**Community Resources**

**ACUPUNCTURE**

Collaborative Natural Health Partners
Nick Edgerton, ND, LAc & Diana Zitzerman, ND, LAc
315 E. Center St., Manchester, CT 06040
860.533.0179 • www.cnaturalhealth.com
See ad on page 24.

**HEALTH FOOD STORES**

Parkade Health Shoppe
Manchester Parkade, 378 West Middle Tpke, Manchester, CT • 860.646.8178
M-Sat 8am-9pm • Sun 9am-6pm
See ad on page 3.

**FINANCIAL PLANNING**

Dana Mascalo CFP®, RLP®, AAMS®, C(k)P®
Managing Partner, TrinityPoint Wealth
612 Wheelers Rd.Milford, CT 06461
Office: 203.693.8521 | Fax: 203.693.8524
dana@trinitypointwealth.com
See ad on page 43.

Caroline Wetzel, CFP®, AWMA®
Procyon Private Wealth Partners, LLC
1 Corporate Drive Suite 225 Shelton, CT 06484
475.232.2713 • cwetzel@procyonpartners.net
www.linkedin.com/in/caroline-wetzel/
www.procyonpartners.net
See ad on page 24.

**HOLISTIC CENTERS**

Bridge Healing Arts Center
304 Main Street, Farmington, CT 06032
860.404.2578 • BridgeHAC@aol.com
www.BridgeHAC.com

**HOLISTIC COUNSELING**

James Osborne, MS, LPC, BCPC
ProNatural Physicians Group, LLC
Berlin, CT • 860.829.0707
pronaturalphysicians.com
James Osborne is a Licensed Professional Counselor, Board Certified Professional Counselor, Board Certified PTSD Clinician and a Fellow in the American Psychotherapy Association with over 40 years of clinical experience. I am honored and grateful to receive this recognition for a second year. I thank all who have shared their lives and stories with me. See ad on page 33.

**HOLISTIC DENTIST**

Dr. Mark A. Breiner,
DDS, FAGD, FIAOMT
Fairfield, CT • 203.371.0300
WholeBodyDentistry.com
A recognized authority in the field of holistic dentistry, Dr. Breiner treats patients for a myriad of dental concerns including Sleep Breathing Disorders, TMD, Mercury Toxicity, hidden Infections from Cavitations and Root Canals. “If you have unexplained symptoms that won’t go away, the answer could be in your mouth.”
See ad on page 33.

Dr. Steven F Hinchey, DMD
South Glastonbury
860.633.6538 • drhinchey@agd.org
dochincheymd.com
Thank you to our wonderful patients who trusted our team to care for their improved oral health. Please let your family and friends know that a healthy disease-free mouth will help your overall health – it is all connected – the mouth and the body. And we can help you get there.
See ad on page 11

**HOLISTIC PSYCHIATRY**

David London, MD
544 Riverside Avenue, Westport, CT 06880
Ph: 203.557.6574 Fax: 860.973.1655
567 Vauxhall St. Ext, #218, Waterford, CT 06385
Ph: 860.443.5822 Fax: 860.444.0581
davidlondonmd.com

**HYPNOSIS**

Diane Bahr-Groth, C. Hy., TTF, Dir.
1177 High Ridge Road, Stamford, CT.
203.595.0110 • mindbodytransformation.com
See ad on page 16.

Joan Dunsing Hypnosis
204 Cherry Street, Milford CT 06460
203.907.7710 • joandunsing.com
I am passionate about enabling you to get the changes you want! This is accomplished by empowering you through the skillful use of NLP Neuro-linguistic programming, EFT Emotional Freedom Techniques also known as Meridian Tapping and the relaxed focused state of Hypnosis.

**Mind Matters Hypnosis Center**

Calypso Portugaels, CCH
Guilford and West Hartford, CT
860.693.6448
info@mindmattershypnosis.com
www.mindmattershypnosis.com
Mind Matters Hypnosis Center has been serving the community for almost 20 years. We have conducted over 40,000 successful sessions (children and adults) on every issue from weight release and smoking cessation to complex cases involving disease and addiction. Call for free consultation today. Offering remote sessions worldwide.
See ad on page 3.

Michele P. Rousseau, MA, CH
267 William Street, Middletown, CT 06457
860.704.9054 • mprousseau@sbglobal.net
www.micheleprousseau.com

**INTEGRATED MEDICINE**

Collaborative Natural Health Partners
Kate Zachau, DO, Julia Vitali, DO, Brad Brooks, DO, Amy Smith-Bassett, nurse practitioner
315 E. Center St., Manchester, CT 06040
860.533.0179 • www.cnaturalhealth.com
See ad on page 24.

ProNatural Physicians Group
120 Webster Sq Rd.Berlin, CT 06037
860.829.0707 • www.ProNaturalPhysicians.com
See ad on page 33.

Sophia Natural Health Center
31 Old Route 7, Brookfield, CT 06804.
203.740.9300 • SophiaNaturalHealth.com

**LIFE/BUSINESS/HEALTH/ORGANIZATIONAL COACH**

Tamara Sachs, MD
Functional Medicine & Integrative Care LLC
15 Bennett Street, New Milford CT
860.354.3304 • tsachsmd.com
Dr. Sachs prevents and treats chronic illness by uncovering and correcting the underlying root causes of your health concerns, while remaining respectful of the uniqueness and complexity that make us human. She comprehensively and thoughtfully creates personalized plans explaining why and how each area of your healing will be addressed. See ad on page 28.

**NATUROPATHIC MEDICINE**

Dr. Adam Breiner, ND
Fairfield, CT • 203.371.8258
WholeBodyMed.com
Focusing on brain health and Lyme Disease, Dr. Adam Breiner offers cutting-edge therapies that include Hyperbaric Oxygen, Neurocognitive Therapies including sophisticated brain-imaging equipment to evaluate brain injuries and brainwave patterns associated with Metabolic Imbalances, Infections, and Allergies. Conditions treated include Concussions, TBI’s, Stroke, PTSD, ADD/ADHD, Anxiety, Depression and more.
See ad on page 22.

Collaborative Natural Health Partners
Dr. Lauren Young, Dr. Ashley Burkan, Dr. Tonya Pasternak, Dr Craig Fasullo, Dr. Carolina Padilla, ND, Dr. Carissa Fioritto, ND
315 E. Center St., Manchester, CT 06040
860.533.0179 • www.cnaturalhealth.com
Other locations:
107 Wilcox Road, Ste 103, Stonington, CT 06378
74 Park Road, West Hartford, CT 06119
See ad on page 24.

Jill Kenney, ND
Integrative Medicine and Support Services
Park Avenue Medical Center
5520 Park Avenue, Trumbull, CT 06611
61 Sherman Street, Fairfield, CT 06825
203.418.7657 • www.drrjillkenney.com
781.507.1319 • drkenney360@gmail.com
See ad on page 20.

New England Naturopathic Medical Center, LLC
Lesa Werner, ND
860.308.1635 • www.drlsesawerner.com
See ad on page 8.
The Wellness Institute
Marvin Schweitzer, ND
1 Westport Ave, Norwalk, CT • 203.847.2788
See ad on page 39.

West Hartford Naturopathic Medicine
Frank Aeta, ND
301 N. Main St, West Hartford, CT
860.232.9662 • www.DRAIETA.com
See ad on page 20.

ProNatural Physicians Group
Dr. Ann Aresco, Dr. Cait Barbiero,
& Dr. Martin Opoku
120 Webster Sq Rd.Berlin, CT 06037
P: 860.829.0707 • F: 860.829.0606
ProNaturalPhysicians@comcast.net
www.ProNaturalPhysicians.com
See ad on page 33.

Holcare Nutrition
Vicki Kobliner MS RD
3 Hollyhock Lane, Suite 2A, Wilton, CT 06897
203.834.9949 • www.holcarenutrition.com
See ad on page 19.

Grant’s Nutrition and Wellness
Jane Grant, RD CD-N
37 Webster Square Road, Berlin, CT
860.357.2282
grantj@grantsnutrition.com
Jane Grant is trained in integrative and functional nutrition utilizing a personalized, holistic approach to chronic disease and weight management. Integrative and functional nutrition combines the very best of modern science, clinical wisdom, and integrative therapies to address the root cause of disease and promote abundant health. Call or e-mail to schedule an appointment. Most insurance is accepted.

Natural Health & Healing, LLC
Deanna M. Cherrone, MD
41 N. Main St, Ste 207, West Hartford, CT
860.677.4600 • naturalhealthandhealing.net
See ad on back cover.

Optimal Health Medical, LLC
Henry C. Sobo, M.D.
111 High Ridge Rd., Stamford, CT 06905
203.348.8805 • www.drsobo.com
See ad on page 33.

Rolfing®
Rolfing®- The Art and Science of Body Change
Sharon Sklar, BFA,
MsT, Cert. Adv. Roller
West Hartford • 860.561.4337
sharonsklarrolfing.com
Rolfing®-The Art and Science of Body Change. A dynamic 10 session bodywork series that eases pain, improves movement and restructures your body when you feel "out of whack". A hands-on and educational approach which establishes order and balance after life's injuries, stress and accidents. Since 1981. See ad on page 22.

SCHOOLS
The Graduate Institute
171 Amity Rd, Bethany, CT 06524
203.874.4252 • info@learn.edu
See ad on page 27.

SKINCARE/ NATURAL BEAUTY
Immortal Opulence
Old Wethersfield, CT
860.712.1933
ImmortalOpulence.com
Richard Fanelli, Founder/formulator of Immortal Opulence Anti-aging Skin Cream. Coming from a family of European MDs, Richard was inspired to create this high-performance, anti-aging skin cream. Over 27 powerful ingredients of organic, wild grown botanicals from remote areas around the world. No chemicals ever. Hand crafted in small batches to assure impeccable quality. See ads on page 24 and 32.

ORGÁNACHS Farm To Skin
Westport, CT • 203.221.0435
info@organachsfarmtoskin.com
organachsfarmtoskin.com
CT’s premier natural beauty boutique offering clean, safe skincare and makeup. Our mission is to educate our customers on the benefits of using high-performing organic skincare. We offer a curated selection of the top brands in organic beauty. In-store organic facials from luxury Irish skincare brand VOYA and makeup application services available by appointment.

SPAS/WELLNESS CENTERS
Body + Sole Spa Therapies
West Hartford
860.233.7226 • bodysolespa.com
Body + Sole is a skincare and bodywork collective comprised of passionate professionals who love what we do. We continuously research treatments and trends to offer the latest innovations in the beauty industry. We test every product and practice every treatment so you feel confident in us and yourself.

Imagine Float
290 West Main St., Avon
860.255.7771 • imaginefloat.com
See ad on page 18.

YOGA/PILATES/ BARRE STUDIO

Alan Franzi, MS, C-IAYT, PAS Creative Edge Yoga, LLC
Guilford, CT • 203.488.1700
www.creativeedgeyoga.com
Alan Franzi, MS, C-IAYT, PAS has over 25 years experience as a Yoga and Movement Therapy practitioner. In addition to teaching group classes, Alan’s specialized individual therapeutic work centers on Posture Alignment Therapy and Movement Re-patterning to address the root causes of musculoskeletal pain, imbalances and other movement challenges.

Sacred Rivers Yoga
East Hartford, CT • 860.657.9545
sacredriversyoga.com
Paula Scopino, E-RYT 500 hour,
C-IAYT, CT Licensed LMT, YACEP is the Owner/Director of Sacred Rivers Yoga and Allied Health Therapies and ‘Sacred Rivers Yoga for Every Body’, a Yoga Alliance 200 and 500 Hour Registered School, as well as a member of IAYT (International Association of Yoga Therapy.) See ad on page 7.