

# COMMUNITY RESOURCES Local Experts In and Around Connecticut

## ACUPUNCTURE

### Acupuncture of Greater Hartford



Stan Baker, LAC  
West Hartford, CT  
860.836.1068  
[acupuncturestanbaker.com](http://acupuncturestanbaker.com)

## BIOMAGNETIC PAIR THERAPY

### The BioSole, LLC

1176 Farmington Ave., Berlin, CT 06037  
[lisa@thebiosole.com](mailto:lisa@thebiosole.com) • 860.840.7878  
[www.thebiosole.com](http://www.thebiosole.com)



Biomagnetism uses the body's natural process of healing to restore pH balance and achieve homeostasis. We believe illnesses and chronic conditions are often rooted in trauma and unaddressed emotional experiences. Conditions treated include: Epstein-Barr Virus • Lyme Disease • Respiratory Viruses • Chronic Fatigue • Gastrointestinal • Strep Strains • Fungus/Mold • Joint/Chronic Pain • Eczema/Skin Conditions • Autoimmune Disorders • Neurological Disorders • Emotional Conflicts/Trauma • Endocrine/Hormonal Imbalances • Sleep/Anxiety

## BREATHWORK

### The Sacred Self, LLC

Charleen K. Miele, LPC • Newington, CT  
860.614.8382 • [thesacredselfllc@gmail.com](mailto:thesacredselfllc@gmail.com)  
[thesacredselfllc.com](http://thesacredselfllc.com)



Licensed Professional Counselor (IFS level 2 trained); Trauma Informed Breathwork Facilitator; Life, Spiritual Life, and Wellness Coach. Somatically release stored trauma and foster healing as you discover your sacred self within.

## CBD STORE

### Nature's Gifts

304 W Main St., Avon, CT • 860.995.4444  
[naturesgifts-usa.com/](http://naturesgifts-usa.com/)



Nature's Gifts is an independently owned, family run CBD Store in Avon, CT. Stress, sleep, and pain solutions available. Our knowledgeable staff will happily guide you through our offerings to find the perfect CBD product for your needs. Don't pay too much for your CBD—stop in, say hello, and let us help you feel like you again.

## COLON HYDROTHERAPY

### Beverly Blass Integrative Health

Hartford Family Institute • [BeverlyBlass.com](http://BeverlyBlass.com)  
17 S. Highland St., West Hartford, CT  
860.206.1129 • [BeverlyBlass@gmail.com](mailto:BeverlyBlass@gmail.com)



Beverly Blass is an integrative intuitive healer, offering body-centered psychotherapy, soul-centered hypnotherapy, and colon hydrotherapy. She focuses on her client's "whole body" experience—spiritual, physical, mental, emotional health, and healing—working with you to create an all-encompassing tapestry of transformation. In-person and online sessions.

## Vitalized Performance Group

Glastonbury, CT • 860.800.6775  
[VPGwaves.com](http://VPGwaves.com)



### VPG Waves

VPG Waves offers an open system colonic on the LIBBE device, GAINS/Femi/AcuteWave treatments for head/face pain to toe pain, scar tissue, incontinence, and sexual wellness issues. We have ionic foot baths and biomat/infrared heat, cupping, naturopaths and acupuncture. Combining modalities for thorough healing is key!

## ENERGY HEALING

### Jacqueline M. Kane

Low Back Pain Specialist and Master Energy Healer  
111 Main St., Collinsville, CT • 860.307.0232  
[jacqueline@jacquelinemkane.com](mailto:jacqueline@jacquelinemkane.com)  
[jacquelinemkane.com](http://jacquelinemkane.com)



Jacqueline facilitates deep healing of trauma, low back pain, and chronic conditions tied to limiting mindsets impacting health and wealth. Clients' proven results are reclaimed energy, moving freely and powerfully, and manifesting their goals aligned with soul purpose. If you're ready to reach your health and wealth goals, visit [jacquelinemkane.com](http://jacquelinemkane.com).

## Sanaré Wellness, LLC

92 N. Summit St., Southington, CT 06489  
[kathy@sanare.life](mailto:kathy@sanare.life) • 860.600.0106  
[www.Sanare.Life](http://www.Sanare.Life)



The future of Energy Medicine is here! This 24-unit Energy Enhancement System creates multiple bioactive, regenerative energy fields, including scalar waves and biophotons, that can assist your body's ability to repair and heal itself from disease. The body can become capable of rejuvenating and recalibrating itself back to homeostasis.

## FINANCIAL PLANNING

### Dana Mascalo, CFP®, RLP®, AAMS®, C(k)P®



Managing Partner,  
TrinityPoint Wealth  
Milford, CT • 203.693.8521  
Fax: 203.693.8524  
[dana@trinitypointwealth.com](mailto:dana@trinitypointwealth.com)

## HOLISTIC CENTER

### The Blackbird House

146 Main St., Old Wethersfield, CT  
[theblackbirdhousect@gmail.com](mailto:theblackbirdhousect@gmail.com)  
[TheBlackbirdHouse.com](http://TheBlackbirdHouse.com) • 860.416.3177



The Blackbird House is a Healing Center and Gift Shop located on Main Street in Old Wethersfield. We offer Reiki, Hypnotherapy, Pranic Healing, Massage Therapy, Tarot/Intuitive Readings and more. Our monthly schedule of events include Reiki and Tarot classes, Self Hypnosis, Sound Healing, and Intuitive Development Meetings. Visit us online to learn more.

## HOLISTIC COUNSELING

### James Osborne, MS, LPC, BCPC

ProNatural Physicians Group, LLC  
Berlin, CT • 860.829.0707  
[pronaturalphysicians.com](http://pronaturalphysicians.com)



James Osborne is a Licensed Professional Counselor, Board Certified Professional Counselor, Board Certified PTSD Clinician, and a Fellow in the American Psychotherapy Association with over 40 years of clinical experience.

## HOLISTIC DENTISTRY

### Dr. Mark A. Brainer, DDS, FAGD, FIAOMT

Fairfield, CT • 203.371.0300  
[WholeBodyDentistry.com](http://WholeBodyDentistry.com)



A recognized authority in the field of holistic dentistry, Dr. Brainer treats patients for a myriad of dental concerns including sleep breathing disorders, TMD, mercury toxicity, and hidden infections from cavitations and root canals. "If you have unexplained symptoms that won't go away, the answer could be in your mouth."

## Dr. Steven F. Hinchey, DMD

South Glastonbury • 860.633.6518  
[drhinch@agd.org](mailto:drhinch@agd.org) • [dochincheydmd.com](http://dochincheydmd.com)



Thank you to our wonderful patients who trust our team to care for their improved oral health. A healthy, disease-free mouth will help your overall health. It is all connected—the mouth and the body. And we can help you get there.

## HOMEOPATHY

### Abby Beale, CCH RSHom(NA)

[HomeopathyHealings@gmail.com](mailto:HomeopathyHealings@gmail.com)  
[HomeopathyHealings.com](http://HomeopathyHealings.com) • 413.426.1024



Want to get to the root cause of your chronic symptoms? Homeopathy can relieve the symptoms of depression, anxiety, women's issues, headaches, digestive troubles, child behavior problems, and so much more. Appointments possible over Zoom and Skype.

## HYPNOTHERAPY

### Beverly Blass Integrative Health

Hartford Family Institute • [BeverlyBlass.com](http://BeverlyBlass.com)  
17 S. Highland St., West Hartford, CT 06119  
860.206.1129 • [BeverlyBlass@gmail.com](mailto:BeverlyBlass@gmail.com)



Beverly Blass is an integrative intuitive healer, offering body-centered psychotherapy, soul-centered hypnotherapy, and colon hydrotherapy. She focuses on her client's "whole body" experience—spiritual, physical, mental, emotional health, and healing—working with you to create an all-encompassing tapestry of transformation. In-person and online sessions.

## Michele P. Rousseau, MA, CH

Middletown, CT • 860.704.9054  
[mprousseau@sbcglobal.net](mailto:mprousseau@sbcglobal.net)  
[micheleprousseau.com](http://micheleprousseau.com)

## INTEGRATED MEDICINE

### Tamara Sachs, MD

Functional Medicine & Integrative Care LLC  
15 Bennett St., 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 respecting 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.

## INTERIOR DESIGN

### CMT Design Group

Carolyn Tierney • Simsbury, CT • carolyntierney.com  
929.390.1742 • info@carolyntierney.com



CMT Design Group integrates beautiful design and interior style with health and wellness principles that matter to your family's well-being. With over 20 years of experience focused on residential interior design and healthy, holistic living, our depth of industry knowledge enables us to create functional and stunning modern spaces where your family can thrive.

## LIFE COACHING

### Beverley Blass Integrative Health

Hartford Family Institute  
17 S. Highland St., West Hartford, CT • 860.206.1129  
BeverleyBlass@gmail.com • BeverleyBlass.com



Beverley Blass is an integrative intuitive healer, offering body-centered psychotherapy, soul-centered hypnotherapy, and colon hydrotherapy. She focuses on her client's "whole body" experience—spiritual, physical, mental, emotional health, and healing—working with you to create an all-encompassing tapestry of transformation. In-person and online sessions.

## MASSAGE THERAPY



### Abundant Health Massage Therapy & Wellness

Farmington, CT • 860.778.0315  
abundanthealthct.com

Kristina Mozzicato is Board Certified in Therapeutic Massage & Bodywork by the NCBTMB and has been practicing massage for the past 12 years. She provides professional, therapeutic, customized sessions. In addition to massage, she offers cupping, medicupping, body contouring, Himalayan salt stone massage, and Reiki sessions. Convenient online booking.

## NATUROPATHIC MEDICINE

### Dr. Adam Breiner, ND

Fairfield, CT • 203.371.8258 • WholeBodyMed.com



Focusing on brain health and Lyme disease, Dr. Adam Breiner offers cutting-edge therapies that include hyperbaric oxygen, neurocognitive therapies, including sophisticated brain-imaging equipment to evaluate brain injuries and brainwave patterns associated with metabolic imbalances, infections, and allergies. Conditions treated include concussions, TBI, stroke, PTSD, ADD/ADHD, anxiety, depression, and more.

## 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

### Roots Natural Medical Center

106 Route 66 East • Columbia, CT 06237  
860.471.1434 • info@rootsmedicalcenter.com  
rootsmedicalcenter.com



Roots is a Naturopathic Medicinal Center that focuses on addressing foundational root causes to complex chronic disease.

The goal of the clinic is to properly identify, diagnose and treat patients with unexplained chronic illnesses. Our services are individualized, and patient focused, as medicine should be.

### Soleil Acupuncture and Naturopathic Wellness

2661 Whitney Ave., Hamden, CT  
203.871.3262 • admin@soleilholistic.com  
soleilholistic.com



Soleil is a holistic clinic specializing in integrative and functional medicine. We are pleased to offer

IV and IM nutrient therapy, craniosacral therapy, and general and facial acupuncture, with our roots in naturopathic medicine. We are passionate about using our tools to get our patients feeling their best!

### Vis Wellness Center, LLC



Dr. Nicole Klughers, ND,  
PharmD, MSAC  
Rocky Hill, CT & Virtual Visits  
[234] 2-ACU-DOC  
hello@drnicoleklughers.com

DrNicoleKlughers.com

### West Hartford Naturopathic Medicine

Frank Aieta, ND  
301 N. Main St., West Hartford, CT  
860.232.9662 • www.DRAIETA.com

## NEUROFEEDBACK

### Jake Williams, MA, LPC

Rocky Hill, CT • 860.208.6964  
CT Neurohealth.com



Jake is an experienced therapist, neurofeedback provider, and cat lover. He has dedicated his life to helping people resolve traumatic experiences and overcome challenges created by focus or anxiety.

## NUTRITION

### Erika Dworkin, BCHN®

*Certified in Holistic Nutrition*

*Vitathena Wellness*

*South Glastonbury, CT • 860.646.8178*

*edworkin@vitathena.com • vitathena.com*



Through education, Erika empowers her customers to make the decisions that best enable them to maximize their well-being and longevity. She offers private nutrition consultations and speaks regularly about various health topics.

### Grant's Nutrition & Wellness

*Jane Grant, RD CD-N*

*Berlin, CT • 860.357.2282*

*grantj@grantsnutrition.com*

*grantsnutrition.com*



Jane is trained in integrative and functional nutrition utilizing a personalized, holistic approach to chronic disease and weight management. Integrative and

functional nutrition combines the very best of modern science, clinical wisdom, and integrative therapies to address the root cause of disease and promote abundant health.

## ORGANIC PRODUCT CO.

### Farm to Bath

*South Glastonbury, CT, and Virtual*

*860.266.5682 • info@farmtobath.com*

*farmtobath.com*



Brenda Sullivan, herbalist and maker of herbal products, uses lavender, one of her primary crops, to make natural soaps, soothing

salves, aromatic oils and more. She loves knowing the medicinal benefits of herbs, because it ensures her recipes are made with only the best ingredients.

## PSYCHIC/MEDIUM

### Intuitive Counseling Holistic Spa

*Agnes Daddona • 860.941.2667*

*Avon, CT • AgnesDaddona.com*

*Agnes@intuitivecounselingllc.com*



Agnes Daddona is one of the best Psychic/Mediums in New England. She is also a Counselor, Healer, and Spiritual Teacher. For more than 20 years, Agnes has worked with

thousands of people across the world in both English and Polish. Her Holistic Spa in Avon, CT, is a one-stop shop and offers high vibrational healing for the mind, body, and soul.

## REFLEXOLOGY

### Holistic Hands

*Tara Cornish, Specializing in Reflexology, Reiki, Aromatouch & Human Energy Scans*

*Torrington, Bantam, & Farmington, CT*

*860.921.8307 • HolisticHandsCT.com*



Tara Cornish is an IIR Certified Reflexologist and Usui Reiki Master/Teacher since 2005. She also offers reflexology lymph drainage and energyfield measurement. These

therapies are non-invasive & safe. Tara has seen amazing benefits using holistic approaches to help heal, relax, renew, and rejuvenate the body, mind, and spirit.

## REIKI

### Be One with the Flow

*Washington, New Preston, Litchfield*

*awm440@hotmail.com • 802.780.7977*

*www.beoneflow.com*



Ann Moureau is a Traditional Usui Reiki Master, offering Reiki classes, hands-on and distant treatment. Ann feels the flow of energy in her yoga, Ai Chi (in the water), and forest bathing classes. Ann has been on her holistic path for thirty-three years and loves to share her practices.

## ROLFING®

### Rolfing®—The Art and Science of Body Change

*Sharon Sklar, BFA, LMT, 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 that establishes order and balance after life's injuries, stresses, and accidents. Since 1981.

## SPAS/WELLNESS CENTERS

### Imagine Float

*290 West Main St., Avon*

*860.255.7771 • imaginefloat.com*

## THERMOGRAPHY

### April Beaman, RDH, CTT

### CT Thermography

*Farmington and Glastonbury, CT*

*860.415.1150 • ctthermography.com*



CT thermography specializes in medical thermal imaging. Breast thermography is a compression and radiation-free screening tool that's used to monitor breast health to detect physiological changes that may be early warning signs of a disease process. As a Certified Thermographic Technician, I help empower women to take a proactive approach following their thermography screening for optimal breast health.

## YOGA STUDIO

### Sacred Rivers Yoga

*East Hartford, CT • 860.657.9545*

*sacredriversyoga.com*



Paula Scopino, E-RYT 500-Hour, C-IAYT, CT Licensed LMT, YACEP, is the owner/director of Sacred Rivers Yoga and Allied Health Therapies and "Sacred Rivers Yoga for Every Body," a Yoga Alliance 200- and 500-hour registered school, as well as a member of IAYT (International Association of Yoga therapy.)