

## ACUPUNCTURE



**Acupuncture of Greater Hartford**  
Stan Baker, LAC  
91 South Main St.,  
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**  
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, topi-  
cals 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 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 30.



**Caroline Wetzel, CFP®, AWMA®**  
Procyon Private Wealth Partners, LLC  
1 Corporate Dr., Suite 225  
Shelton, CT • 475.232.2713  
cwetzel@procyonpartners.net  
www.linkedin.com/in/caroline-wetzel/  
www.procyonpartners.net

See ad on page 36.

## 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 14.

## 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."  
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**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 34.

## 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 Rd., Stamford, CT.  
203.595.0110 • mindbodytransformation.com



**Joann Dunsing Hypnosis**  
204 Cherry St., 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 hypnotism  
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 St., 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.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 St., 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.

## 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 12.

## 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 12.

#### **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](http://www.ctnaturalhhealth.com)

Other locations:

107 Wilcox Rd., 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](http://www.NAHcenter.com)

#### **The Wellness Institute**

Marvin Schweitzer, ND  
1 Westport Ave., Norwalk, CT • 203.847.2788  
See ad on page 18.

#### **West Hartford Naturopathic Medicine**

Frank Aieta, ND  
301 N. Main St., West Hartford, CT  
860.232.9662 • [www.DRAIETA.com](http://www.DRAIETA.com)  
See ad on page 20.



#### **Tara Tranguch, ND**

16 Sherman Hill Rd., Woodbury, CT  
203.707.1163 • [drtaratranguch.com](http://drtaratranguch.com)  
[facebook.com/drtranguch](https://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 6.

## **NUTRITION**

#### **Holcare Nutrition**

Vicki Kobliner MS RD  
3 Hollyhock Lane, Suite 2A, Wilton, CT 06897  
203.834.9949 • [www.holcarenutrition.com](http://www.holcarenutrition.com)

## **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](http://naturalhealthandhealing.net)

#### **Optimal Health Medical, LLC**

Henry C. Sobo, M.D.  
111 High Ridge Rd., Stamford, CT 06905  
203.348.8805 • [www.drsobo.com](http://www.drsobo.com)  
See ad on page 18.

## **ROLFING®**



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

Sharon Sklar, BFA,  
MST, Cert. Adv. Rolfer  
West Hartford • 860.561.4337

[sharonsklarrolfing.com](http://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 20.

## **SCHOOLS**

#### **The Graduate Institute**

171 Amity Rd., Bethany, CT 06524  
203.874.4252 • [info@learn.edu](mailto:info@learn.edu)  
See ad on page 26.

## **SPAS/WELLNESS CENTERS**

#### **Imagine Float**

290 West Main St., Avon  
860.255.7771 • [imaginefloat.com](http://imaginefloat.com)  
See ad on page 14.

## **SPIRITUAL COMPANIONSHIP**



#### **Lauri Ingram**

Hamden, CT • 203.435.5650  
[www.lauriingram.com](http://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](http://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 24.

## **YOGA STUDIO**



#### **Sacred Rivers Yoga**

East Hartford, CT • 860.657.9545  
[sacredriversyoga.com](http://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 6.