

# Essential Resources

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## Alternative Therapies

### **ATX Acupuncture and Chinese Medicine**

100 Brickhill Ave., Suite 304, South Portland  
Alexandra Gilmore, LAc, MAcOM  
207.756.4301 • [www.atxacu.com](http://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](http://www.mainececenterforbalancedliving.com)  
See article on page 15 and ad on page 7

### **Enlightenment Transmission Foundation**

[www.daveoshana.com](http://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](http://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](http://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](http://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](http://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](http://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.goldenrationproducts.com](http://www.goldenrationproducts.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](http://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](mailto:info@mldse.org)  
[www.mldse.org](http://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](http://theholistichealthapproach.com)  
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## Personal and Professional Coach

### **Arbor Coaching**

Jeff Arbor  
Mindfulness Coach & Reiki Practitioner  
802.734.1880 • [www.jeffarbor.com](http://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](http://www.oceanofpossibilities.com)

### **Life Coaching School**

Marie Laverriere  
207.205.2521  
[www.lifecoach333.com](http://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](mailto: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](http://www.vasthorizons.com)  
See ad on page 14

## Resources

### **Soul Being**

662 Congress St., Portland  
207.805.1496 • [www.soulbeing.com](http://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](http://www.craftestetica.com)  
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