



# New England Holistic Health Association

**Winter/Spring 2012  
Holistic Journal of Medicine  
Plus the NESHHA  
Holistic Resource Directory**

**Page 5: The Passion and Life Experiences of Reiki**  
**Page 7: Craniosacral Biodynamics**  
**Page 9: Safe Alternatives**  
**Page 10: Finding Your Balance**  
**Page 12: Laughter is Good for Your Health**  
**Page 14: Maintaining a Strong Immune System**  
**Page 15: Winter: A Chinese Medicine Viewpoint**  
**Page 39: Spring: Traditional Chinese Medicine Viewpoint**

# The Herbal Path

A NATURAL PHARMACY

839 Central Avenue  
Dover, NH 03820  
(603) 740-8400

BEAN-O-RAMA PLAZA  
599 Lafayette Road  
Portsmouth, NH 03801  
(603) 766-6006

[www.herbalpath.com](http://www.herbalpath.com)



**JOURNEY TO WELLNESS**  
INTEGRATIVE MEDICAL CENTER

Journey to Wellness is a diverse group of practitioners committed to assisting people achieve their personal wellness goals by providing an integrative approach to healing while embracing both conventional and alternative medical options. Our purpose is to create optimal health and balance for all who wish to take part in their own healing journey.

[www.JTWNH.com](http://www.JTWNH.com)

839 Central Avenue | Dover, NH  
(Located next door to The Herbal Path)

# New England Holistic Health Association



[www.NEHolisticHealth.org](http://www.NEHolisticHealth.org)



*Our Rising Tide Will Lift All Boats*

## The New England Holistic Health Association (NEHHA)

NEHHA is an organization of healthcare professionals united to promote, teach and support the philosophy of holistic healthcare as an exemplary practice, which seeks optimal integration of body, mind, emotion and spirit.

NEHHA is a nonprofit association of Holistic Health Care Providers. We hold ourselves to an exceptionally high standard of patient care. We are a diverse group of doctors, acupuncturists, nurses, massage therapists, homeopaths, reiki practitioners, counselors, naturopaths, chiropractors, herbalists, and energy therapists, among other professionals

Questions?

Contact us at [info@NEHolisticHealth.org](mailto:info@NEHolisticHealth.org)

Visit our website at [www.NEHolisticHealth.org](http://www.NEHolisticHealth.org)

To join NEHHA:

Submit application forms from website.

### Executive Board

Joseph Carringer, President

Ron Stock, Treasurer

Sandy Tucker, Secretary

Janice Anderson, Board Member

Pamela Gerry, Board Member

Jan Stiles, Board Member

Cristyn Peters, Board Member

Nicole Andre, Board Member

(\* ) next to name denotes Executive Board members in guide listing

NE Holistic Health Association website and resource guide produced by:

JHP Studios Portsmouth, NH

(603) 433-7465

“Specializing in advertising and marketing solutions  
for better living businesses”

## The Passion and Life Experiences of Reiki

Michele Lowry, RMT  
Nikoe Natural Therapies

Reiki is definitely an experience to be seen as each person or animal will respond differently. My work focuses on animals (horses, dogs, cats) and I wish I had a camera to show you the visual amazement and verbal expressions that the owners share as they watch their animal not only respond to the Reiki session but guide the session. Following a session I often receive e-mails stating: "I just came back from bringing horses in for the night and Marut acted positively 10 years younger!", or "Hannah was a more relaxed dog right from the time we left your office".

This work has become a passion of mine as I become a communicator between the animal and their owner. We unravel the unknown history which can explain behavior issues or unexplained physical injuries. We watch as an animal tells his/her story and immediately becomes settled and relaxed as the secret they have been carrying is released, and they can begin to heal and move forward in their healing process. Each animal has a story to tell or a situation they want to share, this is the work that I offer.

When physical trauma is the concern, the use of Reiki, Essential Oils and Gem stones has incredibly positive effects. These holistic options provide the tools for the body to heal itself, fixing the root cause and not the symptoms, sometimes without the use of drugs. I love to watch these animals return for their second or third session and a whole new animal is walking through the door. This becomes more apparent with the horses (although they don't walk through my door!) because with their sheer size the changes are magnified. I have seen animals have 'hissy' fits as the Reiki unleashes pent up anger, upset or trauma. I have watched as these energies are

released and the animal settles, relaxes and takes a HUGE sigh.

Each experience is as important as the next. Very often the healing session for the animals is also affecting the owner as they feel the release and are so relieved that their animal is feeling better. Sometimes the animal and owner have shared similar experiences in their life and this is when I call the session a 2 for 1 deal, as both are receiving a healing. Occasionally the animal will be their on false pretences as it is their owner who the animal feels would benefit from a Reiki session - the unknowing into the knowing is the fascination of this incredible modality.

### The Greatest Teachers and Companions we could ask for!

My life has been about learning to communicate with these incredible beings, that they have so much to share with us and teach us, unconditionally. I have learned so much from these animals and my personal experiences have driven me to ensure that our animals have a voice in their lives and the lessons they wish to share with their owners. I am telling you, when you tap into this in-

credible knowledge life will never be the same again. These relationships are not 'normal', they are phenomenal, unbelievable and keep you in a place of sheer admiration and love for these creatures.

I have had a special bond with animals since I was a child. A natural admiration and respect for them, but also an understanding and gentleness around them. As a 9 year old I was introduced into the horse world and have never looked back. Always being given the 'difficult' horses to ride I became very capable of learning how to understand their needs and was never concerned about whether the horse was 14.2 hands or 16.3 hands (and being a short kid, I often had to find many different apparatus to mount my steed!!).

In my twenties I got my first dog. A Rhodesian Ridgeback named Kobo. He taught me about myself, how to be confident and sociable, about how to be his voice in this world, to be strong enough to speak up and ask questions when he was sick and to listen to him when he said it was time for him to transition out of this world. He died from a vaccination which caused lupus and kidney



failure.....so began an incredible journey that has got me here today! He taught me even following his death, to learn about nutrition, vaccines, toxic chemicals and how to listen to the needs of our animals.

It changed my life and the life of Nira, my second Rhodesian Ridgeback (Kobo's son). I learned about how nutrition, preservatives, chemicals and sub-standard foods create physical and emotional imbalances. I learned about fear aggression, what it was (acting without thinking, then thinking and apologizing!). I wanted to 'turn around' the thought process, and realized that if he was toxic, this affected his ability to make good decisions, or consistent decisions. Nutritional changes, cleansing toxins from his body, and a year of retraining began the journey to heal Nira of his fear aggression. This dog was kind, quiet and gentle. His life was one of reflection for me also. Self esteem, self confidence, goal setting, purpose. He, like his father, had an incredible following of people who loved him. He did not give out his love and kisses unless you earned it - so as a friend of mine once said - WOW, I feel honored, I was kissed by Nira. Nira taught me about life after life, when to let go, when to honor the transition and that, just like Kobo, he would be back to visit and continue to work with me and protect me.

Both of these dogs created a fun and exciting life as we traveled from place to place over the years seeking out what life was all about, and this article is certainly a very shortened version of our experiences together. In between my two dogs I was blessed with one of my biggest teachers, a horse named Echoe. He continues to be an incredible rock in my life and teaches me something new every single day that I spend with him. There is always humor in his teachings, whether we are riding together in the woods, or discussing life out in the field or in his stall while

I am grooming him. This horse is a special being and through our communication together I have created a reality in my life that I could never have dreamed of. He is now working with people, to guide them when they are fearful, 'stuck' or looking for guidance. Its an incredible experience as he delivers his messages to them, from kids to adults!

Through this incredible equine I found a way to transition out of the Corporate world and into this amazing field of holistic health care. I have been gifted with many wonderful teachers and mentors along the way and always have been in the right place at the right time. I could write so much about my experiences with Echoe that would make you laugh, cry and want to give him a big hug!

I am now gifted with all of this incredible knowledge, and a dog named Dasher who has been my working companion for the last 4 years. Dasher attends all of my private sessions and classes, including the meditation class on Monday nights. He will sit with people and offer them his huge heart and unconditional love. He is with me always and makes wonderful decisions about who to help and when. He and I have a bond that has created the 'training' that we need to live and work together. A gift that I am forever grateful for.

My intention is that as you read this article you feel the passion and love I have for animals, and that my work with them always reflects this. I am blessed to have been guided to this work, there are no office hours which I learned when dogs in the dog parks will approach me and ask me for Reiki or talk to me about their issues - it is not possible to tell a dog they didn't make an appointment! Those who have passed on will come to me with messages for their owners and it is always at a time when their owner has needed the guidance.

We have a lot to learn from our animal companions. My favorite saying is: "Is it bad behavior or communication?". Learning about being in present time is as simple as watching an animal, a cow in the field, a horse munching on grass, or your dog playing with a stick. Their focus is on the task at hand. We, as people, tend to be either in the past - the things we forgot to do - or in the future - the things we need to do. I invite you to take some time today and BE PRESENT! Let me know how it feels.....

Reiki healing is so effective on animals because they are in the present moment. They focus only on the healing and get immediate relief from either physical or emotional trauma. They guide my hands to where they need the energy and will stay riveted in that position, or fall asleep, until the energy blockage has cleared. They choose to remain and continue with the session, walk away to process the changes or to go to the door because the session is complete. It is effective as a stand alone modality or in conjunction with regular veterinary care. Reiki improves healing time and reduces the need for pain medication. For abused or neglected animals, they are able to tell their story and release the negative emotions, allowing them to heal. Sometimes a tear jerker, but ALWAYS a happy ending!

(207) 289 0009  
info@nikoenaturaltherapies.com  
www.nikoenaturaltherapies.com

## CRANIOSACRAL BIODYNAMICS

Paul Gordon, M.A., Advanced Rolfer  
Movement and self-correction are fundamental capabilities of living organisms. The biodynamic perspective encourages appropriate, healthy movement by facilitating the body's inherent ability to self-correct.

Two kinds of movement the biodynamic practitioner evaluates are mobility (e.g., lifting the arm, turning the head, bending over) and motility. Motility refers to the body's internal movements and it includes such single directional motion as motion of the cells, passage through the gut, and pumping of the heart.

Other kinds of intrinsic motile motion are not single directional like those, but are bi-directional (or tidal.) These movements occur in one direction and then are followed by movements in the opposite direction. Bidirectional, tidal motions include the movement of the brain and spinal cord, which slightly lengthens and shortens every six to eight seconds. Another is that of the internal organs, which rotate around their axis of embryological development every seven to nine seconds. Approximately every twelve seconds, the entire body widens and then narrows. At around fifty seconds, a skilled practitioner can feel his or her client's body begin to expand, almost like a ball getting bigger. Fifty seconds later, it starts getting smaller again.

When we are injured – or expect to be injured – we give up mobility for stability. We limp, we pull our heads into our shoulders; we engage in evasive, protective behavior. Protective changes occur in both mobility and motility. Motility may become limited in either or both of the tidal directions.

The ability to self-correct is apparent every time we cough to remove dust from our throats, when we sweat after becoming hot, when calcium

moves out of the bones as it is depleted in the blood stream. These last two forms of self-correction are known as homeostatic mechanisms, mechanism that brings us back from the edge, that allow us to maintain a healthy balance.

Self-correction is usually noticed as it happens: we see the sweat, hear the cough. But the potential for correction can also be felt; it can be sensed. The biodynamic practitioner senses not simply the action that has occurred, but the phenomenon of self-correction itself. A skilled practitioner can sense the quality of a person's mechanism of health: its ability for resetting a dysfunction, whether that dysfunction is a vertebral subluxation, an emotional holding pattern, an inability to move something through the colon, or the weakening of the drive for self-preservation.

The potential that is felt is as real and substantial as movement of a limb or the stiffness of a muscle. This potential is something we are familiar with when we say someone has a lot of vitality. We feel it ourselves when after a period of being ill, we can sense that something is about to change in our body; even though we may still be sick, we can tell that our health is shifting. The skilled practitioner can take that potential and quantify it with remarkable accuracy. To the practitioner, the phenomenon of self-correction, the capability to heal, is alive and very real. The mechanism of health has shape, fluidity, density and force.

To some, the ability to sense such subtle phenomena is hard to fathom. But the ability isn't really that rare. The experienced sailor can tell when a storm is coming; the hunter "knows" his prey is near. I recently watched a television show about a "dog whisperer." I noticed how remarkably similar his terms for describing what he did were to the words I use when describing my work. Practitioners speak of "sensing" rather than a par-

ticular sense such as touch, hearing, vision or smell. Certainly we employ all our senses when working – as well as intuition and years of experience.

The biodynamic approach is one where the practitioner precisely senses a client's dysfunction and then, by contacting and interacting with both the person's dysfunction and his/her ability for self-correction, encourages the body to change from the inside out. Rather than putting force into the person in order to create change from the outside in, it is the body itself that heals.

To this date no books have been written for the general public about the biodynamic perspective. (There are many books, mostly written by osteopathic physicians, but they are for practitioners. This website links to an article by Drs. John McFarland and Evelyn Skinner, *The Biodynamic Model in Cranial Osteopathy*, which has a long bibliography.) Even those books and articles, however, eventually come to a point where the actual mechanism by which change occurs becomes very difficult to define.

Over the centuries, scientists have used the technology of their time to define physiological and anatomical processes. The Romans spoke about canals and pumps; today we often use terms from computer science. The biodynamic perspective was originally described by Dr. William Garner Sutherland in the 1940's and 50's. He used analogies to automotive technologies in discussing the mechanisms but eventually, Dr. Sutherland's scientific definitions were no longer adequate to explain his clinical observations. He felt, and many others have felt likewise, a great temptation to move into metaphysics because what takes place seemed so magical. Sutherland wrote about "the breath of life" and the "Master Mechanic."

So how do I think change happens? It is absolutely certain that something has occurred. From years of testing motion within a joint or in the body as a whole, it is clear to me (and to the client) that the movement before and after a session is more appropriate: freer and less painful. While I cannot positively define the mechanism, I can describe what it feels like and from that, make suggestions for what may have happened.

When I sit quietly with a person on the table, almost immediately I will notice generalities about the health or lack of health within my client's body. Something, for instance, is constricted around a particular vertebra; there is a limitation in expiration; this person's health is strong – or weak. After a short while (about five to ten minutes), I begin to detect subtle movements within the structure. These are the tidal motions. Soon afterwards, I am able to feel which movements are free and which are not. A motion will be restricted in one or more directions. This is protection against injury: we contract, we pull away, we stop moving and we rotate. The response happens at a global, body level and at a local, tissue (and even cellular) level. As I said earlier, this response is in reaction to injury or the expectation of further injury. The practitioner can sense the body as a whole and the individual part giving up movement. With sufficient understanding of anatomy, it is possible to locate the restricted area down to a few millimeters. Often, a good practitioner can tell, for instance, whether the limitation is in a vertebral disk or whether it is in the facet right next to it.

Sitting there, just gently tracking what is moving and what is not, not trying to change anything, I become aware of another sensation: an even more subtle potential, the capability for self-correction, the mechanism of health.

I said that the therapist interacts with the client's mechanism of self-correction. The practitioner also has

a mechanism of self-correction. An essential quality of the skilled practitioner is the ability for self-contact, to sense his/her own self-correcting mechanism. (In my case, thirty-five years of meditation have helped enormously.) Once I have sensed the dysfunctional part of the client – I don't need to touch it; it is enough that I sense it precisely – I then allow the self-correcting part of me to sense first the dysfunctional and then the self-correcting part of my client.

Finally, I make one more interaction. Our universe, certainly the earth and everything upon it, can be thought of as a living organism. (No matter what we humans do, the earth itself will survive and reset itself. It probably won't be the way it was before we damaged it, but the earth is also capable of self-correction.) There is a greater organism – if we want to use that term – that can be contacted by the practitioner. This vastness has been spoken about in every culture, in every time; it is alive and can be sensed. I don't make more of it than that; I just feel it.

If the contact between the self-correcting mechanism of the therapist, the client, and the greater "organism" is deep enough, the practitioner will, in time, sense the client's body preparing to change. The area of restriction may intensify. (Some clients sense the intensification; others don't.) The internal, dysfunctional movements become smaller and quicker until finally, they stop entirely. This quiet moment, this still point, may last for seconds or longer.

Because we are alive, movement must of course begin again. After those moments of stillness, one can feel the organism, like a computer readying to re-boot, starting to reset itself. It is in the "re-booting" that the corrective change takes place. The part of the body that has been dysfunctional (the muscular contraction, the emotional holding pattern, the joint restriction) changes in tone and position, correcting itself

to a more appropriate pattern. At the same time the structure alters, the client's neurology shifts, moving from the sympathetic, "fight or flight" reaction to a more quiet, digestive, parasympathetic response.

Why does it shift in the direction of freedom rather than into more dysfunction? We know that all systems move naturally toward using less energy. One reason correction may occur is because it takes less energy for the system if the individual (and collective) parts are in an appropriate position than it does for them to be in a protected pattern. Another possibility for increased freedom may relate to the idea of "vastness." For thousands of years, teachers have said that an "optimizing, healing force" is an aspect of the vastness. My clients and I have certainly experienced this during our sessions.

Whatever the reason for the change, my guess that what is necessary for the actual mechanism of the interaction to occur is related to what is known as entrainment. The best known example of entrainment is what occurs when a number of women stay together in a cabin for a prolonged period. It has been observed that when women share a space for an extended time, their menstrual periods begin to occur simultaneously. I suspect that when I become very quiet, my system entrains with the person on the table and I am able to facilitate change that wouldn't otherwise occur.

When injured, we said, the organism goes into a protective response. If the pain persists, the body will stay in an adaptive pattern. (This relates, of course, to emotional as well as physical pain.) As far as the organism is concerned, it has found the best possible reaction to a difficult situation. The self-correcting mechanism has worked but with limited results. As the biodynamic practitioner entrains with the organism, the self-correcting mechanism "re-boots" us to a higher level of functioning. The practitio-

ner doesn't add anything. He/she doesn't heal the injury; the organism does as the mechanism for correction is optimized.

The job of the practitioner is one of precise interaction. Often clients will ask me if I am working with "energy" and have sometimes described me as an "energy healer." I am reluctant to use those terms because they feel unclear to me. Acupuncturists, Reiki practitioners, esoteric therapists, all use the word energy and it doesn't

always mean the same thing. Also, there is something about the word that seems mysterious and I am not certain that mystery is necessary. I believe what I sense is a natural process and even though the process has not been clarified, it is not occult.

I am aware that when I speak of "self-correcting mechanisms, the drive for self-preservation, re-booting, entrainment", and, not least, "an optimizing, healing force" within "a vastness," I am using metaphors and

not touching the thing itself. Inevitably, practitioners say that the body-dynamic perspective is experiential. It is something the practitioner and patient/client experience in their bodies. In time, it is certain we will know much more. But whatever the mechanism, the results for the client are extraordinary. For the practitioner, it is a privilege and a joy.

(207) 439-8522  
(617) 628-6661  
www.PaulGordonRolfer.com

### Safe Alternatives

Amy Bregy  
Earth's Energy

Did you know that there is a shortage of pharmaceutical medications? The medications include chemotherapy drugs, heart medications and newly added to the list, antibiotics. Now this can be scary for a lot of people and according to the news may have been responsible for 16 deaths already.

Luckily there are safe alternatives to those drugs and with virtually no side effects.

Essential oils are the life force of a plant as blood is the life force of humans. Research has shown that essential oils have a similar structure as human cells and tissue. Essential oils are compatible with human protein, therefore are readily identified and accepted by the human body. This allows for therapeutic results with virtually no side effects.

Research has also shown when Essential oils are diffused in the air that they can increase atmospheric oxygen and increases negative ions in the air, which inhibits bacterial growth.

This being said, it is of vital importance that the above results can only be said of Therapeutic grade essential oils. Adulterated essential oils can contain toxic material that is

harmful and is better suited for aromatic uses only.

The Raindrop technique is a great way to experience the phenomenal effects of Therapeutic essential oils. The technique uses 7 single oils, oregano, tyme, basil, wintergreen, marjoram, cypress and peppermint. And two blends Valor (aka chiropractor in a bottle) and Aroma siez (used for muscle spasms and muscle tension). The oils are applied to the feet, and then dropped like rain along the spine. Then gently massaged along the vertebrae and back and neck muscles. It is topped off with a hot compress to melt away stress and tension and to drive the oils down to

the cellular level. In short, the benefits of Raindrop technique go well beyond the physical benefits of massage. They help every aspect of life, physically, mentally and emotionally, often relieving a variety of issues in a single treatment. Raindrop technique can not only help relieve pain and restore immediate physical well-being, but it can set in motion healing processes that will last for weeks, and with regular treatments will bring the body back to balance to restore vitality in mind, body and spirit. Let's start your Journey to Wellness.

(207) 475-5158  
www.yourearthenergy.com  
amy@yourearthenergy.com



## Finding Your Balance

Margaret Angarella  
Personal Food Coach  
Guided Nutrition LLC

Today's busy lifestyles often don't afford us a lot of time to focus on ourselves. We are always rushing to keep appointments and deadlines, our days and evenings full with commitments. Like hamsters in a wheel running round and round until we finally get to step off and the wheel stops for that day. Taking the time to eat a balanced diet falls to the bottom of the list. Rather than fueling our bodies with nourishing food and eating in a relaxed state of mind as we should, we are forced to grab something quickly or may even end up skipping meals to stay within our critical timetable. Continually making unhealthy food choices, combined with the stresses of our over-scheduled routine, lack of sufficient exercise, inconsistent sleep and external environmental toxins can all place a tremendous burden on our bodies. What's the solution? Understanding what you eat directly affects your overall vitality is the first step toward a healthier lifestyle.

### **Support a Healthy Body, Transform Your Diet**

Our body functions optimally when it is most alkaline. The urine, blood and saliva, digestive and other bodily fluids inside and outside the body's cells each have an optimum pH level, with the blood pH representing the most significant of all. At rest, normal blood pH of the human body is slightly alkaline around 7.4 on a pH scale. The pH abbreviated for power of Hydrogen is a measured unit of acidity and alkalinity of a solution. It is numerically equal to 7 for neutral solutions, increasing alkalinity, 14 equaling maximum and decreasing with increasing acidity, 0 equaling maximum acidity. Consumption of too many carbohydrates, meat, dairy, sugar and too few fresh vegetables



and fruit are all culprits that contribute to a pH imbalance in our bodies. Acid forming foods are categorized as such because of the way they are metabolized in the human body.

When our bodies become overly acidic our defense mechanisms kick in to keep the damaging acid from entering our vital organs. Our bodies work very hard to neutralize and detoxify the acids before they have

a negative effect on the body's cells. In many instances magnesium is robbed from the bones in an effort to help maintain an optimal alkaline level. Too much acidity results in a physical environment that promotes the growth of bacteria, fungus, viruses, yeast and unhealthy microorganisms. A pH imbalance establishes an anaerobic (lacking oxygen) biological setting for serious health issues to develop such as obesity,

undesired weight loss, mineral deficiencies in bones, reduced muscle mass, allergies, prolonged fatigue, skin problems like acne and eczema and digestive disorders, joint aches, headaches, accelerated aging and chronic disease. Your pH can be determined with urine or saliva testing. Once identified, you can positively influence your pH and overall well-being by making good food choices and adopting sustainable lifestyle practices that encourage pH balance.

Alkaline foods are those whose nutrient content after digestion contribute to the body's pH level from 7.35-7.45. Our bodies thrive and flourish when our pH is approximately 7.4. Studies indicate that consuming oxygen rich foods such as organic green leafy vegetables, organic fresh fruits, legumes, nuts, herbs and spices help to support a healthy body. Eating an alkaline diet consisting 80% green vegetables and eating less than 20% of acidifying foods (i.e. meat, dairy, alcohol, coffee, black tea, chocolate) can prove to be the beneficial balance important to good overall health. Consuming whole foods with the focus on vegetables such as kale, mustard greens, beet greens, collard greens, swiss chard, endive, celery, onions, asparagus, winter squash, and root vegetables like sweet potatoes, beets, parsnips and carrots. Berries, tangerines, pineapple, cantaloupe, watermelon, limes, nectarines, apricots, cherries metabolize favorably supporting a healthy pH. Utilizing beneficial fats and oils like avocado oil, coconut oil, ghee and cold-pressed olive oil. Drinking a high quality, organic green tea daily, using fresh ginger root and incorporating sea vegetables or algae such as Spirulina all play a role in alkalizing your diet. In addition to changes to your eating habits, practicing mindful relaxation, such as during yoga, incorporating deep breathing, even taking a brief walk to decompress at the end of the day are all important ways to promote an alkalizing effect on your body.

### **Weight Loss and Re-Energize Your Body**

With so many diet plans available today and such an abundance of information available about weight loss programs you need to find what uniquely works best for you. Eating an acid-alkaline diet can help alleviate those sugar and caffeine cravings so many people wrestle with when first beginning a new weight loss plan. The idea of incorporating more fresh fruits and vegetables, lean proteins and drinking lots of fresh filtered spring water are all some of the important fundamental keys to successful permanent weight loss. Finding your optimum balance with your pH levels may allow your weight loss to be less challenging.

Research has shown by maintaining an acid-alkaline balanced diet the body is not forced to be continually buffering or neutralizing the excess acid. By making diet modifications you may experience a boost in your energy level, notice improved skin, have reduced or eliminated allergy symptoms and headaches, fewer colds and better digestion. Consuming the right types of foods with the right types of nutrients does take commitment, discipline and planning.

The reward is great. Establish a new routine. Begin to make the changes in your diet to transition your eating to more alkalizing foods. Then notice the change and you can be the judge. How do you feel physically? How do you feel emotionally? I recommend keeping a journal when you start your new healthy eating plan. Jot down notes how you look and feel when you begin your program, then again after thirty days. Finding your balance may begin with recognizing what foods will help you look and feel your best.

----

This information is meant for educational purposes and is not intended to treat, cure, diagnose or prevent any disease. Suggestions and/or advice of Guided Nutrition, LLC are offered as opinion of the author and are not to be construed as medical recommendations. All individuals should consult their healthcare professionals on any matter relating to their health and well-being before making any changes to their diet and physical activity.

(603) 496-2603  
www.guidednutrition.com  
guidednutrition@comcast.net



## Laughter is Good for Your Health

### And other excellent reasons to incorporate a regular laughter practice into your life

Rachel Fern de Almeida  
Certified Laughter and Life Coach  
Certified Laughter Yoga Leader

“Laughter is the best medicine” - we’ve all heard that. It has become such a cliché that we rarely take it seriously. There is, however, a reality to that old and tired string of words. As with all clichés there is a base, at least, in reality.

If I were standing in front of you, this is the place in a presentation, where I would conduct an interactive demonstration. I will now ask you, if you will, to be open to somewhat of a demonstration on your own. I know this might make you feel a bit silly and awkward and if you are game to try it you might be able to feel the difference laughter and joy will bring to your wellbeing. The first thing I would love for you to do is to smile. Yes, even a “fake” smile will do. As you start to engage your facial muscles, tell yourself to connect that smile to your heart (close your eyes while doing this if it makes it easier). See if you can feel the effect of your smile in the center of your emotions – your heart. If you can feel warmth, joy and release, you are on your way to reducing stress and elevating your mood.

Let’s take it a step further – take a deep breath in and as you release this breath just breathe out a gentle laugh – ha ha ha ha – until all the air is out of your lungs. Take another deep breath in and again release with the same gentle laughter, just a bit louder. Go through this process just one more time and as you laugh out your breath, make the laugh just a bit more robust! Ask yourself how you feel now? Can you start to feel the tension leave your body just a bit? This is the basis of Unconditional Laughter.

I have been a Certified Laughter

Yoga Leader for a few years and have seen firsthand the positive effects of laughter. These are so profound that scientists are researching what happens to and in the body and mind with laughter.

In the 1970’s, a well known author Norman Cousins and, then editor of a popular magazine named The Saturday Review became very ill with a severe autoimmune disease. He was in such constant pain, that even the strongest medication could not alleviate it. During his hospitalization for this condition he began to notice that when friends and colleagues visited him and brought laughter and humor with them, his pain would finally ease. With his doctors’ permission he soon required everyone who came by to see him to bring laughter, joy, humor, funny books, stories and videos. What he found was that 10 minutes of strong belly laughter brought 2 hours of relief from pain! His disease did go into remission and he went on to write a paper that was published in the New England Journal of Medicine and a book about his experience, Anatomy of an Illness: A Patient’s Perspective, published in 1979. The best seller kicked off an investigation of a whole new field. It

was then known as Whole Person Care or Integrative Medicine, now known as Lifestyle Medicine.

Cousins’ research (as a layman) was the unscientific base for many medical researchers including the academic medical researcher Dr. Lee Berk. Dr. Berk and his colleagues found that even just the anticipation of mirthful laughter would elevate the release of endorphins as well as other “feel good” hormones.

Scientists have found that this has a profound effect on the immune system and positively impacts such diseases as: diabetes, heart disease, hypertension and depression. They have also found that “repetitive laughter is similar to the effect of repetitive exercise.....which enhances your mood, decreases stress hormones, enhances immune activity, lowers “bad cholesterol” and systolic blood pressure, and raises “good cholesterol”(HDL).” It can also increase appetite hormones for those suffering from loss of appetite from certain illnesses and medications.

In 1995, a doctor from Mumbai, India, by the name of Dr. Madan Kataria was researching ideas for his regular newsletter to his patients. He came



across information on the positive effects of laughter on individual health. He became so excited by this information that at 5 a.m. he could not contain himself and decided to start an informal test to see for himself how it worked. He knocked on the doors of friends in the neighborhood asking them to join him in the park for some laughter. It was a bit tough but on that first day, he did manage to gather 5 other people together to laugh. At first, they stood around in a circle and took turns telling jokes. The laughter progressed, as others became curious about what was so funny the group expanded quite a bit. As the days turned into weeks, the jokes started to become more and more "off color". Some people were becoming very offended; they started to drop out of the laughter group. Dr. Kataria asked them to give him one day to figure out a solution. He went back to his research and found a pivotal piece of information. There didn't appear to be any difference in the positive effects whether or not people were laughing at something funny or for no particular reason. This was the beginning of Unconditional Laughter. He created a series of exercises that are geared to turn fake laughter into real laughter. The great news is that even if a person doesn't start to truly laugh, it doesn't matter because they will get as much benefit from the fake laughter as they would from the real laughter!

I have heard many people say that they engage in a lot of laughter and in fact they love to laugh so why should they have a daily "laughter practice". The truth is that when we laugh at something funny during our normal day, we usually laugh for about 15 to 20 seconds at a time. Research shows that the benefits don't really start until you have been laughing for 10 minutes or more.

There are basically three categories of benefits from laughter: Physical Health, Mental Health and Interpersonal Relationships.

The Physical Health benefits are:

- Increases endorphins and serotonin levels at the same time as lowering stress hormones
- Boosts the immune system
- Relaxes the muscles
- Helps prevent heart disease
- Decreases and sometimes even eliminates pain
- Strengthens core muscles
- Burns calories
- Increases energy
- Increases oxygen to the blood system aiding in overall health and the ability to think and make better decisions.

The Mental Health benefits are:

- Adds joy and zest to life
- Eases anxiety and fear
- Relieves stress
- Improves mood
- Enhances resilience
- Promotes optimism
- Aids in creative problem solving and thinking

The Interpersonal Relationship benefits are:

- Strengthens relationships
- Attracts others
- Enhances teamwork
- Helps defuse conflict (and in my personal opinion would reduce bullying)
- Promotes group bonding

In today's health conscious population coupled with economic strains and personal stresses, Laughter Yoga (Unconditional Laughter) can certainly be viewed as an innovative answer. It is a fun form of exercise containing components such as deep breathing, clapping, laughter, and childlike playfulness. It helps unwind the negative effects of stress. It is easy to see that, at the very least and with little effort, Unconditional Laughter helps you to feel more empowered and energetic and better all around. And feeling better is always a good thing.



Rachel holds a regular laughter circle at Yoga by Donation in Portsmouth, N.H. the first Friday of every month. She is available for private sessions, parties and presentations for workshops, lunch and learns, retreats and business meetings.

(603) 431-9303  
 (603) 501-8042  
 Rdealmeida3@gmail.com  
 www.LaughingMatters4.com

## Maintaining a Strong Immune System

Netta M. Hart, Dipl.Ac. NCCA

Most of us have suffered with colds and know all too well the discomfort and even extreme malaise cold symptoms can produce. Pharmaceutical companies offer numerous products to help reduce a multitude of cold symptoms, but precious little in the way of cold prevention.

We've been taught that colds are "caught" by "spreading germs" and that is obviously true. But what of those folks who never get colds? Are they not exposed to the same germs as the rest of us? Of course they are. So why don't they get sick too? The obvious answer is that they have strong immune systems. But how did they get that way?

According to Traditional Chinese Medicine (TCM), a strong immune system is due to strong "Wei Qi", or "Protective Qi". Qi is energy. Energy is basic to all life. Strong energy is required for good health. So how is strong protective Qi formed? And what does this have to do with mucus formation? The answer is: **Everything!**

Good health and a strong immune system is borne in the gut - in strong digestive function. Furthermore, mucus/phlegm is formed as a by-product of incomplete digestion: that is why consuming certain foods can lead to congestion and other phlegm issues. You may have noticed that eating dairy products, sugar and flour products when you have a cold or an up-

per respiratory infection results in a worsening of your symptoms. If you want to get through a cold with minimal congestion, it is best to avoid these foods from the onset of your cold symptoms.

Mucus/phlegm in TCM is an important clinical concept. It is both a pathological condition (i.e., frequent colds, allergies, asthma, irritable bowel syndrome, osteoarthritis, rheumatoid arthritis) and a cause/effect factor, such as with intolerance to milk products. Long standing retention of mucus or phlegm can result in bothersome and at times, serious illness.

Mucus refers to dampness that accumulates in the respiratory, urinary and digestive systems, and on the skin surface. This is referred to as "substantial phlegm" because it has form. You can see it. It's post-nasal drip. It's the cloud in cloudy urine. Mucus can be seen enveloping stool or in diarrhea. (Stool is too wet). Mucus (also referred to as dampness) is the pus in acne, eczema and other oozing skin conditions. Mucus can cause vertigo, nausea, vomiting and aphasia. Accumulations of mucus/phlegm in the body can cause an endless array of complaints.

Non-substantial phlegm or phlegm dampness is retained under the skin. It is a type of obstruction and may be the underlying cause in numerous conditions including infertility and other reproductive issues like

endometriosis, tendonitis, degenerative disc disease, swellings, lipomas, cysts, kidney or gallstones and certain tumors. Phlegm dampness can accumulate around the joints, causing arthritic conditions and bone deformities.

Phlegm in the meridians (the body's energy pathways) is frequently manifested as fibromyalgia and strokes. Phlegm can obstruct the "heart orifices and mist the mind" causing confusion, mental illness and epilepsy.

To summarize, phlegm can affect internal organs, the meridians, and the skin. Diagnostic signs include a slippery pulse, coated tongue surface and likely, sticky or excessive saliva.

Since the root cause of mucus/phlegm disorders lie within a weak digestive system, TCM treatment involves primarily strengthening the Spleen/Stomach and eliminating mucus/phlegm. Within the Traditional Chinese Medical framework, acupuncture and Chinese Herbs, coupled with nutritional and lifestyle adjustments, can be very effective in prevention and treatment of these afflictions.

My best advice? Learn what your body needs by paying attention to your reactions to various foods. Avoid those foods that feel wrong - they may worsen your existing symptoms, increase congestion, cause digestive upset, etc. Consume plenty of fresh veggies and berries, lean protein, pacific fish, a moderate amount of fruit, and little flour and dairy products (if you can tolerate them at all.) Eat organic whenever possible. Drink lots of clean, filtered water. Sleep deeply and enough. Seek out a qualified, holistic health practitioner when you need help. Love a lot and laugh often. Thank you and be well.

(603) 433-1727  
nettaheart1@yahoo.com  
www.acupuncture-nh.com



## Winter: A Chinese Medicine Viewpoint

Sandra Tucker, LMT, ABT  
Alphabodyworks Collaborative

In Traditional Chinese Medicine (TCM) there are five elements which form the year. The elements are Fire ( active, fecund and joyful), Earth ( stable, nurturing and central), Metal ( dry, contracted, intuitive), Water ( flowing and most yin) and Wood (vision, growth and renewal).

The season of winter in Traditional Chinese Medicine is governed by Water. Its direction is north; its climate is cold. The colors associated with winter are deep blue or black. For example, the color of the midnight sky on long winter nights or the deep blue ocean waters. Water governs the kidneys and the bladder. They filter and eliminate fluids in the body.

When Water is in balance we have

energy to accomplish tasks and the perseverance (will) to do so. However, when these meridians are out of balance, we either have no will to do and procrastinate. Or, we are restless and cannot be still.

The emotion of Winter is fear. Fear of not having enough to survive, for example. Winter brings us to the center of ourselves and our bodies. Water's flavor is salty. The head part effected is our ears and hearing is its sense. Water governs the marrow of our bones, our teeth, and our nerve fibers. It manifests in the health of our head hair. Since winter is cold, the body's action manifests as shivering in the cold or trembling in fear.

Water meridian times of day are Bladder - 3:00 - 5:00PM ; Kidney – 5:00 -7:00PM. If you are tired and dragging around 3:00PM, Bladder is out of balance or 5:00PM Kidney

is out of balance. To help yourself, drink a cup of hot water, sitting down. Women should never drink ice or cold water standing. It runs straight to the bladder and may make them incontinent, according to TCM theory.

Foods to help us through this season are the dark blue or purple fruits and vegetables, like Concord grapes, cranberries, eggplant, and red meats (if not vegetarian), for example. During this season, warm or hot foods are best. Apples are cooling, so cook or season them with cinnamon, nutmeg or clove to warm them.

To tonify Water, practice qigong in the standing position. Remember the energy of water/winter comes from the north, so face north. Let its cooling energy quench the fire of too much activity and move you to your center where it is warm.



**Balanced Manifestation of Water**

**Physical:** Strong bones, teeth and head hair. Good hearing, physical impetus and drive, body fluids are balanced, good growth and maturation (good jing).

**Psychological:** Self motivated, impetus and will to do, no phobias, healthy caution and fear. The person is adaptable, determined, persistent with flexibility of thought processes and is able to “go with the flow”.

**Kidney Imbalance:**

**Physical:** The person suffers from edema, frequent or sparse urination, adrenal exhaustion, infertility or impotency. Pituitary imbalance and hormone imbalance, hearing loss and

low back pain in the kidney area are manifested.

**Psychological:** PTSD/always under attack, fears and phobias, overwhelmed, “feeling like drowning, stubborn or lack of will. The sex life is imbalanced between desire and fulfillment. The person is unable to recover from stress.

**Bladder Imbalance:**

**Physical:** Pain at inner corner of eyes and eye problems. Headache along meridian at top of head, shoulder & neck pain or stiffness, sacral and hip problems, scoliosis/osteoporosis, scanty urine (yellow + heat; copious (pale = cold) , cold or hot sensations along spinal column, cystitis, copious or scanty menstruation,

sciatica, black hue on face under eyes, sinusitis, fatigue/overworked and can't rejuvenate.

**Psychological:** Nervous, anxious, driven. The person is a workaholic, over scheduled, has great ideas with no follow through/no impetus. They are easily startled, restless and can't relax. They are fraught with unidentifiable fears and phobias or reckless with complete lack of fear.

May this help you with tools to handle winter, the season of turning inward, with ease and joy.

(603) 436-9390  
 info@alphabodyworks.com  
 www.alphabodyworks.com





# New England Holistic Health Association



Winter/Spring 2012  
Resource Directory

## Acupuncture

Acupuncture is an Ancient Chinese system of medicine which deals with subtle energy flows (chi) in the body related to the cosmic principles of Yin and Yang. The balance of these energies in the human body affects health and disease. This is done by altering these energy flows by inserting fine, sterile needles at specific points along the body's meridian system.

### Gloucester, MA

#### Atlantic Family Chiropractic, PC & Cape Ann Healing Center Dr. Nicole Andrade \*

Pregnancy and Pediatric Chiropractic, Acupuncture, Massage, Reiki, Craniosacral Therapy, Zero Balancing, Somatic Movement, Herbalism, Matrix Quantum Healing, EcoTours and Retreats, Spiritual Counseling and more

The Para Research Bldg, 85 Eastern Avenue  
Gloucester MA 0193

(978) 282-1191 x 1

drnicole1@gmail.com, www.atlanticfamilychiro.com,  
www.capeannhealingcenter.com

### Greenland, NH

#### Netta M. Hart, Lic. Ac

Acupuncture, Chinese Herbs, Craniosacral Therapy, JMT Practitioner, Nutritional Counseling, Specialty Treatment for Women's Health

18 Coastal Way, Greenland NH 03840

(603) 433-1727 (P), (603) 373-0356 (F)

nettaheart1@yahoo.com, www.acupuncture-nh.com

### Hampton, NH

#### Acupuncture Energetics, LLC

##### Sheryl Wookey, Lic. Ac.

Acupuncture and gentle energy balancing techniques, Energy Healing, Light/Color Therapy, Trauma and Transition Assistance

92 High Street, 2nd FL, Hampton NH 03842

(603) 944-6550

info@wookenergy.com, www.wookenergy.com

#### Sante Center for Natural Healing, The

##### Carol Facella Kummins, Naturalist, PhD Candidate

##### Dr. Mark Su, MD

##### Dr. Alla Elias, ND, LAc

Colon Hydrotherapy,, Integrative Medicine, Nutritional Counseling, Acupuncture, Naturopathic Medicine, Fasting Guidance, Raw food Nutrition, Hair Analysis, DNA Testing

540 Lafayette Rd. Hampton, NH 03842

(603) 929-0084

info@thesantecenter.com, www.thesantecenter.com

## ADHD Counseling

### Amesbury, MA

#### Life Roots Healing Center

##### Sharie Camren

Comprehensive Holistic Care/ADD Specialist (Brain Balancing for ADD), Whole Brain Learning/Wellness Coaching, Hypnotherapy, Shamanic and Energy Healing

12 Market Sq, Ste # 2-3, Amesbury MA 01913

(978) 378-0888

contact@shariecarnen.com, www.shariecarnen.com

## Allergy Treatments

### Newington, NH / Salem, NH

#### Advanced Allergy Centers

AAC uses micro-frequencies and a positive stimulus to reduce stressors causing symptoms associated with allergies and sensitivities. It's non-invasive, no needles, no drugs, no avoidance.

Whole Life Health Care Building

100 Shattuck Way, Newington NH 03801

Health and Wellness Center

202 Main Street Suite G-2 , Salem NH 03079

(603) 894-0656

holly@aatcofnewengland.com, www.aatcofnewengland.com

## Animal Communication

Animal communication is an ability to connect with an animal through intuition, vision and spiritual guidance. The communication can be shared as words, pictures, visions of a past experience and body language.

### Eliot, ME

#### Nikoe Natural Therapies

##### Michele Lowry, RMT

Through a highly attuned intuition and visionary abilities, Michele is able to facilitate a deeper connection between owner and animal, creating opportunity for amazing healing.

178 Harold L Dow Hwy, Ste 4, Eliot Maine 03903

(207) 289-0009

info@nikoenaturaltherapies.com, www.nikoenaturaltherapies.com



## ENJOY LIFE WITHOUT THE SYMPTOMS OF ALLERGIES...

Breathe the air... Relax in the sun... Play with the dog...  
Smell the flowers... Savor your food.

### Advanced Allergy Centers of New England

TWO LOCATIONS

202 Main Street, G-2 Salem, NH 03079

100 Shattuck Way Newington, NH 03801

603-894-0656

www.advancedallergytreatment.com

## Aromatherapy

Aromatherapy is the practice of using highly concentrated, volatile plant oils, including essential oils, for psychological and physical well-being. Essential oils distilled from flowers, leaves, stems, roots or fruits are used to therapeutically address physiological and psychological issues such as anxiety, depression and muscular tension, infections, skin disorders, immune deficiencies and symptoms of stress.

### Dover, NH

#### Journey to Wellness Integrative Medical Center Earth's Energy

##### Amy Bregy

Aromatherapy, specializing in Raindrop Technique,  
Reiki Master/Teacher  
839 Central Avenue, Suite 4, Dover NH 03820  
(207) 475-5158  
amy@yourearthenergy.com, www.yourearthenergy.com

## Astrology

The study of the movements and relative positions of celestial bodies interpreted as having an influence on human affairs and the natural world.

### Portsmouth, NH

#### NH Astrologer Dorothy Morgan

Professional Counseling Astrologer, Reiki Master Teacher, Angel Healing Practitioner  
Portsmouth, NH 03801  
(603) 491-8495  
nhastrologer@gmail.com, www.nhastrologer.com

## Breathwork

Breathwork refers to many forms of conscious alteration of breathing, such as connecting the inhale and exhale, or energetically charging and discharging, when used within psychotherapy or meditation. Proponents believe the technique may be used to attain alternate states of consciousness, and that sustained practice of breathwork techniques may result in spiritual or psychological benefits.

### Danvers, MA/Portsmouth, NH

#### The Daily Breath Debra Eriksen

Breathwork Practitioner, Reiki II, Pranic Healing I  
Offering Private Sessions, Small Groups and Workshops throughout New England  
PO Box 1231, Portsmouth NH 03802  
(603) 659-2186  
thepowerofbreath@aol.com, www.thedailybreath.com

## Brain Integration Technique

Brain Integration Technique, (BIT) was developed in 1988 by Susan McCrossin. Crossinology® BIT is a cutting-edge technique based on principles of Applied Physiology and Acupressure that assesses and corrects learning difficulties in children and adults.

### Rochester, NH

#### Crosser Chiropractic & Natural Health Center Joellen DiLibero, CP, Brain Integration

Innovative, integrated use of chiropractic and energy healing by way of Chiropractic, Nutrition, Detoxification Programs, Iridology, Brain Integration, Therapeutic Yoga, Zero Balancing, Energy Healing  
60 Rochester Hill Road, Rochester NH 03867  
(603) 332-3232 (P/F)  
joellend@comcast.net, www.mybrainawakening.com, www.think-wellness.com

## Chiropractic

Chiropractic concerns itself with the relationship between structure (primarily the spine) and function (primarily coordinated by the nervous system) of the human body and how that relationship affects the restoration and preservation of health. The chiropractic adjustment concentrates on maintaining the optimum function of the nervous system, assuring the body's natural self-regulating, self-maintaining and self-healing abilities remain intact and are operating at their full potential.

### Dover, NH

#### Blackman Family Chiropractic & Nutrition Center Dr. Michael P. Blackman

Chiropractic, Nutrition, Rehabilitative Exercise  
812 Central Avenue, Dover NH 03820  
(603) 742-5881 (P), (603) 742-6613 (F)  
linda@blackmanchiro.com, www.blackmanchiro.com

### Eliot, ME


#### Whole Body Chiropractic, LLC Dr. Jackie Dutkiewicz

Chiropractic Doctor, Massage, Nutrition  
178 Dow Hwy (Rte 236), Eliot ME 03903  
(207) 752-7257  
jackie.dc@live.com, www.YourWholeBodyChiro.com

### Kittery, ME

#### A Lebro Center for Well Being Dr. Richard A. Lebro

Chiropractic Doctor, Acupuncture, Aromatherapy, Chinese Herbal Medicine, CranioSacral, Herbals, Hypnotherapy, Medical Intuitive, Nutrition  
135 Rogers Road, Kittery, ME 03904  
1-800-610-1199 (P), (207) 439-9072 (F)  
drlebro@gwi.net, www.alebrocenter.com



**Crosser Chiropractic  
&  
Natural Healing Center**

*A Healing Arts Center offering  
numerous practitioners  
with wide areas of expertise*

**603-332-3232**

**You Are Very Unique...Shouldn't Your Treatment Be?**

**Multiple Chiropractic Techniques**  
Zero Balancing  
Detoxification Programs  
Whole Foods Nutrition  
Iridology/Sclerology  
Energy Healing  
Brain Integration Technique  
Therapeutic Yoga  
First Line Therapy

**Dr. Mark Crosser      Kara Hayes, NHD, RN**

*Expert practitioners to nurture, balance, and support you  
through your entire healing process*

**[www.think-wellness.com](http://www.think-wellness.com)**  
60 Rochester Hill Rd., Rochester, NH 03867

**Chiropractic cont.****Gloucester, MA****Atlantic Family Chiropractic, PC & Cape Ann Healing Center  
Dr. Nicole Andrade \***

Pregnancy and Pediatric Chiropractic, Acupuncture, Massage, Reiki, Craniosacral Therapy, Zero Balancing, Somatic Movement, Herbalism, Matrix Quantum Healing, EcoTours and Retreats, Spiritual Counseling and more

The Para Research Bldg, 85 Eastern Avenue  
Gloucester MA 0193

(978) 282-1191

[drnicole1@gmail.com](mailto:drnicole1@gmail.com), [www.atlanticfamilychiro.com](http://www.atlanticfamilychiro.com),

[www.capeannhealingcenter.com](http://www.capeannhealingcenter.com)

**Rochester, NH****Crosser Chiropractic & Natural Health Center****Dr. Mark Crosser, Lic. DC**

We're different. We use a muscle testing technique called Koren Specific Technique. We work on babies, osteoporosis, and post surgery cases because it's so gentle.

60 Rochester Hill Road, Rochester NH 03867

(603) 332-3232 (P/F)

[drmark@think-wellness.com](mailto:drmark@think-wellness.com), [www.think-wellness.com](http://www.think-wellness.com)

**Salem, NH****Center For Family Health and Wellness****Dr. Holly Rucco, DC**

Chiropractic, Massage, Nutrition, Stress Reduction

202 Main Street Suite G-2, Salem NH 03079

(603) 894-5654 (P), (603) 894-0657 (F)

[holly@drholly.net](mailto:holly@drholly.net), [www.drholly.net](http://www.drholly.net)

**Coaching & Personal Development****North Hampton, NH****Inner Visions with Carol Ann****Carol Ann Burstein**

Psychic Readings, Spiritual Coach, Life Coach

14 Woodknoll Drive, North Hampton NH 03862

(603) 964-1395

[info@innvisionswithcarolann.com](mailto:info@innvisionswithcarolann.com)

[www.innvisionswithcarolann.com](http://www.innvisionswithcarolann.com)

**Portsmouth, NH****Rachel de Almeida**

Certified Life Coach, Prosperity Coach, Laughter Yoga, Grace Blessing Practitioner, Psychic Readings

Portsmouth, NH 03801

(603) 431-9303, (603) 501-8042

[Rdealmeida3@gmail.com](mailto:Rdealmeida3@gmail.com), [www.LaughingMatters4.com](http://www.LaughingMatters4.com)

**Colon Hydrotherapy**

Colon hydrotherapy, is a safe, effective method of removing waste from the large intestine, without the use of drugs. By introducing filtered and temperature regulated water into the colon, the waste is softened and loosened, resulting in evacuation through natural peristalsis. Colonic irrigation helps to tone muscle fiber of the colon wall and results in better intestinal function.

**Hampton, NH****Sante Center for Natural Healing, The  
Carol Facella Kummins, Naturalist, PhD Candidate****Dr. Mark Su, MD****Dr. Alla Elias, ND, LAc**

Colon Hydrotherapy,, Integrative Medicine, Nutritional Counseling, Acupuncture, Naturopathic Medicine, Fasting Guidance, Raw food Nutrition, Hair Analysis, DNA Testing

540 Lafayette Rd. Hampton, NH 03842

(603) 929-0084

[info@thesantecenter.com](mailto:info@thesantecenter.com), [www.thesantecenter.com](http://www.thesantecenter.com)

**Kittery, ME****Sopha's Healthy Touch****Sopha Wishashan**

Colon Hydrotherapy, Traditional Thai Massage, Massage Therapy (Swedish, Deep Tissue, Hot Stone, Sport, Pregnancy), Lymphatic Drainage, Reflexology, Ear Candling

99 State Road, Kittery ME 03904

(207) 351-6905

[sophashealthytouch@yahoo.com](mailto:sophashealthytouch@yahoo.com), [www.sophashealthytouch.com](http://www.sophashealthytouch.com)

**Rochester, NH****Waters of Life Colon Care, LLC****Diane Crosser, CCHT, H.N.**

Colon Hydrotherapy, B.S. Holistic Nutrition, Therapeutic Juicing/ Raw and Living Foods, Nutrition and Food Counseling, Raindrop Technique w/ Therapeutic Grade Essential Oils

13 Street, James Terrace, Rochester NH 03867

(603) 332-8980

[diane@waters-of-life.com](mailto:diane@waters-of-life.com), [www.waters-of-life.com](http://www.waters-of-life.com)



**CAPE ANN HEALING CENTER**  
 strong body · strong mind · strong spirit  
 the future of healing is here

85 Eastern Avenue  
 Gloucester, Massachusetts  
 (978) 282 1191  
[www.CapeAnnHealingCenter.com](http://www.CapeAnnHealingCenter.com)

**Our offerings include:**

- Family, Pregnancy and Wellness Chiropractic
- Sports & Injury Chiropractic
- Spiritual Counseling
- Massage, Reiki, Polarity Therapy, Zero Balancing
- Applied Kinesiology and Craniosacral Therapy
- Acupuncture
- Nutrition, Herbal Medicine and Flower Essences
- Osho Meditation, Quantum Healing
- Somatic Movement Therapy
- Thermography
- Eco-Tours and Healing Retreats Locally and Abroad
- Community and Specialty Workshops and Films
- Group Yoga Classes



**Colon Hydrotherapy cont.**

**Springvale, ME**

**Health Lyceum**

**Pamela Gerry, RN, CCT**

Health Education, Colon Hydrotherapy, Digestive Disorders/Microbial Rebalancing, Super Food Nutrition, Fasting Guidance, BioPro Technician, EFT, Medicinal Mushrooms  
 554 A Main Street, Springvale ME 04083  
 (207) 459-4146 (P), (207) 324-7290 (F)  
[healthyceum@gmail.com](mailto:healthyceum@gmail.com), [www.healthyceum.com](http://www.healthyceum.com)

**Counseling**

A counselors role is to listen without judgement and provides unconditional support. A counselor can assist in orienting a person towards the insight that will allow fulfillment of his or her personal needs and aspirations.

**Dover, NH**

**Sunrise Counseling**

**Erika Hunter, M.Ed**

Counseling families for over 15 years. Counseling for Individuals, Families, and Groups with focus on solutions, education, and support. Uses Hypnotherapy and EFT. Sliding scale options.  
 308 Durham Road (Route 108), Unit B, Dover NH 03820  
 (603) 343-8719  
[elifeskills63@gmail.com](mailto:elifeskills63@gmail.com)

**CranioSacral Therapy**

A modality that directly treats the central nervous system, lessening the symptoms of all chronic nervous system diseases, including MS, migraines, learning disabilities, and chronic pain among others. It enhances the flow and rhythmic movement of cerebrospinal fluid and life energy.

**Amesbury, MA**

**The Way To Balance, LLC**

**Center For Advanced Healing & Training**

**Aaron and Sue Singleton, Founders**

Acupressure, Aromatherapy, CranioSacral Therapy, Herbs/Nutrition, Homeopathy, Hypnotherapy, Medical Intuitive, Integrative Muscular Therapy/Massage, Myofascial, Neuromuscular, Shiatsu, Reflexology, Energy Healing, Sound/Vibrational Healing, EOL Physical & Emotional Healing  
 21 Water Street, Amesbury MA 01913  
 (978) 834-0341 (P), (978) 834-0343 (F)  
[info@thewaytobalance.com](mailto:info@thewaytobalance.com), [www.thewaytobalance.com](http://www.thewaytobalance.com)

**Eliot, ME / Cambridge, MA**

**Paul Gordon Advanced Rolifing & CranioSacral Therapy**

**Paul Gordon, M.A., Advanced Rolfer**

Advanced Rolifing from a Biodynamic Perspective, CranioSacral Therapy, Visceral Mobilization  
 43 Mast Core Road, Eliot ME 03903  
 (207) 439-8522  
 875 Massachusetts Ave., Ste. 83, Cambridge MA 02139  
 (617) 628-6661  
[www.paulgordonrolfer.com](http://www.paulgordonrolfer.com)

**CranioSacral Therapy cont.****Kittery Point, ME****Center for Holistic Bodywork****Margaret Carol, MA, RPP, LMT**Polarity Therapy, Biodynamic CranialSacral Therapy,  
BirthPath Song/Sound Therapy

15 Goose Point, Kittery Point ME 03905

(207) 310-3890

info@margaretcarol.com, www.margaretcarol.com

www.birthpasthsong.com

**Portsmouth, NH****Inner Harmony With Healing Ways****Gayle Perkins**Wellness Counseling, CranioSacral Therapy, Polarity, Feng Shui,  
Reflexology, Energy Work, Spiritual Counseling

2 Greenleaf Woods Drive, Suite 201, Portsmouth NH 03801

(207) 752-1281

manyhealingways@gmail.com, www.healingways.net

**Strafford / Manchester / Newington, NH****Natural Wellness Options****Gary Stiles NCTMB LMT CST-D CAP**CranioSacral Therapy, Visceral Mobilization, Structural Bodywork,  
Zero Balancing, Acupressure, Attunement Upledger Diplomate  
Certified

96 Tasker Hill Road, Strafford NH 03884

(other locations: Manchester &amp; Newington, NH)

(603) 867-5251

garystiles@gmail.com, www.craniosacraltherapy.net

**Dance/Movement Therapy**Dance/Movement Therapy (DMT) is based on the theory that  
body and mind are inter-related. DMT is defined by the AmericanDance Therapy Association as "the psycho-therapeutic use of  
movement as a process which furthers the emotional, cognitive  
and physical integration of the individual." DMT effects changes  
in feelings, cognition, physical functioning, and behavior.**Lebanon, ME****Sacred Circle Healing Arts Center, The****Jacqueline Swett**

Dance/Movement Therapy, Hypnotherapy, Reiki

174 Milton Mills Road, Lebanon ME 04027

(207) 457-9270

jacquelineswett@yahoo.com

the-sacred-circle-healing-arts-center.net

**EFT****(Emotional Freedom Technique)**A simple energy balancing technique using tapping on  
acupuncture points to help balance blocked energy pathways.**Dover, NH****A New You Center for Hypnosis, LLC****Edward J. Lane CH, EFT-Adv**

Hypnotherapy, EFT, Energy Healing

The RW Building 3 Webb Place, Suite 4 Dover, NH 03820

(603) 692-1816

anewyou@verizon.net, www.anewyoucenter.com

**Energy Work**Energy work is a form of holistic or alternative medicine and a  
personal practice in which energy or life force from the universe  
is used to increase personal energy and energetic balance.Through the energy work facilitator, ("channel" or "healer"),  
adjustments are made to the human energy field which may  
restore, maintain and improve health and well being.**Bow, NH****The Labyrinth Path****Nancy Higgins Berke**HeartMath Provider, Reiki, EMF Balancing Technique,  
Dowsing, Labyrinths

12 Van Ger Drive, Bow NH 03304

(603) 228-2078

thelabyrinthpath@comcast.net

**Campton, NH****Hanna Healing Arts****Gayle Hannan, BS, BHSP**

Brennan Healing Science, Reiki

1373 NH RT 175, Campton NH 03223

(603) 726-3755

info@galyehannan.com, www.gaylehannan.com

**Concord, NH****Energy Medicine, LLC****Lisa Schermerhorn**

Energy Medicine Practitioner, Reiki Master, EFT Practitioner

Certified Hypnotherapist Specializing in Life Between Lives

Regression and Past Life Regression

188 N. Main St. Suite 1, Concord NH 03301

(781) 718-9288

lisareiki@comcast.net, www.iclisa.com

**Dover, NH****J.C. Healing****Jennie D. Frisella**

Spinal Touch, Certified Reiki Master, Shamballa,

Chakra Clearing, Crystals

36 Hillcrest Drive, Dover NH 03820

(603) 749-1303

mitt1331@live.com, www.jcenergyhealing.com

**Seacoast Energy Medicine****Tracey Benkosky**

Reiki, Energy Medicine

44 N Dover Point Road, Dover NH 03820

(603)978-0380

seacoastenergy@gmail.com, seacoastenergymedicine.com

**Easthampton, MA****Source Gate Seminars****Leigh Russell and Jennifer Judd**

Group Energy Clearing, Yuen Energetics, Distance Healing,

Clearing to Mental Thinking, Intro This Moment Quantum

Optimizations

12 Harrison Avenue, Easthampton MA 01027

(413) 977-9659

leighgate@hotmail.com, www.sourcegateseminars.com

**Energy Work cont.****Hampton, NH****Acupuncture Energetics, LLC  
Sheryl Wookey, Lic. Ac.**

Acupuncture and gentle energy balancing techniques, Energy Healing, Light/Color Therapy, Trauma and Transition Assistance  
92 High Street, 2nd FL, Hampton NH 03842  
(603) 944-6550  
info@wookenergy.com, www.wookenergy.com

**Hancock, NH****Hancock Holistic Health Care  
Arlene Smith**

Acupressure, Aromatherapy, Champissage, Chromotherapy  
Certified Sound Healing/Teacher, CMT, Accredited EMF Balancing Technique Teacher, Image Coach, Licensed Spiritual Healer, Lithotherapy, Quantum Healing Hypnosis, Reflexology, Reiki Master  
15 Forest Road, Suite C, P. O. Box 177, Hancock NH 03449  
(603) 525-4229  
healthnurturer@gmail.com, www.hancockholistichealthcare.com

**Somersworth, NH****Lisa Platt**

Energy Healing, Chakra Readings, Spiritual Guidance  
368 High Street, Somersworth NH 03878  
(603) 841-5183  
lisabplatt@comcast.net

**Ann Sousa, Initiated Elder and Minister**

Shamanic Practitioner, Certified Firewalk Instructor, Medium/Channel (Divination Based Readings), Past Life Regression, Shamballa, Doula, Offering Men and Women's Shamanic Apprenticeships, Diviner's Intensive Training  
Somersworth, NH & Servicing New England  
(978) 479-1335  
annsousa@yahoo.com, www.healingtheglobalvillage.com  
www.shamanicpathwayshealingcenter.com

**Stratham, NH****Rev. Amanda DeShong**

Medium, Crystal Healing, Meditation Group, Chakra Balancing  
Stratham, NH 03885  
(603) 734-2357  
info@amandadeshong.com, www.amandadeshong.com

**Esthetician**

An esthetician is trained nonmedical skin care specialist who administers facials which might include deep pore cleansing, exfoliation, extractions or light chemical peels, offers waxing services and body treatments and also advises customers on at-home skin care routines and make-up.

**Dover, NH****Journey to Wellness Integrative Medical Center  
Jennifer Champlin, LMT, LME**

Massage Therapist, Licensed Medical Esthetician  
839 Central Avenue, Suite 3, Dover NH 03820  
(603) 749-7873  
jenn@pureescapenh.com, www.pureescapenh.com

**Feng Shui**

A 5000 year old Chinese art and philosophy describing the energies in an environment and defining how to use these energies for good health and well-being. The main principle of Feng Shui is Qi, the life force pervading everything. The same way Chinese Medicine describes the flow of Qi along the meridians within the body, Feng Shui depicts the flow of Qi in the outside world; in a landscape, a house or an office.

**Boston's Back Bay/ Boston North Shore (Cape Ann)/ Gloucester/Rockport, MA****Allandra**

Jin Shin Jyutsu, Feng Shui (Energy Attunements), Journey of Remembering  
Offices: Newbury Street, Boston's Back Bay & Rockport MA  
(978) 697-4787  
allandra@mac.com, www.allandra.com,  
www.jinshinjyutsuboston.com

**FirstLine Therapy**

FirstLine Therapy (FLT) is designed to change and improve body composition, increase metabolism thus reducing disease. FLT incorporates a balanced nutrition plan, exercise, nutritional supplementation and stress management.

**Rochester, NH****Crosser Chiropractic & Natural Health Center  
Janette Sheehy, BA, Nutrition/Detoxification Consultant**

Innovative, integrated use of chiropractic and energy healing by way of Chiropractic, Nutrition, Detoxification Programs, Iridology, Brain Integration, Therapeutic Yoga, Zero Balancing, Energy Healing  
60 Rochester Hill Road, Rochester NH 03867  
(603) 332-3232 (P/F)  
dmark@think-wellness.com, www.think-wellness.com

**Grief Counseling**

Grief Counseling involves helping people move through uncomplicated or normal grief to health and resolution. Grief Counseling facilitates expression of emotion and thought about the loss, including sadness, anxiety, anger, loneliness, guilt, relief, isolation, confusion or numbness.

**Exeter, NH****Tapestry of Healing Bereavement Services, The  
Pamela Sollenberger, M.S., GC-C**

Certified Grief Counselor, Brain Injury Counseling, Psychotherapy, Bereavement Facilitator/Consultant, Trauma and Transition Assistance  
127 Water Street, Exeter NH 03833  
(603) 494-4175  
psollenb@prodigy.net, www.grieftherapy.net

## Gynecology

Gynecology is Women's Health Care as it relates specifically to the female reproductive organs: the cervix, uterus, ovaries, vagina and vulva.

### Dover, NH

#### My Friend's Gynecologist

##### Terri Vanderlinde, DO

Board Certified Gynecologist, Integrative Women's Health  
Journey to Wellness Center  
839 Central Avenue, Suite One, Dover NH 03820  
(603) 516-0000 (P), (603) 516-5001 (F)  
drterri@bestgyn.com, www.bestgyn.com

## Herbalism

### Dover/Portsmouth, NH

#### The Herbal Path, Natural Pharmacy & Healthy Living Center Ron Stock, R.Ph \*

A Natural Pharmacy dedicated to natural health through herbs, homeopathy, vitamins and mineral supplements  
835 Central Avenue, Dover NH 03820  
(603) 740-8400  
Bowl-O-Rama Plaza, 599 Lafayette Road, Suite 9  
Portsmouth NH 03801  
(603) 766-6006  
info1@herbalpath.com, www.herbalpath.com

## Holistic & Wellness Centers

### Amesbury, MA

#### The Way To Balance, LLC

##### Center For Advanced Healing & Training

##### Aaron and Sue Singleton, Founders

Acupressure, Aromatherapy, CranioSacral Therapy, Herbs/Nutrition, Homeopathy, Hypnotherapy, Medical Intuitive, Integrative Muscular Therapy/Massage, Myofascial, Neuromuscular, Shiatsu, Reflexology, Energy Healing, Sound/Vibrational Healing, EOL Physical & Emotional Healing  
21 Water Street, Amesbury MA 01913  
(978) 834-0341 (P), (978) 834-0343 (F)  
info@thewaytobalance.com, www.thewaytobalance.com

### Rye, NH

#### Eye of the Hawk Holistic Center, The Jo Catalino

Holistic Center offering Classes & Workshops, including private Reiki and Shamballa Sessions, Medical Intuitive  
5 Grove Road, Rye NH 03870  
(603) 964-7874  
jo.catalino@eyeofthehawk.org, www.eyeofthehawk.org

## Homeopathy

Based on the principle that "like cures like" homeopathy employs minute doses of natural remedies created from herbal, mineral and animal substances to stimulate the body's own healing response.

### Dover/Portsmouth, NH

#### The Herbal Path, Natural Pharmacy & Healthy Living Center Ron Stock, R.Ph \*

A Natural Pharmacy dedicated to natural health through herbs, homeopathy, vitamins and mineral supplements  
835 Central Avenue, Dover NH 03820  
(603) 740-8400  
Bowl-O-Rama Plaza, 599 Lafayette Road, Suite 9  
Portsmouth NH 03801  
(603) 766-6006  
info1@herbalpath.com, www.herbalpath.com

### Strafford / Manchester / Newington, NH

#### Natural Wellness Options

##### Jan Stiles RN MA DHM \*

Classical Homeopathy, Health Coaching, Alternative Orthomolecular Mental/Emotional Health, Nutrition, Health Education, Wellness Counseling, Attunement  
35 years experience  
96 Tasker Hill Road, Strafford NH 03884  
(other locations: Newington & Manchester, NH)  
(603) 644-8288  
jstilesrn@gmail.com, www.natwelloptions.com

## Hypnotherapy

Hypnotherapy assists in overcoming old negative emotions, beliefs, attitudes and reactions which are no longer useful. It does this by communicating with and reprogramming the unconscious, positive changes are allowed to happen.

### Amesbury, MA

#### The Way To Balance, LLC

##### Center For Advanced Healing & Training

##### Aaron and Sue Singleton, Founders

Acupressure, Aromatherapy, CranioSacral Therapy, Herbs/Nutrition, Homeopathy, Hypnotherapy, Medical Intuitive, Integrative Muscular Therapy/Massage, Myofascial, Neuromuscular, Shiatsu, Reflexology, Energy Healing, Sound/Vibrational Healing, EOL Physical & Emotional Healing  
21 Water Street, Amesbury MA 01913  
(978) 834-0341 (P), (978) 834-0343 (F)  
info@thewaytobalance.com, www.thewaytobalance.com

### Byfield, MA / Dover, NH

#### InsideOut / InsideOut Thermography

##### Janice S. Anderson BA, RN, HN-BC, CCT, ACHt., RMT \*

Certified Digital Infrared Thermographic Imaging, Meditation, Advanced Clinical Hypnotherapy, Reiki Master Teacher, Nutrition/Lifestyle Counseling, Aromatherapy, Certified Holistic RN  
19 Central Street, Unit G, Byfield MA 01922  
(978) 270-2005 (P), (978) 363-5731 (F)  
Journey to Wellness Medical Center  
839 Central Avenue, Suite 4, Dover NH 03820  
insideout923@aol.com, www.insideoutwholistically.com

**Hypnotherapy cont.**

**Concord, NH**

**Energy Medicine, LLC**

**Lisa Schermerhorn**

Energy Medicine Practitioner, Reiki Master, EFT Practitioner  
 Certified Hypnotherapist Specializing in Life Between Lives  
 Regression and Past Life Regression  
 188 N. Main St. Suite 1, Concord NH 03301  
 (781) 718-9288  
 lisareiki@comcast.net, www.iclisa.com

**Dover, NH**

**A New You Center for Hypnosis, LLC**

**Edward J. Lane BCH, EFT-ADV**

Hypnotherapy, EFT, Energy Healing  
 The RW Building, 3 Webb Place, Suite 4, Dover NH 03820  
 (603) 749-6463  
 Ed@ANewYouCenter.com, www.ANewYouCenter.com

**Integrative Medicine**

Integrative Medicine incorporates the best of modern, conventional approach with the best of natural, gentle ways of keeping the body, mind and emotions in their best condition.

**Dover, NH**

**My Friend's Gynecologist**

**Terri Vanderlinde, DO**

Board Certified Gynecologist, Integrative Women's Health  
 Journey to Wellness Center  
 839 Central Avenue, Suite One, Dover NH 03820  
 (603) 516-0000 (P), (603) 516-5001 (F)  
 drterri@bestgyn.com, www.bestgyn.com

**Integrative Medicine cont.**

**Hampton, NH**

**Sante Center for Natural Healing, The**

**Carol Facella Kummins, Naturalist, PhD Candidate**

**Dr. Mark Su, MD**

**Dr. Alla Elias, ND, LAc**

Colon Hydrotherapy,, Integrative Medicine, Nutritional Counseling, Acupuncture, Naturopathic Medicine, Fasting Guidance, Raw food Nutrition, Hair Analysis, DNA Testing  
 540 Lafayette Rd. Hampton, NH 03842  
 (603) 929-0084  
 info@thesantecenter.com, www.thesantecenter.com

**Iridology/Sclerology**

Iridology is the scientific study of the iris (colored part) of the eye and includes the study of pupil shape. It is an assessment tool for physical and psychological health.

Sclerology is the study of the sclera lines (red lines in the white part of the eye). Unlike the iris, the sclera is much more dynamic in showing signs of healing within the organ systems.

**Rochester, NH**

**Advanced Nutrition & Energetics of NE**

**Kara Hanks, RN, Doctorate of Natural Health, Certified**

**Iridologist, , Shamanic Healing (Peruvian Based)**

Nutrition Response Testing, Detoxification, Whole Foods Nutrition, Homeopathy, Iridology & Sclerology, Shamanic Healing, Past Life Regression, Soul Retrieval  
 60 Rochester Hill Road, Suite 5, Rochester NH 03867  
 (603) 312-8036  
 kara@think-wellness.com  
 www.advancednutritionandenergetics.com

**My Friend's Gynecologist LLC**  
 Dr. Terri Vanderlinde

At: Journey To Wellness

839 Central Ave  
 Suite One  
 Dover, NH 03820  
 603-516-0000

*Terri Vanderlinde, DO is proud to be an Integrative Medical Doctor surrounded by many Complementary & Alternative Medical treatment options.*

## Jin Shin Jyutsu

An ancient art of harmonizing body, mind and spirit with gentle touch. It facilitates balance in the body's energy systems, which promotes health and well being.

### Boston's Back Bay/ Boston North Shore (Cape Ann)/ Gloucester/Rockport, MA

#### Allandra

Jin Shin Jyutsu, Feng Shui (Energy Attunements), Journey of Remembering  
Offices: Newbury Street, Boston's Back Bay & Rockport MA  
(978) 697-4787  
allandra@mac.com, www.allandra.com,  
www.jinshinjyutsuboston.com

## Labyrinth

A Labyrinth is an ancient winding path that is often seen as a metaphor for life's journey. Mindfully walking a labyrinth creates rich experiences that range from soothing to enlightening to deeply transformational.

### Nahant, MA

#### Labyrinth Alchemy

##### Barbara Ducharme & Mia Corinha

Labyrinth Workshops, Design and Construction  
PO Box 49, Nahant MA 01908  
(781) 581-5933  
info@labyrinth-alchemy.com, www.labyrinth-alchemy.com

## Massage Therapy

Massage is the manipulation of superficial and deeper layers of muscle and connective tissue to enhance function, aid in the healing process, and promote relaxation and well-being.

### Amesbury, MA

#### The Way To Balance, LLC

##### Center For Advanced Healing & Training

##### Aaron and Sue Singleton, Founders

Acupressure, Aromatherapy, CranioSacral Therapy, Herbs/Nutrition, Homeopathy, Hypnotherapy, Medical Intuitive, Integrative Muscular Therapy/Massage, Myofascial, Neuromuscular, Shiatsu, Reflexology, Energy Healing, Sound/Vibrational Healing, EOL Physical & Emotional Healing  
21 Water Street, Amesbury MA 01913  
(978) 834-0341 (P), (978) 834-0343 (F)  
info@thewaytobalance.com, www.thewaytobalance.com

### Dover, NH

#### Journey to Wellness Integrative Medical Center

##### Jennifer Champlin, LMT, LME

Massage Therapist, Licensed Medical Esthetician  
839 Central Avenue, Suite 3, Dover NH 03820  
(603) 749-7873  
jenn@pureescapenh.com, www.pureescapenh.com

#### Journey to Wellness Integrative Medical Center

##### Carrie Regan, LMT

Licensed Massage Therapist  
839 Central Avenue, Suite 2, Dover NH 03820  
(603) 828-9090  
cbsalm@yahoo.com, www.carriesalmmassage.com

## Massage Therapy cont.

### Gloucester, MA

#### Atlantic Family Chiropractic, PC & Cape Ann Healing Center Dr. Nicole Andrade \*

Pregnancy and Pediatric Chiropractic, Acupuncture, Massage, Reiki, Craniosacral Therapy, Zero Balancing, Somatic Movement, Herbalism, Matrix Quantum Healing, EcoTours and Retreats, Spiritual Counseling and more  
The Para Research Bldg, 85 Eastern Avenue  
Gloucester MA 0193  
(978) 282-1191  
drnicole1@gmail.com, www.atlanticfamilychiro.com,  
www.capeannealingcenter.com

### Kittery, ME

#### Sopha's Healthy Touch

##### Sopha Wishashan, LMT, CCHT, CNA, CTTM

Traditional Thai Massage, Colon Hydrotherapy, Massage Therapy (Swedish, Deep Tissue, Hot Stone, Sport, Pregnancy), Lymphatic Drainage, Reflexology, Ear Candling  
99 State Road, Kittery ME 03904  
(207) 351-6905  
sophashealthytouch@yahoo.com, www.sophashealthytouch.com

### Portsmouth, NH

#### Alpha Bodyworks Collaborative

##### Sandy Tucker, LMT, ABT \*

Therapeutic Massage, Shiatsu, Tuina, Reiki, Acupressure, Qi Gong  
10 Vaughn Mall, Suite 204C, Portsmouth NH 03801  
(603) 436-9390  
info@alphabodyworks.com, www.alphabodyworks.com

### Salem, NH

#### Center For Family Health and Wellness

##### Dr. Holly Rucco, DC

Chiropractic, Massage, Nutrition, Stress Reduction  
202 Main Street Suite G-2, Salem NH 03079  
(603) 894-5654 (P)  
(603) 894-0657 (F)  
holly@drholly.net, www.drholly.net

## Medical Intuitive

A Medical Intuitive will energetically scan the insides (organs, glands, blood, etc.) of the physical body and the human energy field surrounding the body looking for imbalances. Medical Intuitives seeks to name the Root Cause or Original Trigger of a complaint, illness or disease, or to pro-actively discover the imbalance before it becomes disease or illness.

### Amesbury, MA

#### The Way To Balance, LLC

##### Center For Advanced Healing & Training

##### Aaron and Sue Singleton, Founders

Acupressure, Aromatherapy, CranioSacral Therapy, Herbs/Nutrition, Homeopathy, Hypnotherapy, Medical Intuitive, Integrative Muscular Therapy/Massage, Myofascial, Neuromuscular, Shiatsu, Reflexology, Energy Healing, Sound/Vibrational Healing, EOL Physical & Emotional Healing  
21 Water Street, Amesbury MA 01913  
(978) 834-0341 (P), (978) 834-0343 (F)  
info@thewaytobalance.com, www.thewaytobalance.com

**THE WAY TO BALANCE<sup>®</sup> LLC**  
 CENTER FOR ADVANCE HEALING AND TRAINING

**Stop Chasing Symptoms!  
 Fix Your Root Cause...**

**Sue Singleton**  
 Medical Intuitive and Master Healer. It is renowned for her keen insight into the Root Cause of a person's condition and the Action Plan for resolving it. For nearly two decades, clients from around the globe have sought Sue's expertise in performing 7,000+ Medical Intuitive Readings.

**Aaron Singleton**  
 is a Master Healer, Visionary and Inventor whose Incredible Intuitive insight led to his development of The Energy of Life (EOL)<sup>™</sup> Integrative Healing Process and many healing tools, which promote total healing of physical & emotional manifestations of "dis-ease".

**Experience the Holistic Side of Medicine**

- MEDICAL INTUITIVE READINGS
- CRANIO-SACRAL THERAPY
- THERAPEUTIC MASSAGE (10 TYPES)
- PHYSICAL-EMOTIONAL TRAUMA RELEASE
- ENERGY HEALING
- NET-NEUTRAL IONIC PRODUCTS & TOOLS FOR HEALING
- ENERGY OF LIFE WORKSHOPS & TRAINING

The Singletons are dynamic conference speakers, empowering workshop leaders and authors. Their Center consists of a team of highly skilled professional therapists who integrate the innovative and cutting edge EOL<sup>™</sup> Healing Process into their sessions.

Visit [www.TheWayToBalance.com](http://www.TheWayToBalance.com) for services, workshops, events, articles, news, and more. 21 Water Street | Amesbury, MA 01913 | 978-834-0341

**Meditation**

Meditation is a word used so many ways, usually referring to a process of moving to inner self awareness and enlightenment.

**Byfield, MA / Dover, NH**

**InsideOut / InsideOut Thermography**

**Janice S. Anderson BA, RN, HN-BC, CCT, ACHt., RMT \***  
 Certified Digital Infrared Thermographic Imaging, Meditation, Advanced Clinical Hypnotherapy, Reiki Master Teacher, Nutrition/Lifestyle Counseling, Aromatherapy, Certified Holistic RN  
 19 Central Street, Unit G, Byfield MA 01922  
 (978) 270-2005 (O), (978) 363-5731 (F)  
 Journey to Wellness Medical Center  
 839 Central Avenue, Suite 4, Dover NH 03820  
[insideout923@aol.com](mailto:insideout923@aol.com), [www.insideoutwholistically.com](http://www.insideoutwholistically.com)

**Portsmouth, NH**

**Ancient Voices Harmonic Therapy**

**Joseph Carringer \***  
 Didgeridoo Sound Therapy, Shamanic Journeying, Meditation, Vibrational Healing, Spiritual and Shamanic Counseling  
 322 Islington Street, 1st Floor, Portsmouth NH 03801  
 (603) 433-7465  
[info@didgetherapy.com](mailto:info@didgetherapy.com), [www.didgetherapy.com](http://www.didgetherapy.com)

**Medium / Intuitive / Psychic**

**North Hampton, NH**

**Inner Visions with Carol Ann**

**Carol Ann Burstein**  
 Psychic Readings, Spiritual Coach, Life Coach  
 14 Woodknoll Drive, North Hampton NH 03862  
 (603) 964-1395  
[info@innervationswithcarolann.com](mailto:info@innervationswithcarolann.com)  
[www.innervationswithcarolann.com](http://www.innervationswithcarolann.com)

**Somersworth, NH**

**Ann Sousa, Initiated Elder and Minister**

Shamanic Practitioner, Certified Firewalk Instructor, Medium/Channel (Divination Based Readings), Past Life Regression, Shamballa, Doula, Offering Men and Women's Shamanic Apprenticeships, Diviner's Intensive Training  
 Somersworth, NH & Servicing New England  
 (978) 479-1335  
[annsousa@yahoo.com](mailto:annsousa@yahoo.com), [www.healingtheglobalvillage.com](http://www.healingtheglobalvillage.com),  
[www.shamanicpathwayshealingcenter.com](http://www.shamanicpathwayshealingcenter.com)

**Stratham, NH**

**Rev. Amanda DeShong**

Medium, Crystal Healing, Meditation Group, Chakra Balancing  
 Stratham, NH 03885  
 (603) 734-2357  
[info@amandadeshong.com](mailto:info@amandadeshong.com), [www.amandadeshong.com](http://www.amandadeshong.com)

**Natural Pharmacy**

**Dover/Portsmouth, NH**

**The Herbal Path, Natural Pharmacy & Healthy Living Center  
 Ron Stock, R.Ph \***

A Natural Pharmacy dedicated to natural health through herbs, homeopathy, vitamins and mineral supplements  
 835 Central Avenue, Dover NH 03820  
 (603) 740-8400  
 Bowl-O-Rama Plaza, 599 Lafayette Road, Suite 9  
 Portsmouth NH 03801  
 (603) 766-6006  
[info1@herbalpath.com](mailto:info1@herbalpath.com), [www.herbalpath.com](http://www.herbalpath.com)

**Naturopathic Medicine**

Naturopathic medicine is a science and art that combines the best of natural therapies and conventional medicine. The core goal of naturopathic medicine is to encourage the natural ability of the body to heal itself using the most curative and least evasive therapies possible.

**Dover, NH**

**Elemental Medicine**

**Beth Devlin, ND**  
**George Savastio, ND**  
 Naturopathic Medicine, Ayurvedic Therapy, Homeopathy, Acupuncture, Botanical Medicine  
 15 Old Rollinsford Rd, Suite 101, Dover NH 03820  
 (603) 516-3696  
[bdevlin@elemed.co](mailto:bdevlin@elemed.co), [gsavastio@elemed.co](mailto:gsavastio@elemed.co), [www.elemed.co](http://www.elemed.co)

**Journey to Wellness Integrative Medical Center**

**Dr. Emily Miller, ND**  
 Family Practice - Licensed Naturopathic Doctor  
 839 Central Avenue, Suite 5, Dover NH 03820  
 (603) 592-5575  
[emily@dremilymiller.com](mailto:emily@dremilymiller.com), [www.dremilymiller.com](http://www.dremilymiller.com)

**Naturopathic Medicine cont.****Goffstown, NH****Patrice Malloy B.A., N.H.D.N.S., N.D**

Doctor of Natural Health, Herbologist, N.D. Doctor of Traditional Naturopathy, B.A. in Psychology - Stress Management  
168 N. Mast Road, Goffstown NH 03045  
(603) 858-9119  
patriceamalloy@comcast.net

**Hampton, NH****Sante Center for Natural Healing, The  
Carol Facella Kummins, Naturalist, PhD Candidate****Dr. Mark Su, MD****Dr. Alla Elias, ND, LAc**

Colon Hydrotherapy, Integrative Medicine, Nutritional Counseling, Acupuncture, Naturopathic Medicine, Fasting Guidance, Raw food Nutrition, Hair Analysis, DNA Testing  
540 Lafayette Rd. Hampton, NH 03842  
(603) 929-0084  
info@thesantecenter.com, www.thesantecenter.com

**Newburyport, MA / Portsmouth, NH****Giving Tree Natural Health, LLC****Margaux French, ND**

Family Practice - Naturopath, Nutrition, Homeopathy, Herbs  
408 The Hill, Suite 2, Portsmouth NH 03801  
(603) 319-8108  
drfrench@givingtreenaturalhealth.com,  
www.givingtreenaturalhealth.com

**Nourish**

17 Green Street, Newburyport MA 01950  
(978) 465-0146  
drfrench@youare nourished.com, www.youare nourished.com

**Portsmouth, NH****Human Nature Natural Health****Dr. Ian D. Bier, N.D., Ph.D., L.Ac.**

Naturopathic Medicine, Acupuncture, Spinal Manipulation, Massage, Oxygen Therapy, Color Therapy, Natural Skin Care  
155 Borthwick Avenue, W Suite 102, Portsmouth NH 03801  
(603) 610-7778 (O), (603) 610-7787 (F)  
info@humannaturenaturalhealth.com,  
www.humannaturenaturalhealth.com

**Maine Association of Naturopathic Doctors  
(MAND)****Augusta, ME****Maloney Medical****Christopher J Maloney**

Naturopathic Medicine  
4 Drew Street, Augusta ME 04330  
(207) 623-1682  
docleroymaloney@hotmail.com, www.maloneymedical.com

**TLC Natural Healthcare****Terry Lee Cookson, ND, LAc, MSOM**

Naturopathic and Chinese Medicine  
12 South George Street, Augusta ME 04330  
(207) 557-2557  
tlcnaturalhealth@yahoo.com, www.tlcnaturalhealth.com

**Naturopathic Medicine cont.****Maine Association of Naturopathic Doctors cont.  
(MAND)****Camden, ME****Camden Whole Health****Deb Moskowitz, ND and Barb MacDonald, ND, LAc**

Naturopathic Medicine  
91 Elm Street, Camden ME 04843  
(207) 230-1131  
www.camdenwholehealth.com

**Ellsworth, ME****Acadia Naturopathic Medical Clinic****Dr. Penelope B. Houghton, ND**

Auricular Medicine, Environmental Medicine, Botanical Medicine, CranioSacral Therapy, Homeopathy, Nutrition  
53 Church Street, Ellsworth ME 04605  
(207) 664-0780 (O), (207) 664-0401 (F)  
www.acadianaturopathic.com

**Falmouth, ME****Coastal Naturopathic Center****Richard Maurer, ND**

Naturopathic Medicine and Acupuncture for Metabolic Conditions, Children's Development, Sports Medicine  
4 Fundy Road #105, Falmouth ME 04105  
(207) 781-4447  
info@CoastalNaturalHealth.com, www.CoastalNaturalHealth.com

**Newcastle, ME****Anne Jacobs, ND, LAc**

Naturopathic and Chinese Medicine  
10 Glidden Street, Newcastle ME 04553  
(207) 523-9244  
anne@drannejacobs.com, www.drannejacobs.com

**North Bridgton, ME****Julianne M. Forbes, ND, LLC**

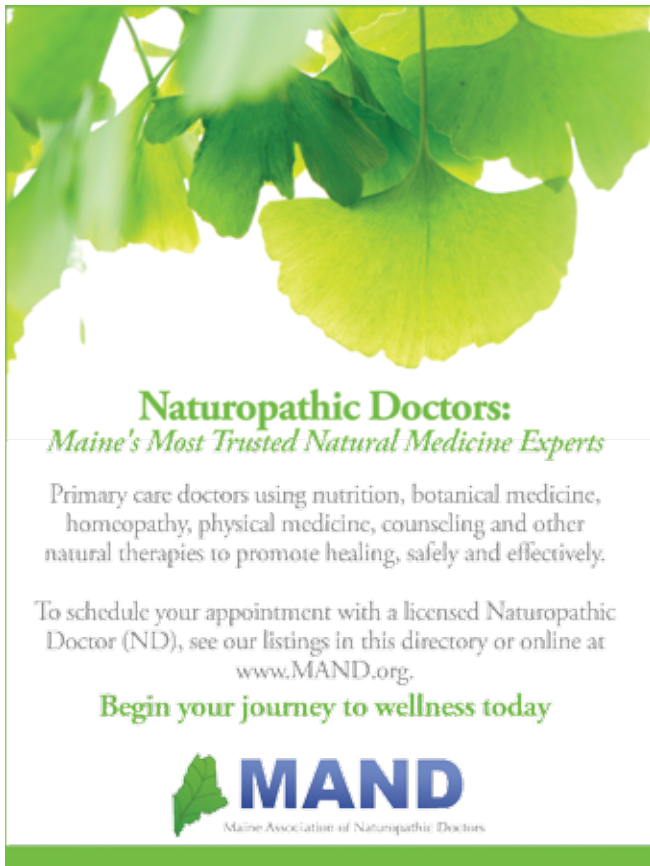
Naturopathic Medicine, Homeopathy  
120 North Bridgton Road, North Bridgton ME 04057  
(207) 647-9423 (O), (207) 647-3669 (F)  
jmforbesnd@gmail.com, www.mainenaturopath.net

**Portland, ME****Maine Integrative Wellness****Fred Shotz, ND**

Naturopathic Medicine, Rapid Permanent Stress, Anxiety, Family Medicine, PTSD Elimination, FirstLine Therapy, Autism Treatments, Detoxification Services  
222 Auburn Street, Portland ME 04103  
(207) 828-4299 (O), (207) 828-5056 (F)  
info@mainewellness.com, www.mainewellness.com

**Primary Care Alternative Medicine****Sarah Kotzur, ND**

Naturopathic Medicine  
142 High Street, Ste 305, Portland ME 04101  
(207) 699-4199  
drkotzur@primarycarealternativemedicine.com  
www.primarycarealternativemedicine.com



**Naturopathic Doctors:**  
*Maine's Most Trusted Natural Medicine Experts*

Primary care doctors using nutrition, botanical medicine, homeopathy, physical medicine, counseling and other natural therapies to promote healing, safely and effectively.

To schedule your appointment with a licensed Naturopathic Doctor (ND), see our listings in this directory or online at [www.MAND.org](http://www.MAND.org).

**Begin your journey to wellness today**

**MAND**  
Maine Association of Naturopathic Doctors

**Naturopathic Medicine cont.**

**Maine Association of Naturopathic Doctors cont. (MAND)**

**Portland, ME cont.**

**Wildwood Medicine**

**Sasha Rose, ND, LAc**

Naturopathic Medicine, Acupuncture and Yoga  
83 India Street, Portland ME 04101  
(207) 347-7132  
info@wildwoodmedicine.com, www.wildwoodmedicine.com

**Scarborough, ME**

**Maine Whole Health**

**Devra Krassner, ND**

Naturopathic Medicine  
153 US Route One, Box 4, Scarborough ME 04074  
(207) 883-5517  
drkrassner@mainewholehealth.com, www.mainewholehealth.com

**South Portland, ME**

**Healing Routes**

**Priscilla Skerry, ND, PA**

Naturopathic Medicine  
100 Brickhill Ave, Ste 304, South Portland ME 04106  
(207) 772-5227  
drskerry@myFaipoint.net

**Naturopathic Medicine cont.**

**Maine Association of Naturopathic Doctors cont. (MAND)**

**Springvale, ME**

**Bare Medicine**

**Dr. Kristen McElveen, ND**

Family Practice, Naturopathic Medicine, Nutrition, Biotherapeutic Drainage, Low Level Laser Therapy  
460 Main St, Suite 2, Springvale ME 04083  
(207) 490-2373  
drkristen@baremedicine.com, www.baremedicine.com

**Waterville, ME**

**Evergreen Healing Center**

**Laura T. Bridgman, ND**

Homeopathic, Naturopathic Medicine  
179 Main Street, Suite 302, Waterville, ME 04901  
(207) 859-8711  
laurabridgman@earthlink.net

**Neuro Linguistic Programming (NLP)**

NLP practitioners look for clues in a person's speech and behavior patterns and then provide the tools and awareness to alter that behavior.

**Dover, NH**

**A New You Center for Hypnosis, LLC**

**Edward J. Lane BCH, EFT-ADV**

Hypnotherapy, EFT, Energy Healing  
The RW Building, 3 Webb Place, Suite 4, Dover NH 03820  
(603) 749-6463  
Ed@ANewYouCenter.com, www.ANewYouCenter.com

**Nutrition**

Nutrition is the basis of ongoing good health. It is the feeding of our bodies and our cells. Holistic Nutrition is the nurturing of our body, mind and spirit, in all ways.

**Bow, NH**

**Guided Nutrition**

**Margaret Angarella**

Nutritional Consulting  
539 Rt. 3A, Bow NH 03304  
(603) 496-2603  
guidednutrition@comcast.net, www.guidednutrition.com

**Byfield, MA / Dover, NH**

**InsideOut / InsideOut Thermography**

**Janice S. Anderson BA, RN, HN-BC, CCT, ACHT., RMT \***

Certified Digital Infrared Thermographic Imaging, Meditation, Advanced Clinical Hypnotherapy, Reiki Master Teacher, Nutrition/Lifestyle Counseling, Aromatherapy, Certified Holistic RN  
19 Central Street, Unit G, Byfield MA 01922  
(978) 270-2005 (P), (978) 363-5731 (F)  
Journey to Wellness Medical Center  
839 Central Avenue, Suite 4, Dover NH 03820  
insideout923@aol.com, www.insideoutwholistically.com

**Nutrition cont.****Dover, NH****Blackman Family Chiropractic & Nutrition Center****Dr. Michael P. Blackman**

Chiropractic, Nutrition, Rehabilitative Exercise

812 Central Avenue, Dover NH 03820

(603) 742-5881 (P), (603) 742-6613 (F)

linda@blackmanchiro.com, www.blackmanchiro.com

**The Herbal Path, Natural Pharmacy & Healthy Living Center****Ron Stock, R.Ph \***

A Natural Pharmacy dedicated to natural health through herbs homeopathy, vitamins and mineral supplements.

835 Central Avenue, Dover NH 03820

(603) 740-8400

info1@herbalpath.com, www.herbalpath.com

**Nutri Balance, LLC****Tara Emmett**

Nutrition Counseling, Frequency Balancing

90 Washington Street, Dover NH 03820

(603) 334-2875

nutri.balanceinfo@gmail.com, www.nutri-balance.org

**Hampton, NH****Sante Center for Natural Healing, The****Carol Facella Kummins, Naturalist, PhD Candidate****Dr. Mark Su, MD****Dr. Alla Elias, ND, LAc**

Colon Hydrotherapy,, Integrative Medicine, Nutritional Counseling, Acupuncture, Naturopathic Medicine, Fasting Guidance, Raw food Nutrition, Hair Analysis, DNA Testing

540 Lafayette Rd. Hampton, NH 03842

(603) 929-0084

info@thesantecenter.com, www.thesantecenter.com

**Portsmouth, NH****The Herbal Path, Natural Pharmacy & Healthy Living Center****Ron Stock, R.Ph. \***

A Natural Pharmacy dedicated to natural health through herbs, homeopathy, vitamins and mineral supplements

Bowl-O-Rama Plaza

599 Lafayette Road Unit 9, Portsmouth NH 03801

(603) 766-6006

info1@herbalpath.com, www.herbalpath.com

**Rochester, NH****Advanced Nutrition & Energetics of NE****Kara Hanks, RN, Doctorate of Natural Health, Certified****Iridologist, Shamanic Healing (Peruvian Based)**

Nutrition Response Testing, Detoxification, Whole Foods Nutrition, Homeopathy, Iridology &amp; Sclerology, Shamanic Healing, Past Life Regression, Soul Retrieval

60 Rochester Hill Road, Suite 5, Rochester NH 03867

(603) 312-8036

kara@think-wellness.com,

www.advancednutritionandenergetics.com

**Nutrition cont.****Rochester, NH cont.****Crosser Chiropractic & Natural Health Center****Dr. Mark Crosser, Lic. DC****Kara Hanks, RN, Doctorate of Natural Health, Certified****Iridologist, Shamanic Healing (Peruvian Based)**

Nutrition Response Testing, Detoxification, Whole Foods Nutrition, Homeopathy, Iridology &amp; Sclerology, Shamanic Healing, Past Life Regression, Soul Retrieval, Therapeutic Yoga, Zero Balancing, Energy Healing

60 Rochester Hill Road, Rochester NH 03867

(603) 332-3232 (O/F)

drmark@think-wellness.com, www.think-wellness.com

**Salem, NH****Center For Family Health and Wellness****Dr. Holly Rucco, DC**

Chiropractic, Massage, Nutrition, Stress Reduction

202 Main Street Suite G-2 , Salem NH 03079

(603) 894-5654 (P)

(603) 894 -0657 (F)

holly@drholly.net, www.drholly.net

**Sandown, NH****NutriJourney****Debbie Truche**

Nutrition Counseling / Therapy

150 North Road, Sandown NH 03873

(603) 548-4175

dtruche@nutrijourney.com, www.nutrijourney.com

**Occupational Therapist****Manchester, NH****Total Body Therapy****Deborah Miller**

Physical and Occupational Therapy

Offices in:

Concord, NH

(603) 622-0909 (P), (603) 622-2869 (F)

Manchester, NH

(603) 622-0909 (P), (603) 622-2869 (F)

Newington, NH

(603) 766-2499 (P), (603) 766-2498 (F)

Plymouth, NH

(603) 622-0909 (P), (603) 622-2869 (F)

Tilton, NH

(603) 622-0909 (P), (603) 622-2869 (F)

info@totalbodytherapy.com, www.totalbodytherapy.com

**Osteopathy**

Osteopathy defines the philosophy of physicians who are more holistically oriented, taking into account the whole person and their surroundings to best diagnose and treat medical conditions.

**Dover, NH****My Friend's Gynecologist****Terri Vanderlinde, DO**

Board Certified Gynecologist, Integrative Women's Health Journey to Wellness Center

839 Central Avenue, Suite One, Dover NH 03820

(603) 516-0000 (O), (603) 516-5001 (F)

drterri@bestgyn.com, www.bestgyn.com

**Past-Life Regression Therapy**

Past Life Regression Therapy is another transformational key to self-knowledge. It is a tool to discover special abilities or talents and life purpose.

**Somersworth, NH****Ann Sousa, Initiated Elder and Minister**

Shamanic Practitioner, Certified Firewalk Instructor, Medium/Channel (Divination Based Readings), Past Life Regression, Shamballa, Doula, Offering Men and Women's Shamanic Apprenticeships, Diviner's Intensive Training  
Somersworth, NH & Servicing New England  
(978) 479-1335  
annsousa@yahoo.com, www.healingtheglobalvillage.com,  
www.shamanicpathwayshealingcenter.com

**Personal Trainer****Dover, NH****Journey to Wellness Integrative Medical Center****Cristyn Peters, BS, ACE, ACSM**

Clinical Exercise Specialist, Nutrition  
839 Central Avenue, Suite 6, Dover NH 03820  
(603) 817-4498  
cristynpeters@gmail.com, www.cristynpeters.com

**Portsmouth, NH****Total Fitness Today****Robert McKean**

Personal Training, Nutrition  
2800 Lafayette Road, Suite 12A, Portsmouth NH 03801  
(603) 319-4568  
ftportsmouth@comcast.net, www.totalfitnesstoday.com

**Physical Therapy****Manchester, NH****Total Body Therapy****Deborah Miller**

Physical and Occupational Therapy  
Offices in:  
Concord, NH  
(603) 622-0909 (P), (603) 622-2869 (F)  
Manchester, NH  
(603) 622-0909 (P), (603) 622-2869 (F)  
Newington, NH  
(603) 766-2499 (P), (603) 766-2498 (F)  
Plymouth, NH  
(603) 622-0909 (P), (603) 622-2869 (F)  
Tilton, NH  
(603) 622-0909 (P), (603) 622-2869 (F)  
info@totalbodytherapy.com, www.totalbodytherapy.com

**Portsmouth, NH****Atlantic Physical Therapy and Weight Loss Center****Dr. Jessica Paskalis**

Physical Therapy - An out patient physical therapy practice focused on healing and general health and wellness  
100 Islington Street Suite A, Portsmouth NH 03801  
(603) 427-9014 (P), (603) 430-8458 (F)  
jess@jptphysicaltherapy.com, www.atlanticpt.org

**Physician**

Physician-licensed MD: graduate of 4 year medical school and post-graduate residency in area of specialty, licensed to practice medicine, with interest and/or experience in complementary and alternative therapies.

**Dover, NH****My Friend's Gynecologist****Terri Vanderlinde, DO**

Board Certified Gynecologist, Integrative Women's Health  
Journey to Wellness Center  
839 Central Avenue, Suite One, Dover NH 03820  
(603) 516-0000 (O), (603) 516-5001 (F)  
drterri@bestgyn.com, www.bestgyn.com

**Polarity**

A gentle, holistic method of energy work that helps clear and balance the bodies Qi/life force.

**Kittery Point, ME****Center for Holistic Bodywork****Margaret Carol, MA, RPP, LMT**

Polarity Therapy, Biodynamic Cranial Sacral Therapy,  
BirthPath Song/Sound Therapy  
15 Goose Point, Kittery Point ME 03905  
(207) 310-3890  
info@margaretcarol.com, www.margaretcarol.com,  
www.birthpathsong.com

**Portsmouth, NH****Inner Harmony With Healing Ways****Gayle Perkins**

Wellness Counseling, CranioSacral Therapy, Polarity, Feng Shui, Reflexology, Energy Work, Spiritual Counseling  
2 Greenleaf Woods Drive, Suite 201, Portsmouth NH 03801  
(207) 752-1281  
ManyHealingWays@gmail.com, www.healingways.net

**Psychotherapy**

The treatment of mental and emotional disorders through the use of psychological techniques designed to encourage communication of conflicts and insight into problems, with a goal of relief of symptoms, changes in behavior leading to improved social and vocational functioning and personality growth.

**Portsmouth, NH****C. Lisa Norris MS, APRN**

Board Certified Psychiatric Nurse Practitioner and Clinical Nurse Specialist. Holistic psychiatry and wellness-focused psychotherapy. Specializing in women's reproductive psychiatry.  
20 Ladd Street, Portsmouth, NH 03801  
(603) 430-8900 (P), (603) 430-8008 (F)  
lisanorris\_aprn@comcast.net

**Reflexology**

The manipulation of zones and specific points on the bottom of the feet that correspond energetically to the entire human body. Treatment of those specific areas clear pathologies from all organs and systems and encourage proper function of those organs and systems.

**Portsmouth, NH**

**Inner Harmony With Healing Ways**

**Gayle Perkins**

Wellness Counseling, CranioSacral Therapy, Polarity, Feng Shui, Reflexology, Energy Work, Spiritual Counseling  
 2 Greenleaf Woods Drive, Suite 201, Portsmouth NH 03801  
 (207) 752-1281  
 ManyHealingWays@gmail.com, www.healingways.net

**Reiki**

A gentle, non-invasive healing modality of light hand placement that provides balance to the physical, emotional, mental and spiritual issues in life that connects us with the energy surrounding us.

**Byfield, MA / Dover, NH**

**InsideOut / InsideOut Thermography**

**Janice S. Anderson BA, RN, HN-BC, CCT, ACHT., RMT \***

Certified Digital Infrared Thermographic Imaging, Meditation, Advanced Clinical Hypnotherapy, Reiki Master Teacher, Nutrition/Lifestyle Counseling, Aromatherapy, Certified Holistic RN  
 19 Central Street, Unit G, Byfield MA 01922  
 (978) 270-2005 (O), (978) 363-5731 (F)  
 Journey to Wellness Medical Center  
 839 Central Avenue, Suite 4, Dover NH 03820  
 insideout923@aol.com, www.insideoutwholisticly.com

**Reiki cont.**

**Concord, NH**

**Energy Medicine, LLC**

**Lisa Schermerhorn**

Energy Medicine Practitioner, Reiki Master, EFT Practitioner  
 Certified Hypnotherapist Specializing in Life Between Lives Regression and Past Life Regression  
 188 N. Main St. Suite 1, Concord NH 03301  
 (781) 718-9288  
 lisareiki@comcast.net, www.iclisa.com

**Danvers, MA/Portsmouth, NH**

**The Daily Breath**

**Debra Eriksen**

Breathwork Practitioner, Reiki II, Pranic Healing I  
 Offering Private Sessions, Small Groups and Workshops throughout New England  
 PO Box 1231, Portsmouth NH 03802  
 (603) 659-2186  
 thepowerofbreath@aol.com, www.thedailybreath.com

**Dover, NH**

**J.C. Healing**

**Jennie D. Frisella**

Spinal Touch, Certified Reiki Master, Shamballa, Chakra Clearing, Crystals  
 36 Hillcrest Drive, Dover NH 03820  
 (603) 749-1303  
 mitt1331@live.com, www.jcenergyhealing.com



Gayle M. Perkins,  
 REIKI MASTER, CERTIFIED EFT PRACTITIONER

# Inner Harmony With Healing Ways

At Inner Harmony With Healing Ways we provide support in assisting you to find "Your" individual balance. We hold Space to facilitate change, always with love, gently aimed toward wellbeing in all aspects of "Your" life.

We teach the tools needed to develop the flexibility to "surf" the challenges and energy influxes of living in today's modern society.

Learn to hear and trust your own "Healing Wisdom", enabling you to develop internally and externally patterns of thought and behavior to sustain your wellbeing of mind, body and spirit.

- Partial Services Menu:**  
 Wellness Counseling  
 Polarity | CranoSacral Therapy  
 Energy Clearing and Balancing  
 Feng Shui | Reflexology  
 Holistic Nutrition and Detoxification  
 Spiritual Counselor  
 Please visit:  
 www.healingways.net  
 for a complete listing of services offered

www.healingways.net  
 ManyHealingWay@gmail.com  
 207-752-1281

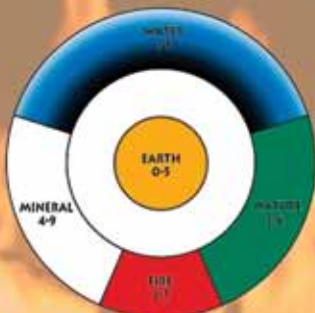
**Ann Sousa**  
 Shamanic Practitioner, Initiated Elder,  
 Diviner, Certified Fire Walk Instructor  
 Minister, Doula-Birthing Coach

Servicing Greater New England  
 (978) 479-1335  
 annsousa@yahoo.com  
 www.healingtheglobalvillage.com  
 www.shamanicpathwayshealingcenter.com

**Services**

- Shamanic apprenticeship women & men
- Community and corporate fire walk
- Community and global grief ritual
- Reset / rebirth behavior patterns
- Doula trained-birthing coach
- Grief and loss counseling
- Oneness blessing giver
- 4-dimensional wellness
- Intuitive counseling
- Ancestral work
- Soul retrieval
- Weight loss
- Past life regressions
- Power animal retrieval
- Tracking the inner child
- Shamballa / Reiki Master
- Emotional tracking & wellness
- Clearing land, home and business
- Tracking of energy blocks and imbalances
- Vibrational "tune-up" and molecular shifting
- Substance abuse and resolution of addictive behaviors
- Elemental rituals and ceremonies with spirit, nature and ancestors

**DAGARA COSMOLOGICAL WHEEL**



Ann is a Shamanic Practitioner and Diviner, currently studying with Malidoma Somé, a West African Shaman. She has visited and traveled with Peruvian Shamans. She is a Shamballa and Reiki master. She holds a degree in Mental Health and Science, and has done extensive work in the process of death and dying for the past 25 years. Ann is an intuitive healer, channeling energy with the ancestors and the universe. She practices daily sacred ritual with the ancestors and has a deep and abiding connection with that realm.

**Reiki cont.**

**Reiki cont.**

**Dover, NH cont.**

**Journey to Wellness Integrative Medical Center**  
**Earth's Energy**  
**Amy Bregy**  
 Aromatherapy, specializing in Raindrop Technique,  
 Reiki Master/Teacher  
 839 Central Avenue, Suite 4, Dover NH 03820  
 (207) 475-5158  
 amy@yourearthenergy.com, www.yourearthenergy.com

**Seacoast Energy Medicine**  
**Tracey Benkosky**  
 Reiki, Energy Medicine  
 44 N Dover Point Road, Dover NH 03820  
 (603)978-0380  
 seacoastenergy@gmail.com, seacoastenergymedicine.com

**Gloucester, MA**

**Atlantic Family Chiropractic, PC & Cape Ann Healing Center**  
**Dr. Nicole Andrade \***  
 Pregnancy and Pediatric Chiropractic, Acupuncture, Massage,  
 Reiki, Craniosacral Therapy, Zero Balancing, Somatic Movement,  
 Herbalism, Matrix Quantum Healing, EcoTours and Retreats,  
 Spiritual Counseling and more  
 The Para Research Bldg, 85 Eastern Avenue,  
 Gloucester MA 0193  
 (978) 282-1191 x 1, (978) 282-1193  
 drnicole1@gmail.com, www.atlanticfamilychiro.com,  
 www.capeannhealingcenter.com

**Lee, NH**

**Relaxing Reiki, LLC**  
**Joanie Blinn, Reiki Master Teacher**  
 Usui Reiki Master Teacher/Practitioner. Providing contact hours for  
 nurses and clinicians. Meditation classes for individuals or groups.  
 Reiki classes for parents and teenagers upon request.  
 74 Newton Plains Road, Lee NH 03861  
 (603) 781-1764  
 joanie@relaxingreiki.com, www.relaxingreiki.com

**Londonderry, NH**

**Deerheart Reiki Services**  
**Lee Kelly Dixon**  
 Registered Karuna Reiki Master  
 Londonderry, NH 03053  
 (603) 425-8898  
 kelly@deerheartreiki.com, www.deerheartreiki.com

**Portsmouth, NH**

**Holistic Healthcare**  
**Erica Rock**  
 Divine Openings, Nutritional Consultant, Angle Readings, Reiki  
 Teacher, Spiritual Counseling  
 PO Box 4476, Portsmouth NH 03801  
 (603) 512-3865  
 erica@ericarock.com, www.ericarock.com  
 www.divinegracefrees.com

**Holistic Universal  
Healing**

*Specializing in the awakening and  
transformation of body mind and soul.*

*Private sessions/Long distance healing  
Korean Yoga  
Shamanism  
Spiritual pilgrimages  
Private and group retreats  
Holistic counseling*

*Certified courses in Spiral Touch Therapy  
and Holistic Healing available*

**Reverend Claudia Ragonesi**  
*Dancing Waters  
13 Devotion Avenue  
Sanford, Me 04073  
Web: [holisticuniversalhealing.com](http://holisticuniversalhealing.com)  
E-mail: [cragonesi@hotmail.com](mailto:cragonesi@hotmail.com)  
207-324-3276  
Cell: 603-988-4938*

### Rolfing

A form of bodywork to improve health by bringing segments of the body into proper alignment. Rolfing is based on the idea that fascia--the fibrous layers covering muscles--stiffens, shortens, and loses its elasticity after prolonged poor posture and mental and emotional stress.

#### Eliot, ME / Cambridge, MA

#### **Paul Gordon Advanced Rolfing & CranioSacral Therapy** **Paul Gordon, M.A., Advanced Rolfer**

Advanced Rolfing from a Biodynamic Perspective,  
CranioSacral Therapy, Visceral Mobilization  
43 Mast Core Road, Eliot ME 03903  
(207) 439-8522  
875 Massachusetts Ave., Ste. 83, Cambridge MA 02139  
(617) 628-6661  
[www.paulgordonrolfer.com](http://www.paulgordonrolfer.com)

### Shamanism & Shamanic Counseling

Shamanism is the study and practice of Shamanic Healing. Shamanic Healing is an ancient form of energy healing. It is believed in many cultures that dis-ease starts at the etheric level in the energy around us called our Aura & Chakra System. Shamanic healing has been in existence for thousands of years and used by Indigenous peoples from all over the world.

#### Portsmouth, NH

#### **Ancient Voices Harmonic Therapy**

#### **Joseph Carringer \***

Didgeridoo Sound Therapy, Meditation, Shamanic Journeying,  
Vibrational Healing, Spiritual and Shamanic Counseling  
322 Islington Street, 1st Floor, Portsmouth NH 03801  
(603) 433-7465  
[info@didgetherapy.com](mailto:info@didgetherapy.com), [www.didgetherapy.com](http://www.didgetherapy.com)

### Shamanism & Shamanic Counseling cont.

#### Rochester, NH

#### **Advanced Nutrition & Energetics of NE** **Kara Hanks, RN, Doctorate of Natural Health, Certified Iridologist, Shamanic Healing (Peruvian Based)**

Nutrition Response Testing, Detoxification, Whole Foods Nutrition,  
Homeopathy, Iridology & Sclerology, Shamanic Healing, Past Life  
Regression, Soul Retrieval  
60 Rochester Hill Road, Suite 5, Rochester NH 03867  
(603) 312-8036  
[kara@think-wellness.com](mailto:kara@think-wellness.com),  
[www.advancednutritionandenergetics.com](http://www.advancednutritionandenergetics.com)

#### Somersworth, NH

#### **Ann Sousa, Initiated Elder and Minister**

Shamanic Practitioner, Certified Firewalk Instructor, Medium/Chan-  
nel (Divination Based Readings), Past Life Regression, Shamballa,  
Doula, Offering Men and Women's Shamanic  
Apprenticeships, Diviner's Intensive Training  
Somersworth, NH & Servicing New England  
(978) 479-1335  
[annsousa@yahoo.com](mailto:annsousa@yahoo.com), [www.healingtheglobalvillage.com](http://www.healingtheglobalvillage.com),  
[www.shamanicpathwayshealingcenter.com](http://www.shamanicpathwayshealingcenter.com)

### Shiatsu

Massage that uses acupressure techniques using hand, thumbs, elbows and knees. The acupressure technique has its roots from the acupuncture therapy and Traditional Chinese Medicine.

#### Portsmouth, NH

#### **Alpha Bodyworks Collaborative**

#### **Sandy Tucker, LMT, ABT \***

Therapeutic Massage, Shiatsu, Tuina, Reiki, Acupressure,  
Qi Gong  
10 Vaughn Mall, Suite #204C, Portsmouth NH 03801  
(603) 436-9390  
[info@alphabodyworks.com](mailto:info@alphabodyworks.com), [www.alphabodyworks.com](http://www.alphabodyworks.com)

### Skin and Body Care

#### Derry, NH

#### **Purenature – Ind. Rep**

#### **Cheryl Rounds**

Certified organic skin, body care and cosmetics from Australia  
25 Olesen Road, Derry NH 03038  
(603) 537-0476  
[noworganics@yahoo.com](mailto:noworganics@yahoo.com), [www.blissfullyorganic.com](http://www.blissfullyorganic.com)

#### Effingham, NH

#### **Cloverleaf Farm**

#### **Kathy Lambert**

Herbalist, Skin and Body Care  
PO Box 32, Effingham NH 03882  
(603) 539-7878  
[info@cloverleaffarmnh.com](mailto:info@cloverleaffarmnh.com), [www.cloverleaffarmnh.com](http://www.cloverleaffarmnh.com)

**Sound Therapy**

**Spinal Touch Therapy**

A range of therapies in which various forms of sound (tuning forks, didgeridoos, crystal singing bowls, voice, etc) are used to treat physical, energetic and mental conditions.

Spinal Touch is a noninvasive technique, lightly touching key areas of the spine. The touch helps redirect inner energy of the body. The process causes the muscles to relax and gently pull the spine into it's more natural position.

**Portsmouth, NH**

**Ancient Voices Harmonic Therapy**

**Joseph Carringer \***

Didgeridoo Sound Therapy, Meditation, Shamanic Journeying, Vibrational Healing, Spiritual and Shamanic Counseling  
322 Islington Street, 1st Floor, Portsmouth NH 03801  
(603) 433-7465  
info@didgetherapy.com, www.didgetherapy.com

**Dover, NH**

**J.C. Healing**

**Jennie D. Frisella**

Spinal Touch, Certified Reiki Master, Shamballa, Chakra Clearing, Crystals  
36 Hillcrest Drive, Dover NH 03820  
(603) 749-1303  
mitt1331@live.com, www.jcenergyhealing.com

**Spa & Wellness**

**Kittery, ME**

**Sopha's Healthy Touch**

**Sopha Wishashan, LMT, CCHT, CNA, CTTM**

Traditional Thai Massage, Colon Hydrotherapy, Massage Therapy (Swedish, Deep Tissue, Hot Stone, Sport, Pregnancy), Lymphatic Drainage, Reflexology, Ear Candling  
99 State Road, Kittery ME 03904  
(207) 351-6905  
sophashealthytouch@yahoo.com, www.sophashealthytouch.com

**Sanford, ME / Elephant Butte, NM**

**Holistic Universal Healing**

**the Reverend Claudia L. Ragonesi (Dancing Waters)**

Spinal Touch Therapy, Certified Shaman, Spiritual Pilgrimages, Private Retreats, Facilitates a two year intensive Holistic Training in Universal Healing and Spinal Touch Practitioner, both are certification courses.  
13 Devotion Avenue, Sanford ME 04073 & Elephant Butte, NM  
(207) 324-3276  
cragonesi@hotmail.com, www.holisticuniversalhealing.com

**Ancient Voices  
Harmonic Therapy**



Didgeridoo Sound Therapy

Unlock Your Potential for Natural Healing and Creativity

The didgeridoo is an ancient musical instrument and powerful tool that can help lift an individual's vibration back to a less chaotic and natural rhythm. It effects a person on three basic levels:

**1: Ultra Sound -** The didgeridoo produces ultra sound frequencies producing a no touch "sound massage" and has been reported to provide similar results as conventional ultra sound treatments and relieve a wide range of joint, muscular and skeletal related pain (safe for metal implants).

**2: Clearing of Emotional and Energetic Stagnation -** The didgeridoo's sound is an effective tool in releasing stored negative energy and/or emotional stagnation. Ancient Voices Harmonic Therapy combines the tones of the didgeridoo with the sophisticated systems of Traditional Chinese Medicine (meridian theory) and Ayurveda (chakra theory) producing a high level of qi/pranic clearing and balancing (like a reiki or qi gong power washer).



**3: Meditation and Mind Body Healing -** Meditation is the foundation of mind-body health. The didgeridoo's unique sound enables listeners to achieve deep meditative brainwave states of theta and delta, quickly and easily. It is in these brainwave states that we achieve our highest healing potential for both physical and mental health by re-engaging our mind body connection.

**Joseph B. Carringer**  
www.didgetherapy.com  
info@didgetherapy.com  
603.433.7465

*Mention this ad and receive \$20 off your first session  
Also available for didgeirdoo lessons*



**InsideOut Thermography**  
 Make the rest of your life,  
 the best of your life

**Janice S. Anderson**  
 BA, RN, HN-BC, CCT, ACHt., RMT

**Certified Digital Infrared  
 Thermographic Imaging,  
 Hypnotherapy, Aromatherapy,  
 Wellness Counseling, Reiki,  
 Certified Holistic RN**

**19 Central Street, Unit G  
 Byfield, MA 01922  
 (978) 270-2005  
 www.insideoutwholisticly.com**

### Spiritual Counseling

A spiritual counselor or guide, helps identify emotional/psychological blockages that may keep the client from experiencing their spiritual self in their own unique and profound way.

#### Gloucester, MA

##### **Atlantic Family Chiropractic, PC & Cape Ann Healing Center**

##### **Dr. Nicole Andrade \***

Pregnancy and Pediatric Chiropractic, Acupuncture, Massage, Reiki, Craniosacral Therapy, Zero Balancing, Somatic Movement, Herbalism, Matrix Quantum Healing, EcoTours and Retreats, Spiritual Counseling and more

The Para Research Bldg, 85 Eastern Avenue

Gloucester MA 0193

(978) 282-1191 x 1, (978) 282-1193

drnicole1@gmail.com, www.atlanticfamilychiro.com,

www.capeannhealingcenter.com

#### Portsmouth, NH

##### **Ancient Voices Harmonic Therapy**

##### **Joseph Carringer \***

Didgeridoo Sound Therapy, Meditation, Shamanic Journeying, Vibrational Healing, Spiritual and Shamanic Counseling

322 Islington Street, 1st Floor, Portsmouth NH 03801

(603) 433-7465

info@didgetherapy.com, www.didgetherapy.com

##### **Inner Harmony With Healing Ways**

##### **Gayle Perkins**

Wellness Counseling, CranioSacral Therapy, Polarity, Feng Shui, Reflexology, Energy Work, Spiritual Counseling

2 Greenleaf Woods Drive, Suite 201, Portsmouth NH 03801

(207) 752-1281

ManyHealingWays@gmail.com, www.healingways.net

### Spiritual Counseling

#### Somersworth, NH

##### **Ann Sousa, Initiated Elder and Minister**

Shamanic Practitioner, Certified Firewalk Instructor, Medium/Channel (Divination Based Readings), Past Life Regression, Shamballa, Doula, Offering Men and Women's Shamanic

Apprenticeships, Diviner's Intensive Training

Somersworth, NH & Servicing New England

(978) 479-1335

annsousa@yahoo.com, www.healingtheglobalvillage.com,

www.shamanicpathwayshealingcenter.com

#### T'ai Chi

T'ai Chi is a form of a Chinese internal martial art that represents a unique system of self-defense that is also acclaimed for its contributions to health, fitness, longevity, and self-cultivation.

#### Newmarket, NH

##### **Tai Chi for Every Body**

##### **Marsha Carr**

Certified Instructor in Dr. Paul Lam's Tai Chi for Health and Yang Style Tai Chi, Qigong

9 Riverbend Rd, Newmarket NH 03857

(603) 659-3594

Marsha@tc4eb.com, www.taichi4everybody.com

**T'ai Chi cont.**

**Portsmouth, NH**

**Seacoast Tai-Chi Club**

**Shirfu - Nicanor Snow**

Tai-Chi Chuan & Qigong Instructor/Trainer, Traditional Yang Family Style Internal System - Introducing the Classical Long Form for Beginners

909 Islington Street, West Entrance, Portsmouth NH 03802  
(603) 828-7270

nicanor@seacoasttaichi.com, www.seacoasttaichi.com

**Thai Massage, Traditional**

**Kittery, ME**

**Sopha's Healthy Touch**

**Sopha Wishashan**

Colon Hydrotherapy, Traditional Thai Massage, Massage Therapy (Swedish, Deep Tissue, Hot Stone, Sport, Pregnancy), Lymphatic Drainage, Reflexology, Ear Candling

99 State Road, Kittery ME 03904

(207) 351-6905

sophashealthytouch@yahoo.com, www.sophashealthytouch.com

**Thermographic Imaging**

Thermography is a noninvasive, painless, and safe diagnostic procedure in which a Meditherm infrared camera is used to record thermal patterns and temperature variations on the surface of the body, producing real-time digital images that reveal sites of physiologic dysfunction and/or abnormal tissue growth, as well as nerve and vascular changes that are invisible to x-ray and MRI.

**Byfield, MA / Dover, NH**

**InsideOut / InsideOut Thermography**

**Janice S. Anderson BA, RN, HN-BC, CCT, ACHt., RMT \***

Certified Digital Infrared Thermographic Imaging, Meditation, Advanced Clinical Hypnotherapy, Reiki Master Teacher, Nutrition/Lifestyle Counseling, Aromatherapy, Certified Holistic RN

19 Central Street, Unit G, Byfield MA 01922

(978) 270-2005 (O), (978) 363-5731 (F)

Journey to Wellness Medical Center

839 Central Avenue, Suite 4, Dover NH 03820

insideout923@aol.com, www.insideoutwholisticly.com

**Truama Healing**

Trauma Healing: Self Regulation Therapy® (SRT) Significant overwhelming events at anytime in one's life such as motor vehicle accidents, surgeries, or exposure to violence, can result in changes in the nervous system that negatively impact the way a person feels and relates to others.

**Eliot, ME**

**Holistic Vision Improvement**

**Rosemary Gaddum Gordon, D.B.O., M.A.**

Self Regulation Therapy for Trauma Healing, Holistic Vision Improvement, Health Education

Lightwater, 43 Mast Cove Road, Eliot ME 03903

(207) 439-9821

rosemary@visioneducators.com, www.visioneducators.com

**Vision Improvement (Holistic)**

Vision is not static. When we relax we see more comfortably and clearly. By learning and implementing specific activities grounded in this experience, we can rest our eyes and relearn how to focus in a precise and relaxed way. We can prevent, eliminate or reduce our dependence on glasses or contact lenses.

**Eliot, ME**

**Holistic Vision Improvement**

**Rosemary Gaddum Gordon, D.B.O., M.A.**

Self Regulation Therapy for Trauma Healing, Holistic Vision Improvement, Health Education

Lightwater, 43 Mast Cove Road, Eliot ME 03903

(207) 439-9821

rosemary@visioneducators.com, www.visioneducators.com

**Wellness Fairs & Trade Shows**

Wellness Fairs and Trade Shows events give attendees the opportunity to sample and experience ways to enhance life, heal the body, expand the mind and inspire the spirit.

**Portsmouth, NH**

**Seacoast Better Living Expo**

Holistic Health & Green Living Expos

839 Central Avenue, Dover NH 03820

(603) 433- 7465

info@seacoastbetterlivingexpo.com,

www.seacoastbetterlivingexpo.com

**Women's Health**

**Byfield, MA / Dover, NH**

**InsideOut / InsideOut Thermography**

**Janice S. Anderson BA, RN, HN-BC, CCT, ACHt., RMT \***

Certified Digital Infrared Thermographic Imaging, Meditation, Advanced Clinical Hypnotherapy, Reiki Master Teacher, Nutrition/Lifestyle Counseling, Aromatherapy, Certified Holistic RN

19 Central Street, Unit G, Byfield MA 01922

(978) 270-2005 (P), (978) 363-5731 (F)

Journey to Wellness Medical Center

839 Central Avenue, Suite 4, Dover NH 03820

insideout923@aol.com, www.insideoutwholisticly.com

**Dover, NH**

**Journey to Wellness Integrative Medical Center**

**Jessica Borden-Elfner, RDMS**

ARDMS Board Certified Ultrasound Technologist Diagnostic Ultrasound Suite and Baby Belly Boutique ~ 3D/4D Imaging Center & Pregnancy Spa

839 Central Avenue, Suite 8, Dover NH 03820

(603) 767-9736

jessica@ultrasoundsuite.com, www.ultrasoundsuite.com

**My Friend's Gynecologist**

**Terri Vanderlinde, DO**

Board Certified Gynecologist, Integrative Women's Health

Journey to Wellness Center

839 Central Avenue, Suite One, Dover NH 03820

(603) 516-0000 (P), (603) 516-5001 (F)

drterri@bestgyn.com, www.bestgyn.com

**Women's Health cont.****Portsmouth, NH****Women's Intimate Solution's  
Helen Rollins**

Women's Health, Herbal Remedies for Vaginal Dryness  
23 Horse Lane #C, PO Box 1221, Portsmouth NH 03801  
(603) 740-4372  
hrl@womensintimatesolutions.com,  
www.womensintimatesolutions.com

**Yoga**

Yoga is an ancient system of breathing practices, physical exercises and postures, and meditation intended to integrate the practitioner's body, mind, and spirit. Yoga refers to traditional physical and mental disciplines originating in India, The Sanskrit word yoga is derived from the Sanskrit root yuj, meaning to control, to yoke or to unite.

**Bedford, NH****Mandala Studio of Yoga, LLC  
Catherine Desfosses**

Certified Kripalu Yoga Teacher and Registered Yoga Alliance Teacher  
513 Donald Street, Bedford, NH 03110  
(603) 703-3183  
cathy@mandalastudioofyoga.com,  
www.mandalastudioofyoga.com

**Yoga cont.****Exeter, NH****Pathways Yoga Systems, Ltd.  
Pat Bruno, Founder/Director**

A '500 hour' School of Yoga ~  
Yoga Alliance Certified Wellness School, Teacher Training & Classes, Energy Healing, Breathwork, Meditation  
PO Box 843, Exeter NH 03833  
(603) 475-7770  
pathwaysyoga@comcast.net, www.pathwaysyoga.com

**Rochester, NH****Crosser Chiropractic & Natural Health Center  
Tracy Jordan, RYT, Yoga (Therapeutic)**

Innovative, integrated use of chiropractic and energy healing by way of Chiropractic, Nutrition, Detoxification Programs, Iridology, Brain Integration, Therapeutic Yoga, Zero Balancing, Energy Healing  
60 Rochester Hill Road, Rochester NH 03867  
(603) 332-3232 (P/F)  
drmark@think-wellness.com, www.think-wellness.com

**Zero Balancing****Rochester, NH****Crosser Chiropractic & Natural Health Center  
Stephanie Gagnon-Brown, LMT**

Innovative, integrated use of chiropractic and energy healing by way of Chiropractic, Nutrition, Detoxification Programs, Iridology, Brain Integration, Therapeutic Yoga, Zero Balancing, Energy Healing  
60 Rochester Hill Road, Rochester NH 03867  
(603) 332-3232 (P/F)  
drmark@think-wellness.com, www.think-wellness.com

## Spring: Traditional Chinese Medicine Viewpoint

By Sandra Tucker  
Alpha Bodyworks Collaborative

In Traditional Chinese Medicine (TCM), there are Five Phases (or Elements in the west). The following is a description of the Spring or Wood Phase. This article is intended as an overview, for the western mind, of the Spring Phase with the corresponding physical and psychological manifestations of balance and imbalance.

### Wood Correspondences

Spring is the wood phase. Wood includes trees and all things that are green, leafy, and growing. Its compass direction is east, the direction of the rising sun and returning energy. Wood's energy rises up the body as new green shoots rise to the sun. It represents new growth, new beginnings, creative energy and expansion. The climate of wood is windy. Its emotion is anger (when thwarted). The sound associated with wood is shouting. For example, the person whose voice always has a sharp edge to it. Injury enters via the back of the neck. The yin organ is Liver (yin solid, deep internally, processes body substances and life ceases without it). The yang organ is gallbladder (usually hollow, closer to the surface, passing body substances through it and life can continue without it). The function of Liver and Gallbladder are purification/filtering of ingested food and liquids. Its color is yellow-green to green, spring green. The associated flavor is sour. The head system includes long term planning, visioning, and decision making. Wood opens to the eyes and its sense is vision. It governs the muscle sinews, ligaments and tendons creating action. Its health manifests in the finger and toe nails. The secretion of wood is tears as in "dry eyes". The body action is wrenching or pulling. The tonifying action for wood is reading. The wood meridians strongest times of day: Gallbladder - 11:00PM



to 1:00AM and Liver – 1:00AM to 3:00AM.

### Balanced Manifestation of Wood

Balance in Liver meridian, the individual physically will have good vision, clear eyes, be physically active, good energy levels, good movement of tendons and joints, flexibility, good body detoxification systems, sufficient healthy blood, good strength, even flow of Ki and good jing/essence. Psychologically, the person will be visionaries/life planners, motivated, flexible in thought, organized and decisive, are leaders, will take thought out risks and be emotionally even.

### Imbalanced Manifestation of Wood

Imbalance in Liver meridian, the person physically may have weak joints/tendon strains and sprains, stiff joints/tendons/muscles, poor systemic detoxification, jaundice/red eyes/floaters, high blood pressure, repressed anger, red face, hepatitis, scrosis, liver disease, rugged/ridged nails, extreme headaches and shooting voice. Psychologically the following may appear, short tempered, timidity of self-expression or creativ-

ity, excessive behaviors, additions, workaholics, indecisive, aggressive, depressed, control freaks and mood swings. When Liver is very imbalanced explosive anger may appear.

Gallbladder imbalance may manifest physically as gallbladder problems, gall stones, headaches on side of head/migraines, vertical side to side imbalance (falls over easily), jaundice/sallow olive complexion, sciatica, stiffness in shoulders, lack of coordination or accident prone. Psychological manifestations may include indecisive, lack of clarity, excessive behaviors/addiction, left and right brain split, lack of courage, repressed self-expression, tunnel vision/over focused in one area, rigid and stubborn.

May this information help you understand yourself and those around you in a gentler light.

*Sandra Tucker*, Alpha Bodyworks Collaborative, 10 Vaughn Mall, Suite 204C, Portsmouth, NH 03801 (603) 436-9390  
[www.alphabodyworks.com](http://www.alphabodyworks.com)

# The Seacoast Better Living Expo

proceeds to benefit the  
New England Holistic Health Association

Sunday May 20, 2012  
10:00 AM - 4:00 PM  
Rivermill at Dover Landing  
Dover, NH

for more information please visit:

[www.SeacoastBetterLivingExpo.com](http://www.SeacoastBetterLivingExpo.com)