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 20.

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 Mascało CFP®, RLP®, AAMS®, C(K)P®
Managing Partner, Trinity Point Wealth
612 Wheelers Farms 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 27.

HOLISTIC CENTERS
Bridge Healing Arts Center
304 Main Street, Farmington, CT 06032
860.404.2578 • BridgeHAC@aol.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 28.

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
860.633.6518 • drhinch@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 35.

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

Allison B. Spitzer, MA
Trumbull, CT • 203.218.2200
spitzerhealth.com

HYPNOSIS
Diane Bahr-Groth, C. Hy., TFT, Dir.
1177 High Ridge Road, Stamford, CT
203.595.0110 • mindbodytransformation.com
See ad on page 24.

Joan Dunsing Hypnosis
204 Cherry Street, Milford CT 06460
203.907.7710 • joanndunsing.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 Português, 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 addictions. Call for free consultation today. Offering remote sessions worldwide.

Michele P. Rousseau, MA, CH
267 William Street, Middletown, CT 06457
860.704.9054 • mprousseau@sbcglobal.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 20.

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

Tamara Sachs, MD
Functional Medicine & Integrative Care LLC
15 Bennitt 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 30.

LIFE/BUSINESS/HEALTH/ORGANIZATIONAL COACH
Dr. Sonia Manganello, DM, DD, CNC
Glastonbury, CT • 860.966.8747
soniamanganello.com

MENTALES
Tatiana Fleischman, MD
Menopause Specialist, BHRT
Stamford, CT • 203.275.6666
CTHormoneTherapy.com

NAATROPATHIC 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 Burkmann, Dr. Tonya Pasternak, Dr Craig Falusio, Dr. Carolina Padilla, ND, Dr. Carissa Fioritto, ND

315 E. Center St., Manchester, CT 06040 860.533.0179 • www.ctnaturalhealth.com

Other locations:

107 Wilcox Road, Ste 103, Stonington, CT 06378
74 Park Road, West Hartford, CT 06119

See ad on page 20.

**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.drjillkenney.com
781.507.1319 • dikenney360@gmail.com

See ad on page 29.

**Naturopathic & Acupuncture Health Center**

Dr. Marie Mannone, Dr. Renee Mannone, NDs

John Mannone, Licensed Acupuncturist

274 Silas Deane Hwy., Wethersfield, CT 06109
860.529.1200 • www.NAHcenter.com

See ad on page 12.

**Jane Grant**

Grant’s Nutrition and Wellness

Jane Grant, RD CD-N

37 Webster Square Road, Berlin, CT 06037 • 860.357.2282

grant@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.

**PHYSICIANS, M.D.**

**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 page 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®**

**Rolling®- The Art and Science of Body Change**

Sharon Sklar, BFA, MS, Cert. Adv. Rolfist

West Hartford • 860.561.4337
sharonsklarrollofing.com

Rolling®- 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 18.

**SCHOOLS**

**The Graduate Institute**

171 Amity Rd, Bethany, CT 06524
203.874.4252 • info@learnear.com

See ad on page 28.

**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 20 and 36.

**ORGÁNACHS Farm To Skin**

Westport, CT • 203.221.0435
info@organachsfarminstoskin.com
organachsfarminstoskin.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 28.

**SPIRITUAL COMPANIONSHIP**

**Lauri Ingram**

Hamden, Connecticut • 203.435.5650
www.lauringram.com

Services available in person, and via zoom/skype.

Lauri Ingram is an ordained interfaith/interspiritual minister, offering spiritual counseling, Crystal Dreaming, Crystal Light and Color Therapy along with workshops and ministerial officiant services.

**YOGA/PILATES/ BARRE STUDIO**

**CREATIVE EDGE YOGA LLC**

Alan Franz, MS, C-IAYT, PAS

Creative Edge Yoga, LLC

Guilford, CT • 203.488.1700
www.creativeedgeyoga.com

Alan Franz, 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 10.