

# RESOURCES

## ACUPUNCTURE

### Acupuncture of Greater Hartford

Stan Baker, LAC  
645 Farmington Ave, Hartford, CT 06105  
860.836.1068 • acupuncturestanbaker.com  
See ad on page 27.

## CHIROPRACTIC

### Back to Motion

Sports Rehab and Fitness  
435 Willard Ave #B, Newington, CT 06111  
BTMrehabfitness@gmail.com • 860-665-0826  
See ad on page 21.

## DENTISTRY

### Livingstone Dental Excellence

Dr. Thomas Livingstone  
3 Railroad St. North Canaan, CT  
860.824.0751 • livingstonedentalexcellence.com  
See ad on page 30.

### Dr. Steven Hinchey

2249 New London Turnpike  
South Glastonbury, CT. (860) 633-6518  
www.dochincheydmd.com  
See ad on page 27.

## HEALTH FOOD STORES

### Parkade Health Shoppe

Manchester Parkade, 378 West Middle Tpkc,  
Manchester, CT • 860.646.8178  
M-Sat 8am-9pm • Sun 9am-6pm  
See ad on page 5.

## FINANCIAL PLANNING

### 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 12.

## HOLISTIC CENTERS

### Bridge Healing Arts Center

304 Main Street, Farmington, CT 06032  
860.404.2578 • BridgeHAC@aol.com  
www.BridgeHAC.com  
See ad on page 5.

### Integrative Wellness and Physical Therapy

34 Jerome Ave, Suite 305 Bloomfield, CT 06002  
(860) 519-1916  
info@IntegrativeWellnessAndPT.com  
See ad on page 11.

## HOLISTIC PSYCHIATRY

### David London, MD

567 Vauxhall St. Ext. #218, Waterford, CT  
(860) 443-5822 - davidlondonmd.com

## HYPNOSIS

### Diane Bahr-Groth, C. Hy., TFT, Dir.

1177 High Ridge Road, Stamford, CT.  
(203)595-0110 • mindbodytransformation.com  
See ad on page 32.

### Mind Matters Hypnosis Center

Lisa Zaccheo, MA, BCH, BCI  
Board Certified Hypnotist & Instructor  
12 Waterside Court, Avon, CT 06001  
(860)693-6448 • MindMatters@comcast.net  
www.mindmattershypnosis.com

### Michele P. Rousseau, MA, CH

267 William Street, Middletown, CT 06457  
860-704-9054 • mprouseau@sbcglobal.net  
www.micheleprousseau.com

## INTEGRATED MEDICINE

### ProNatural Physicians Group

120 Webster Sqr Rd. Berlin, CT 06037  
(860) 829-0707  
www.ProNaturalPhysicians.com  
See ad on page 5.

### Tamara Sachs, MD

Functional Medicine & Integrative Care LLC  
15 Bennitt Street, New Milford CT  
860-354-3304 • www.tsachsm.com  
See ad on page 15.

## INTEGRATIVE APRN'S/ NURSE PRACTITIONERS

### ProNatural Physicians Group

Lara O'Neil, Pediatric APRN  
Adult/Women's Health APRN  
120 Webster Square Road  
Berlin, CT 06037 • 860-829-0707  
ProNaturalPhysicians@comcast.net  
See ad on page 5.

## NATUROPATHIC MEDICINE

### Collaborative Natural Health Partners

Dr. Lauren Young, Dr. Ashley Burkman,  
Dr. Tonya Pasternak and Dr Craig Fasullo  
315 E. Center St., Manchester, CT 06040  
(860) 533-0179 • www.ctnaturalhhealth.com  
See ad on page 21.

### 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

### Stacey Munro, N.D.

Nature's Helper Medical Clinic  
178 Mountain Road, Suffield, CT 06078  
860.758.7808 • www.natureshelpermedical.com

### The Wellness Institute

Marvin Schweitzer, ND  
1 Westport Ave, Norwalk, CT  
(203) 847-2788  
See ad on page 19.

### West Hartford Naturopathic Medicine

Frank Aieta, ND  
301 N. Main St., West Hartford, CT  
(860) 232-9662 • www.DRAIETA.com  
See ad on page 19.

### ProNatural Physicians Group

Dr. Ann Aresco, Dr. Cait Barbiero,  
Dr. Jennifer C. Pierre and Lara O'Neil, APRN  
120 Webster Sqr Rd. Berlin, CT 06037  
P: 860-829-0707 - F: 860-829-0606  
E: ProNaturalPhysicians@comcast.net  
www.ProNaturalPhysicians.com  
See ad on page 5.

## NUTRITION

### Holcare Nutrition

Vicki Kobliner MS RD  
3 Hollyhock Lane, Suite 2A, Wilton, CT 06897  
203-834-9949 • www.holcarenutrition.com  
See ads on page 35.

### Holly Niles, MS, CNS, LDN

Licensed Functional  
Medicine Clinical Nutritionist  
Integrative Wellness  
34 Jerome Avenue, Suite 305  
Bloomfield, CT 06002 • (860) 519-1916  
HollyNiles@IntegrativeWellnessAndPT.com  
www.IntegrativeWellnessAndPT.com  
See ads on page 36.

## PHYSICIANS, M.D.

### Connecticut Women's OB/GYN

South Windsor/West Hartford/Enfield  
www.womenshealthct.com • 860-648-2748  
See ad on page 42.

### Natural Health & Healing, LLC

Deanna M. Cherrone, MD  
61 S. Main St, Ste 210, West Hartford, CT  
(860) 677-4600 • naturalhealthandhealing.net  
See ad on back cover.

### Optimal Health Medical, LLC

Henry C. Sobo, M.D.  
111 High Ridge Rd., Stamford, CT 06905  
203-348-8805 • www.dr.sobo.com

### Tamara Sachs, MD

Functional Medicine & Integrative Care LLC  
15 Bennitt Street, New Milford CT  
860-354-3304 • www.tsachsm.com  
See ad on page 15.

## SCHOOLS

### The Graduate Institute

171 Amity Rd, Bethany, CT 06524  
(203) 874-4252 • info@learn.edu  
See ads on page 43.

## SKINCARE

### Anew You Skincare & Wellness Center

Melissa Martin, 16A Ensign Drive, Avon.  
(860)284-9730 • www.anewyouskincare.net  
Melissa@anewyouskincare.net  
See ad on page 19.

## THERMOGRAPHY

### Sophia Natural Health Center

31 Old Route 7, Brookfield, CT 06804.  
(203) 740-9300 • SophiaNaturalHealth.com