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For Glowing Health - Naturally

I'm a native of Israel and I immigrated to the United States in 1979 at the age of 19. My interest in alternative healing methods goes all the way back to my childhood when I was plagued with asthma. As a young adult, I suffered from bladder, kidney and thyroid issues, but all my efforts to get well were in vain. Western medicine had nothing to offer but questionable surgery and medications with severe side effects.

That's when I took my health into my own hands because I knew there was a better way. I embarked on an intense course of studies that included several healing modalities:

- 1980 – Certificate in Herbology – California School of Herbal Studies
- 1982 – Completed Pre-Med Program at Santa Rosa Junior College (Dean's Honor List)
- 1986 – Doctor of Chiropractic – Palmer College of Chiropractic West
- 1999 – Certified Acupuncturist – Samra University of Oriental Medicine
- 2002 – National Certification in Chinese Medicine from NCCAOM
- 2004 – Diplomat in Chinese Medicine from NCCAOM

I supplemented these certifications with extracurricular studies in neurovascular dynamics, soft tissue manipulation, massage, reflexology, cranio-sacral therapy, geriatrics, and nutrition. At first I practiced my healing arts as an assistant to doctors in the Bay Area and Southern California, and then opened my own clinic. I've been in private practice since 1987 – first in Beverly Hills and, since 2001, in Sonoma County.

My health is vastly improved, and I get deep satisfaction from helping people regain their health naturally.

My patients come to me with the desire for a more comprehensive approach to health and I've had great success with patients suffering from sciatica, neck pain, lower back pain due to strain or disc herniation, carpal tunnel, frozen shoulder, trigeminal neuralgia, hip, knee or ankle pain and headaches.

The experience of pregnancy can be greatly enhanced by treating the back pain, sciatica, digestive problems, fatigue and morning sickness associated with it. Female hormonal imbalances at any age, including PMS and menopausal symptoms, such as hot flashes, insomnia and depression can also be alleviated.

Within my scope of practice I have successfully treated patients with weakened immune systems and recurrent colds, sinus infections, allergies and asthma. Digestive disturbances, prostate inflammation and urinary dysfunction, as well as stress, anxiety or depression can all be greatly improved with the powerful combination of chiropractic, acupuncture, herbs and nutrition.