

Naturopathic Services

- Nutrition
- Herbal Medicine Homeopathy
- Children's Health
- Bowen Technique
- Dietary Analysis
- Laboratory & Functional Testing
- Allergy Evaluation & Treatment

Acupuncture Services

- Traditional Chinese Acupuncture (TCM)
- Chinese and Western Herbs
- Acupuncture for Detoxification

Principles of Naturopathic Medicine

The Healing Power of Nature. We work to restore and support one's inherent healing ability by using natural medicines and techniques.

First Do No Harm. We will use non-invasive treatments which minimize risks and side-effects.

Identify the Cause. Every illness has an underlying cause, frequently related to lifestyle and diet, we specialize in identifying these possible factors to illness.

Treat the Whole Person. Disease is a result of many different factors; physical, dietary, emotional, environmental and lifestyle. Whenever necessary, we work together with other practitioners to provide the best health team.

Preventive Medicine. The naturopathic approach to health care can prevent minor illness from degenerating into more serious and chronic disease.

COASTAL NATUROPATHIC CENTER

Health Restoration & Disease Prevention

To schedule an appointment

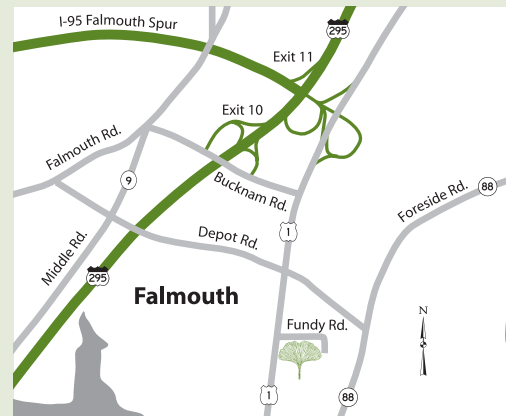
Please call: (207) 781-4447

Directions to our office

From I-295 North and South:

Take Exit 10 (Bucknam Road). At the end of the exit ramp, turn left toward Route 1.

At the lights, turn right (south) onto Route 1 and go 0.5 miles. Immediately following the second traffic light, turn left onto Fundy Road. Drive to the rear of the white building on your right. 4 Fundy Road.



COASTAL NATURAL HEALTH

Natural Products & Information

www.CoastalNaturalHealth.com

COASTAL NATUROPATHIC CENTER



Richard K. Maurer, N.D.

Doctor of Naturopathic Medicine

Alexandra S. Maurer, L. Ac.

Acupuncture, Chinese Herbs

4 Fundy Road

Falmouth, Maine 04105

Phone (207) 781-4447

e-mail: drmaurer@usa.net

www.CoastalNaturalHealth.com

Richard K. Maurer, N.D.

Dr. Maurer earned his doctorate of Naturopathic Medicine from the National College of Naturopathic Medicine in 1994. Post-graduate study includes classical homeopathy and the Bowen Technique, a

gentle and effective, non-force soft tissue manipulation. He continues to focus a great deal of his practice on the identification and resolution of food and environmental allergies and sensitivities. Dr. Maurer also holds a Bachelor's in Music from Temple University in Philadelphia.



Dr. Maurer specializes in the treatment of:

Food And Environmental Allergy/Sensitivity:
Evaluation and Treatment

Gastrointestinal Illnesses:
IBS, Crohn's, Colitis, Gastritis, Reflux Disease

Musculoskeletal Conditions:
Tendonitis, Carpal Tunnel, Back Pain, Sports Injuries

Children's Conditions:
ADD, Asthma, Eczema, Allergies and Chronic Infections

Chronic Metabolic Illness:
Arthritis, Fibromyalgia, Autoimmune Conditions

Dr. Maurer is a member of the American Association of Naturopathic Physicians, Maine Association of Naturopathic Doctors and the Bowen Therapy Academy of Australia.

Dr. Maurer lectures and writes a research-review newsletter for doctors and pharmacists around the country. He is available for teaching and lecturing on natural therapies.



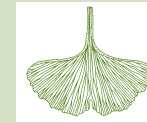
Alexandra S. Maurer, L.Ac.

Alexandra earned her Masters in Acupuncture and Oriental Medicine through Oregon College of Oriental Medicine in Portland, Oregon, and is designated a Diplomate of Chinese Herbology by the NCCA. She integrates acupuncture



and Chinese herbs in her practice of Traditional Chinese Medicine. She is additionally certified by the National Acupuncture Detoxification Association (NADA).

Alexandra is a member of the American Association of Acupuncture and Oriental Medicine and has been a licensed acupuncturist in Maine since 1994.



COASTAL NATURAL HEALTH

Natural Products & Information

Order and review nutritional products through our catalog or website www.CoastalNaturalHealth.com. We have a strict product quality commitment. We refuse manufacturer incentives, and instead choose products through our own independent review and analysis.

We look for supplement companies that: (1) are certified to manufacture with "GMP – Good Manufacturing Practices", (2) Use European guidelines for product quality and safety, (3) Perform independent lab tests to confirm all label claims.

Visit CoastalNaturalHealth.com to:

- Utilize the Product Order Service, which allows you to review and order recommended products
- Review services offered at our Portland office and download patient handouts.

Call 207-781-4447, to request a Natural Products Catalog. All orders from the website and catalog receive 10% discounts.

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