

# 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)

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

Shelton & Westport, CT • 203.429.4406  
[draimee@integrityacuct.com](mailto:draimee@integrityacuct.com)  
[www.integrityacuct.com](http://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.

## 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.

### The Colonic Institute

Nina Veronesi • [colonicct.com](http://colonicct.com)  
Avon, CT • 860.481.2702  
[colonicct46@gmail.com](mailto: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.

### Source Colon Hydrotherapy

Elizabeth Regal  
Columbia, CT • 860.634.7523  
[sourcecolonhydrotherapy@gmail.com](mailto:sourcecolonhydrotherapy@gmail.com)  
[rootsmedicalcenter.com](http://rootsmedicalcenter.com)



Colon hydrotherapy promotes hydration of the colon and loosening of waste matter, assisting elimination by natural peristalsis of the colon. Roots Natural 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](http://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](mailto:CTconsciousmovement@gmail.com)  
[www.CTconsciousmovement.com](http://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

### Integrative Massage Works

Daniel Lupacchino, LMT, RMT, IET MI  
Glastonbury, CT • 860.716.2740  
[integrativemassageworks.com](http://integrativemassageworks.com)



Dan Lupacchino has over 10 years experience in the field of holistic healing and wellness. As a massage therapist, healer, and teacher, his goal is to help you live and feel the best you can be. He is also IET® Master Instructor Trainer, Medicinal Aromatherapist, and Intuitive Coach. [facebook.com/IntegrativeMassageWorks](https://facebook.com/IntegrativeMassageWorks).

### 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)

## HEALTH & WELLNESS

### Shaolin Butterfly, est.1997

Michael Fuchs

New Britain, CT • 860.268.8314

mikesf321@yahoo.com • shaolinbutterfly.com



Shaolin Butterfly offers Tai Chi, Reiki Healing Arts, Kung Fu, FMA, QiGong, Publishing, Classes/Workshops/Events, and more.

See shaolinbutterfly.com for more information and class/event schedules. Sifu Mike has close to 40 years of high quality experience, "Have Ki, Will Travel." Since 1997.

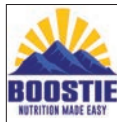
## HEALTHY EATING

### 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

### Conscious Creations

Bloomfield CT • 323.782.9085

intuitivesoulhealing.com



Carolyn B. Coleridge, LCSW is a licensed psychotherapist an intuitive and a healer. She has a meditation and spiritual healing center in Bloomfield, CT. She focuses on helping people find their Life purpose and to heal deep wounds of the Mind Body and Soul. She has clear visions of clients' life and works with Reiki, Theta healing and spiritual 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

mprouseau@sbcglobal.net

micheleprouseau.com

## 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

loricalabresemd.com

info@loricalabresemd.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  
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

### Donna Bunte Whole Health

Donna Bunte, MSOM, L.Ac.  
Stamford, CT • 203.698.0793  
health@donnabunte.com • donnabunte.com



Donna Bunte is an Integrative nutrition health coach, Chinese medical practitioner, licensed acupuncturist, qigong and meditation teacher since 1996 and helps people suffering from stress, anxiety, women's health issues, infertility, insomnia, digestive issues, pain, sports injuries, fatigue, and many others. Donna uses a wholistic approach to wellness treating the whole person helping clients reach their health goals.

### Erika Dworkin, BCHN<sup>®</sup>

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.

## ORGANIC ROSE CARE

### The Rogue Rosarian

Emily Whitcomb Kimball  
New Milford, CT • 718.715.3531  
gardensunlimited@sbcglobal.net



Rose Cultivation. Arrangements. Consultation. Over 35 years horticulture experience.

## 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.

## PSYCHOTHERAPY

### Metaphysically Speaking

Mary Anne Costerella  
Glastonbury, CT 860.918.3949  
maryannecosterella.com • 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 • 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

### Molly Weyers

#### Peaceful and Prenatal

Southington, CT • 860.850.0525  
peacefulandprenatal@gmail.com  
peacefulandprenatal.com



Your local resource for in-person prenatal, postpartum, baby, and toddler yoga classes in Hartford County, CT. When you join our community, you’ll meet like-minded mamas figuring out their parenthood journey alongside you. Each class includes education, strength building, and breathwork. Join our perinatal yoga community today!

### 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.)