

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 8.

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 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 14.

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 18.

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 29.

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 26.



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.
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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

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



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 • mprousseau@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 • wcvct.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.ctnaturalhealth.com
See ad on 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 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 18.

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 9.

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 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 21.

West Hartford Naturopathic Medicine

Frank Aieta, ND
301 N. Main St., West Hartford, CT
860.232.9662 • www.DRAIETA.com
See ad on page 34.

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 25.

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 28.

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
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order and balance after life's injuries, stress
and accidents. Since 1981.

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203.874.4252 • info@learn.edu
See ad on page 20.

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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.

SPAS/WELLNESS CENTERS

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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 13.