

Essential Resources

Alternative Therapies

Center for Balanced Living, LLC

Multiple Practitioners & Services Provided
74 Lunt Road, Suite 206, Falmouth
207.781.5100 • mainecenterforbalancedliving.com
See ad on page 11

Infuse Health Clinic

Dr. Kimberly Zurich, ND, Lac
Acupuncture & Herbal Medicine
142 High Street, Suite 627, Portland
207.210.2388 • www.infusehealthclinic.com
See article on page 30 and ad on page 11

Integrative Health Center of Maine

Multiple Practitioners & Services Provided
222 Auburn Street, Portland
207.699.3830 • www.maineintegrative.com
See article on page 8 and ad on page 33

Touchpoint - Karen St. Clair

Certified EFT Practitioner &
Usui Reiki II Holy Fire Master Teacher
Portland • 207.878.8315 • karenstclairft.com
See ad on page 16

Presence of Mind Studio

Meditation & Mindfulness
Classes & Private Coaching
142 High Street, Portland
207.229.3444
www.presenceofmindstudio.com
See ad on page 17

Clinical Thermography

Inner Image, Ingrid Levasseur

5 Fundy Road, Suite 10C, Falmouth
207-781-6060 • www.myinnerimage.com
See article on page 15 and ad on page 6

Elder Services

Home Care Assistance

Non-medical, In-home care
US Rt. 1, Shaw's Plaza, Falmouth
207.835.4849
www.HomeCareAssistancePortlandMaine.com
See ad on back cover

Health & Home Products/Services

Dunbar Water/Mr. H2O

Water Treatment Services
24 Shaw's Ridge Road, Sanford
866.426.2273 • www.mrh2o.com
See ad on page 19

Golden Ratio Products

4 Whites Bridge Road, Windham
207.523.9169 • www.goldenratioproducts.com
See article on page 25 and ad on page 23

L-oma Buckwheat Pillows

The Bridges Foundation
35 Ossipee Trail, Standish
207.595.8106 • www.L-oma.com
See article on page 9 and ad on page 19

Mindful Earth Herbals

CBD Products & Herbal Medicine
Raymond, ME • 617-699-3963
www.mindfulearthME.com
See article on page 10 and ad on page 11

Fitness

Honor Movement Studio

Yoga, Barre, Dance, Sculpt
502 Stevens Avenue, Portland
207.615.6149 • honormovementstudio.com
See article on page 28 and ad on page 8

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 ad on page 17

Nutrition

The Holistic Health Approach, Stephanie Walsh

Nutrition, Fitness & Eating Psychology Coach
260 Western Ave., South Portland
207.730.2208 • theholistichealthapproach.com
See article on page 22 and ad on page 26

Tammy Nonni

Certified Integrative Nutrition Health Coach
978.697.0526 • tamerella413@gmail.com
See article on page 16 and ad on page 20

Personal and Professional Coach

Arbor Coaching, Jeff Arbor

Mindfulness Coach & Reiki Practitioner
200 High Street, Suite 3B, Portland
802.734.1880 • www.jeffarbor.com
See article on page 27 and ad on page 19

Psychotherapy Services

Vast Horizons Center for Personal Growth

Sparhawk Mill, 81 Bridge Street, Yarmouth
207.650.8052 • www.vasthorizons.com
See ad on page 29

Resources

Soul Being

662 Congress Street, Portland
207.805.1496 • www.soulbeing.com
See ad on inside front cover

Spa Services and Well Being

Craft Estética & Craft Salt

17 Ash Street, Westbrook
207-854-0602 – www.craftestetica.com
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