Community Resources

ACUPUNCTURE

Acupuncture of Greater Hartford
Stan Baker, LAC
645 Farmington Ave, Hartford, CT
860.836.1068
acupuncturestanbaker.com

Collaborative Natural Health Partners
Nick Edgerton, ND, LAc
& Diana Zitserman, ND, LAc
315 E. Center St., Manchester, CT 06040
860.533.0179 • www.ctnaturalhealth.com
See ad on page 37.

HEALTH FOOD STORES

Parkedale Health Shoppe
Manchester Parkade, 378 West Middle Tpke,
Manchester, CT • 860.646.8178
M-Sat 8am-9pm • Sun 9am-6pm
See ad on page 2.

FINANCIAL PLANNING

Dana Mascalo CFP®, RLP®, AAMS®, C(k)P®
Managing Partner, TrinityPoint Wealth
612 Wheelers Farms Rd.Milford, CT 06461
Office: 203.693.8521 | Fax: 203.693.8524
dana@trinitypointwealth.com
See ad on page 32.

Caroline Wetzel, CFP®, AWMA®
Procyon Private Wealth Partners, LLC
1 Corporate Drive Suite 225 Shelton, CT 06484
747.232.2713 • cwtzel@procyonpartners.net
www.linkedin.com/in/caroline-wetzel/
www.procyonpartners.net
See ad on page 37.

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 43.

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 10.

Dr. Steven F Hinchey, DMD
South Glastonbury
860.633.6518 • drhinch@agd.org
dochincheydmd.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 34.

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

HOMEOPATHY

Abby Beale, CCH RSHom(NA)
Homeopathy Healings
Homeopathy4healings@gmail.com
Homeopathy4healings.com • 413.426.1024
Want to get to the root cause of your chronic symptoms? Homeopathy can relieve the symptoms of depression, anxiety, women's issues, headaches, digestive troubles, child behavior problems, and so much more. Contact Abby to see if homeopathic care is appropriate for you. Appts over Zoom and Skype possible.

HYPNOSIS

Diane Bahr-Groth, C. Hy., TFT, Dir.
1177 High Ridge Road, Stamford, CT.
203.595.0110 • mindbodytransformation.com

Joan Dunsing Hypnosis
204 Cherry Street, Milford CT 06460
203.907.7710 • joandunsing.com
Free phone consultation. See ad on page 27.

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.ctnaturalhealth.com
See ad on page 37.

ProNatural Physicians Group
120 Webster St Rd.Berlin, CT 06037
860.829.0707 • www.ProNaturalPhysicians.com

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 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 37.

LIFE/BUSINESS/HEALTH/ORGANIZATIONAL COACH

Dr. Sonia Manganello, DM, DD, CNC
Glastonbury, CT • 860.966.8747
soniamanganello.com
Sonia is a Certified Integrative Nutrition Health Coach, Life, and Spiritual Coach, as well as a 4th generation clairvoyant/medium/healer. She is the author of the Amazon Best Seller, The Perseverance Diet: 12 Steps to Mind Body Nutrition, teacher, successful entrepreneur, and motivational speaker.

MENOPAUSE

Tatiana Fleischman, MD
Menopause Specialist, BHRT
Stamford, CT • 203.275.6666
CHTTherapy.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.ctnaturalhealth.com
See ad on page 37.

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120 Webster St Rd.Berlin, CT 06037
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Menopause Specialist, BHRT
Stamford, CT • 203.275.6666
CHTTherapy.com
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 16.

Collaborative Natural Health Partners
Dr. Lauren Young, Dr. Ashley Burkman, Dr. Tonya Pastemak, 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 37.

Naturopathic & Acupuncture Health Center
Dr. Marie Mammonre, Dr. Renee Mammonre, NDs John Mammonre, Licensed Acupuncturist 274 Silas Deane Hwy., Wethersfield, CT 06109 860.529.1200 • www.NAHcenter.com
See ad on page 18.

The Wellness Institute
Marvin Schweitzer, ND
1 Westport Ave, Norwalk, CT • 203.847.2788
See ad on page 10.

West Hartford Naturopathic Medicine
Frank Aseta, ND
301 N. Main St., West Hartford, CT 860.232.9662 • www.DRAIETA.com
See ad on page 24.

ProNatural Physicians Group
Dr. Ann Areco, Dr. Cora Stover, & Dr. Martin Opoku
120 Webster Sq Rd.Berlin, CT 06037
P: 860.829.0707 • F: 860.829.0606
ProNaturalPhysicians@comcast.net
www.ProNaturalPhysicians.com

NUTRITION
Holcare Nutrition
Vicki Kohlpler MS RD
3 Hollyhock Lane, Suite 2A, Wilton, CT 06897 203.834.9949 • www.holcarenutrition.com
See ad on page 32.

Grant’s Nutrition and Wellness
Jane Grant, RD CD-N
37 Webster Square Road, Berlin, CT 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.

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Deanna M. Cherrone, MD
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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 18.

ROLFING®
Rolling®- The Art and Science of Body Change
Sharon Sklar, BFA, MsT, Cert. Adv. Rolfier
West Hartford • 860.561.4337
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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 24.

SCHOOLS
The Graduate Institute
171 Amity Rd, Bethany, CT 06524 203.874.4252 • info@learn.edu

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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.

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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
Imagine Float
290 West Main St., Avon 860.255.7771 • imaginefloat.com
See ad on page 34.

SPIRITUAL COMPANIONSHIP
Hamden, Connecticut • 203.435.5650
www.lauriingham.com
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
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 14.