

ACUPUNCTURE



Acupuncture of Greater Hartford
Stan Baker, LAC
91 South Main Street,
West Hartford, CT 06107
860.836.1068

acupuncturestanbaker.com
See ad on page 23.

Collaborative Natural Health Partners

Nick Edgerton, ND, LAC
& Diana Zitserman, ND, LAC
315 E. Center St., Manchester, CT 06040
860.533.0179 • www.ctnaturalhhealth.com
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HEALTH FOOD STORES

Parkade Health Shoppe

Manchester Parkade, 378 West Middle Tpke,
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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 22.

Caroline Wetzel, CFP®, AWMA®

Procyon Private Wealth Partners, LLC
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475.232.2713 • cwetzel@procyonpartners.net
www.linkedin.com/in/caroline-wetzel/
www.procyonpartners.net
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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
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Dr. Mark A. Breiner, DDS, FAGD, FIAOMT
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Dr. Steven F Hinchey, DMD
South Glastonbury
860.633.6518 • drhinch@agd.org
dochincheydmd.com

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HOLISTIC PSYCHIATRY

David London, MD

567 Vauxhall St. Ext, #218, Waterford, CT 06385
Ph: 860.443.5822 Fax: 860.444.0581
davidlondonmd.com



Allison B. Spitzer, MA
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Abby Beale, CCH RSHom(NA)
Homeopathy Healings
HomeopathyHealings@gmail.com
HomeopathyHealings.com • 413.426.1024

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Diane Bahr-Groth, C. Hy., TFT, Dir.

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Joann Dunsing Hypnosis
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Michele P. Rousseau, MA, CH

267 William Street, Middletown, CT 06457
860.704.9054 • mprouseau@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.ctnaturalhhealth.com
See ad on page 36.

ProNatural Physicians Group

120 Webster Sqr 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
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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.
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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.ctnaturalhhealth.com

Other locations:

107 Wilcox Road, Ste 103, Stonington, CT 06378
74 Park Road, West Hartford, CT 06119
See ad on page 20.

Naturopathic & Acupuncture Health Center

Dr. Marie Mammone, Dr. Renee Mammone, NDs
John Mammone, Licensed Acupuncturist
274 Silas Deane Hwy., Wethersfield, CT 06109
860.529.1200 • www.NAHcenter.com

The Wellness Institute

Marvin Schweitzer, ND
1 Westport Ave, Norwalk, CT • 203.847.2788
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West Hartford Naturopathic Medicine

Frank Aieta, ND
301 N. Main St., West Hartford, CT
860.232.9662 • www.DRAIETA.com
See ad on page 32.

ProNatural Physicians Group

Dr. Ann Aresco, Dr. Cora Stover,
& Dr. Martin Opoku
120 Webster Sqr Rd. Berlin, CT 06037
P: 860.829.0707 • F: 860.829.0606
ProNaturalPhysicians@comcast.net
www.ProNaturalPhysicians.com

NUTRITION

Holcare Nutrition

Vicki Kobliner MS RD
3 Hollyhock Lane, Suite 2A, Wilton, CT 06897
203.834.9949 • www.holcarenutrition.com
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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

Optimal Health Medical, LLC

Henry C. Sobo, M.D.
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203.348.8805 • www.drsoho.com
See ad on page 38.

ROLFING®



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ImmortalOpulence.com

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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 18.