



# ALTERNATIVE HEALTH PROVIDERS RESOURCE LIST

## *Member Referrals*

Compiled by the SUNY-Cortland UUP Health and Wellness Group

### About this Publication

Selected providers are listed herein based on the suggestions and positive experiences of Cortland Wellness Group members. Listing here does not imply endorsement by or recommendation on behalf of United University Professions.

Providers listed may or may not be participants in the Empire Plan.

For questions or further information about the information contained herein, or to suggest future additions, contact Mecke Nagel, Group Convener and Benefits Chair, UUP Cortland Chapter, [nagelm@cortland.edu](mailto:nagelm@cortland.edu), Tel. 607-753-2013.

### Acupuncture

- Martin Goldman, MD, New Rochelle (Westchester Co.), 914-632-3333, acupuncturist, nutrition.  
 Ann Greenberg, 408 Elm St., Ithaca, 607-272-7792, Chinese medicine, acupuncture, and herbal therapy.  
 Vladimir Bobkoff, NYS-Certified Acupuncturist, 1025 North Tioga St., Ithaca, 607-272-4331.  
 Ann Wang, Integrative Medicine, 301 West State St., Ithaca, 607-275-9697, Chinese medicine.  
 Empire Plan Complementary and Alternative Medicine Providers for the Ithaca area:  
 Jin Fang, 104 Pine View Terrace, Ithaca, 607-272-4262.  
 Xue Cheng Shang, 104 Pine View Terrace, Ithaca, 607-272-4262.  
 Stacy Snyder, 329 S. Geneva St., Ithaca, 607-277-9403.  
 Neil Weinberg, 301 West State St., Ithaca, 607-275-9697, [breathe@neilweinbert.com](mailto:breathe@neilweinbert.com).  
 Xingning Zhao, 203 Winston Dr., Ithaca, 607-257-2599.  
 Xinmin Zhao, 203 Winston Dr., Ithaca, 607-257-2599.

### Chiropractors

- Paul Kerschner, 84 N. Main St., Cortland, 607-753-3562 (accepts Empire insurance)  
 Ann Miller-Cohen, Family Chiropractic, 6858 East Genesee St. @ Vitonics, Fayetteville, 315-491-0629, [www.organicannie.com](http://www.organicannie.com), iridology/eyology and vitality & nutrition counseling.  
 Carrie Goetsch, DC, PC, Brighton Hill Chiropractic, 170 Intrepid Lane, Syracuse, 315-492-4060  
 Richard Cohen, 418 North Tioga St., Ithaca, 607-273-9270  
 Pamela Howard, Chiropractic, 866-522-3484, thermal imaging as safe alternative to mammography, <http://athermalimage.com>

### Dentists

- Michael McGrath, DDS, Syracuse, 315-478-5719, Holistic dentist.  
 Ira Kamp, DDS, 1025 N. Tioga St., Ithaca, 607-272-4331, non-mercury fillings, will do acupuncture in lieu of Novocain injection if patient desires.

### Healers

- Laura Aversano, New York City, [www.lauraaversano.com](http://www.lauraaversano.com)  
 – Medical and spiritual intuitive, plant empathy, healer, author; telephone and in-person sessions.  
 Lorna Reichel, Subtle energy consultant & biofield imaging specialist, 518-383-9066, [www.atlantisvibes.com](http://www.atlantisvibes.com)

### Health Food Stores

- Cortland Health Foods, Marketplace Mall, Main Street, Cortland  
 Green Star Market, 701 W. Buffalo, Ithaca, 607-273-9392.  
 Nature Thyme, East Syracuse, 315-488-6300  
 Bulk Foods, delivered in Truxton (contact Colleen Kattau, 607-753-2025)

### Homeopathy

- David Alan Slater, advanced vibrational remedies, Westminster, CO, 303-428-4584, Healerswhoshare.com

### Massage

- Lisa Bertuzzi, Ithaca, [danceoflife125@yahoo.com](mailto:danceoflife125@yahoo.com)  
 Julia Lipinoga, Ithaca, 607-387-9735, integrative body work.  
 Eight Waves Integrative Massage, Jenna Kit Milner, LMT, 108 S. Albany, Ithaca, 607-273-3842.  
 Healing Massage. Janet Jacobs Fish, LMT, 111 Church St, Groton, 607-898-4113, integrated massage, Reiki and craniosacral massage, [www.janetshealinghands.com](http://www.janetshealinghands.com)  
 Wells Christie, Certified Rolfer, 6701 Manlius Center Rd., East Syracuse, 315-430-0122, rolfing, craniosacral massage, and Reconnect.  
 Vladimir Bobkoff, Invigorations Therapeutic Massage and Wellness Center, 55 Port Watson St., Cortland, 607-753-1228  
 Raindrop Technique Massage, Emma Harner, 105 Auburn Rd., Lansing, 607-533-4248  
 Empire Plan CAM Program Massage Therapist Providers:  
 Laura Battelani, 720 University Avenue, Syracuse, 315-475-9164.  
 Yvette Haden, 120 E. Washington St., Syracuse, 315-420-8674.  
 Karyl Kennedy, 120 E. Washington St., Syracuse, 315-447-8701.

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### Midwifery

Kate Finn, 607-273-8440, works with Amish, home births, underwater birthing (covered by Empire Plan)

### Naturopathy

Naturopathic Resources, Hamilton, 315-824-3007, [www.naturopathicresources.com](http://www.naturopathicresources.com), uses harmonic translation technology.

### Nutrition

Dr. Martin Goldman, M.D., New Rochelle (Westchester County), 914-632-3333, acupuncturist, nutrition.  
Raw Honey: Karl Schilliff, Virgil, 607-849-3804.  
Raw goat's milk, yoghurt: Karl Frost, Truxton, 607-842-6799.

### Vision Therapy

Larry Wallace, Optometrist, 322 North Aurora St, Ithaca, 607-273-4749, [www.doctorcolor.com](http://www.doctorcolor.com). Advocates eye exercises and light therapy analysis.

### Yoga Teachers

Kathy Morris, Ithaca, [kathy@kathymorris.net](mailto:kathy@kathymorris.net)  
Angela Perry, SUNY Cortland, 607-842-6917, [kinections@juno.com](mailto:kinections@juno.com)

### Other

John Butler, Syracuse, 315-498-9560, distributor of photon sounding machine, [www.PhotonSoundbeam.net](http://www.PhotonSoundbeam.net)

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### Empire Plan Complementary and Alternative Medicine Program

The Empire Plan offers discounts with those providers – acupuncturists, massage therapists, and dietitians/nutritionists – who have signed up to be part of their Complementary and Alternative Medicine Program. The providers who participate in this program will give Empire enrollees a 25% discount on services.

The Empire Plan website includes a list of participating providers ([www.empireplan.com](http://www.empireplan.com)). The list is also labeled as the American Complementary Care Program. If you have favorite providers not on the list, you may contact Empire to nominate them for addition to the program.

For general questions about UUP Member Benefits, contact Doreen Bango,  
UUP Benefit Trust Fund, [dbango@uup.org](mailto:dbango@uup.org),  
Tel. 800-867-3863 or 800-342-4206

### Books

*Anatomy of the Spirit*, Carolyn Myss.  
*Complete Vegan Cookbook*, S. Geiskopf-Hadler & M. Toomay.  
*The Divine Nature of Plants*, Laura Aversano  
*Encyclopedia of Natural Healing for Children and Infants*, Mary Bove  
*Impossible Cure: The Promise of Homeopathy*, Amy Lansky  
*Miracle Cures: Dramatic New Scientific Discoveries Revealing the Healing Powers of Herbs, Vitamins, and Other Natural Remedies*, Jean Carper  
*Living Downstream*, Sandra Steingraber  
*Living from the Inside Out*, Jean-Marie Hamel  
*The Light of God*, Laura Aversano  
*Nourishing Traditions*, Sally Fallon  
*Our Bodies Ourselves and Our Bodies Growing Older*, Boston Womens Health Collective  
*Prescription for Herbal Healing*, Phyllis Balch  
*Recipe for Living Without Disease*, Aajonus Vonderplanitz  
*We Want to Live*, Aajonus Vanderplanitz  
*Whole-Body Dentistry*, Mark Breiner,  
*The Whole Catastrophe*, John Cabot Zinn.  
*The Whole Foods Market Cookbook*, Steve Petusevsky  
*Yoga for Your Eyes*, Meir Schneider

### Web Sites

Sally Fallon on the dangers of soy: [www.ratical.org/ratville/soydangers.html](http://www.ratical.org/ratville/soydangers.html)  
Online forums, newsletters, blogs, etc.: [www.curezone.com](http://www.curezone.com)  
Online resource for information and purchase of homeopathics, herbs, supplements and natural bath and body care from around the world: [www.smallflower.com](http://www.smallflower.com)  
Series of online and hardcopy resources from the Vegetarian Resource Group: [www.vrg.org](http://www.vrg.org)  
Dr. Joseph Mercola, *Take Control of Your Health*, [www.mercola.com](http://www.mercola.com)  
Dr. Ron Schmid, naturopathic physician, [www.drrons.com](http://www.drrons.com)  
Thermal imaging as a safe alternative to Mammography – <http://athermalimage.com>  
Pamela Howard, Chiropractic, does this testing in Syracuse monthly, 866-522-3485

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### UUP Cortland Chapter Members' Special Interests

Diane Craft – naturopathy  
Andrew Fitz-Gibbon – healthy prayer (oil, hands, visualization), vegetarian/vegan diet  
Gretchen Herrmann – acupuncture  
Colleen Kattau – herbalist  
Esa Merson – Vegan diet  
Mecke Nagel – Raw foods, photon sound beam treatment

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