

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. Monica Benco, D-TCM, LAC Mending Point

Acupuncture & Wellness

Wethersfield, CT • 860.466.0665
drmonicabenco@gmail.com
mendingpointacupuncture.com



Dr. Monica Benco is an acupuncturist and TCM herbalist located in the heart of Old Wethersfield. Her specialties include mental health care, fertility support, prenatal care, and postpartum care. When she is not treating patients, she is busy teaching acupuncture classes at the University of Bridgeport.

Dr. Aimee Montanaro Integrity Acupuncture

Shelton and Westport, CT • 203.429.4406
draimee@integrityacuct.com
integrityacuct.com



Dr. Aimee Montanaro is an acupuncturist and herbalist in Shelton and Westport, CT. She specializes in Traditional Chinese Medicine, addressing both acute and chronic issues while restoring the body's functional and structural integrity. Dr. Montanaro's approach is grounded in evidence-based research, and her needle technique is gentle yet effective.

West Hartford/Avon Acupuncture

West Hartford and Avon, CT • 860.503.3676
hello@WHAcupuncture.com
WHAcupuncture.com



Our award-winning practice of board certified, licensed acupuncturists have performed evidence based acupuncture treatments for pain, anxiety and fertility since 2009. Our treatment approach includes acupuncture, herbal medicine, cupping and all aspects of Traditional Chinese Medicine (TCM). We accept insurance. Open 6-days a week in West Hartford and Avon.

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

Source Colon Hydrotherapy

Elizabeth Regal

Columbia, CT • 860.634.7523
sourcecolonhydrotherapy@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.

ENERGY HEALERS

Agnes Daddona, MA Intuitive Counseling LLC

Avon, CT • 860.941.2667
agnes@intuitivecounselingLLC.com
agnesdaddona.com



Agnes Daddona is one of the best psychic/medium and healers in New England. The gift of intuition has run in her family for generations. For more than 20 years, Agnes has worked with thousands of people worldwide through readings, mediumship, counseling, healing, and teaching. Sessions are available in-office, by phone, or via Zoom.

Kevin Ferry | Ferry Law

New Britain, CT • 860.827.0880
kevin@ferryllaw.com • ferryllaw.com



Ferry Law handles personal injury and truck accident cases. Kevin Ferry is also a tai chi instructor and Wim Hof method instructor. He looks at each of his clients holistically and offers yoga, meditation, and tai chi to all his clients.

Kelly McCarthy

Beyond Words N Wisdom
Winsted, CT • 860.806.9684
kelly@beyondwordsnwisdom.com



Kelly McCarthy is a soul reader, energy guide, writer, and intuitive graphic artist. She helps expand awareness and connection, empowering you to embrace life's possibilities and harness your unique energetic frequency. Kelly offers both in-person and remote sessions to support your journey toward a meaningful legacy.

Joyce St. Germaine, M.Ed., CHT., RYT-200

The Sacred Journey
Burlington, CT • 860.675.9706
jsgermaine@aol.com
thesacredjourney.biz



Joyce is highly trained in cross-cultural shamanism and energy healing modalities incorporating sound, color, journeying, ceremony, yoga, cord-cutting, and gemstone/crystal therapies. Her 40 years of experience include advanced training in soul retrieval, spirit detachment, and extraction. Workshops, study groups, and international retreats are available. Sessions may be conducted in person, remotely, or via Zoom.

Heather Whitehouse Sacred Mountain Healing

Burlington, CT • 203.605.2541
heather@heatherwhitehouse.com
Heatherwhitehouse.com



Akashic Records, Ayurveda, and shamanic Reiki practitioner, bringing healing into your mind, body and spirit through each of these modalities.

ESTHETICIAN/HOLISTIC & ORGANIC SPA

Kate Sobotka

Forsythia Skin Care Studio

Woodbury, CT • 860.365.1500
forsythiaskincarestudio@gmail.com
linktr.ee/forsythiaskincarestudio



Luxury, relaxation, and healthy skin are harmoniously offered in a cozy and inviting atmosphere at Forsythia. Facial treatments for all skin types, from antiaging to acne (both adolescents and adults), as well as brow, lash, and waxing services. Are you looking for experienced, passionate, and detail-oriented estheticians? Here we are!

Imagine Float

Avon, CT • 860.255.7771
contactus@imaginefloat.com
imaginefloat.com

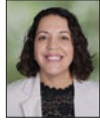


Imagine Float is a peaceful escape from the chaos of your daily life with floatation therapy, cryotherapy, infrared sauna, and compression therapy. When used in synergy, they have endless physical and mental well being benefits. Make a renewed commitment to achieving inner peace, a physical awakening, and reclaiming your best life!

Valeria Da Silva

Naturezza Wax and Spa

Unionville, CT • 860.978.7665
naturezzawaxandspa@gmail.com
naturezzawaxandspa.com



Valeria is a master esthetician and owner of Naturezza Wax and Spa. She is an expert in the most advanced skin care techniques with over 17 years of experience. Valeria's philosophy is that through proper daily care, you can achieve healthy, beautiful skin.

Chrystal Moore-Pilkington

Pure Spa Wellness

Avon, CT • 203.910.3970
purespamobile@yahoo.com
PureSpaWellnessCT.com



Pure Spa Wellness offers holistic and oncology skin care, Reiki, manual lymphatic drainage, and rejuvenating body treatments. As expert clinical estheticians, we create customized experiences to promote relaxation and well-being. Discover an intimate environment dedicated to enhancing your health and beauty. Visit us to embark on your journey to wellness.

The Spa at Litchfield Hills

Litchfield, CT • 860.567.8575
frontdesk@litchfield-spa.com
litchfield-spa.com



The Spa at Litchfield Hills is a luxury beauty, health, and wellness destination located in the heart of Litchfield, CT with treatment offerings focused on holistic healing designed to leave you with a lasting feeling of transformation.

FUNCTIONAL MEDICINE/ INTEGRATIVE MD/DENTIST

April Beaman | CT Thermography

Farmington, CT • 860.415.1150
april@ctthermography.com
ctthermography.com



April Beaman, founder and medical thermographer at CT Thermography, specializes in advanced thermal imaging. With a focus on early detection, she provides breast and full-body assessments, equipping clients with essential health insights to make informed decisions for a healthier future.

Dr. Mark Breiner, DDS Whole-Body Dentistry

Fairfield, CT • 203.371.0300
drbreinersoffice@yahoo.com
wholebodydentistry.com



Mark A. Breiner, DDS, FAGD, FIAOMT, is a pioneer and premier authority in biological and holistic dentistry. He is a health visionary with over 40 years of experience helping patients find solutions to baffling, unresolved health problems—even those seemingly unrelated to dentistry. Patients come from all over for his expertise.

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.

Dr. Jennifer Letitia, MD Optimal Health, Healing and Longevity

Stratford, CT • 860.980.0270
DrJen@JenniferLetitiaMD.com
JenniferLetitiaMD.com



Functional integrative physician offering personalized precision medicine to comprehensively address health and longevity by determining the root causes of chronic illnesses and ailments, treating chronic infections, long COVID, mold, environmental toxicities, Lyme and vector-borne diseases, and more, while optimizing nutritional cognitive, hormonal, emotional, gut and other aspects of health.

Dr. Christine Najjar, MD, MS, MHP, ABOM | Food First MD

Windsor, CT • 203.441.1075
info@foodfirstmd.com • foodfirstmd.com



At Food First MD, Dr. Christine merges traditional medicine with personalized nutrition. Emphasizing metabolic health, she helps patients harness food's power, transform their lives from within, and foster long-lasting vitality and well-being. Contact her now to begin your journey to optimal health.

Dr. Kevin H. Norige, DMD South Windsor Smiles

South Windsor, CT • 860.644.0113
860.288.2111 • info@southwindsorsmiles.com
SouthWindsorSmiles.com



Kevin H. Norige, DMD, FICD, is founder and chief dentist at South Windsor Smiles. He is co-chair of the CT Dental Association Professional Development Council and member of the American Dental Society and the American Academy for Oral Systemic Health. Dr. Norige was also inducted into the International College of Dentists in recognition of his service in Nicaragua, Honduras, Mexico, Montana, and Maine. For 35 years, he has worked with patients to achieve healthy mouths and live healthier lives.

HEALTH FOOD STORE & GLUTEN-FREE/ORGANIC PRODUCT COMPANY

Uzma Zakir RPh | bloomHigher

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



Uzma Zakir, RPh, founder of bloomHigher 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.

Goldie Rose | BOOSTIE™

Houston, TX • 800.988.7541
goldie@BOOSTIEyourhealth.com
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!

Edge of the Woods Market

New Haven, CT • 203.787.1055
eotwmdeliveries@gmail.com • eotwm.com



Edge of the Woods, CT's largest vegetarian market, has been a family-owned business for over 45 years. Featuring fresh produce

from local farms, groceries with dairy and non-dairy choices, a variety of bulk nuts/grains/herbs, a large vitamin and supplement department, a hot bar, a juice bar, sandwiches, prepared foods, and a full bakery.

Brenda Sullivan | Farm to Bath

South Glastonbury, CT • 860.266.5682
info@farmtobath.com
farmtobath.com



Brenda J. Sullivan, herbalist, is the owner of Farm to Bath. Her garden, where she grows medicinal flowers and herbs for her bath and body products such as goat milk soap, balms, body sprays, butters and face serums. Brenda loves to share her love of the outdoors through her products.

Vitathena Wellness

A Store Without Walls

Glastonbury, CT • 860.646.8178
edworkin@vitathena.com
vitathenawellness.com



20,000+ natural items (10% off autoship, FREE shipping over \$50), nutraMatrix nutraceuticals, DoTERRA essential oils, other exclusive brands. Emailed recommendations, wellness assessments, and personalized lifestyle consultations. Contact Erika Dworkin, Board Certified in Holistic Nutrition®. Formerly Manchester Parkade Health Shoppe.

HOLISTIC CENTER/SCHOOL

Nina Veronesi | The Colonic Institute

Avon, CT • 860.481.2702

colonicst46@gmail.com • colonicct.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.

Melissa Wooldridge Breton ECLIPSE Holistic Living, LLC

Glastonbury, CT • 860.614.7588

melissa@eclipseholisticliving.com

eclipseholisticliving.com



Eclipse Holistic Living is a cocreative healing arts studio in Glastonbury. A destination to envision your future self and actualize your fullest potential. Offering alternative and complementary modalities, Eclipse becomes the portal for all who enter in to embody conscious awareness through intentional holistic living—well-becoming on our healing-growth journey together.

Gigi Adduci

Vitalized Performance Group

Glastonbury, CT • 860.430.2342

vpgwaves@gmail.com

vpgwaves.com



VPG Waves offers LIBBE open colonics, noninvasive/painless GAINS/Acute Wave: Acoustic waves can improve blood flow and enhance sexual health, pain relief, and tissue/nerve regeneration. Copper ionic foot baths, Bio-Mat/Infra Dome for heat and grounding therapies. It takes a village—my thanks to CT providers for your referrals!

HOLISTIC CLEANSING & REGENERATIVE PRACTICE

Gigi Adduci

Vitalized Performance Group

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212 New London Turnpike, Ste. D

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VPG Waves offers LIBBE open colonics, noninvasive/painless GAINS/Acute Wave: Acoustic waves can improve blood flow and enhance sexual health, pain relief, and tissue/nerve regeneration. Copper ionic foot baths, Bio-Mat/Infra Dome for heat and grounding therapies. It takes a village—my thanks to CT providers for your referrals!

HOLISTIC PSYCHOTHERAPY/LCSW/ COUNSELING

Jenny Alzate, LPC, LLC

West Hartford, CT • 860.720.6138

jenny.alzate@gmail.com

jennyalzateipc.com



Jenny Alzate is a hispanic integrative psychotherapist. She is also a certified mental health integrative medicine provider. Her clinical focus is on women's issues, mood and stress disorders, family therapy, and childhood trauma. Jenny utilizes an eclectic clinical approach to help heal and restore the mind, body, and spirit.

Jennifer Brady, LCSW

Azalea Counseling & Wellness, LLC

Colchester, CT • 860.888.2516

jennifer@jbradytherapy.hush.com

azalea-wellness.com



Jennifer Brady is an LCSW with over ten years of experience specializing in treating anxiety disorders. She offers holistic approaches, including Eye Movement Desensitization and Reprocessing (EMDR), to help clients heal from trauma and overcome anxiety by addressing both the mind and body. In-person and telehealth appointments are available.

Dr. Lori Calabrese, MD

Innovative Psychiatry

South Windsor, CT • 860.648.9755

info@loricalabresem.com

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.

Mischa Hadaway, LCSW, PMH-C CD(DONA)

Gentle Mama Counseling

West Hartford, CT • 860.866.3941

info@gentlemamacounseling.com

gentlemamacounseling.com



I am a perinatal therapist, working with moms up to and through the journey of motherhood to reconnect them with who they were before kids, who they are with kids, and how to figure all the other-ish along the way. Focusing on trauma, grief/loss, pregnancy/postpartum not what you expected, managing disappointment, and work-life balance.

Dr. Vamsi Koneru, PhD

Koneru Psychotherapy, LLC

West Hartford, CT • 305.321.5384

vkoneru@gmail.com

konerupsychotherapy.com



Dr. Koneru is a clinical psychologist who specializes in providing compassionate and collaborative psychotherapy based on the principles of cognitive-behavioral and dialectical-behavioral therapy. He appreciates working with adolescents and adults and believes in supporting individuals to feel accepted, develop effective life skills and move towards a greater sense of wellness.

James Osborne, LPC

ProNatural Wellness Group

Berlin, CT • 860.384.4971

jwasborne.ms.lpc@gmail.com

pronaturalwellness.com



James is a licensed professional counselor with over forty years of experience as a psychotherapist, clinical director/supervisor, trainer, and consultant trained in Gestalt therapy, acceptance and commitment therapy, and EMDR. He works with individual adults treating trauma, loss/grief, and co-occurring disorders. He is also a Vietnam-era veteran.

Melissa Shute
Mind Power Psychotherapy
and Hypnosis

Bloomfield, CT • 860.797.5306
mind_powerph@yahoo.com
MelissaShute.com



Melissa is a licensed professional counselor who helps people determine their story while clearing blockages along the way. She uses various techniques to meet her clients' needs and empowers each client into independence. She believes in a mind-body-spirit approach, as each is important to the whole person.

HOLISTIC WEIGHT
LOSS CENTER

Dr. Christine Najjar, MD, MS,
MHP, ABOM | Food First MD

Windsor, CT • 203.441.1075
info@foodfirstmd.com • foodfirstmd.com



Food First MD is a grassroots metabolic medicine practice that empowers people to regain control of their health with the most underutilized medicine, food. This delicious, refreshing approach balances hormones and transforms how cells create energy, allowing the body to heal from the inside out. Visit foodfirstMD.com for more information.

Pamela Cipriano, DNP, APRN
IV Hydration Lounge & Med Spa

130 South Main St
Thomaston, CT • 860.283.4249
ivhydrationlounge@gmail.com



Our Holistic Med Spa offers personalized weight loss solutions with IV vitamins, vitamin injections, PRF & radiofrequency microneedling for skin rejuvenation and skin tightening, and PRF biofillers for natural volume restoration. We blend advanced treatments with holistic care to support your health, wellness, and beauty on your weight loss journey.

Jane Grant, RD CD-N
Grant's Nutrition & Wellness

Berlin, CT • 860.357.2282
grantj@grantsnutrition.com
grantsnutrition.com



Jane is trained in integrative and functional nutrition, using 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.

Dr. Nicole Klughers,
ND, PHARMD, MSAC
Vis Wellness Center

Rocky Hill, CT • 234.222.8362
hello@drnicoleklughers.com
drnicoleklughers.com



Dr. Nicole Klughers offers all-natural solutions to help individuals lose weight, restore optimal health, and reclaim a life of energy, balance, and confidence. Formerly a pharmacist, Dr. Nicole serves as your "health detective" by listening attentively and using detailed testing to address the root causes of weight gain.

HYPNOTHERAPY

Beverley Blass
Beverley Blass Integrative Health

West Hartford, CT • 860.206.1129
beverleyblass@gmail.com
beverleyblass.com



Dr. Tom Zinser's work with Soul-Centered Healing through hypnosis is a deep, experiential, therapeutic experience. This work is facilitated by Beverley, trained by Dr. Zinser, as an exploration of the subconscious mind, allowing healing and transformation to happen where memories and emotions are held. Beverley's work with you is virtual.

Michele P. Rousseau, MA, CH

Middletown, CT • 860.704.9054
mprouseau@sbcglobal.net
micheleprousseau.com



Live your dreams! Restore your passion, confidence, and motivation; transform habits; achieve goals. Wake up each day to a life you are eager to live! Online sessions.

Melissa Shute
Mind Power Psychotherapy
and Hypnosis

Bloomfield, CT • 860.797.5306
mind_powerph@yahoo.com
melissashute.com



Melissa Shute is an NGH board-certified hypnotist and licensed professional counselor. She is professionally trained in and practices 5 and 7 PATH® hypnosis with most clients. Melissa believes in mind-body health. Every client who comes to her receives a customized plan and skills to use for a lifetime.

Joyce St. Germaine,
M.Ed., CHt., RYT-200

The Sacred Journey
Burlington, CT • 860.675.9706
jsgermaine@aol.com • thesacredjourney.biz



Joyce is a certified hypnotherapist in private practice for over 30 years. She offers individualized private and group hypnotherapy sessions for adults and age-appropriate sessions for children. Every in-person or Zoom session includes client self-hypnosis instruction for continued self-empowerment and well-being.

**INTEGRATIVE APRN/
NURSING**

Pamela Cipriano, DNP, APRN
The Practice of Health and Wellness

Thomaston, CT • 860.880.2525
130 South Main Street
pcipriano@ppmlinc.com



Dr. Cipriano is a doctorally prepared nurse practitioner specializing in integrative medicine, with expertise in treating Lyme disease and chronic illnesses. She offers personalized care plans, combining advanced medical diagnostics, natural therapies, and holistic approaches to support healing and optimize health. She focuses on disease prevention and patient-centered wellness strategies.

Dr. Courtney Holmes, DNP, APRN
Milford Med Spa

Milford, CT • 203.701.6161
frontdesk@holistichealingpartners.com
milfordmedspa.com



Perimenopause and medical aesthetics specialist, treating all shapes, sizes, and genders at Milford Med Spa with our amazing clinical team of nurses and a grief recovery specialist. We want you to "look natural, feel beautiful" inside and out on your reverse aging journey with us. \$50 off first service!

**LIFE/BUSINESS/FINANCE/
HEALTH COACH**

Dana R. Mascalo CFP®, RLP®,
AAMS®, C(k)P® Managing Partner

TrinityPoint Wealth
Milford, CT • 203.693.8521
dana@trinitypointwealth.com
trinitypointwealth.com



Dana R. Mascalo is an independent fiduciary advisor who works with high-net-worth clients, including individuals, families, and executives. Dana looks at a client's entire financial life with a visionary lens, advising on investments, retirement and estate planning, stock options, life transitions, customized advanced cash-flow planning, and multigenerational wealth transfer strategies.

Dr. Aimee Montanaro
Integrity Acupuncture

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



Dr. Montanaro empowers each client to take an active role in their healing process by implementing diet and lifestyle recommendations rooted in Traditional Chinese Medicine. Various cooking methods, foods, and herbs are discussed in relationship to the client's constitution, their chief complaint, and overall health goals.

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/ BODYWORK

Kristina Mozzicato

Abundant Health Massage

Therapy & Wellness

Farmington, CT • 860.778.0315
info@abundanthhealthct.com
abundanthhealthct.com



Kristina Mozzicato is board-certified in therapeutic massage and bodywork by the

NCBTMB and has been practicing massage since 2009. She provides professional, therapeutic, customized sessions. In addition to massage, Kristina offers cupping, Medicupping, facial cupping rejuvenation, Thai Herbal Facial Poultice, and Gua Sha Facial Fusion.

Sharon Sklar, BFA, LMT, CAR

Sharon Sklar Rolwing®,

The Art and Science of Body Change

West Hartford, CT • 860.561.4337
SharonSklarRolwing@gmail.com
SharonSklarRolwing.com



Rolwing® is a dynamic ten-session bodywork series that eases pain, improves flexibility, and restructures your body when you feel "out of whack." Both a hands-on and educational approach, this work re-establishes natural order and balance after life's injuries, stresses, or accidents. Feel free, move well, get Rolfed! Since 1981.

NATUROPATHIC MEDICINE

Dr. Frank Aieta

West Hartford

Naturopathic Medicine, INC

West Hartford, CT • 860.232.9662
draieta@aol.com • draieta.com



Dr. Aieta is a Naturopathic Physician with over 20 years of experience helping patients uncover and treat acute and chronic illness by supporting the body's inherent ability to heal itself. He works to identify the underlying causes of illness and develops personalized treatment plans to address them.

The Connecticut Center for Natural Health

Middletown, CT • 860.347.8600
yournaturalhealth.com
mkanend@yournaturalhealth.com



At the Connecticut Center for Natural Health, we provide a number of health support services, including naturopathic medicine, acupuncture, nutritional counseling, natural skin care, and mental health counseling. We participate in most health insurance plans.

Dr. Kristiana Engelhardt, ND Reformed Natural Therapeutics

Wethersfield, CT • 860.904.4286
reformednaturaltherapeutics@gmail.com
reformednaturaltherapeutics.com



Reformed is a naturopathic medical center specializing in integrative medicine and acupuncture. Dr. Engelhardt focuses on women's health, hormonal balance, fertility, and gastrointestinal disorders.

She is dedicated to uncovering the root causes of symptoms and providing personalized treatment plans tailored to each patient's unique needs.

Dr. Nicole Kerr, ND, LAc Fertility Oasis

Wallingford, CT • 203.265.0459
fertilityoasiscontact@gmail.com
fertilityoasis.com



Dr. Kerr is passionate about finding the cause of fertility struggles. She loves teaching patients how to live a fertility-friendly lifestyle and supporting them with natural remedies. Dr. Kerr addresses male and female infertility factors and offers comprehensive fertility care.

Dr. Nicole Klughers, ND, PHARMD, MSAC

Vis Wellness Center

Rocky Hill, CT • 234.222.8362
hello@drnicoleklughers.com
drnicoleklughers.com



Dr. Nicole Klughers offers all-natural solutions to restore optimal health and help individuals reclaim a life of energy, balance, and joy. Formerly a pharmacist, Dr. Nicole serves as your "health detective" by listening attentively and utilizing detailed testing to identify and address the root cause of any health concern.

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.

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

Canton, CT, & Virtual • 860.217.1171
AskDrDana@protonmail.com
DrDanaLapointe.com



Lifestyle medicine with a personalized, holistic approach. Dr Dana helps revitalize your physical and mental wellness, restore your gut-brain connection, and regain lifestyle balance in chronic conditions: gut, diabetes, obesity, pain, fatigue, autoimmune, and skin. Cutting-edge mitochondrial screening and functional lab testing. Highly effective weight loss, blood sugar, and optimal aging programs.

Soleil Acupuncture and Naturopathic Medicine

Hamden, CT • 203.871.3262
admin@soleilholistic.com • soleilholistic.com



We are dedicated to a holistic approach to healthcare, focusing on integrating Eastern and Western medicine with integrative and naturopathic principles. Whether you seek relief from pain, help with stress management, fertility support, or simply want to enhance your overall wellness, we tailor personalized treatment plans to meet your needs.

Dr. Zachary Moran

Roots Natural Medical Center

Columbia, CT • 860.471.1434
info@rootsmedicalcenter.com
rootsmedicalcenter.com



Roots is a Naturopathic Medicinal Center that focuses on addressing the foundational root causes of complex chronic diseases. Roots is designed to properly identify, diagnose, and treat patients with unexplained chronic illness. Our services are individualized and patient-focused, as medicine should be.

NATUROPATHIC PHYSICIAN—FAIRFIELD COUNTY

Dr. Adam Breiner, ND

Fairfield, CT • 203.371.8258 ext. 2
info@wholebodymed.com
wholebodymed.com



Dr. Adam Breiner, ND, practices energy medicine and traditional naturopathic medicine and offers cutting-edge treatments for healing the injured brain. His innovative approaches to Lyme disease have helped patients throughout New England recover from this challenging disease. Conditions treated include Lyme disease, immune disorders, allergies, pain, neurologic conditions, stroke, concussion, ADD/ADHD, depression, and sleep disorders.

Dr. Stephanie Sousa Cardoso, ND
Naturopathic Healing LLC

Ridgefield, CT • 203.431.1688
info@drstephaniesousa.com
drstephaniesousa.com



Following the laws of nature, Dr. Sousa Cardoso helps patients live more naturally while providing real solutions to real health concerns. She utilizes homeopathy, botanical medicine, and hydrotherapy to support the body's natural healing process. Simultaneously, she implements diet and lifestyle changes with the ultimate goal of restoring patients' health.

Dr. Kathryn Firsin, ND
Coastal Natural Medicine, LLC

Southport, CT • 475.999.2032
info@coastalnaturalmedicine.com
coastalnaturalmedicine.com



With over 20 years of experience in healthcare, Dr. Firsin combines advanced diagnostics, food intolerances, nutrition, homeopathy, acupuncture, botanical medicine, and mind-body techniques to individually assess and treat patients. She believes gut healing is the gateway to optimal health.

Dr. Laura Futterman, ND
Stamford Center for Natural Health

Stamford, CT • 203.325.3535
scnh.info@gmail.com
stamfordnaturalhealth.com



Dr. Laura Futterman focuses on healing mind, body, and spirit through energy medicine and nutritional and herbal remedies. Her focus is primarily on chronic illness, Lyme, GI, endocrine, and mold illness. Her goal is to treat and identify the underlying cause to heal the whole person.

**NUTRITION/
REGISTERED DIETITIAN**

Donna Bunte MSOM, L.AC, CTACC
Donna Bunte Whole Health

Stamford, CT • 203.698.0793
health@donnabunte.com
donnabunte.com



For thirty years, I have passionately helped my clients achieve whole health by uncovering the root cause of imbalances and health issues. Using Chinese medicine, nutrition, herbs, acupuncture, qigong, mind-body techniques, and life/health coaching, I choose the best path with each individual according to their unique needs and goals.

Erika Dworkin, BCHN®
Board Certified in Holistic Nutrition
Supplements Specialist • Wellness Guide

Wethersfield, CT • 860.603.3069
vitathenawellness.com
vitathenawellness.com



Go from survive to thrive with Erika's holistic nutrition and healthy lifestyle guidance. Her personalized introductory wellness assessments and consultations are available in-person and via Telehealth. She also offers a convenient online professional apothecary.

Christine Najjar, MD, MS, MHP, ABOM
Food First MD

Windsor, CT • 203.441.1075
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foodfirstmd.com



At Food First MD, Dr. Christine crafts individualized nutrition plans transforming digestive health, energy levels, and hormonal balance. She addresses the biochemical impact of food, fostering vibrant, sustainable well-being. Each strategy is designed to fit seamlessly into patients' lifestyles, promoting lasting change. Get in touch and start your transformation today.

**PHYSICAL THERAPY/
PERSONAL TRAINING**

Dr. Sean Altman, DPT
Whole-Body Medicine, LLC

Fairfield, CT • 203.371.8258
info@wholebodymed.com
wholebodymed.com



Dr. Altman uncovers the root cause of a patient's symptoms and designs a complete treatment plan. He uses advanced techniques and cutting-edge modalities for a faster and more permanent recovery. Sean has helped thousands of patients avoid unnecessary surgeries and escape decades of chronic pain using these methods.

THERMOGRAPHY

April Beaman | CT Thermography

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april@ctthermography.com • ctthermography.com



April Beaman, founder and medical thermographer at CT Thermography, specializes in advanced thermal imaging. With a focus on early detection, she provides breast and full-body assessments, equipping clients with essential health insights to make informed decisions for a healthier future.

YOGA/PILATES/BARRE STUDIO

Leslie Gordon Yoga

Mystic, CT • 860.970.4944
lesliewintergordon@gmail.com
lesliegordonyoga.com



Leslie Gordon, E-RYT-500, offers Zoom yoga classes to people nationally and internationally. Her style is non-vinyasa, gentle, and accessible to all. She has 20+ years of experience as a yoga teacher and welcomes you to join her on Zoom!