

COMMUNITY RESOURCES Local Experts In and Around Connecticut

ACUPUNCTURE

Stan Baker Acupuncture



Stan Baker, LAC
35 Nod Rd, Avon, 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.

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

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.

Source Colon Hydrotherapy

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



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
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 Mascaló, CFP®, RLP®, AAMS®, C(k)P®

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.

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.

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

Beverley Blass Integrative Health

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

Yovanna More

Mind's Eye Hypnosis

Simsbury, CT • (860) 995-5815
Minds-Eye-Hypnosis.com
Help@Minds-Eye-Hypnosis.com



Mind's Eye Hypnosis offers hypnosis, life coaching, relationship coaching, weight-release hypnosis, and spiritual teaching for individuals and couples of all ages. Yovanna provides customized sessions and personal follow-ups that achieve life-changing results, helping clients overcome anxiety, PTSD, trauma, depression, and much more, as reflected in her numerous five-star Google testimonials.

Michele P. Rousseau, MA, CH

Middletown, CT • 860.704.9054
mprousseau@sbcglobal.net
micheleproousseau.com

MARKETING/PR

Tind-All Creative Marketing

New Hartford, CT • 860.916.4561
deirdre@tind-allcreativemarketing.com
tind-allcreativemarketing.com



A women-owned, full-service digital marketing agency, Tind-All Creative Marketing provides innovative and effective marketing solutions for your business. When you choose to work with our agency, a portion of your dollars go right back into the local community, to nonprofits that need it most. Our services include SEO, PPC, website design, branding, marketing strategy, social media, blogging, and much more.

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, MD 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.

Dr Dana Lapointe, ND, LMT, Esth. Sustainable Health & Wellness

Canton, CT • 860.217.1171
AskDrDana@protonmail.com
connecticutnaturopathic.com



Naturopathic physician, bodyworker, esthetician, certified mental wellness coach. Dr Dana uses a personalized holistic approach, including restoration of the gut-brain-heart connection, to restore optimal physical and mental wellness, and regain lifestyle balance in chronic conditions: gut, diabetes, obesity, pain, fatigue, autoimmune, skin. Highly-effective weight-loss, blood sugar, and vital aging programs.

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

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®

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.

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.)