

Essential Resources

Acupuncture

Peck's Family Acupuncture and Wellness Studio

Jessica Peck, L.Ac.
813 Main St, Waterboro, ME
207.247.7388 • pecksfamilyacupuncture.com
jessica@pecksfamilyacupuncture.com
See article on page 9 and ad on page 16.

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 15 ad on page 12.

Inner Image Health Screening

Clinical Thermography & NES Health Services
Ingrid Levasseur
5 Fundy Road, Suite 10C, Falmouth
207.781.6060 • myinnerimage.com
See ad on page 14.

Karen St. Clair

Certified EFT Practitioner &
Usui Reiki II Holy Fire Master Teacher,
Portland • 207.878.8315 • karenstclairaft.com
See article on page 7 and ad on page 10.

Sarah Buck, ND

Naturopathic Medicine
224 E. Main St., Yarmouth
207.200.6597 • sarahbucknd.com
See ad on page 17.

Health & Home Products/Services

Northeast Laboratory Services

Air, Water & Environmental Testing
120 Main St., Westbrook
866.591.7120 • nelabservices.com
See ad on page 12.

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 18 and ad on page 2.

Nutrition

The Holistic Health Approach,

Stephanie Walsh

Nutrition, Fitness & Eating Psychology Coach
260 Western Ave., South Portland
207.730.2208 • theholistichealthapproach.com
See articles on page 13 and ad on page 10.

Nicolaus Bloom,

Certified Integrative Health Coach

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