

# Essential Resources

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## Alternative & Integrative Health

### Body & Soul Health Solutions

Massage, Reiki & Craniosacral Therapy  
74 Lunt Road, Suite 206, Falmouth  
207.781.5100 • bodysoulmassagereiki.com  
See ad on page 15

### Flourish-Arts as Sacred Healing, LLC

Art Gallery, Artisan Shop, Art & Healing Workshops, Reiki, Reflexology, Music, Performance, Psychic Readings/Gallery Events  
140 Main St., Ste 105, Biddeford  
508.728.4984 • flourishme.life  
See article on page 6 and ad on page 20

### Infuse Health Clinic

Dr. Kimberly Zurich, ND, Lac  
Acupuncture & Herbal Medicine  
142 High Street, Suite 627, Portland  
207.210.2388 • infusehealthclinic.com  
See article on page 19 and ad on page 6

### Inner Image Health Screening

Clinical Thermography & NES Health Services  
Ingrid Levasseur  
5 Fundy Road, Suite 10C, Falmouth  
207.781.6060 • myinnerimage.com  
See articles on pages 7 & 28  
and ads on page 20 & 22

### Karen St. Clair

Certified EFT Practitioner &  
Usui Reiki II Holy Fire Master Teacher,  
Portland • 207.878.8315 • karenstclairft.com  
See article on page 21 and ad on page 13

### Sacred New Beginnings

Nancy Bariluk-Smith, ThetaHealing  
207.502.7118 • sacrednewbeginnings.com  
See ad on page 11

### Sarah Buck, ND

Naturopathic Medicine  
224 E. Main St., Yarmouth  
207.200.6597 • sarahbucknd.com  
See ad on page 15

## Dental

### Kennebunk Center for Dentistry

2 Livewell Dr., Suite 105, Kennebunk  
207.985.7944 • kennebunkdental.com  
See article on page 9 and ad on page 29

## Health & Home Products/Services

### Mindful Earth Herbals

CBD Products & Herbal Medicine  
Raymond, ME • 617.699.3963  
www.mindfulearthME.com  
See ad on page 6

### Northeast Laboratory Services

Air, Water & Environmental Testing  
120 Main St., Westbrook  
866.591.7120 • nelabservices.com  
See article on page 14 and ad on page 15

## Lyme Disease

### Midcoast Lyme Disease

Support & Education (MLDSE)  
Paula Jackson Jones, President & Co-Founder  
4 Mills Rd (#120), Newcastle  
207.446.6447 • mldse.org • info@mldse.org  
See article on page 26 and ad on page 24

## 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 8 and ad on page 13

### Nicolaus Bloom, Certified Integrative Health Coach

Nutrition and Lifestyle Coach  
PO Box 211, Portland  
207.749.5952 • nicolausbloom.com  
See article on page 16 and ad on page 22

## Spa Services and Well Being

### Craft Estética & Craft Salt

17 Ash Street, Westbrook  
207.854.0602 • craftestetica.com  
See ad on page 7

## Therapy Services

### Crossroads

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

### Vast Horizons Center for Personal Growth

Audrey McMorrow  
Holistic Counseling & Psychosynthesis  
Sparhawk Mill, 81 Bridge Street, Yarmouth  
207.650.8052 • vasthorizons.com  
See ad on page 27