Cavitations and Root Canals. “If you have Mercury Toxicity, hidden Infections from including Sleep Breathing Disorders, TMD, patients for a myriad of dental concerns in the field of holistic dentistry, Dr. Breiner treats 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 14.

HOLISTIC DENTIST

Dr. Mark A. Breiner, DDS, FAGD, FFAOMT
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 14.

Dr. Steven F Hinchey, DMD
South Glastonbury 860.633.6518  •  drhinch@agd.org
dochincheyemd.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 you get your overall health – it is all connected – the mouth and the body. And we can help you get there. See ad on page 32.

HOLISTIC PSYCHIATRY

David London, MD
567 Vauxhall St, Ext, #218, Waterford, CT 06385 Ph: 860.443.5822 Fax: 860.444.0581
davidlondonmd.com
See ad on page 8

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

HOMEOPATHY

Abby Beale, CCH RSHom(NA)
Homeopathy Healings
HomeopathyHealings@gmail.com
HomeopathyHealings.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

Joann Dunsmur Hypnosis
204 Cherry Street, Milford CT 06460 203.907.7710  •  joannadunsmur@gmail.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.

Michele P. Rousseau, MA, CH
267 William Street, Middletown, CT 06457 860.704.9054  •  mprousseau@sbcglobal.net
www.micheleprousseau.com
You are human. She comprehensively and thoughtfully covers 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.

INTTEGRATED 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.cnhnaturalhealth.com
See ad on page 36.

ProNatural Physicians Group
120 Webster Sq 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  •  bacsmd.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.

LIFE/BUSINESS/HEALTH/ORGANIZATIONAL COACH

Dr. Sonia Manganello, DM, DD, CNC
Glastonbury, CT  •  860.966.8747
soniamanganello.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 Pasternak, Dr Craig Fasullo, Dr. Carolina Padilla, ND, Dr. Carissa Fioritto, ND 315 E. Center St., Manchester, CT 06040 860.533.0179  •  www.cnhnaturalhealth.com
Other locations:
107 Wilcox Road, Ste 103, Stonington, CT 06378
74 Park Road, West Hartford, CT 06119
See ad on page 36.
ROLLING®

Rolling®: The Art and Science of Body Change
Sharon Sklar, BFA, MS, Cert. Adv. Rolfer
West Hartford • 860.561.4337
sharonsklarrolfing.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 22.

SCHOOLS

The Graduate Institute
171 Amity Rd, Bethany, CT 06524
203.874.4252 • info@learn.edu
See ad on page 38.

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 ad on page 41.

SPAS/WELLNESS CENTERS
Imagine Float
290 West Main St., Avon
860.255.7771 • imaginefloat.com

SPIRITUAL COMPANIONSHIP

Lauri Ingram
Hamden, Connecticut • 203.435.5650
www.lauriingram.com
Services available in person, and via zoom/skype.

Lauri Ingram is an ordained interfaith/inter-spiritual 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 16.