

RESOURCES

ACUPUNCTURE

Acupuncture of Greater Hartford

Stan Baker, LAC
645 Farmington Ave, Hartford, CT 06105
860.836.1068 • acupuncturerstanbaker.com
See ad on page 36.

DENTISTRY

Dr. Steven Hinchey

2249 New London Turnpike
South Glastonbury, CT. (860) 633-6518
www.dochincheydmd.com
See ad on page 36.

HEALTH FOOD STORES

Parkade Health Shoppe

Manchester Parkade, 378 West Middle Tpk, Manchester, CT • 860.646.8178
M-Sat 8am-9pm • Sun 9am-6pm
See ad on page 7.

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 8.

HOLISTIC CENTERS

Bridge Healing Arts Center

304 Main Street, Farmington, CT 06032
860.404.2578 • BridgeHAC@aol.com
www.BridgeHAC.com
See ads on page 5 and 10.

Integrative Wellness and Physical Therapy

34 Jerome Ave, Suite 305 Bloomfield, CT 06002
(860) 519-1916
info@IntegrativeWellnessAndPT.com
See ad on page 31.

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 31.

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 43.

Tamara Sachs, MD

Functional Medicine & Integrative Care LLC
15 Bennitt Street, New Milford CT
860-354-3304 • www.tsachsmd.com
See ad on page 23.

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 43.

NATUROPATHIC MEDICINE

Center for Natural Medicine, LLC

640 Main Street, Watertown, CT 06795
860-945-1004 • centerfornaturalmedicine.net

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 35.

Naturopathic & Acupuncture Health Center

Dr. Marie Mamnone, Dr. Renee Mamnone, NDs
John Mamnone, 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 17.

West Hartford Naturopathic Medicine

Frank Aieta, ND
301 N. Main St., West Hartford, CT
(860) 232-9662 • www.DRAIETA.com
See ad on page 12.

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 43.

NUTRITION

Holcare Nutrition

Vicki Kobliner MS RD
3 Hollyhock Lane, Suite 2A, Wilton, CT 06897
203-834-9949 • www.holcarenutrition.com
See ad on page 16.

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 31.

PHYSICIANS, M.D.

Connecticut Women's OB/GYN

South Windsor/West Hartford/Enfield
www.womenshealthct.com • 860-648-2748
See ad on page 31.

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.tsachsmd.com
See ad on page 23.

SCHOOLS

The Graduate Institute

171 Amity Rd, Bethany, CT 06524
(203) 874-4252 • info@learn.edu
See ads on page 21.

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 17.

THERMOGRAPHY

Sophia Natural Health Center

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