ACUPUNCTURE

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 26.

Dr. Steven F Hinckey, 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 41.

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.

COMMUNITY RESOURCES

Natural Nutmeg - November/December 2020
SCHOOLS
The Graduate Institute
171 Amity Rd, Bethany, CT 06524
203.874.4252 • info@learn.edu
See ad on page 20.

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.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
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 13.