

# Finding Alternative Health Resources in Canada

## Alexander Technique

Canadian Society of Teachers of the Alexander Technique

<http://canstat.ca/>

In the English menu, click on "Finding a teacher" and select a region.

Tel: 1.877.598.8879

Fax: 416.631.0094

## Music Therapy

Canadian Association of Music Therapy

<http://www.musictherapy.ca/>

Tel: 1.800.996.CAMT or 519.884.1970, ext. 6828

Fax: 519.886.9351

## Reflexology

Reflexology Association of Canada

<http://reflexologycanada.ca/>

Click on "Find a practitioner/instructor" and use the search engine.

## Reiki

Canadian Reiki Association

<http://www.reiki.ca/>

Click on "Who is the CRA" and either "Registered Teachers" or "Registered Practitioners" to find one in your region.

Tel: 1.800.835.7525 or 604.669.9049 (Vancouver)

Fax: 1.604.521.9557

## Yoga

Iyengar Yoga Association of Canada

<http://www.iyengaryogacanada.com/>

Click on "Teachers" and then click "Certified Teachers" to find one in your region.

# General Canadian Resources

## The Canadian Wellness Directory

[http://www.canadianwellness.com/alternative/alternative\\_associations.asp](http://www.canadianwellness.com/alternative/alternative_associations.asp)

Click on the alternative medicine of your choice to find the contact information for the associations.

Tel: 416.752.3988 (Toronto)

## The Canadian Association of Naturopathic Doctors

<http://www.naturopathicassoc.ca/>

Click on "Find a Naturopathic Doctor," and then enter one of the following: first name, last name, city, province, or the first three digits of a postal code.

Tel: 416.496.8633 (Toronto)

Toll-free: 1.800.551.4381

## CAMline

<http://www.camline.ca/about/about.html>

This is an evidence-based website on complementary and alternative medicine (CAM) for health care professionals and the public. Click on “CAM therapies/practitioners.”

**The FACTS (Friends of Alternative and Complementary Therapies Society)**

<http://www.thefacts.org/FACT.htm>

This is a community of discerning consumers and qualified professionals with a vision—the creation of a repository of health information that is factual, accessible, credible, and ethical.

Click on “Directories,” then click on “Practitioners,” and then click on the therapy type.

Tel: 416.299.5113 (Toronto)

**Natural Health Care Canada**

<http://naturalhealthcare.ca/directory.phtml>

Click on “Practitioners,” select a type of practitioner, select a province, and then select a region or city.

Tel: 416.596.9533 (Toronto)

**The Canadian Examining Board of Health Care Practitioners**

<http://www.canadianexaminingboard.com/>

**International Organization of Nutritional Consultants (IONC)**

<http://www.ionc.org/>

## Resources Across Canada

### Acupuncture Across Canada:

**Acupuncture Foundation of Canada**

<http://www.afcinstitute.com/>

Click on the practitioners’ list, and then click on your province on “Open members’ list.” Select a city or region.

Tel: 416.752.3988 (Toronto)

**Acupuncture Canada**

Tel: 905.563.8930

**Canadian International Acupuncture Association**

Tel: 416.298.3070 (Toronto)

### Biofeedback Across Canada:

**Biofeedback Certification Institute of America (and Canada)**

<http://www.bcia.org/displaycommon.cfm?an=1>

Click on “Find a practitioner” in the top toolbar, and then choose Canada from the drop-down country list.

**The Association for Applied Psychophysiology and Biofeedback**

<http://www.aapb.org/i4a/pages/index.cfm?pageid=1>

Click on “Find a provider” in the left toolbar, and then choose Canada from the drop-down country list.

**Neurotherapy and Biofeedback Certification Board**

<http://www.nbcb.org/info/definitions.htm>

## **Homeopathy Across Canada:**

### **Canada Homeopathy**

<http://www.canadahomeopathy.com/>

Click on "Find a homeopath" in the left menu.

### **Homeopathic Medical Council of Canada**

<http://www.hmcc.ca/public/Default.aspx>

Click on "Directory of homeopathic doctors," and then select a city or province.

Tel: 1.877.722.4622

### **The National United Professional Association of Trained Homeopaths**

<http://www.nupath.org/directory.html>

Click on your province, and then scroll through the list of practitioners.

Tel: 1.888.282.3878

## **Massage Across Canada:**

### **Massage Therapy in Canada**

<http://massage.ca/>

Click on "Therapist directory" and then search for massage therapists by province or by postal code; or click on the new "Massage therapy shortcuts" in the right toolbar to find massage therapists in specific cities.

Tel: 416.929.9759 (Toronto)

Long distance: 1.866.789.9271

### **Canadian Massage Therapist Alliance**

<http://www.cmta.ca/>

Click on "Member listings," and then select a province to get the provincial therapists' association contact information.

Tel: 905.849.7606 (Oakville, ON)

### **Canadian Sport Massage Therapist Association**

<http://www.csmta.ca/therapists.htm>

Scroll through the list of level I, II, and III certified sport massage therapists to find a massage therapist in your area.

Tel: 416.488.4414 (Toronto)

## **Chiropractic Across Canada**

### **The Canadian Chiropractic Association**

<http://www.ccachiro.org/client/cca/cca.nsf/web/Home?OpenDocument>

Click "Locate a chiropractor" in the upper tool bar, and then enter your postal code.

Tel: 416.781.5656 (Toronto)

Toll-free: 1.800.668.2076

## **Iridology Across Canada**

### **The Iridologists' Association of Canada**

<http://www.cwinds.com/iridology/assoc2.html>

Scroll through the list to find a practitioner in your area.

Tel: 416.233.9837 (Toronto)

## Physiotherapy Across Canada

### Canadian Physiotherapy Association

<http://www.physiotherapy.ca/findaphysio.htm>

Click on your province in the "Provincial directories," and then enter a therapist's name, an area of expertise, city, or postal code.

Tel: 416.932.1888 (Toronto)

Toll-free: 1.800.387.8679

## Provincial Resources

### British Columbia

#### British Columbia Naturopathic Association

<http://www.bcna.bc.ca/>

Select your search term (city, first name, last name), and then enter a term. Select a doctor from the list.

Tel: 604.736.6646

Toll-free: 1.800.277.1128

#### Association of Complementary and Integrative Physicians of BC

<http://www.acpbc.org/>

Click on "Contact a physician" to download a contact list of physicians.

#### BC Chiropractic Association

<http://www.bcchiro.com/index2.html>

Click on "Find a chiropractor near you," and then click on the area.

Tel: 604.270.1332

#### Shiatsu Therapy Association of British Columbia

<http://www.shiatsutherapy.ca/>

Select a city from the drop-down menu under "Find a therapist."

Tel: 604.433.9495

#### College of Traditional Chinese Medicine Practitioners and Acupuncturists of British Columbia

<http://www.ctcma.bc.ca/public.asp>

Click "Locate a registrant," select "Acupuncturist" from the drop-down menu, and then click "Go."

Tel: 604.638.3108

#### Massage Therapists' Association of British Columbia (MTA of BC)

<http://www.massagetherapy.bc.ca/>

Click on "Find an RMT," and then find a massage therapist by defining your area or searching a therapist's name.

## **Ontario**

### **Ontario Association of Naturopathic Doctors**

<http://www.oand.org/>

Click on "Find a naturopathic doctor near you" in the upper left corner.

Tel: 416.233.2001

### **The Ontario Herbalists' Association**

<http://www.herbalists.on.ca/links.html>

Under "Flowers," click on "Find your local OHA professional herbalist."

Tel: 416.236.0090

Toll-free: 1.877.OHA.HERB

### **Shiatsu Therapy Association of Ontario**

<http://www.shiatsuassociation.com/>

Click on "Find a Shiatsu therapist," and then enter some information to narrow the search (name or portion of a name, city, or province).

Tel: 416.923.STAO (7826)

Toll-free (Canada & U.S.): 1.877.923.STAO (7826)

### **Ontario Physiotherapy Association**

<http://www.opa.on.ca/opafindhtml.opx>

Enter your city or your postal code to find a therapist.

Tel: 416.322.6866

### **Ontario Association of Acupuncture and Traditional Chinese Medicine**

Tel: 416.944.2265

### **Ontario Homeopathic Association**

Tel: 416.488.9685

### **Ontario Massage Therapist Association**

Tel: 416.968.6487

Toll-free: 1.800.668.2022

### **Ontario Massage Therapist Association (OMTA)**

<http://www.omta.com/>

Click on "Looking for a massage therapist?" Then enter the city name, a postal code, or a therapist's name.

Tel: 416.979.2010

Toll-free: 1.800.668.2022

### **Reflexology Registration Council of Ontario**

<http://www.rrco-reflexology.com/rrco.htm>

## **Manitoba**

### **The Manitoba Naturopathic Association**

<http://www.mbnd.ca/>

Tel: 204.947.0381

### **Massage Therapist Association of Manitoba**

[www.mtaalberta.com](http://www.mtaalberta.com)

Click on "Find a therapist," then click on "Continue to find a therapist," and then enter either a name or a city to find a therapist.

Tel: 1.888.848.6822

### **Manitoba Chiropractors' Association**

<http://www.mbchiro.org/>

Click on "Find a chiropractor" in the right menu, and then enter some data (office or chiropractor's name, city, and/or first three digits of a postal code).

Tel: 204.942.3000

### **Massage Therapy Association of Manitoba Inc. (MTAM)**

<http://www.mtam.mb.ca/>

Click on "Referral service," and then click the area on the map where you would like to find a massage therapist.

Tel: 204.927.7979

## **Saskatchewan**

### **Saskatchewan Association of Naturopathic Practitioners**

<http://www.sanp.ca/>

Tel: 306.955.2633

### **Massage Therapy Association of Saskatchewan Inc.**

<http://www.saskmassagetherapy.com/MTAS/General/Default.asp>

Tel: 306.384.7077

### **Saskatchewan Physiotherapy Association**

<http://www.saskphysio.org/>

Click on "Find a physiotherapist" on the left menu, then click "Search now," and then search by category.

Tel: 306.955.7265 or 1.888.606.7265

### **The Chiropractors' Association of Saskatchewan**

<http://www.saskdc.org/>

Click on "Finding a chiropractor" in the top tool bar, and then scroll alphabetically. The chiropractor's city is also listed.

Tel: 306.585.1411

## **Alberta**

### **Naturopathic Medicine Alberta**

<http://www.naturopathic-alberta.com/>

Click on "Membership list" in the top tool bar to find a practitioner.

Tel: 403.266.2446

### **College of Chiropractors of Alberta**

<http://www.ccoa.ab.ca/public/index.asp?fuseaction>

Click "Find a chiropractor" in the top tool bar, and then enter some information such as last name, clinic name, city, or postal code.

Tel: 780.420.0932

### **Massage Therapist Association of Alberta (MTAA)**

<http://www.mtaalberta.com/>

Click on "Find a therapist," and then search by city or by therapist name.

Tel: 403.340.1913

Toll-free: 1.888.848.6822

## **New Brunswick**

### **New Brunswick Chiropractors' Association**

Tel: 506.357.8803

### **New Brunswick Masseur/Massage Association Inc. (NBMA)**

<http://www.nbmaamnb.ca/>

Tel: 506.459.5788

## **Prince Edward Island**

### **Prince Edward Island Massage Therapy Association**

<http://www.peimta.ca/>

Click on "Members" to find a massage therapist.

Tel: 902.368.8140

Toll-free: 1.866.566.1955

### **Prince Edward Island Chiropractic Association**

Tel: 902.436.7183

## **Newfoundland**

### **Newfoundland and Labrador Chiropractic Association**

<http://www.nfldchiro.com/index.htm>

Click on "Member directory" in the left menu, and then select a region.

Tel: 709.643.3111

### **Newfoundland and Labrador Massage Therapists' Association (NMTA)**

<http://www.nlmta.ca/index.html>

Click on "Find an RMT," and then select a letter range to find a therapist by name or click on an area of the map.

Tel: 709.726.4006

## **Nova Scotia**

**Massage Therapists' Association of Nova Scotia (MTANS)**

Tel: 902.429.2190

## **Northwest Territories**

**Northwest Territories Massage Therapists' Association**

Tel: 867.873.3509