Medicine
Jackson, Gloria, MD, 415.720.6551 org@foundationforthehealingarts.org

Integrative Physical Medicine and Rehabilitation
Truong, Anne N, MD 540.374.3164 drtruong@truongrehab.com www.truongrehab.com

Integrative Primary Care
Villarreal, Yvonne, MD 540.318.8602 yvill3@embracinghealth.org www.embracinghealth.org

Oral System Biology Therapy
Whitley, Wayne, DDS 540.371.9090 contactus@wwhitley.org www.drwaynewhitley.com

Reflexology
Reflexology is the application of pressure to areas on the feet, hands and ears. Reflexology may be an effective way to alleviate stress. The concept is that these areas correspond to organs and systems of the body.
Armbrister, Cynthia, HHP, LMT 540.621.2885 herbalchi@yahoo.com
Chen, Steve 540.361.7030 naturaltherapy1@verizon.net

Reiki
Promotes the healing of physical and emotional ailments through gentle touch. Reiki therapists use light pressure techniques to restore harmony and provide deep relaxation and a sense of clarity.
Orr, Kandra 540.840.5369 kandraorr@gmail.com www.kandraorr.com
Shipp, Randy 804.930.7744 ourshipp@gmail.com
Watson, Nikki 540.642.3928 VitalityReikiVA@gmail.com suzy@thescenterofoftown.com www.thescenterofoftown.com
Woollam, Suzy 540.372.4145 suzy@thescenterofoftown.com

Tai Chi
Tai chi is a self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi may assist with stress and anxiety reduction as well as increasing energy, flexibility, balance and agility.
Chen, Steve 540.361.7030 naturaltherapy1@verizon.net

Please note that these therapies and their providers are subject to change. Patients are required to discuss with each provider what the insurance/self-pay requirements are for each service.
Yoga

Yoga is a mind-body practice that combines stretching exercises, controlled breathing and relaxation. Yoga through the Regional Cancer Center is designed for those in cancer treatment and recovery. Helps manage side effects of cancer, reduces fatigue and depression, and improves coping skills and overall quality of life. Stress, anxiety, fatigue, decreased strength and flexibility, decreased concentration, depressed mood are areas yoga can improve.

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Garman, Christine  540.903.2959   clpgarman@gmail.com
Ryan, Holley  540.899.8979   hryan67@yahoo.com
www.holleysyoga.com

Please note that these therapies and their providers are subject to change. Patients are required to discuss with each provider what the insurance/self-pay requirements are for each service.