

Essential Resources

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 20 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 article on page 15 and ad on page 7

Enlightenment Transmission Foundation

www.daveoshana.com
See article on page 13 and ad on page 21

Presence of Mind Studio

Meditation & Mindfulness Classes
& Private Coaching
142 High St., Portland, ME
207.229.3444 • presenceofmindstudio.com
See ad on page 19

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 9 and ad on page 26

Clinical Thermography

Inner Image

Ingrid Levasseur
5 Fundy Rd., Suite 10C, Falmouth, ME
207.781.6060 • www.myinnerimage.com
See ad on page 28

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 19

Health & 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 17 and ad on page 23

Golden Ratio Products

4 Whites Bridge Rd, Windham
207.523.9169
www.goldenratioproducts.com
See article on page 18 and ad on page 7

CBD products

Lynda Adams
Brand Ambassador for Kannaway
207.650.4383
www.successfulbalancedliving.com
See ad on page 6

Lyme Disease

Midcoast Lyme Disease Support & Education (MLDSE)

Paula Jackson Jones, President & Co-Founder
4 Mills Rd (#120), Newcastle
207.446.6447 • info@mldse.org
www.mldse.org
See article on page 27 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
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Personal and Professional Coach

Arbor Coaching

Jeff Arbor
Mindfulness Coach & Reiki Practitioner
802.734.1880 • www.jeffarbor.com
See article on page 11 and ad on page 21

Deb Bergeron, PCC

Ocean of Possibilities
100 Gray Rd., Falmouth
207.797.9007 • www.oceanofpossibilities.com

Life Coaching School

Marie Laverriere
207.205.2521
www.lifecoach333.com
See article on page 9 and ad on page 6

Tammy Nonni

Certified Integrative Nutrition Health Coach
978.697.0526 • tamerella413@gmail.com
See article on page 10 and ad on page 31

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 14

Resources

Soul Being

662 Congress St., Portland
207.805.1496 • www.soulbeing.com
See ad on inside covers

Spa Services and Well Being

Craft Estética & Craft Salt

17 Ash St., Westbrook, ME
207.854.0602 • www.craftestetica.com
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