

ACUPUNCTURE

Acupuncture of Greater Hartford

Stan Baker, LAC
645 Farmington Ave, Hartford, CT 06105
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.ctnaturalhhealth.com
See ad on page 15.

ProNatural Physicians Group

Traver Garrity MS LAC
120 Webster Square Rd. Berlin, CT 06037
860.829.0707 • acupuncture@travergarrity.com
www.pronaturalphysicians.com
See ad on page 17.

BODY ORIENTED PSYCHOTHERAPY/COUNSELING



Core Energetics

Tristan Avery, CCEP
West Hartford Center
860.944.9884
learning2heal@gmail.com
Uncover personal self-empowerment and be supported in understanding the difficult challenges in life you long to overcome. Together we will create a healing shift toward embodying more self-love and joy in your life as well as in relationship. Core Energetics is an Evolutionary Body Oriented Model of Psychotherapy. Free first consultation.

DENTISTRY

Dr. Steven Hinchey

2249 New London Turnpike
South Glastonbury, CT. 860.633.6518
www.dochincheydmd.com
See ad on page 16.

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 3.

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
See ad on page 29.

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 27.

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 22 and 33.

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

HYPNOSIS

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

1177 High Ridge Road, Stamford, CT.
203.595.0110 • mindbodytransformation.com
See ad on page 35.

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
See ad on page 10.



Joanna Price, MD

Watertown and Waterbury, CT
475.234.3790
jadc51@hotmail.com
JoannaPriceMD.com
See ad on page 30.

Michele P. Rousseau, MA, CH

267 William Street, Middletown, CT 06457
860.704.9054 • mprouseau@sbcglobal.net
www.micheleprouseau.com

INTEGRATED MEDICINE

Collaborative Natural Health Partners

Kate Zachau, DO, Julia Vitali, DO,
Brad Brooks, DO, Amy Smith-Basset,
nurse practitioner
315 E. Center St., Manchester, CT 06040
860.533.0179 • www.ctnaturalhhealth.com
See ad on page 15

ProNatural Physicians Group

120 Webster Sqr Rd. Berlin, CT 06037
860.829.0707
www.ProNaturalPhysicians.com
See ad on page 17.

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 Street, New Milford CT
860.354.3304 • tsachsm.com
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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

TriCity Massage and Wellness

220 Hartford Turnpike #2, Vernon, CT
860.512.0433 • <https://tri-citymassage.com>

In November 2018 TriCity Massage and Wellness officially opened as a multi-therapist wellness center in Vernon. We offer a variety of massage modalities, yoga classes, and shamanic healing sessions. We also host wellness events each month! Our main goal is to provide quality services which are affordable, so that average people can integrate them into their routine. 220 Hartford Turnpike, Vernon, CT 06066 860.512.0433 tri-citymassage.com

NATUROPATHIC MEDICINE

Center for Natural Medicine, LLC

640 Main Street, Watertown, CT 06795
860.945.1004 • centerfornaturalmedicine.net
See ad on page 8.

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.ctnaturalhhealth.com

Other locations:

107 Wilcox Road, Ste 103, Stonington, CT 06378
74 Park Road, West Hartford, CT 06119
See ad on page 8.

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 39.

West Hartford Naturopathic Medicine

Frank Aieta, ND
301 N. Main St., West Hartford, CT
860.232.9662 • www.DRAIETA.com
See ad on page 15.

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
www.ProNaturalPhysicians.com
See ad on page 17.

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 35.

PHYSICIANS, M.D.

Connecticut Women's OB/GYN

South Windsor/West Hartford/Enfield
www.womenshealthct.com • 860.648.2748

Natural Health & Healing, LLC

Deanna M. Cherrone, MD
41 N. Main St, Ste 207, 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
See ad on page 35.

Tamara Sachs, MD

Functional Medicine & Integrative Care LLC
15 Bennitt Street, New Milford CT
860.354.3304 • www.tsachsmd.com



ROLFING®

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SCHOOLS

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SKINCARE

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Melissa Martin, 16A Ensign Drive, Avon.
860.284.9730 • www.anewyouskincare.net
Melissa@anewyouskincare.net



WIG CONSULTATION

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435 Buckland Road, South Windsor
860.644.0888

theprettyfaceplace.com

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