

## 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.ctnaturalhealth.com.

## CBD STORE



### Nature's Gifts

304 W Main St., Avon • 860.995.4444  
naturegifts-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.

## 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 3.



### 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 22.

## 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 28.



### 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 24.

## 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.

### Michele P. Rousseau, MA, CH

267 William St., Middletown, CT 06457  
860.704.9054 • mprousseau@sbcglobal.net  
www.micheleprousseau.com

## 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

### 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 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 30.

## 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 42.

### 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 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

**The Wellness Institute**

Marvin Schweitzer, ND  
1 Westport Ave., Norwalk, CT • 203.847.2788  
See ad on page 34.

**West Hartford Naturopathic Medicine**

Frank Aieta, ND  
301 N. Main St., West Hartford, CT  
860.232.9662 • www.DRAIETA.com  
See ad on page 36.



**Tara Tranguch, ND**

16 Sherman Hill Rd., Woodbury, CT  
203.707.1163 • drtaratranguch.com  
facebook.com/drtaranguch

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.  
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**NUTRITION**



**Erika Dworkin, BCHN®**

860.646.8178  
edworkin@cthealthshop.com  
See ad on page 3.

**Holcare Nutrition**

Vicki Kobliner MS RD  
3 Hollyhock Lane, Suite 2A, Wilton, CT 06897  
203.834.9949 • 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

**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 34.

**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 and educational approach which establishes order and balance after life's injuries, stress and accidents. Since 1981.  
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**SCHOOLS**

**The Graduate Institute**

171 Amity Rd., Bethany, CT 06524  
203.874.4252 • info@learn.edu  
See ad on page 2.

**SPAS/WELLNESS CENTERS**

**Imagine Float**

290 West Main St., Avon  
860.255.7771 • imaginefloat.com  
See ad on page 22.

**SPIRITUAL COMPANIONSHIP**



**Lauri Ingram**

Hamden, CT • 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 6.

**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 18.