

Best mind-body healers

SAVE THIS LIST: BAY AREA OVERACHIEVERS REVEAL WHO KEEPS THEM HEALTHY & FIT
PLUS: STEALTH HEALTHCARE REFORM FOR THE CITY'S NEW JOB-JUMPING CLASS

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WHO PUT ETHAN PRINGLE BACK ON TOP?
After tearing his shoulder during a competition, the world-class rock climber sought out acupressure massage therapist Jim Donak, who helped him get back in peak form. For 35 more personal referrals, see page 52.

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How to get this healthy. To find out how the Bay Area’s Olympic athletes, high-profile execs, Chinese acrobats, and other movers and shakers stay healthy, happy, and (mostly) out of the doctor’s office, we asked them to divulge their fitness gurus and healing heroes. **BY LESLIE CRAWFORD**
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Heal thy people. San Francisco’s two-year-old experiment with healthcare for all—our groundbreaking stand-in for the “public option” now being debated in Washington, D.C.—is just what the city’s new job-jumping professional class needs. So why are so many people dragging their feet? **BY JUSTINE SHARROCK**



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Leather and lace. This month on the social circuit. **BY ELIZABETH VARNELL**
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■ Restaurant reviews, food news, and great bites from around the Bay. **EDITED BY JAN NEWBERRY**

■ *Benvenuto a 54 Mint*, the most Italian restaurant that doesn’t sound like one. **BY JOSH SENS**

■ **PLUS:** Five great Monday-night specials.
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Hanging out for art. Sometimes a photo shoot requires more than just a camera and a keen eye. **BY ERIN KORSMO**
- Cover.

PHOTOGRAPH BY ROD MCLEAN.

SHOT ON LOCATION AT “ENDLESS BUMMER” ROCK, ON MICKEY’S BEACH.



When top-notch climber Natasha Barnes got tendinitis, she turned to stellar bodyworker Scott Schwartz. Here, she scales the “Hard Up” face of Goat Rock, in Sonoma.

Bay Area overachievers—from world-class rock climbers to star artists, bakers, and CEOs—



How to get this healthy

reveal the health and fitness gurus who heal their battle wounds and keep them going strong.

BY LESLIE CRAWFORD

PHOTOGRAPH BY ROD MCLEAN

Ethan Pringle takes a break from his afternoon climb to admire the view from Sunset Wall at Goat Rock, in Sonoma.

WHO KEEPS WICKED WOMEN IN SPELLBIND- ING SHAPE



Good witch Glinda (**Kendra Kassebaum**, above) swears by former Rockette and **Pilates master teacher and trainer Helena Hultberg-Talman** to get her through eight bewitching performances a week. Bad witch—OK, very misunderstood witch—Elphaba, aka **Teal Wicks**, relies on two people to help her power through her physically demanding role: **physical therapist Gina Giammanco**, at Red Hawk Physical Therapy (“She has the strongest hands and can get to the root of your problems”), and **Pilates instructor Greta Schroeder**, who teaches at YogaWorks and the Jewish Community Center (“She’s both nurturing and challenging”). To protect her skin from all that gunky makeup, Wicks relies on **aesthetician Pearl Dworkin**, at Optimum Skin Care. “Her deep-cleansing facials get the green out that never seems to go away,” Wicks says.

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WORLD-CLASS ROCK CLIMBERS ON WHO KEEPS THEM SUPPLE

Bad stuff is gonna happen when you’re climbing sheer walls: Ribs pop out. Shoulders pull. Tendons tear. That’s when Spider-Man-channeling climbers **Natasha Barnes** and **Ethan Pringle** turn to their favorite massage therapists. For soft-tissue repair, Barnes loves **Scott Schwartz**, of Psoas Massage + Bodywork, whose deep-tissue sports massage turned around her tendinitis; Pringle credits **Jim Donak**, an acupressure massage therapist favored by Circus Center aerialists and acrobats, with helping him get back into climbing shape after shoulder surgery.

SCOTT SCHWARTZ: 333 3RD ST., S.F., 415-227-0331, PSOASBODYWORK.COM; JIM DONAK: 815 CORTLAND AVE., S.F., 415-515-3282, DIVINGBUDDAH.COM



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BACK STORY

Hanging out for art

Climbing to the top of a pinnacle isn't exactly a job requirement for most photographers—but that's just what Rod McLean had to do a few years ago in order to shoot a health-related ad campaign. The danger was worth it: He's been an avid rock climber ever since, which is why he was the perfect person to shoot world-class climbers Natasha Barnes (pictured at left) and Ethan Pringle for **"How to Get This Healthy"** (page 52). McLean chose Goat Rock, in Sonoma County, for its stunning beach location. But once the session began, he quickly realized that it posed little challenge to these seasoned climbers. "I had wanted a shot that would make a viewer say, 'Holy shit, these guys are amazing!'" Luckily, Barnes and Pringle had some ideas of their own, so they jumped at the opportunity to do a little directing, offering advice on which positions and angles might look best.

So, did McLean also manage to score any free climbing lessons from the superstar duo? "That would be like them trying to teach me how to walk," he says. "I consider myself a good climber, but they're grabbing pieces of the rock that I don't even consider an option." ■

BY ERIN KORSMO