

Essential Resources

Alternative & Integrative Health

Body & Soul Health Solutions

Massage, Reiki & Craniosacral Therapy
74 Lunt Road, Suite 206, Falmouth
207.781.5100 • bodysoulmassagereiki.com

Embodiment Therapeutic Massage & Energy Healing

Tierney McCarver, LMT
Structural Relief Therapy, Positional Release
Therapy, Medical Massage, Pranic Healing,
PSYCH-K® Facilitator
Office inside Visibility
1041 Washington Ave, Portland, Maine 04103
928.848.7471 • Tierneymccarver@gmail.com
www.embodimenttherapeuticmassage.com
See article on page 6 and ad on page 11.

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 9.

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 16.

Inner Image Health Screening

Clinical Thermography & NES Health Services
Ingrid Levasseur
5 Fundy Road, Suite 10C, Falmouth
207.781.6060 • myinnerimage.com
See article on page 26 and ads on page 3, 8, & 23.

Karen St. Clair

Certified EFT Practitioner &
Usui Reiki II Holy Fire Master Teacher,
Portland • 207.878.8315 • karenstclaireft.com
See article on page 14 and ad on page 13 & 29.

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 article on page 16 and ad on page 29.

Dental

Kennebunk Center for Dentistry

2 Livewell Dr., Suite 105, Kennebunk
207.985.7944 • kennebunkdental.com
See ad on page 11 & 29.

Health & Home Products/Services

Mindful Earth Herbals

CBD Products & Herbal Medicine
Raymond, ME • 617.699.3963
www.mindfulearthME.com
See ad on page 9.

Northeast Laboratory Services

Air, Water & Environmental Testing
120 Main St., Westbrook
866.591.7120 • nelabservices.com
See ad on page 15 & 27.

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 ad on page 3.

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 20.

Nicolaus Bloom, Certified Integrative Health Coach

Nutrition and Lifestyle Coach
PO Box 211, Portland
207.749.5952 • nicolausbloom.com

Therapy Services

Crossroads

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