

Alternative health care increasingly popular



Raven Sara performs an acupuncture treatment on Lori Cangilose.

Acupuncture, chiropractic, massage, naturopathic medicine all attracting dedicated followings

By Kathleen Alaks
of the Daily Courier

It was three years ago that Lori Cangilose first looked into trying Chinese medicine.

"That first time it was hormonal," Cangilose says. "I needed help dealing with perimenopause and the stresses related to that."

On a recommendation, she made an appointment with Raven Sára, who runs the Acupuncture and Herb Clinic on Sixth Street.

"She helped me with stress reduction, made some diet recommendations and gave me some herbal remedies and teas. And she gave me some perspective on this time of life," says Cangilose. "It really helped. I've been going to see her ever since, for stress, hives, bladder infections or just like when I feel like I'm coming down with something. She helps my whole family."

Turning to an alternative form of health care rather than a medical doctor seemed like a natural choice to Cangilose.

"I've always leaned toward naturopathic and holistic care," she says. "In this case, I felt Chinese medicine could better help me through this, rather than doing something like taking hormones."

Cangilose is not alone. More and more people are seeking out alternative forms of health care, those healing arts not usually associated with medical degrees or hospitals, such as acupuncture and acupressure, massage therapy, and chiropractic and naturopathic medicine.

And, in response, practitioners of alternative medicine are on the rise in the Rogue Valley.

Including Sára, Grants Pass boasts eight acupuncturists, as well as 46 licensed massage therapists, 27 licensed chiropractors and two naturopaths.



KEVIN LAUNIUS/Daily Courier

Lori Cangilose receives cupping treatment at Sara's Acupuncture and Herb Clinic.

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An acupuncture treatment called "surround the Dragon" is seen applied to Lori Cangilose's injured calf.

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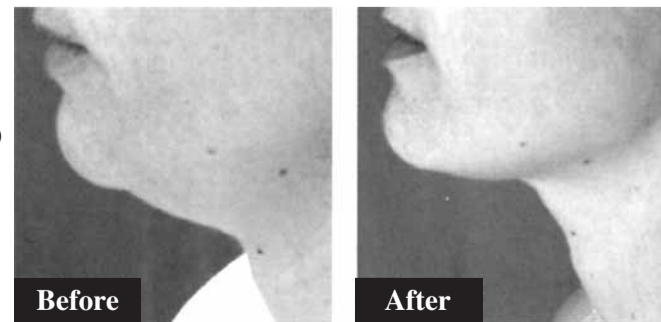
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