

# 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.

## 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

### Beverly Blass Integrative Health

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

### The Colonic Institute

Nina Veronesi • colonicct.com  
Avon, CT • 860.481.2702  
colonicct46@gmail.com



The Colonic Institute offers closed-system colonics by I-ACT trained colon therapists. Additional services include bioelectric lymphatic drainage, ionic detox footbaths, ear coning, reiki, and hypnotherapy.

### 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)JP®

Managing Partner,  
TrinityPoint Wealth  
Milford, CT • 203.693.8521  
Fax: 203.693.8524  
dana@trinitypointwealth.com



## HEALTHY EATING

### Goldie Rose • BOOSTIE™

Houston, TX • 800.988.7541  
BOOSTIEyourhealth.com  
goldie@BOOSTIEyourhealth.com



BOOSTIE™ Is an intentionally selected combination of organic sprouted nuts, seeds, and cacao nibs (some versions include electrolytes.) The vitamins, minerals, omega-3s, plant protein, and fiber have many benefits: heart health, cholesterol, brain function, blood sugar, immunity, and weight management. And, *BOOSTIE™ has more nutrients than any other one ounce of food!*

## 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.

## HYDROGEN INHALATION THERAPY

### Agnes Chodkiewicz

Bristol, CT • 860.822.7515  
 email h2inhalation@gmail.com  
 hydrogentherapyh2.com



Agnes Chodkiewicz is a Certified Coach and trained in Theta Healing, Universal Healing, Quantum Touch, and Basic and Advanced DNA. The most potent antioxidant and anti-inflammatory molecule ever discovered, molecular hydrogen inhalation therapy offers numerous health benefits and can potentially treat chronic and acute conditions.

## HYPNOTHERAPY

### Beverly Blass Integrative Health

Hartford Family Institute • BeverleyBlass.com  
 17 S. Highland St., West Hartford, CT 06119  
 860.206.1129 • BeverleyBlass@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 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.

## 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.

## METABOLIC PSYCHIATRY

### Lori Calabrese

#### Innovative Psychiatry

South Windsor, CT • 860.648.9755  
 loricalabresem.com  
 info@loricalabresem.com



Metabolic psychiatry is where we use our deep psychiatric expertise, metabolic mastery, and approach to nutritional ketosis to transform your brain energy, lift depression, put bipolar into remission, tamp down anxiety, and produce clear thinking. Let Touchpoints 180™ restore your mitochondrial health to get you back to your best self.

## 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](mailto:info@rootsmedicalcenter.com)  
[rootsmedicalcenter.com](http://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](mailto:admin@soleilholistic.com)  
[soleilholistic.com](http://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](mailto:hello@drnicoleklughers.com)

[DrNicoleKlughers.com](http://DrNicoleKlughers.com)

## West Hartford Naturopathic Medicine

Frank Aieta, ND  
301 N. Main St., West Hartford, CT  
860.232.9662 • [www.DRAIETA.com](http://www.DRAIETA.com)

## NEUROFEEDBACK

### Jake Williams, MA, LPC

Rocky Hill, CT • 860.208.6964  
[CTNeurohealth.com](http://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

### Erika Dworkin, BCHN®

Certified in Holistic Nutrition  
Vitathena Wellness  
South Glastonbury, CT • 860.646.8178  
[edworkin@vitathena.com](mailto:edworkin@vitathena.com) • [vitathena.com](http://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](mailto:grantj@grantsnutrition.com)  
[grantsnutrition.com](http://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](mailto:info@farmtobath.com)  
[farmtobath.com](http://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](mailto:AgnesDaddona.com)  
[Agnes@intuitivecounselingllc.com](mailto: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.

## PSYCHOTHERAPY

### Metaphysically Speaking

Mary Anne Costerella  
Glastonbury, CT 860.918.3949  
[maryannecosterella.com](mailto:maryannecosterella.com) • [malc7119@aol.com](mailto:malc7119@aol.com)



Decode Your Soul Purpose: Metaphysical psychotherapy is an integrative Treatment weaving ancient wisdoms with contemporary psychology. The spiritual sciences of astrology, numerology, cardology, and personology combined with my extensive clinical knowledge of psychology, trauma, codependency, addiction, anxiety, depression, and grief offer my clientele a transformative and existential healing experience.

## REIKI

### Be One with the Flow

Washington, New Preston, Litchfield  
[awm440@hotmail.com](mailto:awm440@hotmail.com) • 802.780.7977  
[www.beoneflow.com](http://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](http://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](http://imaginefloat.com)

## THERMOGRAPHY

### April Beaman, RDH, CTT CT Thermography

Farmington and Glastonbury, CT  
860.415.1150 • [ctthermography.com](http://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](http://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.)