

# RESOURCES

## ACUPUNCTURE

### Acupuncture of Greater Hartford

Stan Baker, LAC  
645 Farmington Ave, Hartford, CT 06105  
860.836.1068 • [acupuncturestanbaker.com](http://acupuncturestanbaker.com)

### ProNatural Physicians Group

Traver Garrity MS LAC  
120 Webster Square Rd. Berlin, CT 06037  
860.829.0707 • [acupuncture@travergarrity.com](mailto:acupuncture@travergarrity.com)  
[www.pronaturalphysicians.com](http://www.pronaturalphysicians.com)  
See ad on page 27.

## DENTISTRY

### Dr. Steven Hinchey

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

## 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

### Dana McLaughlin CFP®, RLP®, AAMS®, C(k)P®

Managing Partner, TrinityPoint Wealth  
612 Wheelers Farms Rd. Milford, CT 06461  
Office: 203.693.8521 | Fax: 203.693.8524  
[dana@trinitypointwealth.com](mailto:dana@trinitypointwealth.com)  
See ad on page 21.

### Caroline Wetzel, CFP®, AWMA®

Procyon Private Wealth Partners, LLC  
1 Corporate Drive Suite 225 Shelton, CT 06484  
475.232.2713 • [cwetzel@procyonpartners.net](mailto:cwetzel@procyonpartners.net)  
[www.linkedin.com/in/caroline-wetzel/](http://www.linkedin.com/in/caroline-wetzel/)  
[www.procyonpartners.net](http://www.procyonpartners.net)  
See ad on page 39.

## HOLISTIC CENTERS

### Bridge Healing Arts Center

304 Main Street, Farmington, CT 06032  
860.404.2578 • [BridgeHAC@aol.com](mailto:BridgeHAC@aol.com)  
[www.BridgeHAC.com](http://www.BridgeHAC.com)  
See ads on page 35 and 40.

## HOLISTIC PSYCHIATRY

### David London, MD

544 Riverside Avenue, Westport, CT 06880  
Ph: 203.557.6574 Fax: 860.973.1655

567 Vauxhall St. Ext. #218, Waterford, CT 06385  
Ph: 860.443.5822 Fax: 860.444.0581  
[davidlondonmd.com](http://davidlondonmd.com)  
See ad on page 8.

## HYPNOSIS

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

1177 High Ridge Road, Stamford, CT.  
(203)595-0110 • [mindbodytransformation.com](http://mindbodytransformation.com)  
See ad on page 16.

### 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](mailto:MindMatters@comcast.net)  
[www.mindmattershypnosis.com](http://www.mindmattershypnosis.com)  
See ad on page 9.

### Michele P. Rousseau, MA, CH

267 William Street, Middletown, CT 06457  
860-704-9054 • [mprousseau@sbcglobal.net](mailto:mprousseau@sbcglobal.net)  
[www.micheleprousseau.com](http://www.micheleprousseau.com)

## INTEGRATED MEDICINE

### ProNatural Physicians Group

120 Webster Sqr Rd. Berlin, CT 06037  
(860) 829-0707  
[www.ProNaturalPhysicians.com](http://www.ProNaturalPhysicians.com)  
See ad on page 27.

### Sophia Natural Health Center

31 Old Route 7, Brookfield, CT 06804.  
(203) 740-9300 • [SophiaNaturalHealth.com](http://SophiaNaturalHealth.com)  
See ad on page 28.

### Tamara Sachs, MD

Functional Medicine & Integrative Care LLC  
15 Bennitt Street, New Milford CT  
860-354-3304 • [www.tsachsmd.com](http://www.tsachsmd.com)  
See ad on page 22.

## NATUROPATHIC MEDICINE

### Center for Natural Medicine, LLC

640 Main Street, Watertown, CT 06795  
860-945-1004 • [centerfornaturalmedicine.net](http://centerfornaturalmedicine.net)  
See ad on page 31.

### 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](http://www.ctnaturalhhealth.com)  
See ad on page 18.

### 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](http://www.NAHcenter.com)

### Stacey Munro, N.D.

Nature's Helper Medical Clinic  
178 Mountain Road, Suffield, CT 06078  
860.758.7808 • [www.natureshelpmedical.com](http://www.natureshelpmedical.com)

### The Wellness Institute

Marvin Schweitzer, ND  
1 Westport Ave, Norwalk, CT  
(203) 847-2788  
See ad on page 29.

### 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.

### ProNatural Physicians Group

Dr. Ann Aresco, Dr. Cait Barbiero,  
Dr. Martin Opoku & Dr. Jennifer C. Pierre  
120 Webster Sqr Rd. Berlin, CT 06037  
P: 860-829-0707  
F: 860-829-0606  
E: [ProNaturalPhysicians@comcast.net](mailto:ProNaturalPhysicians@comcast.net)  
[www.ProNaturalPhysicians.com](http://www.ProNaturalPhysicians.com)  
See ad on page 27.

## 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)  
See ad on page 31.

## PHYSICIANS, M.D.

### Connecticut Women's OB/GYN

South Windsor/West Hartford/Enfield  
[www.womenshealthct.com](http://www.womenshealthct.com) • 860-648-2748  
See ad on page 19.

### 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)  
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](http://www.dr.sobo.com)

### Tamara Sachs, MD

Functional Medicine & Integrative Care LLC  
15 Bennitt Street, New Milford CT  
860-354-3304 • [www.tsachsmd.com](http://www.tsachsmd.com)  
See ad on page 22.

## ROLFING®

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

Sharon Sklar, BFA, MsT, Cert. Adv. Rolfer  
West Hartford 860.561.4337 since 1981  
[www.SharonSklarRolfing.com](http://www.SharonSklarRolfing.com)

## SCHOOLS

### The Graduate Institute

171 Amity Rd, Bethany, CT 06524  
(203) 874-4252 • [info@learn.edu](mailto:info@learn.edu)

## SKINCARE

### Anew You Skincare & Wellness Center

Melissa Martin, 16A Ensign Drive, Avon.  
(860)284-9730 • [www.anewyouskincare.net](http://www.anewyouskincare.net)  
[Melissa@anewyouskincare.net](mailto:Melissa@anewyouskincare.net)