

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