

PERSONAL NUTRITION COUNSELING

JEN MARTINSEN

Nutrition Bliss
619.977.5774
jen@nutritionbliss.com
www.nutritionbliss.com
**Jen works with woman and children*

LAUREN FISHER

Lauren Fisher Health Coaching
917.692.9411
laurenhealthcoach1@gmail.com
www.laurenfisherhealthcoaching.com
**Lauren works with men and women*

SCRIPPS CENTER FOR
INTEGRATIVE MEDICINE

JAMES GRAY, MD

General Practice Medicine
10820 N Torrey Pines Rd
La Jolla, CA
885.554.3348

SARAH DALHOUMI, MD

Family Medicine, Endocrinology
10820 N Torrey Pines Rd
La Jolla, CA
885.554.3348

ROBERT BONAKDAR, MD

Pain Management, Family Medicine
10820 N Torrey Pines Rd
La Jolla, CA
885.554.3348

RYAN SMITH, MD

Cardiology
10820 N Torrey Pines Rd
La Jolla, CA
885.554.3348

DOUGLAS TRIFFON, MD

Cardiology
10820 N Torrey Pines Rd
La Jolla, CA
885.554.3348

CORPORATE WELLNESS

KATIE FARINA

Katie's Healing Kitchen
619.807.9911
katie@katieshealingkitchen.com
www.katieshealingkitchen.com

JEN MARTINSEN

Nutrition Bliss
619.977.5774
jen@nutritionbliss.com
www.nutritionbliss.com

THE CENTER FOR
HEALTH AND WELLBING

JANETTE GRAY, MD

Internal Medicine, Bio-Identical Hormone Therapy
3636 Fifth Avenue, Suite 300
San Diego, CA
619.814.5500

ADAM SILBERMAN, ND

Prolotherapy, Functional Medicine
3636 Fifth Avenue, Suite 300
San Diego, CA
619.814.5500

SEF TRITT, MD

Urology, Bio-Identical Hormone Therapy
3636 Fifth Avenue, Suite 300
San Diego, CA
619.814.5500

PAYAM ZAND, ND

Functional Medicine, Infectious Disease
3636 Fifth Avenue, Suite 300
San Diego, CA
619.814.5500

SABRINA KOPERSKI, ND

Women's Health, Autoimmunity
3636 Fifth Avenue, Suite 300
San Diego, CA
619.814.5500

SRUTI LAM, ND

Autoimmunity, IBD, Pediatrics
3636 Fifth Avenue, Suite 300
San Diego, CA
619.814.5500

PROGRAMS, RETREATS AND EVENTS
THAT HAVE CHANGED MY LIFE

ABUNDANCE NOW BREAKTHROUGH RETREAT

Lisa Nichols
www.motivatingthemasses.com
* 1-week retreat

AWAKENING INTENSIVE

Jason Brody, MS
www.awakeningseminars.com
* 3-day retreat

E-SHIFT

Kyle Cease
www.kylecease.com
* 3-day event

THE HOFFMAN PROCESS

Hoffman Institute
www.hoffmaninstitute.org
* 1-week retreat

INTEGRATIVE NUTRITION

Joshua Rosenthal
www.integrativenutrition.com
* 9-month program

LIFEBOOK MASTERY

Jon and Missy Butcher
www.jonandmissy.com
* 3-month program

OH MY GOD, AM I SERIOUSLY COMMITTING

Kyle Cease
www.kylecease.com
* 6-month program

LIFE COACHES

EMILY BOORSTEIN

415.533.5540
coachemily@gmail.com
www.coachemily.com

MICHELLE MITCHELL

858.829.2920
lucelifedesign@gmail.com
www.lucelifedesign.com

REBECCA URICK

231.852.0849
rebeccaurick@dreambuildingcoach.com
www.rebeccaurick.com

BRANDING AND WEB DESIGN

KATE REMMER

0753547925
kate@studioktr.co.uk
www.studioktr.co.uk