

Promote Your Business Here  
**DIRECTORY INDEX**

503.236.1253

- |                  |                   |                        |                             |                     |
|------------------|-------------------|------------------------|-----------------------------|---------------------|
| Architects. 36   | Counseling. 37    | Financial. 38          | Lic. Massage Therapists. 36 | Real Estate. 39     |
| Attorneys. 36-37 | Dentists. 36      | Fitness. 36            | Insurance. 38               | Trees (Removal). 39 |
| Automotive. 37   | Employment. 37-38 | Home Services. 38      | Mortgage. 38-39             |                     |
| Bicycle. 37      | Event Spaces. 38  | Integrative Health. 36 | Pets. 39                    |                     |

www.justout.com

**ALL'S WELL**

JUST OUT'S GUIDE TO PHYSICAL HEALTH, FITNESS, AND WELL BEING

To advertise in Just Out's Business Directory section, please call 503.236.1253.

Next Issue Out On: 10-21-2011.  
 Reserve Ad Space Before: 10-17-2011.

» ACUPUNCTURE

Acupuncture by  
**Eric Newberg LAc**  
 For all types of healing with acupuncture, massage, cupping...  
 Lair Hill 503.833.2693  
 ericnewberg@gmail.com



» DENTISTS

**Family Dentistry**

**SOUTH WATERFRONT DENTAL**  
 Our second location  
 ...to serve you better



3671 SW River Parkway  
 Portland, OR 97239  
 503-841-5658  
 www.southwaterfrontdental.com  
 info@southwaterfrontdental.com



Todd L. Beck, DMD and Staff

**Mt. Tabor Dental**  
 Our original location



728 SE 60th Ave  
 Portland, OR 97215  
 503-236-1449  
 www.mttabordental.com  
 info@mttabordental.com

*We offer complete dental services: cleanings, fillings, crown & bridge, implants, root canal, oral surgery, dentures & partials, whitening & veneers*

**Pham Dental Care**  
 Formerly Dr. Eduardo Mulero  
**PhamDentalCare.com**



- Comprehensive Evaluations
- Periodontal Treatment and Maintenance
- Teeth Cleaning
- Teeth Whitening
- Crown and Bridge
- Mercury-Free Fillings
- Porcelain Veneers
- Oral, Nitrous, and IV Sedations
- Wisdom Teeth Removal
- Dental Implants
- Strict OSHA Standards



DR. PHAM  
 DMD PC

1585 SW Marlow Ave, #204  
**(503) 203-6978**

» FITNESS

**Billy Ledbetter**  
 Certified Personal Trainer



See me in the business directory at  
 www.justout.com  
 billyc1963@gmail.com  
**503.309.2908**

» INTEGRATIVE HEALTH

Hormone Replacement  
 Advanced Diagnostic Testing  
 Cutting-edge Therapies



Jeffrey Grimm, NP-C, FAARM is a Fellow of the American Academy of Anti-aging Medicine

Call 503.445.8114  
 4246 SE Belmont St., #5  
 Portland, OR 97215  
 Most insurance accepted  
 www.alternativenp.com

» LIC. MASSAGE THERAPISTS

NOTICE: OREGON LAW states that all advertisements mentioning any type of manipulation of tissue and/or available showers MUST have a valid **Massage License Number**.

**Chris Gojkovich**  
 LICENSED MASSAGE THERAPIST



♂ 503-789-3310  
 Lic. 12790

Gift Certificates Available



**Mike Borgstrom,**  
 LMT, NCTMB



p. 971.570.5829  
 mike@mountainstreammassage.com  
 www.mountainstreammassage.com  
 NW Portland Location LMT# 9068

blog.justout.com

**Laurelhurst Massage**

Open 7 Days a Week  
 European Showers • Dry Sauna  
 • 2 Man - 4 Hand Massage  
 Individual & Couples Massage





Greg Mitchell, LMT  
 (Lic #7750) 503.380.4324

Rick Sullivan, LMT  
 (Lic #5099) 503.421.5172

www.LaurelhurstMassageTherapy.com


» LIC. MASSAGE THERAPISTS

**ABUNDANT-HEALING MASSAGE, INC**



"A PLACE TO EXPLORE THE ABUNDANCE OF HEALING THROUGH NURTURING TOUCH..."  
 Swedish, Relaxation, Energywork, Auto PIP Insurance  
**JOSEPH L. REEF LMP** • 360.635.4369  
 joe@abundant-healing.com  
 www.abundant-healing.com MA 90002707

**MIND BODY SPIRIT MASSAGE**  
**CHRISTOPHER BOOTHBY, LMT**  
 OR Lic. # 11642 Incall/Outcall



Swedish, Reiki, Deep Tissue & Relaxation

503.201.8126  
 (close in SE TriMet 14, 15 & 71)  
 info@mbsmassage.net  
 http://mbsmassage.net

www.adaM4Massage.com



Body balancing by use of  
 Massage And Energy work

**503.806.6285**  
 Adam Roberts LMT # 7811

**MASSAGE BY MAURY**  
 MAURY EVANS LMT #12876



Specializing in Relaxation.  
 Ask about Maury's Spa Scrub  
 STRONG HANDS FOR DEEP WORK  
 www.MassageByMaury.com  
**(503) 816-9121**


Lic. No. 8727



massage maestro

\$60/hr 7 days/wk downtown PDX  
 Andrew 503-729-7062  
 massagemasterto.com

**Kevin Eddy, LMT**  
 Swedish & therapeutic  
 Massage



(503) 201-5458  
 IN AND OUT CALL AVAILABLE  
 message@kevinlmt.com  
 www.kevinlmt.com  
 LIC# 10209

**DAVID FLYNN**  
 Integrating Swedish, deep tissue  
 and stretching for a truly great  
 massage experience.



- Centrally Located
- In and Out Calls
- Same Day often Available
- Package & Referral Specials!

**503.775.4755** LMT #11142

» ARCHITECTS

Architectural Design Services  
 — Residential and Commercial Projects —  
 New Construction, Additions,  
 Renovations, Accessory Dwelling Units

DDP Architecture, LLC



**D. Dustin Posner**  
 Architect, AIA, CSI

p: 971.279.3760  
 www.pdxarchitect.com  
 e: dustin@pdxarchitect.com

» ATTORNEYS

**NORTHWEST DEBT RELIEF LAW FIRM**



**MARK A. DITTON,**  
 Attorney at Law

- Chapter 7 and Chapter 13
- Protect Assets
- Stop Garnishment
- Stop Harassing Phone Calls
- Payment Plans Available

**FREE CONSULTATION**  
 Get Experienced and Professional Representation. A Debt Relief Agency. I help people file for bankruptcy under the Bankruptcy Code.

(503) 860-6868 www.nwdrllf.com

**M. Caroline Cantrell**  
 & Associates, PC



**Consumer Bankruptcy**  
 Helping individuals, small businesses and farmers with financial problems.



**Consumer Law**  
 We Sue Debt Collectors  
 www.bankruptcyoregon.com

1500 NE Irving, Suite 100, Portland, OR 97232 503-236-9211  
 549 NW 2nd Ave., Canby, OR 97013 503-266-0383  
 We are a debt relief agency.  
 We help people file for bankruptcy relief under the Bankruptcy Code.

**Karen J. Mockrin**  
 Attorney at Law




(503) 421-8169  
 2075 SW 1st Ave., Ste. 2J, Portland  
 www.northwestlawoffice.com

Call Karen at (503) 421-8169 or e-mail her at karen@northwestlawoffice.com for a FREE consultation.

**LAW WORKS**

Auto and Bike Injuries,  
 Business, Civil,  
 Criminal, Discrimination,  
 Divorce, DUII,  
 Employment, Litigation,  
 Trans Issues,  
 Wills.



**Lake James Perriguet**  
 Call Lake for your  
 free phone consultation  
 503.227.1928  
 Law-Works.com