

Turn the Tide Health Collaborative  
237 Oxford St, Ste 22  
Portland, ME 04101  
(207) 774-9666

Dear Practitioner,

Do you think our health care system is inadequate and want to help make a difference? Would you like to see other forms of medicine accessible to everyone?

We are a group of complimentary and alternative health practitioners in Maine who are **volunteering health services** to those with inadequate health insurance. We hope you will consider giving as little as **2 hours per month**, providing care in your own office.

We have created a website, [www.turnthetidemaine.com](http://www.turnthetidemaine.com), where those without adequate insurance can find complimentary and alternative practitioners. This is a self-referring network where patients go online, learn about different types of alternative health care and select the practitioner they'd like to see. Patients schedule appointments in individual practitioner's offices throughout Maine. **Patients "pay" for their visit by volunteering their time helping others in their community or making a small suggested cash donation. Additionally, Turn the Tide is partnering with Hour Exchange Portland and will accept time dollars as payment. To learn more about Hour Exchange Portland, please explore their website at [www.hourexchangeportland.org](http://www.hourexchangeportland.org)**

We want complimentary and alternative health care to be available to *everyone*. This organization seeks to raise awareness of complimentary and alternative medicine, donate services to those in need, and track treatment outcomes via an online survey. To become a Turn the Tide Practitioner:

Fax current **license and malpractice** insurance to us: \_\_\_\_\_ Email **bio** (~200 words) and **digital portrait photo** to \_\_\_\_\_

We can provide info on low cost malpractice insurance if needed. Together we can turn the tide on health care. Please join us.

Thank you,  
Turn the Tide Health Collaborative

For information please contact Dr. Wendy Pollock at (207) 774-9666. Complete details at [www.turnthetidemaine.com](http://www.turnthetidemaine.com)