

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.ctnaturalhhealth.com.

CBD STORE



Nature's Gifts
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Nature's Gifts is an independently
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Our knowledgeable staff will happily guide you
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M-Sat 8am-9pm • Sun 9am-6pm
See ad on page 3.

FINANCIAL PLANNING



Dana Mascal 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 34.

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
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Mercury Toxicity, hidden Infections from
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the answer could be in your mouth."
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Dr. Steven F Hinchey, DMD
South Glastonbury
860.633.6518 • drhinch@agd.org
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who trusted our team to care for their improved oral
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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 •
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Joann Dunsing Hypnosis
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I am passionate about enabling
you to get the changes you want!

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programming, EFT Emotional Freedom
Techniques also known as Meridian Tapping
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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



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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
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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.ctnaturalhhealth.com

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 un-
covering and correcting the underlying root causes
of your health concerns, while remaining respect-
ful 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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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.
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NATUROPATHIC MEDICINE



Dr. Adam Breiner, ND
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Focusing on brain health and Lyme
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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 34.

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

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 this page.

West Hartford Naturopathic Medicine

Frank Aieta, ND
301 N. Main St., West Hartford, CT
860.232.9662 • www.DRAIETA.com
See ad on page 22.



Tara Tranguch, ND

16 Sherman Hill Road, Woodbury, CT
203.707.1163 • drtaratranguch.com
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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.drsobo.com
See ad on page 30.

ROLFING®



Rolfing®- The Art and Science of Body Change

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

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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. See ad on page 16.

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April Beaman, RDH, CTT

CT Thermography
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860.415.1150 • ctthermography.com
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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 14.

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 13.