

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 14.

DENTISTRY

Dr. Steven Hinchey

2249 New London Turnpike
South Glastonbury, CT. 860.633.6518
www.dochincheydmd.com
See ad on page 30.

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 Mascalò 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 12.

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 32.

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 12.

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 36.

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 • 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.ctnaturalhhealth.com
See ad on page 14.

ProNatural Physicians Group

120 Webster Sqr Rd. Berlin, CT 06037
860.829.0707 • www.ProNaturalPhysicians.com
See ad on page 10 & 33.

Sophia Natural Health Center

31 Old Route 7, Brookfield, CT 06804.
203.740.9300 • SophiaNaturalHealth.com
See ad on page 27.



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 17.

NATUROPATHIC MEDICINE

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 14.

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 18.

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

New England Naturopathic Medical Center, LLC

Lesa Werner, ND
860.308.1635 • www.drlesawerner.com
See ad on page 8.

The Wellness Institute

Marvin Schweitzer, ND
1 Westport Ave, Norwalk, CT • 203.847.2788
See ad on page 22.

West Hartford Naturopathic Medicine

Frank Aieta, ND
301 N. Main St., West Hartford, CT
860.232.9662 • www.DRAIETA.com
See ad on page 23.

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 10 & 33.

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 20.

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 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.
See ad on page 25.

SCHOOLS

The Graduate Institute

171 Amity Rd, Bethany, CT 06524
203.874.4252 • info@learn.edu
See ad on page 41.

SKINCARE

Anew You Skincare & Wellness Center

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

SPAS/WELLNESS CENTERS

Imagine Float

290 West Main St., Avon
860.255.7771 • imaginefloat.com
See ad on page 35.

Spa Soli

945 Farmington Ave., West Hartford
860.231.1004 • www.spasoli.com
See ad on page 16.