

Essential Resources

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 25

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 ad on page 23

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 10 and ad on page 7

Inner Image Health Screening

Clinical Thermography & NES Health Services
Ingrid Levasseur
5 Fundy Road, Suite 10C, Falmouth
207.781.6060 • myinnerimage.com
See ads on page 3 & 22

Karen St. Clair

Certified EFT Practitioner &
Usui Reiki II Holy Fire Master Teacher,
Portland • 207.878.8315 • karenstclairleft.com
See article on page 7 and ad on page 13

Sacred New Beginnings

Nancy Bariluk-Smith, ThetaHealing
207.502.7118 • sacrednewbeginnings.com

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 ad on page 29

Health & Home Products/Services

Mindful Earth Herbals

CBD Products & Herbal Medicine
Raymond, ME • 617.699.3963
www.mindfulearthME.com
See article on page 26 ad on page 8

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 12 and ads on page 20 & 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 21 and ad on page 15

Nicolaus Bloom, Certified Integrative Health Coach

Nutrition and Lifestyle Coach
PO Box 211, Portland
207.749.5952 • nicolausbloom.com
See ad on page 11

Spa Services and Well Being

Craft Estética & Craft Salt

17 Ash Street, Westbrook
207.854.0602 • craftestetica.com
See ad on page 23

Therapy Services

Crossroads

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

Vast Horizons Center for Personal Growth

Audrey McMorrow
Holistic Counseling & Psychosynthesis
Sparhawk Mill, 81 Bridge Street, Yarmouth
207.650.8052 • vasthorizons.com
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