

## 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 9.

### 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  
See ad on inside back cover.

## 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 Mascolo 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 3.

### 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 20.

## 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 41.

## 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 30.



**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 39.

## 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**  
Trumbull, CT • 203.218.2200  
spitzerhealth.com

Therapeutic Coaching and Counseling for children, adults, families, and individuals. Traditional, alternative and creative healing modalities in a cozy, judgement free zone. Practical solutions for stress, anxiety, parenting, depression, and emotional challenges. Change worry into action. Short-term, solution-focused, holistic and hopeful. Comfortable for first timers and those in therapy before.

## 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

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

1177 High Ridge Road, Stamford, CT.  
203.595.0110 • mindbodytransformation.com  
See ad on page 20.



**Joann 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.

### Michele P. Rousseau, MA, CH

267 William Street, Middletown, CT 06457  
860.704.9054 • mprouseau@sbcglobal.net  
www.micheleprousseau.com

## INTEGRATIVE APRN



**Joy Herbst, MSN, APRN/NP-C, CYT, CPC**  
Women's Community Wellness Center  
136 Fairfield Woods Rd, 2nd Floor,  
Suite 1, Fairfield, CT 06825

JoyHerbst.com • wwcct.com  
Joy Herbst is an AANP board certified nurse practitioner, and sober coach. She offers telehealth and in-person integrative mental health care and recovery coaching for women who suffer from depression, anxiety and alcohol use disorder, and Women for Sobriety meetings, Women's Circles, Yoga of Recovery classes, at the Women's Community Wellness Center in Fairfield, CT.

## 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 inside back cover.

### 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  
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 16.

## 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.ctnaturalhealth.com

Other locations:

107 Wilcox Road, Ste 103, Stonington, CT 06378  
74 Park Road, West Hartford, CT 06119  
See ad on inside back cover.

## 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  
See ad on page 26.

## West Hartford Naturopathic Medicine

Frank Aieta, ND  
301 N. Main St., West Hartford, CT  
860.232.9662 • www.DRAIETA.com  
See ad on page 36.

## 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  
See ad on page 29.

## 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.  
111 High Ridge Rd., Stamford, CT 06905  
203.348.8805 • www.drso.com  
See ad on page 25.

## ROLFING®



### Rolfing®- The Art and Science of Body Change

Sharon Sklar, BFA,  
MsT, Cert. Adv. Rolfer  
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 25.

## SCHOOLS

### The Graduate Institute

171 Amity Rd, Bethany, CT 06524  
203.874.4252 • info@learn.edu  
See ad on page 22.

## 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.

## 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/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 26.