

## Life Gate Chiropractic Resources Page

### DOCTORS and SUPPORT CENTERS

Meditation  
**Susanna and Puran Bair**  
[appliedmeditation.org](http://appliedmeditation.org)

Nutritional Counseling  
**Dr. Sandra J. Bevacqua**  
[wish4life.com](http://wish4life.com)

Homeopathic Medicine  
**Dr. Brian Cabin**  
[www.drabin.com](http://www.drabin.com)

Pediatric Integrative Medicine (Specialist)  
**Dr. Sandy Newmark**  
[www.doctornewmark.com](http://www.doctornewmark.com)

Acupuncture  
**Firuzeh Mehrabani**  
Call 520-991-5891

**Sunstone Cancer Support Centers**  
520-749-1928

### BOOKS and RADIO

The Metabolic Plan  
By Stephen Cherniske

Love Medicine and Miracles  
by: Bernie Siegel

The 12 Stages of Healing  
by: Donald Epstein

Healing Words: the Power of Prayer and Practice of Medicine  
by: Larry Dossey

The Relaxation Response  
by: Herbert Benton

Dr. Jonah Radio Show  
Listen to the archived shows  
[www.lifegatechiropractic.com/radio.html](http://www.lifegatechiropractic.com/radio.html)

Wherever You Go There You Are  
by: John Kabat-Zinn

Living from the Heart  
by: Puran Bair

Healing Myths, Healing Magic  
by: Donald Epstein

Finding Flow  
by: Mihaly Csikszentmihalyi

### FOOD and CLEANERS

**Matt's Organics**  
Organic food delivered to your home.  
[www.mattsorganics.com](http://www.mattsorganics.com)

Seventh Generation  
[www.drugstore.com](http://www.drugstore.com) or Trader Joes