

Essential Resources

Alternative Therapies

Center for Balanced Living, LLC

Massage, Reiki, Craniosacral, Acupuncture & more
74 Lunt Road, Suite 206, Falmouth
207.781.5100 • mainecenterforbalancedliving.com
See ads on page 6 & 18

Infuse Health Clinic

Dr. Kimberly Zurich, ND, Lac
Acupuncture & Herbal Medicine
142 High Street, Suite 627, Portland
207.210.2388 • www.infusehealthclinic.com
See ad on page 6

Integrative Health Center of Maine

Multiple Practitioners & Services Provided
222 Auburn Street, Portland
207.699.3830 • www.maineintegrative.com
See ad on page 24

Sarah Buck, ND, Naturopathic Medicine

224 E. Main St., Yarmouth
207.200.6597 • www.sarahbucknd.com
See articles on pages 7 & 25 and ad on page 17

Sacred New Beginnings

ThetaHealing, Nancy Bariluk-Smith
207.502.7118 • sacrednewbeginnings.com
See article on page 8 and ad on page 13

Touchpoint - Karen St. Clair

Certified EFT Practitioner &
Usui Reiki II Holy Fire Master Teacher
Portland • 207.878.8315 • karenstclairft.com
See article on page 23 and ad on page 15

Vast Horizons Center for Personal Growth

Audrey McMorrow
Holistic Counseling & Psychosynthesis
Sparhawk Mill, 81 Bridge Street, Yarmouth
207.650.8052 • www.vasthorizons.com
See ad on page 29 & 33

Clinical Thermography

Inner Image, Ingrid Levasseur

5 Fundy Road, Suite 10C, Falmouth
207.781.6060 • www.myinnerimage.com
See ad on page 8

Health & Home Products/Services

Golden Ratio Products

4 Whites Bridge Road, Windham
207.523.9169 • www.goldenratioproducts.com
See ad on page 18

Mindful Earth Herbals

CBD Products & Herbal Medicine
Raymond, ME • 617-699-3963
www.mindfulearthME.com
See article on page 14 and ad on page 6

Northeast Laboratory Services

Air, Water & Environmental Testing
120 Main St., Westbrook
866.591.7120 • www.nelabservices.com
See article on page 9 and ad on page 17

Fitness

Honor Movement Studio

Yoga, Barre, Dance, Sculpt
502 Stevens Avenue, Portland
207.615.6149 • honormovementstudio.com
See article on page 16 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 article on page 28 and ad on page 26

Nutrition

The Holistic Health Approach, Stephanie Walsh

Nutrition, Fitness & Eating Psychology Coach
260 Western Ave., South Portland
207.730.2208 • theholistichealthapproach.com
See ad on page 15

Spa Services and Well Being

Craft Estética & Craft Salt

17 Ash Street, Westbrook
207.854.0602 • www.craftestetica.com
See ad on page 18

Therapy Services

Crossroads

Addiction & Behavior Health Treatment
71 US Route 1, Scarborough
877.978.1667 • www.crossroadsme.org
See article on page 19 and ad on inside cover