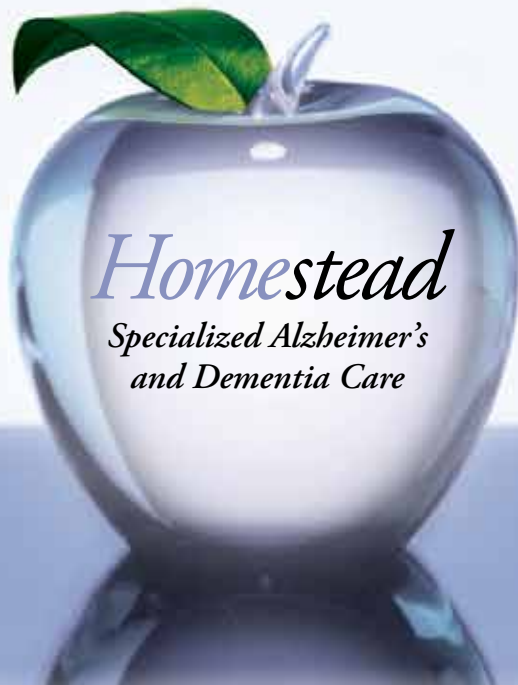




At Critical Life Moments, You Need Individuals You Can Trust.

“After my husband’s long hospitalization, our entire family felt extremely lucky to get into such a wonderful place as Sedgewood Commons. I don’t know anywhere else that has the staff, or the experienced Alzheimer’s programming that is so individualized. When it comes time for placement, Sedgewood Commons is the best.”

- Carol Jordan, wife of resident



Sedgewood Commons

Genesis HealthCareSM

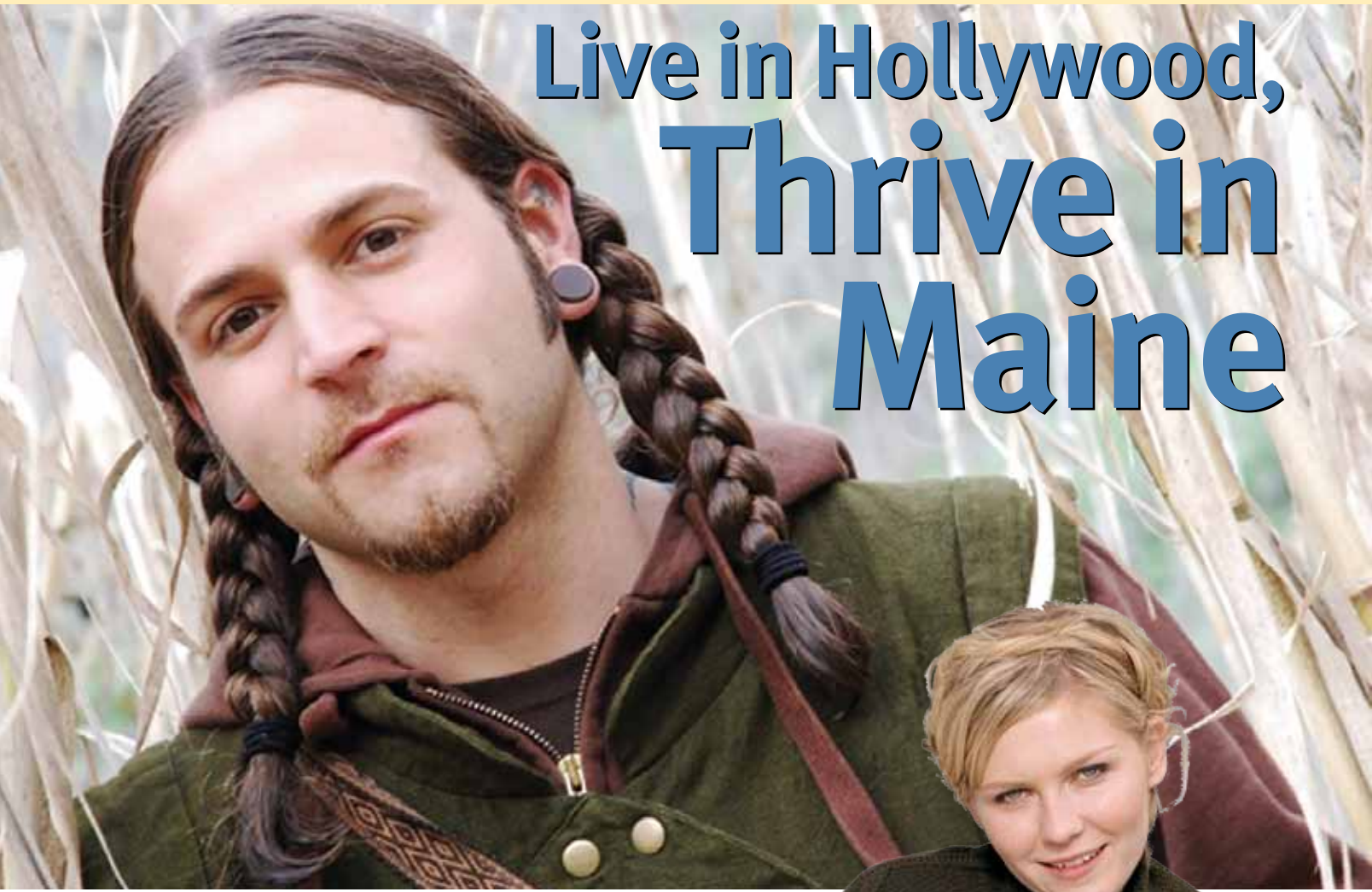
22 Northbrook Drive

Falmouth, ME 04105

(207) 781-5775

www.geneshcc.com

Live in Hollywood, Thrive in Maine



Who knew **Kirsten Dunst's** secret weapon is a mysterious Mainer named **Daniel Vitalis**? And what vitamin do you take, exactly, that helps you win Best Actress at Cannes? **BY JEANEE DUDLEY**


Kirsten Dunst has had a killer month,

between hanging with pals at Fore Street in the Old Port and, barely days later, winning Best Actress at the 2011 Cannes Film Festival. "Portland has such a good vibe," she says after bringing the award home for her performance in *Melancholia*. "The nature of this state is so beautiful. I grew up on the East Coast but also in the woods, so it's a familiar feeling."

The celeb's May visit here was prompted by an invitation from Daniel Vitalis, a wellness guru and primitive skills enthusiast who is developing a growing international clientele. With an enthusiasm that approaches devotion, Dunst has endorsed his supplement brand, **SURTHRIVAL**, ever since the two first met on the West Coast. "I use the Chaga tincture; it's one of the most powerful mushrooms for healing on the planet.... My friend uses the pine pollen, and I discovered the products through him."

Commenting on the local fare of the East Coast's foodiest city, she says, "Best eats in Maine would have to be the home-

Made in Maine, Worn around the World



Daunis
www.daunis.com



**CONROY-TULLY
CRAWFORD**

FUNERAL HOMES & CREMATION SERVICES



*Portland's only
independently
owned and
family operated
funeral home.*

172 State Street, Portland • 773-6511 • ct Crawford.com

Maide for You
Your Personal Cleaning Service

- Locally owned
- Customized cleaning
- Invoicing packages available
- All major credit cards accepted
- Employee background checks
 - Fully insured
- Special care for every client
 - Flexible scheduling
 - Attention to detail



Maide for You
207-653-1837
www.maideforyou.com

cooked meals from [East Waterboro-based private natural food] chef [and cuisine instructor] Frank Giglio, or the restaurant, Fore Street.

"I'm sure I will [return to Portland]," she says. "It would be fun to make a movie here. I look forward to seeing my Maine friends again and eating lobster with them."

But first, Dunst and Vitalis have plans to travel to Peru to sample Ayahuasca [a.k.a. "vine of the dead"], a traditional Quechua medicine that has cardiovascular and digestive benefits as well as hallucinogenic properties. Who is this shaman of the Maine woods who ties back his locks and dons a button-up shirt for dinner, suggesting a persuasive sociability, while his green-flame knuckle tattoos (remember Robert Mitchum's in *Night of the Hunter?*) spell out "HARD-LINE" across his hands—"a symbol of my commitment to the Earth"? We talked to Daniel to better appreciate his approach to wellness and the magnetic effect he has on people who seek his insight.

So how does one go about inviting Kirsten Dunst to dinner in the Old Port?

DANIEL VITALIS: I'm a public speaker. I do a lot of interviews and videos. Kirsten's boyfriend [Jason Boesel, drummer for indie band Rilo Kiley] is a fan of my work, so I guess Kirsten was exposed via osmosis. I have a real passion for spring water—it's far healthier than anything you can get from the tap or in a bottle. Our website, findaspring.com, shows you where you can find your own natural spring water here and around the country. One of Kirsten's favorite hobbies is gathering spring water. Anyway, I was giving a talk in L.A. that [Kirsten and Jason] attended. I gave her the Surthrival shirt she was photographed wearing in L.A. We all got to talking, and I invited them to Maine. They came out for about four or five days."

And what exactly is Surthrival?

Surthrival is a line of products I've developed, researched, and tested on my own body. Most of them affect epigenomic expression, or tissue regeneration. Surthrival is about 'getting by' through 'getting enough'—thriving no matter what the circumstance, especially with the great obstacles we are now facing as a species. Heavy metal pollution, changing seas, problems associated with dependence on oil... we're going to be seeing some big changes in the next few decades.

What is 'epigenomic expression'?

DNA structure and gene expression. Over the last 200,000 years, humans have become less robust—we have worse teeth and smaller, brittle bones, which are a result of living in an industrial world. Fifty percent of this generation will die of cancer. We're trying to pioneer a lifestyle that will lead us back to health.

And part of that is your wild-food initiative?

I'm working with a modest and well-known botanist, Arthur Haines. He has a few guidebooks you may have heard of [including *Flora Novara Angliae: A Manual for the Identification of Native and Naturalized Higher Vascular Plants of New England*]. We're working on foraging workshops—the next one is in September. We'll be teaching friction fire-starting, and Chef Frank Giglio will be preparing foraged foods.

So you were ... foraging at Fore Street?

Everything is fresh, locally sourced, so you've got things like fish eggs, organ meats, and foraged plants like wild leeks and fiddleheads. It's no surprise that the most high-end and well-prepared food is also the most nutritious. I have a huge passion for restaurants like Fore Street. I love the mussels!

Which naturally made it a good choice for friends on a visit.

When Kirsten and Jason were here, that's where we wanted to take them for dinner—funny, on the way they said they'd heard of Fore Street through a chef friend in New York.

Where else can we find a wild meal in Portland?

I like Hugo's; I've heard 555 is good. Flatbread is awesome, too. It's so good, and they use local, natural ingredients, and it's the opposite end of the price spectrum. You go to Fore Street and drop \$1,000 with a few friends, or you can get pizzas and spend \$40.

What's your place like in Shapleigh?

We have a little passive-solar house with one side all glass. We live on an environmental land trust—it's about 100 acres. We've got apple trees, trails, gardens, a well. This year we're moving outside—we're working on an outdoor bedroom, shower, and kitchen.

I grew up around Dover, New Hampshire. I moved to Maine with my mom when I was 15. For the first decade, I was just hating it—I felt like I was stuck in the middle of

MAINEWELLNESSGUIDE

nowhere. The last few years, though, I've fallen in love with it. I travel all over for work—South America, the EU, Asia—and I always want to come back home here.

What else did Kirsten and Jason enjoy while they were in the Pine Tree State?

We wanted to expose Kirsten and Jason to Maine's rural forest, so we took them hiking. People coming from Hollywood aren't used to black flies—they couldn't believe how many there were. We had a big bonfire here. We went into the woods to shoot primitive bows made from native tree wood. We shot atlats [another primitive hunting tool]. We also went to Newfield to gather spring water.

Did they pick up any souvenirs?

We took them to Cabela's before they left here on their way to Cannes. Jason has that kind of '80s style, and he bought this tacky 1980s sunglasses lanyard, which he was photographed wearing at Cannes! ■

➤ More: Visit Online Extras at portlandmonthly.com.

MAINEWELLNESSGUIDE |

Summer Guide to Wellness

A small school with big results, the **ACADEMY OF MEDICAL PROFESSIONS** has been offering complete correspondence courses since 2001, as well as classes at Adult Education Centers statewide. Course packets and information available online at transcriptionschool.net or by calling 1-866-516-8274.

LESLIE R. GASS, D.O. provides traditional, cranial, and biodynamic Osteopathic Manipulation for pediatric, adult, and geriatric populations. Treating multiple medical problems including neck and back pain and other musculoskeletal issues, fibromyalgia, headaches, sinusitis, asthma, pregnancy-induced pain/swelling, colic, birth trauma, and newborn feeding issues. Contact 773-7330, 535 Ocean Ave. Portland, maineosteopath.com.

RESTORATIVE AND AESTHETIC DENTAL ASSOCIATES are all about giving you a roadmap to your next chapter in total dental health. A collaborative effort between you, your dentist, our supporting team and onsite lab will enable you to achieve your desired smile within your comfort zone. 773-6331 or radentalmaine.com.

At **SEDGEWOOD COMMONS**, a team of experienced nurses, therapists, and staff offers multiple levels of care for those with Alzheimer's disease and dementia. Located in Falmouth, our services include the adult day program Today Care, assisted living facilities, Skilled Nursing Care, and Long Term Nursing Care. 781-5775, sedgewoodcommons.com

**TRAIN NOW...
FOR A NEW CAREER IN 2011!**

*New Classes starting soon. REGISTER NOW!
Summer schedule now available.*

- Certified Medical Administrative Assistant with National Certification
- Pharmacy Technician with PTCB National Certification

- Medical Billing & Coding with CPC National Certification
- Medical Transcription

We work directly with many Adult Education facilities in Maine

ACADEMY OF MEDICAL PROFESSIONS

For information, please email: info@transcriptionschool.net, or call: 1-866-516-8274
For course schedules, visit us online: www.transcriptionschool.net

Expert Dentistry. Amazing Results.

Our on-site lab combines artistry and science. 207.773.6331
www.dentistswholisten.com

SCOTT E. BURKE, DMD FAGD | LEIGHTON R. PHILBRICK, DMD FAGD | THOMAS W. CORWIN, DDS FAGD

RESTORATIVE AND AESTHETIC DENTAL ASSOCIATES

RESTORATIVE. PROSTHETIC. IMPLANT
AND AESTHETIC DENTISTRY

LESLIE R. GASS, D.O.

Osteopathic Manipulative Medicine

Hands-on treatment for multiple musculoskeletal issues, headaches, sinusitis, as well as newborn feeding issues, colic, birth trauma, and pregnancy-induced pain/swelling

535 Ocean Avenue • Portland, Maine 04103
(p) (207)773-7330 (f) (207)773-7340
www.maineosteopath.com

Boothbay Railway Village

Visit a historic re-created early New England Village. Ride a narrow gauge Steam Train to an exceptional Antique Auto Exhibit.

Route 27, P.O. Box 123
Boothbay ME 04537
www.railwayvillage.org

Day Out With Thomas™ August 5-7 • August 12-14