

ACUPUNCTURE

Collaborative Natural Health Partners

Nick Edgerton, ND, LAC
& Diana Zitserman, ND, LAC
315 E. Center St., Manchester, CT 06040
860.533.0179 • www.ctnaturalhealth.com
See ad on page 27.

BODY ORIENTED PSYCHO-THERAPY/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 37.

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 37.

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 3 and 16.

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 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

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 27.

ProNatural Physicians Group

120 Webster Sqr Rd. Berlin, CT 06037
860.829.0707
www.ProNaturalPhysicians.com
See ad on page 19 and 30.

Sophia Natural Health Center

31 Old Route 7, Brookfield, CT 06804.
203.740.9300 • SophiaNaturalHealth.com
See ad on page 7.



Tamara Sachs, MD

Functional Medicine &
Integrative Care LLC

15 Bennett Street, New Milford CT
860.354.3304 • tsachsmd.com

Dr. Sachs prevents and treats chronic illness by uncovering and 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.
See ad on page 38.

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 40.

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.ctnaturalhealth.com

Other locations:

107 Wilcox Road, Ste 103, Stonington, CT 06378
74 Park Road, West Hartford, CT 06119
See ad on page 27.

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 this page.

West Hartford Naturopathic Medicine

Frank Aieta, ND
301 N. Main St., West Hartford, CT
860.232.9662 • www.DRAIETA.com
See ad on page 17.

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
ProNaturalPhysicians@comcast.net
www.ProNaturalPhysicians.com
See ad on page 19 and 30.

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.

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.drsoho.com
See ad on page 33.

ROLFING®



Rolfing®- The Art and Science of Body Change

Sharon Sklar, BFA,
MsT, Cert. Adv. Rolfer
West Hartford • 860.561.4337
sharonsklarrolfing.com

Rolfing®-The Art and Science of Body Change. A dynamic 10 session bodywork series that eases pain, improves movement and restructures your body when you feel "out of whack". A hands-on and educational approach which establishes order and balance after life's injuries, stress and accidents. Since 1981.

SCHOOLS

The Graduate Institute

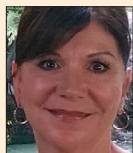
171 Amity Rd, Bethany, CT 06524
203.874.4252 • info@learn.edu
See ad on page 24.

SKINCARE

Anew You Skincare & Wellness Center

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

WIG CONSULTATION



The Pretty Face Place

435 Buckland Road, South Windsor
860.644.0888
theprettyfaceplace.com

Wig Consultations and Permanent Makeup are services provided by

The Pretty Face Place. As the name suggests, you've come to the right place to look and feel your prettiest. Janice Webber renders these services in a calm and private office setting.

YOGA

Sanctuary Power Yoga

Torrington & Canton • 860.496.1500
sanctuarypoweryoga.com
See ad on page 11.