

## ACUPUNCTURE

### 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 17.

## 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 41.

## 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 Wheelers Farms Rd. Milford, CT 06461  
Office: 203.693.8521 | Fax: 203.693.8524  
dana@trinitypointwealth.com  
See ad on page 3.

### 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 17.

## HOLISTIC CENTERS

### Bridge Healing Arts Center

304 Main Street, Farmington, CT 06032  
860.404.2578 • BridgeHAC@aol.com  
www.BridgeHAC.com  
See ad on page 13.

## 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 this page.

### 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.

### 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-Bassett, nurse practitioner  
315 E. Center St., Manchester, CT 06040  
860.533.0179 • www.ctnaturalhhealth.com  
See ad on page 17.

### ProNatural Physicians Group

120 Webster Sqr Rd. Berlin, CT 06037  
860.829.0707  
www.ProNaturalPhysicians.com  
See ad on page 13 and 32.

### Sophia Natural Health Center

31 Old Route 7, Brookfield, CT 06804.  
203.740.9300 • SophiaNaturalHealth.com  
See ad on page 8.



### Tamara Sachs, MD

Functional Medicine &  
Integrative Care LLC  
15 Bennitt 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 36.

## NATUROPATHIC MEDICINE

### Center for Natural Medicine, LLC

640 Main Street, Watertown, CT 06795  
860.945.1004 • centerfornaturalmedicine.net  
See ad on page 19.

### 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 17.

### Jill Kenney, ND

Integrative Medicine and Support Services  
Park Avenue Medical Center  
5520 Park Avenue, Trumbull, CT 06611

61 Sherman Street, Fairfield, CT 06825

203.418.7657 • www.drjillkenney.com  
781.507.1319 • drkenney360@gmail.com  
See ad on page 11.

### 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 12.

### West Hartford Naturopathic Medicine

Frank Aieta, ND  
301 N. Main St., West Hartford, CT  
860.232.9662 • www.DRAIETA.com  
See ad on page 19.

## 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 13 and 32.

## 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 23.

## 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.drsobo.com  
See ad on page 36.

## 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 35.

## 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.