

ACUPUNCTURE



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

acupuncturestanbaker.com

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 page 26.

CBD STORE



Nature's Gifts
304 W Main St, Avon • 860.995.4444
naturesgifts-usa.com/

Nature's Gifts is an independently owned family run CBD Store in Avon CT. Stress, Sleep and Pain solutions available. Our knowledgeable staff will happily guide you through our gummies, tinctures, capsules, topicals and raw flower offerings to find the perfect CBD product for your needs. Don't pay too much for your CBD, stop in, say hello, and let us help you feel like you again.

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
Office: 203.693.8521 Fax: 203.693.8524

dana@trinitypointwealth.com

See ad on page 32.



Caroline Wetzel, CFP®, AWMA®
Procyon Private Wealth Partners, LLC
1 Corporate Drive Suite 225
Shelton, CT • 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 38.

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 16.



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 36.

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.



Thea Litsios, Certified Hypnotist
203.693.1493 • thealitsios.com
Thea is offering a 4-week hypnosis program, Body, Mind, Spirit Smoking Cessation, to help you finally quit

smoking. This program includes 4 one-hour online classes plus one 30-minute personal hypnosis session. For more information go to thealitsios.com or call 203.693.1493. CT based. Working remotely.

Michele P. Rousseau, MA, CH

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

LIFE COACH



Thea Litsios, Certified Hypnotist
203.693.1493 • thealitsios.com

Thea Litsios, a Certified Life Coach, is a specialist in assisting people in reinventing themselves. Need to make major changes in your life and unsure of how to go about it? Let Thea assist you. For more information see www.thealitsios.com or call 203.693.1493. CT based. Working remotely.

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 page 26.

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 • tsachsm.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.

MASSAGE THERAPY



Abundant Health Massage Therapy & Wellness

Farmington, CT • 860.778.0315
abundanthealthct.com

Kristina Mozzicato is Board Certified in Therapeutic Massage & Bodywork by the NCBTMB and has been practicing massage for the past 12 years. She provides professional, therapeutic, customized sessions. In addition to massage, she offers cupping, medicupping, body contouring, Himalayan salt stone massage, and Reiki sessions. Convenient Online Booking. See ad on page 6.

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 28.

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 26.

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 43.

West Hartford Naturopathic Medicine

Frank Aieta, ND
301 N. Main St., West Hartford, CT
860.232.9662 • www.DRAIETA.com
See ad on page 20.



Tara Tranguch, ND

16 Sherman Hill Road, Woodbury, CT
203.707.1163 • drataranguch.com
[facebook.com/drtranguch](https://www.facebook.com/drtranguch)
Personalized health care for men,

women and children that is effective and transformative. Dr. Tranguch is a licensed naturopathic physician focused on preventive care, digestion and environmental medicine. Specialized treatments include nutrigenomics, homeopathy and hydrotherapy. Experience health care that offers vitalism and joy. In-person and telehealth appointments available.

See ad on page 23.

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 30.

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.dr.sobo.com
See ad on page 30.

ROLFING®



Rolfing®- The Art and Science of Body Change

Sharon Sklar, BFA, MSt, Cert. Adv. Rolfier
West Hartford • 860.561.4337

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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 22.

SCHOOLS

The Graduate Institute

171 Amity Rd, Bethany, CT 06524
203.874.4252 • info@learn.edu
See ad on page 32.

SPAS/WELLNESS CENTERS

Imagine Float

290 West Main St., Avon
860.255.7771 • imaginefloat.com
See ad on page 36.

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.

THERMOGRAPHY



April Beaman, RDH, CTT

CT Thermography
Farmington & Glastonbury, CT
860.415.1150 • ctthermography.com
CT Thermography specializes in

Medical Thermal Imaging. Breast Thermography is a compression and radiation-free screening tool that's used to monitor breast health to detect physiological changes that may be early warning signs of a disease process. As a Certified Thermographic technician, I help empower women to take a proactive approach following their thermography screening for optimal breast health. See ad on page 12.

YOGA 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 22.