

MODERN LUXURY

Angeleno

THE SUPER HEALERS

CLEARING THE WAY TO
OPTIMAL WELLNESS

2016 SALON &
STYLIST AWARDS
L.A.'S TOP GO-TOS

BEST NEW HOTELS

17 GETAWAYS
SURE TO IMPRESS

A portrait of actress Jessica Chastain. She has long, wavy, reddish-brown hair and is looking directly at the camera with a neutral expression. She is holding a silver and black Leica M6 camera up to her eye, as if taking a picture. She is wearing a blue top under a black lace long-sleeved garment. The background is dark and out of focus.

JESSICA CHASTAIN

THE HUNTSMAN: WINTER'S WAR'S
RED-HOT STAR OPENS UP ABOUT
HER INSPIRATIONS, ASPIRATIONS
& WHAT MAKES HER TICK

THE *super* HEALERS

Prompted by Angelenos' healthy obsession with all things wellness, we explore the intriguing and much-whispered-about world of super healers.

BY ELINA FUHRMAN
AND TERENA EISNER

While not quite mainstream yet, many healing modalities have morphed from alternative to acceptable ways to address the needs of our mind, body and soul to complement Western medicine. We're seeing yoga, acupuncture and meditation often prescribed, and even reiki therapy gaining acceptance at hospitals and clinics. In today's work-obsessed culture, obtaining optimum health is the ultimate luxury.

The super healers profiled here all insist they're simply facilitators of self-healing, guides to empower anyone who is ready to tap into their innate ability to get well. They provide inspiration, help to nourish and heal our inner selves, aid in preventing and curing illnesses, and bring about positive change in our lives. They also appeal to our growing interest in spirituality—exploring deep-seated emotions, issues, memories and beliefs that are often ignored or unconscious. The philosophy is: Once a deeper level of awareness exists and change occurs, it is possible to heal. Highly educated and naturally gifted, they're in high demand by moguls, executives, producers, directors and celebrities. Some work by referral only and have monthslong waiting lists. Come along as we journey into ultimate well-being...



SIXTH SENSE *Intuitives & Diagnosticians*

CAROLINE MYSS —Medical Intuitive

A pioneer in educating people in the field of energy medicine and human consciousness, Chicago-based Caroline Myss is considered one of the world's leading voices on healing and medical intuition. A five-time *The New York Times* best-selling author, she believes we all have the power to diagnose and heal ourselves.

HEALING POWER • Knowing only the patient's name and birthday, Myss uses her intuition and emotional energy to "see" and diagnose medical problems. "I have an ability to sense the energetic fields around people and interpret that information in a way that is specific to their health," she says.

HOW IT WORKS • "Intuitive sight works the same as sight, hearing and touch. Intuition is a sense. It is organic, and therefore it is self-functioning," Myss explains. She receives sudden impressions, quick thoughts that are either literal or symbolic. Some indicate disease in the body; some indicate disease forming in the energy field; some are profiles of attitudes/beliefs and archetypal patterns that form the psychic patterns in that person's nature." Understanding the psychological and emotional issues that contributed to the disease and then addressing them helps people heal. "Often, a health crisis is a predicament, and it requires a shift or transformation. It's not something that can be resolved overnight."

APPOINTMENTS • Individual sessions are not available, but Myss gives online workshops and live lectures. myss.com

ANTHONY WILLIAM —Medical Medium

For more than 25 years, the East Coast-based Medical Medium

Anthony William has helped tens of thousands of people find the true cause of their illnesses and provided them with the steps to heal.

HEALING POWER • William specializes in helping people heal from mystery illnesses that have baffled other doctors, from lupus to chronic fatigue syndrome, hormonal imbalances, multiple sclerosis, neurological conditions and much more. "On average, a client comes to me after 10 years of doctor shopping," he says.

HOW IT WORKS • William, who says he has heard a voice he calls Spirit in his ear since he was a toddler, is able to go beyond physical health to find the root cause of disease.

"Spirit creates a very bright-white light that lets me see within the client," he wrote in his *The New York Times* best-selling book, *Medical Medium: Secrets Behind Chronic and Mystery Illness and How to Finally Heal* (\$27, Hay House). With his unique gift and knowledge, he offers solutions to help people heal.

APPOINTMENTS • William shares all-natural solutions for dozens of illnesses, along with steps to heal emotional and soul trauma in his aforementioned book. More support options can be found on his website. medicalmedium.com

SUSAN KING —Intuitive Counselor and Emotional Healer

Based in London, Susan King's fan base spans across the globe and includes Oprah and Donna Karan. King helps clients find new perspective, see clearly or look at life in a different way by visualizing the past, present and future, and healing emotional wounds in the process.

HEALING POWER • Meeting with clients in person, by phone or Skype, King says she receives information through involuntary

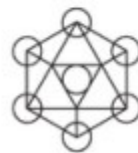


pictures, images, sounds, smells and emotions that stream like a video in her mind, which she then decodes.

HOW IT WORKS • "I am able to give specific information that helps my clients to see into and understand whatever is troubling

or confusing them," says King. "When you have clarity and options, the end result is emotional healing."

APPOINTMENTS • Consultations in London, New York City and Los Angeles. \$400 per hour, \$195 per half-hour. susankingintuitive.com



HARMONIC RESONANCE *Sound Therapy*

GURU SINGH —Yogi, Sound Therapist

A third-generation yogi, Guru Singh is the lead teacher at the Yoga West Kundalini Center in Los Angeles, where he blends Eastern mysticism and Western pragmatism in his Kundalini and Humanology classes. In his private practice, he guides clients to find their highest selves through Sahaj Shabd, or sacred sound therapy.

HEALING POWER • Sound therapy is a unique approach to counseling that restores physical, mental and

emotional harmonies through meditation and vibrational sound.

HOW IT WORKS • After a private consultation that often includes meditation, the client is wrapped up in a blanket, cocoon-style, and is directed to maintain a specific thought or intention while listening to soothing sounds (water; flute, bells, gongs) selected by Singh to open up and rebalance the seven chakras; induce a deep, meditative state; and realign body, mind and spirit.

APPOINTMENTS • Private sessions in Los Angeles. \$200. yogowestla.com; gurusingh.com



MATTERS OF THE MIND

Alternative Psychology

ROSE GARCIA

—Archetypal Consultant

A Jungian psychologist, archetypal consultant and student of Caroline Myss, Rose Garcia specializes in people who are looking for meaning and purpose in their lives.

HEALING POWER • “By learning the language of archetypes, you begin to see your patterns and behavior so that you can see the universe two ways simultaneously—personally and impersonally,” says Garcia of Swiss psychologist Carl Jung’s concept that archetypes (or creative unconscious) represent fundamental human behaviors and personalities. “I help my clients to identify and interpret lifelong patterns, strengths and vulnerabilities using archetypal symbolic language.”

HOW IT WORKS • Archetypes are also a vocabulary of intuition. “The more familiar you are with them, the more clearly you will resonate with your own intuition. Knowing the patterns of your behaviors awakens the soul and helps you heal by understanding of your conscious thoughts.”

APPOINTMENTS • Sessions by Skype or in person in New York, Connecticut and Los Angeles. From \$175 per hour. rosehippine@gmail.com

STEVE ROSS

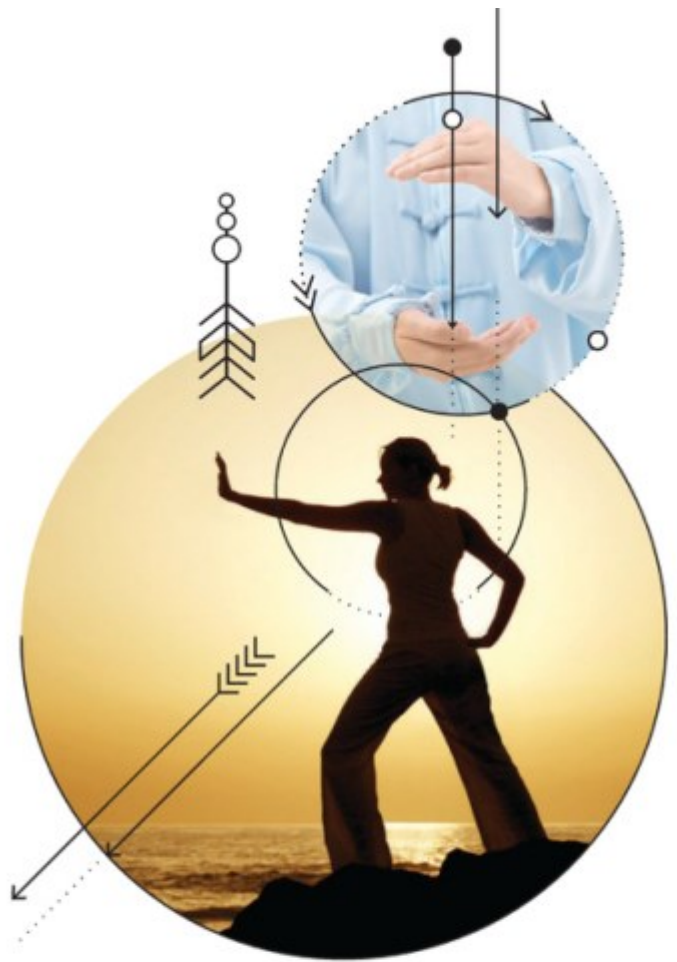
—Transformative Meditation

The founder of Brentwood’s Maha Yoga studio, friend of Eckhart Tolle and author of *Happy Yoga: 7 Reasons Why There’s Nothing to Worry About* (\$17, William Morrow Paperbacks), Steve Ross offers private Transformative Meditation sessions that celebs and other high-profile Angelenos flock to, scheduling them months in advance. He was also a monk in the Vedic tradition.

HEALING POWER • “My practice is varied and depends on what the person in front of me needs or wants,” says Ross. He calls his sessions “a transmission” that clears issues and aligns clients with reality in order to make anything possible.

HOW IT WORKS • Transformative Meditation takes us from activity into silence, giving our body a very deep level of rest and healing itself by throwing off stress, fatigue and accumulated toxins. In the silence of pure awareness, you stop clinging to old thought patterns and rigid thinking. “When you go into a deep meditative state, it’s reflected by the brain in terms of hemispheric synchrony, and it brings you into a state of balance, instead of being fragmented and in different directions,” explains Ross. At that point, you shift into “a more harmonious state of well-being” and are healed.

APPOINTMENTS • Private yoga and meditation sessions at Unplug Meditation and Maha Yoga, Los Angeles. \$350. unplugmeditation.com; mahayoga.com



ANCIENT WISDOM

Chinese Medicine, Ayurveda

DR. MAO SHING NI

—Qi Gong

Dr. Mao Shing Ni (aka Dr. Mao) is a 38th-generation doctor of Chinese medicine, a licensed acupuncturist and one of the most sought-after experts on traditional Chinese medicine and Taoist anti-aging medicine. He is a co-founder of Yo San University of Traditional Chinese Medicine in Los Angeles and the author of multiple books on healing.

HEALING POWER • Qi Gong (or moving meditation) is an ancient Chinese mind-body practice that integrates visualization, breath control and postures to promote health and target specific conditions, like pain,

metabolic disorders, hormonal imbalance, infertility and cancer.

HOW IT WORKS • Practiced on your own or under the supervision of a certified Medical Qi Gong Practitioner, Qi Gong is said to activate your bioelectric energy field, to “reduce stress hormones, like cortisol, and increase calming ones, like endorphins and dopamine,” says Mao. “Brain research has revealed neuroplasticity, the ability of the brain to remodel and change in response to thought, emotions and movement, which result in corresponding physiological changes to the body.” Energy healing, such as “Infinichi” Medical Qi Gong, can indeed result in physiological changes. “It isn’t merely emotional comfort, but rather has a definitive functional effect on the body, like



a decrease in the inflammatory protein cytokine, reduced pain and swelling in patients with arthritis, and even increased natural killer cell production and activities in cancer patients."

APPOINTMENTS • Office hours in Santa Monica, Newport Beach and Pasadena. \$75-\$140; taoofwellness.com

MARTHA SOFFER

—Panchakarma Practitioner

An acclaimed ayurvedic doctor and chef, herbalist, and master ayurvedic pulse diagnostician, Martha Soffer studied the ancient form of medicine in India, as well as at the Maharishi University in Iowa and the American University of Complementary Medicine in Beverly Hills.

HEALING POWER • Panchakarma Series, also known as purification therapy, is a succession of mind-body healing therapies based on traditional ayurvedic medicine, designed to reverse the aging mechanism, restore balance, strengthen the immune system and detoxify the body.

HOW IT WORKS • After an initial consultation, Soffer creates a personalized 3- to 21-day Panchakarma treatment plan. Rituals include a four-hour herbal-oil massage administered by two ayurvedic therapists who work simultaneously and in unison. "All the oils are custom-made and herbalized; cooked for your specific situation; and remarkably transformative for the skin, the whole body, and the mind and heart," says Soffer. "Panchakarma effectively melts or loosens the toxins in our body, even those deep in our physiology, and gently flushes them out, letting us naturally return to a state of balance and health."

APPOINTMENTS • Consultations (\$245) and three- to seven-day Panchakarma sessions (\$588 per day including lunch) at Surya Spa, Pacific Palisades. suryaspa.com



GO WITH THE FLOW

Reiki, Shiatsu, Tapping and Other Hands-On Therapies to Unblock Energy

LENA GEORGE

—EFT Tapping

A certified hypnotherapist, holistic nutritionist and meridian tapping/Emotional Freedom Technique practitioner, Lena George suffered for years with personal health problems (debilitating pain, fatigue, brain fog, digestive problems), before she discovered nontraditional methods, including EFT Tapping, to heal her mind and heart.

HEALING POWER • Think of EFT Tapping as acupressure for the emotions. In fact, it's a blend of hypnotherapy and acupuncture. Like acupuncturists, practitioners focus on meridian points on the body, but instead of inserting needles, they tap with their fingertips while repeating statements of affirmation, as well as addressing issues that may trigger a stress response. It's a process of "steering and clearing," says George. "We clear out what we don't want—subconscious blocks, old and unwanted patterns—so we can steer ourselves toward what we do want."

HOW IT WORKS • Rhythmic tapping sends a calming signal to the brain, quieting the involuntary fight-or-flight response, which is a major cause of physical and emotional problems. At the same time, the practitioner's carefully chosen words and intonation help unblock energy and neutralize the stress. "The tapping and the words we choose help us feel calm when we think of the issue," explains George. "This allows us to regain conscious choice and control over the issue, rather than being automatically driven by the subconscious threat and alarm we were previously feeling."

APPOINTMENTS • Group and private sessions at mBodhe Labs, Santa Monica. \$150, mbodhe.com

JEANNETTE VON JOHNSBACH

—The Andreas Method

Born into a family of healers in the mountains of Germany, Jeannette von Johnsbach, founder of The Andreas Method, spent several decades studying the healing arts in Europe, North and South America, and India.

HEALING POWER • The Andreas Method is a hands-on synergistic approach, which reaches the root of energy imbalances that cause illness through integrated

detoxifying strategies, such as biomeditation (meditative massage with herbal and clay blends), plant-based nutrition, homeopathic remedies and Zen shiatsu.

HOW IT WORKS • "My energy work is cleansing to the deepest level, and my goal is to liberate people from blockages that keep the person from becoming who they were meant to be in this life," says von Johnsbach. "I activate people's innate self-healing capabilities. My method works from the inside out. That's why people experience fast results, on all levels in their lives."

APPOINTMENTS • Private practice





sessions in Los Angeles, and at the Four Seasons Hotel Los Angeles at Beverly Hills Spa. \$180, andreasmethod.com; fourseasons.com/losangeles/spa

CAROLYN PAIGE
—*Certified Hypnotherapist, Reiki Master/Teacher, Metaphysician*

A certified hypnotherapist, reiki master, metaphysician and holistic life coach, Carolyn Paige has a master's degree in metaphysical sciences from the University of Metaphysical Sciences in Los Angeles. Her specialties are hypnotherapy, energy and crystal healing, and spiritual development and exploration.

HEALING POWER • The "meta" physical body comprises layers of energy, often referred to as "aura"—a chakra system that runs throughout the body, with energy meridians that circulate and distribute energy (prana, chi, ki, etc.) to the tissues and organs. Paige focuses

her healing work on the client's "meta" physical body and beyond. **HOW IT WORKS** • Paige uses reiki, the Japanese technique for stress reduction, as well as hypnotherapy, to assist clients in making permanent and lasting changes in their actual physical body and mind. "Mind controls body, and body speaks to mind," she says. "One must seek and find what the message is in the subconscious mind that has now manifested into a disease in the physical body. Then it can be released, reframed or shifted within the subconscious mind, so that the mind can now give a new directive to the physical body to heal." **APPOINTMENTS** • Consultation in Santa Barbara. \$125, carolynpaige.com

MAHANKIRN KAUR
—*Sat Nam Rasayan Healer*

At 25, Mahankirn Kaur suffered an accident that left her paralyzed in one leg and riddled with pain so severe she needed a wheelchair. Miraculously, she was able to heal herself with a single yoga position

called Mah Boundlotus, which she learned from her mentor, the well-known spiritual teacher Yogi Bhajan. She also studied with the only living Master of Sat Nam Rasayan Healing, Guru Dev Singh.

HEALING POWER • Sat Nam Rasayan is an ancient healing form in which the healer herself goes into a deep meditative state and releases the client's blocks to self-healing, which can be manifested as physical, mental, emotional or spiritual disorders. The result is a release of conflict and restriction and a return to natural wellness. "Our bodies aren't born damaged; they are born healthy. But

internal and external stress creates the damage and problems," says Kaur. **HOW IT WORKS** • After a brief consultation, the client lies down; Kaur sits beside them and, touching their arm, goes into a deep, contemplative, meditative silence. "In this healing process, the goal is to uncover the underlying issue or the core of the problem that is manifesting as symptoms, and to release it," says Kaur. Some issues have been resolved in as little as one session with Kaur. "I am not a doctor. Sickness is a description for doctors. For a healer, sickness is a state of dysfunction in the system." **APPOINTMENTS** • Private sessions at your home or office. \$300, mahankirn.com



RAISING SPIRITS
Medium, Psychic, Shaman

FLEUR
—*Medium and Psychic Healer*

The great-granddaughter of a psychic, Fleur recognized her own gifts at age 4, when she heard voices, was visited by spirits at night and saw auras around other people. Years later, as a college student, she decided to embrace her gift and became a psychic medium.

HEALING POWER • Fleur performs spirit communications; she connects clients to the spirits of loved ones who have passed on. She also conducts psychic life readings to help clients gain clarity on life questions. **HOW IT WORKS** • Acting as a bridge between the spiritual and the physical worlds, Fleur gives clients any message the deceased desires, and vice versa. "My intention in any session is healing," she says. "Mediumship can be a powerful aid in the grieving process. Connecting to the other side and knowing that your loved ones are around you can bring great peace and comfort." In addition, as a psychic, she connects with clients' souls, which allows her to examine their

past, present and potential futures. Psychic life readings can provide answers to pressing life questions and facilitate emotional healing. **APPOINTMENTS** • Private spirit communications and psychic readings in person and by phone. \$250, mediumfleur.com

JASON FRAHM
—*Shaman*

A spiritual life guide, meditation-yoga teacher and healing practitioner for 15 years, Jason Frahm spent the last nine years working with a family of high shamans in the Andes of Peru. He specializes in shamanic wellness practices, chi kung, meditation, bodywork influenced by tai chi, and cranial sacral energy work. **HEALING POWER** • "It is said a shaman has one foot in this world and one foot in the mystical world," says Frahm. Shamanic sessions can include personal and group ceremonies, energetic cleansing, past-life healing, soul retrieval and cranial sacral energy therapy—all designed to help

clients reach their souls' deepest purpose. "An issue may need to be addressed at the physical, emotional, energetic or spiritual level," he adds. **HOW IT WORKS** • Cranial sacral energy work is a hands-on therapeutic technique in which Frahm lightly touches the sacrum, spine and cranium in order to balance the flow of cerebrospinal fluid and relieve blockages. He does

this in concert with shamanic work, in which he talks with clients to determine their intentions, the challenges they're facing and symptoms they're experiencing, and then he performs shamanic rituals and offers spiritual life-guidance. "The two modalities go hand in hand," he says. **APPOINTMENTS** • Private sessions in Los Angeles and Ojai. \$195, jasoncfrahm.com



BODIES OF WORK

Rolfing, Realignment, Massage

JAN HENRY SULTAN

—Rolfing

An advanced certified Rolfer in practice for more than 40 years, Jan Henry Sultan was one of the original students of Dr. Ida Rolf, the American biochemist who created Rolfing Structural Integration in the 1930s. He is a teacher and member of Rolf Institute faculty.

HEALING POWER • Rolfing is a type of therapy that deeply manipulates and reorganizes the fascia—the soft connective tissue that surrounds, supports and penetrates all of the

muscles, bones, nerves and organs—in order to permanently bring the body into proper alignment and, as a result, heal and create an overall sense of well-being.

HOW IT WORKS • To achieve maximum benefit, Sultan recommends a series of 10 sessions in which he uses his hands to apply pressure and manipulate layers on the body. This lengthens connective tissue, increases efficiency and fluidity of movement, and corrects alignment. Unlike deep-tissue massage, however, the intent of Rolfing is not to relax a muscle, but to change the patterns in the body that create postural

problems, stress and chronic pain. "It's a systemic relationship approach," says Sultan. "We are working on body, not muscles. Rolfing works because it changes perception, as well as improves the local conditions of circulation and lymph flow."

APPOINTMENTS • Private sessions at offices in Manhattan Beach and Redondo Beach. \$175, jansultan.com

DAN BIENEFELD

—Hellerwork
Structural Integrator

An ergonomic consultant, co-founder of Los Angeles Healing Arts Center and author of *Align for Life* (\$40, Alive Point Press), Dan Bienenfeld has been a Hellerwork Structural Integration trainer and practitioner for nearly 40 years. Exercise guru Richard Simmons has called him "the Michelangelo of alignment."

HEALING POWER • A spinoff from Rolfing, Hellerwork involves structural body work, movement education and somatic psychology (body-mind psycho-emotional integration) to help clients learn to move with ease and grace, and to connect the mind and emotions to the body. It restores the body's natural balance from the inside out.

HOW IT WORKS • Fascia, the body's

matrix of connective tissue, is very responsive to pressure. Once the layers of fascia are mobilized, bones move, and alignment improves. Bienenfeld typically sees his clients 12 to 20 times. The sessions are bodywork, plus body/mind processing and movement, to allow the body to adjust to the changes and continue to improve. "The body is our vehicle for expression, and that expression depends on the ability for the body to express freely," he says. "Old holding patterns often interrupt our ability to be present and fluid in life, and this work opens us right up!"

APPOINTMENTS • Private sessions with Bienenfeld (\$300) and four-handed sessions with Bienenfeld and his son, Jesse (\$600), in Pacific Palisades. danbienenfeld.com

ELENA QUIROGA

—Body Healing Massage Therapist

Best known for her work with athletes, including polo players, Santa Barbara-based Elena Quiroga often travels to Los Angeles to see clients. She trained under Matt Lynch, who whips the Chicago Bulls into winning shape.

HEALING POWER • Combining a variety of techniques, like visceral manipulation, acupressure and cranio sacral, Quiroga gently presses and taps the body, aiding its ability to release restrictions that cause pain and dysfunction, thus allowing the body to heal from injuries, chronic pain and stress.

HOW IT WORKS • Quiroga's bodywork stimulates the parasympathetic nervous system (creating the opposite of the fight-or-flight response) to relieve stress. "I focus on recognizing and facilitating healing based on the specific needs of each client," she says. "The more trust is given, the more I am allowed to safely interrupt those adhesions or traumas, past or present, that are affecting their well-being. Whether it is digestive, diet, stress, medications or sports injuries, each person has goals for well-being: I am here to fight alongside them." The method works, she advises, only if the client is open to the process.

APPOINTMENTS • Sessions in Santa Barbara and Los Angeles. \$125 per hour. elena.quiroga@rocketmail.com ■

