

# Classifieds

503-236-1253

promote your business here

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## Advertising Deadlines

- = Display ad reservation
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- (An extended list of deadlines is available at [www.justout.com](http://www.justout.com).)

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# all's well

Just Out's Guide to Physical Health, Fitness and Well Being

## CHIROPRACTORS

**Chiropractic for People and Pets too!**

*Dr. Mary Mandeville, Chiropractic Physician*



4738 SE Belmont  
Portland, OR 97215  
Voice or TDD (503) 236-4400

Member: American Veterinary Chiropractic Association

**KHALSA CHIROPRACTIC PAIN RELIEF CLINIC**

**FAST & EFFECTIVE RELIEF**  
Gentle Relief of Your Pain is Our Top Priority

- Neck • Back pain • Headaches

Immediate Appointments • Emergencies Welcome  
Reasonable Fees • Insurance Accepted

\*Doctor of Chiropractic \*Diplomate National Board  
\*Oregon License \*American Chiropractic Assn

**"We promise to treat you special!"**  
**Dr. H.D.S. Khalsa**

5013 SE Hawthorne Bv 503 238-1032

It's flat animal theme week.

## DENTISTS

**"Smile! It increases your Face Value!"**



Full Comprehensive Treatment  
General & Cosmetics  
Tooth Whitening & Bonding

**Stephen A. Kovar DMD**  
cosmetic and general dentistry 503.794.9393

Located Near Downtown Milwaukee, 3330 SE Harrison Street

**eduardo mulero dds pc**


general and esthetic dentistry

- Convenient West Side Location
- Bleaching & Porcelain Veneers
- Cleanings, Fillings, Crowns
- Strict Infection Control

1585 SW Marlow Ave, #204  
(503) 203-6978 • [www.mulero.com](http://www.mulero.com)

## DENTISTS

**Family Dentistry Mt. Tabor Dental**



**Todd L. Beck, D.M.D.**  
728 SE 60th Ave Portland, OR 97215 • 503-236-1449  
e-mail: [drbeckoffice@mttabordental.com](mailto:drbeckoffice@mttabordental.com)

**WE OFFER COMPLETE DENTAL SERVICES.**

- CLEANINGS
- FILLINGS, CROWN & BRIDGE
- ROOT CANALS, ORAL SURGERY
- DENTURES AND PARTIALS
- BLEACHING, VENEERS

NEW PATIENTS WELCOME

## ENERGY HEALING

**RESTORE YOUR WHOLENESS**

**RECONNECTIVE HEALING™**

Will rebalance your body's ability to heal itself and reawaken your DNA to control your hormonal and chemical balance.

Richard~Certified Practitioner  
~503-335-9366~  
30 min session ~ \$35

## HEALTH CARE

**Karen Frangos PT, ND**  
Naturopathic Physician and Physical Therapist

- Joint Manipulation • Massage Therapy
- Therapeutic Exercise • Natural Remedies
- Nutrition for Optimal Health
- Whole Person Approach

For body work from a doctor who knows how bodies work...

Naturopathic Body Works, LLC  
1818 NE Irving St. • Portland, OR 97232  
503-233-0388 • [DrKMFrangos@aol.com](mailto:DrKMFrangos@aol.com)

**Suzanne Scopes ND**  
personalized, holistic care since 1985

Naturopathic Physician

- Detoxification & Wellness Programs
- Nutritional Therapy
- Herbal Medicine
- Women's Health Care
- Menopause Options

316 NE 28th Avenue  
503 • 230 • 0812

## LICENSED MASSAGE THERAPISTS (LMT)

**NOTE:** Oregon Law states that any use of the word massage in any advertising must be accompanied by a valid LMT license number. If there is no license number the ad will be placed in our Unlicensed Bodywork section.

**TIM MULCAHEY, LMT.** Bodywork that soothes, awakens, and empowers. Lic. 5343. 503-231-5755. (5/16)

**Lincoln Heartsong**

Integrative Massage for Body, Mind & Spirit  
10 years experience

503.730.2347  
LMT #9297 Irvington Location

**Bert Logan**  
LMT/Physical Therapist

503.381.4755  
[www.logansbodywork.com](http://www.logansbodywork.com)  
lic. # 7522

**Massage by Steve Koehler, LMT**  
16 years experience

- Intuitive healing hands
- Swedish Massage

503-997-8488 cell/vm  
Close-in SE • lic #2508

**Tod J. Carrig, LMT**  
Licensed Massage Therapist  
Deep Tissue & Therapeutic Massage

**Gift Certificates Available**

503-998-6610  
[deeptissumassage@aol.com](mailto:deeptissumassage@aol.com)  
<http://hometown.aol.com/deeptissumassage>  
lic # 9117

**Massage for Men**  
Treat yourself to a complete full body massage by a friendly experienced therapist.

Downtown location/outcalls to home/hotel  
Days/evenings/weekends/same day appts.—often available!

**Cliff King, L.M.T.**  
503-936-5135  
Lic# 6463

**MASSAGE for MEN**

Swedish, Deep Tissue  
Stress and Pain Relief  
Beaverton Area, In/Out

**Lee Serenethos, LMT**  
503-380-6196  
License # 5756

**Brigid Clark**  
Licensed Massage Therapist  
1017 SW Morrison, Ste #411  
503.329.4052  
\$35 Introductory Massage • \$50 One Hour Massage

**Mike Borgstrom, LMT**

Swedish, Accupressure, Relaxation Massage

Available Evenings/Weekends  
**[971] 570-5829**  
Convenient NE Location LMT # 9048, LIC# 5344

**Dry Sauna • Steam Room  
European Showers  
2 Man - 4 Hand Massage  
Individual & Couples Massage**

**Laurelhurst Massage Therapy**

Private Massage Studio for Total Relaxation

**Greg Mitchell, LMT (lic # 7750)**  
503-380-4324

**Rick Sullivan, LMT (lic # 6049)**  
503-421-5172

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

**Brian Tennison**  
Licensed Massage Therapist (#6476)

503.201.3274

CONVENIENT  
Downtown Location

**Massage by Adam Roberts**  
LMT # 7811

503.245.4358

9 AM-8 PM daily  
Inner Westside Location  
[www.geocities.com/adam4massage/](http://www.geocities.com/adam4massage/)

**Expert Bodywork**  
for Health, Relaxation, Pain Relief

13 years professional experience

**Jesse Tepper LMT #3363**  
503-283-9833