

COMMUNITY RESOURCES

Local Experts In and Around Connecticut

ACUPUNCTURE

Acupuncture of Greater Hartford



Stan Baker, LAC
West Hartford, CT
860.836.1068
acupuncturestanbaker.com

Dr. Aimee Montanaro, DTCM, L.Ac Integrity Acupuncture

Shelton & Westport, CT • 203.429.4406
draimee@integrityacuct.com
www.integrityacuct.com



Dr. Aimee Montanaro is an acupuncturist in Shelton & Westport, CT. She specializes in Traditional Chinese Medicine, which resolves acute and chronic concerns while simultaneously restoring the body's functional & structural integrity. Dr. Montanaro's approach is rooted in evidence-based and evidence-informed research. Her needle technique is gentle yet effective.

BIOMAGNETIC PAIR THERAPY

The BioSole, LLC

1176 Farmington Ave., Berlin, CT 06037
lisa@thebiosole.com • 860.840.7878
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 • Fungus/Mold • Joint/Chronic Pain • Strep Strains • Skin/Eczema • Autoimmune/Neurological Disorders • Emotional Conflicts/Trauma • Sleep/Anxiety • Endocrine/Hormonal Imbalances

BREATHWORK

The Sacred Self, LLC

Charleen K. Miele, LPC • Newington, CT
860.614.8382 • thesacredselfllc@gmail.com
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/



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

Beverley Blass Integrative Health

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

Roots Natural Medical Center

Elizabeth Regal
Columbia, CT • 860.634.7523
sourcecolonhydrotherapy@gmail.com



Colon hydrotherapy promotes hydration of the colon and loosening of waste matter, assisting elimination by natural peristalsis of the colon. Our naturopathic medical center is offering colon hydrotherapy on our FDA-approved closed system device. Contact Elizabeth Regal, I-ACT certified colon hydrotherapist for an appointment.

Vitalized Performance Group

Glastonbury, CT • 860.800.6775
VPGwaves.com



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!

CONSCIOUS MOVEMENT & DANCE

CT Conscious Movement

Katherine Allen & Lisa Galinski
Avon, CT • Azul Certified
Conscious Movement Teachers
CTConsciousMovement@gmail.com
www.CTConsciousMovement.com



Conscious Movement is a dynamic practice of free-form, intuitive dance that awakens your aliveness, clarity, expression and connection ~ an empowering body-centered practice of sacred remembering. We are passionate about offering a healing movement practice and building community. Join us for weekly movement classes and women's embodiment circles in Avon, CT.

ENERGY HEALING

Jacqueline M. Kane

Low Back Pain Specialist and
Master Energy Healer
111 Main St., Collinsville, CT • 860.307.0232
jacqueline@jacquelinemkane.com
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.

Sanaré Wellness, LLC

92 N. Summit St., Southington, CT 06489
kathy@sanare.life • 860.600.0106
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

HOLISTIC CENTER

The Blackbird House

146 Main St., Old Wethersfield, CT
theblackbirdhousect@gmail.com
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



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. Breiner, DDS, FAGD, FIAOMT

Fairfield, CT • 203.371.0300
WholeBodyDentistry.com



A recognized authority in the field of holistic dentistry, Dr. Breiner 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 • 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.

HOLISTIC/SHAMANIC PRACTITIONER

Lady Down the Lane

156 East Ave., 2nd Floor • Norwalk, CT 06851
475.301.4952 • ladydownthelane.com
lydia@ladydownthelane.com



Lydia Remembrance is a holistic/shamanic practitioner whose passion is to create a sacred space as you embark on your healing journey. Lydia is also a reiki master/teacher, holistic birth doula, master practitioner in quantum energy healing, and a quantum hypnotist. Lydia offers a complimentary strategy call, complementary consultations are also available upon request and by appointment.

HOMEOPATHY

Abby Beale, CCH RSHom(NA)

HomeopathyHealings@gmail.com
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
17 S. Highland St., West Hartford, CT 06119
860.206.1129 • 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
micheleprousseau.com

INTEGRATED MEDICINE

Tamara Sachs, MD

Functional Medicine & Integrative Care LLC
15 Bennitt 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.

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.

MEDICAL CANNABIS

bloomHigher

Stamford, CT • 203.751.1369
uzma@bloom-higher.com • bloom-higher.com



Uzma Zakir RPh, founder of bloom-Higher consulting, is passionate about sharing her expertise on the healing benefits of cannabinoids. By combining current research, her experience in treating patients since 2015, and her pharmacy background, she has developed a unique approach for patient care and lectures extensively on best practices and cannabinoid science. Contact Uzma today to see if cannabis is the missing piece in your health and wellness journey.

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.

Riverstone Naturopathic Health

63 West Street, Suite B1
Litchfield, CT • 860.361.9494



Christina Amicone, ND, is a naturopathic physician seeing patients at Riverstone Naturopathic Health in Litchfield, CT. Her focus is on oncology/cancer (including supportive therapies during conventional cancer treatments), naturopathic detoxification, gastrointestinal health (including IBS, IBD, and SIBO), women's health (hormone imbalances, menstrual problems, and menopause), autoimmune diseases, and food sensitivities.

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
CTNeurohealth.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

Alison Birks, MS,(RH) AHG, CNS, CDN, Cert. Grief Educator

Woodbury, CT • Alison.birks@gmail.com
Alisonbirks.com



Alison is an AHG Registered Herbalist, Certified Nutrition Specialist, and Grief Educator. She has been in practice since 1997. Her integrative remote healing practice specializes in grief support, nutrition for gastrointestinal, cardiometabolic, and reproductive health, food and mood, and nutritional genomics.

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.

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.)