**ACUPUNCTURE**

**Acupuncture of Greater Hartford**  
Stan Baker, LAC  
645 Farmington Ave, Hartford, CT 06105  
860.836.1068 • acupuncturerstanbaker.com

**Collaborative Natural Health Partners**  
Nick Edgerton, ND, LAc  
& Diana Zitserman, ND, LAc  
315 E. Center St., Manchester, CT 06040  
860.533.0179 • www.cnaturalhealth.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  
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, 06336.6518  
www.dochincheydmd.com  
See ad on page 16.

**HEALTH FOOD STORES**

**Parkade Health Shoppe**  
Manchester Parkade, 378 West Middle Tpke, 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 Wheeler 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 • cwtzel@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 Zacchio, MA, BCH, BCI  
Board Certified Hypnotist & Instructor  
12 Waterside Court, Avon, CT 06001  
860.693.6448 • MindMatters@comcast.net  
See ad on page 10.

**Joanna Price, MD**  
Watertown and Waterbury, CT  
745.234.3790  
jad51@hotmail.com  
JoannaPriceMD.com  
See ad on page 30.

**Michele P. Rousseau, MA, CH**  
267 William Street, Middletown, CT 06457  
860.704.9054 • mprousseau@sbcglobal.net  
www.micheleprousseau.com

**INTEGRATED MEDICINE**

**Collaborative Natural Health Partners**  
Kate Zachau, DO, Julia Vitali, DO, Brad Brooks, DO, Amy Smith-Bassett, nurse practitioner  
315 E. Center St., Manchester, CT 06040  
860.533.0179 • www.ctnaturalhealth.com  
See ad on page 15

**ProNatural Physicians Group**  
120 Webster Sq. Rd.Berlin, CT 06037  
860.829.0707  
www.ProNaturalPhysicians.com  
See ad on page 3.

**Sophia Natural Health Center**  
31 Old Route 7, Brookfield, CT 06804.  
203.740.9300 • SophiaNaturalHealth.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 Pusternak, Dr Craig Fasullo, Dr. Carolina Padilla, ND, Dr. Carissa Fioritto, ND  
315 E. Center St., Manchester, CT 06040  
860.533.0179 • www.ctnaturalhealth.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 Mammon, Dr. Renee Mammon, NDs  
John Mammon, 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 06850  
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.

**MASSAGE**

**TriCity Massage and Wellness**  
220 Hartford Turnpike #2, Vernon, CT  
860.512.0433 • https://tricitymassage.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

**ACUPUNCTURE**

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Nick Edgerton, ND, LAc  
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860.533.0179 • www.cnaturalhealth.com  
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www.linkedin.com/in/caroline-wetzel/  
www.procyonpartners.net  
See ad on page 27.
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
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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.dssobo.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

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