

Alternative Therapies

ATX Acupuncture and Chinese Medicine

100 Brickhill Ave., Suite 304, South Portland
Alexandra Gilmore, LAc, MAcOM
207-756-4301 – www.atxacu.com
See article on page 22 and ad on page 8

Center for Balanced Living, LLC

Craniosacral Therapy, Massage,
Polarity, EFT, Reiki, Group Meditations,
Workshops, Tarot Readings
74 Lunt Rd., Suite 206, Falmouth, ME
207-781-5100
www.mainecenterforbalancedliving.com
See ad on page 7

Karen St. Clair

Certified EFT Practitioner &
Usui Reiki II Holy Fire Master Teacher
Portland, ME
207-878-8315 • www.karenstclairft.com
See article on page 18 and ad on page 12

Presence of Mind Studio

Meditation & Mindfulness Classes
& Private Coaching
142 High St., Portland, ME
207-229-3444 • presenceofmindstudio.com
See article on page 28 and ad on page 15

Clinical Thermography

Inner Image

Ingrid Levasseur
5 Fundy Rd., Suite 10C, Falmouth, ME
207-781-6060 • www.myinnerimage.com
See ad on page 27

Elder Services

Home Care Assistance

Non-medical, In-home care
US Rt. 1, Shaw's Plaza, Falmouth, ME
207-835-4849
www.HomeCareAssistancePortlandMaine.com
See article on page 7 and ad on page 21

Lyme Disease

Midcoast Lyme Disease Support & Education (MLDSE)

Paula Jackson Jones, President & Co-Founder
4 Mills Rd (#120), Newcastle
207-446-6447 - www.mldse.org
Email: info@mldse.org
See article on page 11 and ad on page 19

Nutrition

The Holistic Health Approach

Stephanie Walsh
Nutrition, Fitness & Eating Psychology Coach
260 Western Ave., South Portland, ME
207-730-2208 • theholistichealthapproach.com
See ad on page 13

Personal and Professional Coach

Deb Bergeron, PCC

Ocean of Possibilities
100 Gray Rd., Falmouth
207-797-9007 - www.oceanofpossibilities.com

Psychotherapy Services

Vast Horizons Center for Personal Growth

Sparhawk Mill, 81 Bridge St., Yarmouth, ME
207-650-8052 – www.vasthorizons.com
See article on page 17 and ad on page 19

Resources

Soul Being

662 Congress St., Portland
207-805-1496 – www.soulbeing.com
See articles on pages 12 and 13 and
ad on page 6

Spa Services and Well Being

Craft Estética & Craft Salt

17 Ash St., Westbrook, ME
207-854-0602 • www.craftestetica.com
See article on page 11 and ad on page 9

Vein Health

Vein Healthcare Center

100 Foden Rd., South Portland, ME
207-221-7799 • veinhealthcarecenter.com
See article on page 14 and ad on back cover