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 Hinckey
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 Mascalo 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 Sq 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 Fusullo,
Dr. Carolina Padilla, ND, Dr. Carissa Fioritto,
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
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.

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 Sq 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.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.
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.