

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 19 and ad on page 6

Center for Balanced Living, LLC

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

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 26

Touchpoint

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 11 and ad on page 30

Clinical Thermography

Inner Image

Ingrid Levasseur
5 Fundy Rd., Suite 10C, Falmouth, ME
207-781-6060 • www.myinnerimage.com
See ad on page 26

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 ad on page 26

Home Products & Services

Dunbar Water/Mr. H2O

Water Treatment Services
24 Shaw's Ridge Road, Sanford ME
866-426-2273 * www.mrh2o.com
See article on page 13 and ad on page 15

L-oma Buckwheat Pillows

The Bridges Foundation
35 Ossipee Trail, Standish, ME
207-595-8106 – www.L-oma.com
See ad on page 29

Robin's Nest LLC

Offering Water Gardens, Natural Swimming
Pools & Garden Swim Ponds
167 Mansion Road, Hollis
207-727-3910 – www.mygardenspa.com
See article on page 25 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 27 and ad on page 9

Nutrition

The Holistic Health Approach

Stephanie Walsh
Nutrition, Fitness & Eating Psychology Coach
260 Western Ave., South Portland, ME
207-730-2208 • theholistichealthapproach.com
See article on page 22 and ad on page 10

Personal and Professional Coach

Arbor Coaching

Jeff Arbor
Mindfulness Coach & Reiki Practitioner
802.734.1880 • www.jeffarbor.com
See article on page 18 and ad on page 13

Deb Bergeron, PCC

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

Jodi Flynn

jodi@womentakingthelead.com
www.womentakingthelead.com
See article on page 17

Psychotherapy Services

Vast Horizons Center for Personal Growth

Sparhawk Mill, 81 Bridge St., Yarmouth, ME
207-650-8052 – www.vasthorizons.com
See ad on page 30

Resources

Soul Being

662 Congress St., Portland
207-805-1496 – www.soulbeing.com
See ad on inside cover

Spa Services and Well Being

Craft Estética & Craft Salt

17 Ash St., Westbrook, ME
207-854-0602 • www.craftestetica.com
See ad on page 23

Vein Health

Vein Healthcare Center

100 Foden Rd., South Portland, ME
207-221-7799 • veinhealthcarecenter.com
See article on page 14 and ad on page 12