

Advanced Massage Therapeutics – Referral List

Acupuncture

Envision -Emily Kasten
4760 E Mission Gorge Pl, #D, SD, CA 92120
619-229-9695

Vital Point -Joseph Douat
3202 Third Ave, San Diego, CA 92103
619-220-7456
www.VitalPointSD.com

Melanie Culp
La Mesa, CA
619-894-2355

Deborah Barry
7866 La Mesa Blvd, La Mesa CA 91942
619-469-2027
www.fullcircleclinic.com

Sandra Watt, RN, Herbalist
8334 University Ave, La Mesa, CA 91941
619-993-2724 (Tues – Sat by appt)

Chiropractors

Dr. Greenberg
8312 Lake Murray Blvd #O, San Diego, CA 92119
619-464-8181

Dr. Manning
8060 University Ave, La Mesa, CA 91941
619- 698-8411
Fax: 619- 698-8414

Dr. Gary DeForest -San Diego Chiropractic
2304-C San Diego Ave, San Diego, CA 92110
619-291-2462
*Decompression table

Dr. Mason
5181 Baltimore Drive, La Mesa, CA 91941
619-414-5306

Dr. Brian Shui
2722 5th Ave, San Diego CA 92103
619-688-3089

Dr. Sunofsky
8334 University Ave, La Mesa, CA 91941
619-463-1700

Dr Wells (sports injury)
4510 Executive Dr Plaza Level 5
La Jolla, CA 92121

Dentist (Neuromuscular for TMJD)

Dr Steve Earle
8430 Lemon Ave, La Mesa, CA 91941
619-466-8363

Pilates

Rebecca Pagdan, MPT CHT (Hand Specialist)
8803 La Mesa Blvd, La Mesa, CA 91942
619-203-7560

Reflexology

Bobbi Warren
5700 Baltimore Dr, La Mesa, CA 91942
619-462-3073

Thermography (instead of mammogram)

Clinical Thermography Associates
George Chapman, DC, DABCT FIACT
2802 Juan St 24A, San Diego CA 92110
619-422-3339
www.clinicalthermography.com

Wellness Products

Nikken – Jean Taddonio
619-265-7383

Yoga

A Gentle Way Yoga - Lanita Varshall
8274 Parkway Dr, La Mesa, CA 91942
619-698-1170

Envision - Emily Kasten
4760 E Mission Gorge Pl, #D, SD, CA 92120
619-229-9695

Your Yoga Voyage
5923 Severin Drive, La Mesa, CA 91942
619- 913-0441

OTHER

Center for Health and WellBeing
3636 5th Ave Ste 300
San Diego, CA 92103
619-814-2200 Fax 619-794-0260
www.chwbonline.com

Dr Viirre (for vertigo, dizziness)
UCSD Neurology, 858-657-8540

Linda Jewell Husar (Lymphedema)
10225 Austin Dr Ste 108, Spring Valley 91978
619-670-8028
www.Sandiegolymphe.com