

# 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, LAC Integrity Acupuncture

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



Dr. Aimee Montanaro, DTCM, Dipl. O.M. (NCCAOM)<sup>®</sup>, LAC, is a board-certified acupuncturist and herbalist specializing in women's healthcare and fertility. Using

Traditional Chinese Medicine, evidence-based research, and a gentle, effective needle technique, Dr. Montanaro enables each client to remain strong, vibrant, and healthy throughout each phase of life.

## AURA LIGHT THERAPY

### Jackie O'Keefe

#### Aura Light Therapy LLC

Farmington • 860.751.9453  
connect@auralighttherapy.com  
auralighttherapy.com



Red light therapy is a cutting-edge wellness treatment designed to improve the body and mind in a wide variety of ways. With our medical-grade red light therapy, we focus on safely and painlessly reducing body fat, easing muscle and joint pain, rejuvenating skin, and improving your overall sense of well-being.

## 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  
sourcecolonyhydrotherapy.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 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

### Kelly McCarthy

#### Beyond Words N Wisdom

Winsted, CT • 860.806.9684  
kelly@beyondwordnwisdom.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.

## 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.

## FASHION THERAPY

### Mary Carangelo

MCstyling  
West Hartford • 860.310.9896  
Fashiontherapistxo@gmail.com  
mcstyling.me



Mary Carangelo is a fashion therapist who inspires women to embrace a fresh perspective on their wardrobes. By understanding the psychology of dress and their unique

style stories, she helps women grasp the link between their clothing choices and their ability to achieve their goals. Together, they explore how their relationship with clothes can influence confidence and attract success.

## FINANCIAL PLANNING

### Dana Mascalo, CFP<sup>®</sup>, RLP<sup>®</sup>, AAMS<sup>®</sup>, C(k)JP<sup>®</sup>



Managing Partner,  
Costal Bridge Advisors  
Milford, CT • 203.693.8521  
Fax: 203.693.8524  
CoastalBridgeAdvisors.com  
dmascalo@costalbridgeadvisors.com

## 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.

## FUNCTIONAL MEDICINE ENDOCRINOLOGY

### Michael Duben, MD

#### Restore Health, LLC

Fairfield, CT • 203.760.5544  
endomd@gmail.com • restorehealthmd.com



My treatment model is innovative and deeply personal, combining the scientific foundation of traditional endocrinology with holistic, preventative strategies of functional medicine. Whether you're dealing with chronic conditions or simply wish to optimize your health, my practice is a beacon of integrative care in our community. Welcome to a new era of endocrinology, where every aspect of your well-being is considered, respected, and nurtured.

## HOLISTIC DENTISTRY

### Dr. Mark 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.

# COMMUNITY RESOURCES Local Experts In and Around Connecticut

## HOLISTIC CENTER

**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.

## HYPNOTHERAPY

**Michele P. Rousseau, MA, CH**  
Middletown, CT • 860.704.9054  
mprousseau@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.

## INTEGRATIVE NUTRITION & GUT HEALTH

**Dr. Beata Harasim PT, DPT, FAAOMPT**  
**Radiant Health and Wellness**  
Farmington, CT • 860.266.7745  
Beata@HolisticDrBeata.com  
HolisticDrBeata.com



Empowering health through a holistic, integrative root cause approach, Dr. Beata specializes in gut health, nutrition, nervous system regulation, and emotional energetics. Expert care covers weight loss, digestive, autoimmune, and skin conditions, food allergies, anxiety, fertility, pregnancy, baby care, and more. Free masterclasses, group programs, and consultations—details on the website

## LIFE COACH

**Kathy Beach**  
**Integrative Health Management, LLC**  
Collinsville, CT • 860.463.7179  
kathybeach@integrativehealthmanagement.org  
integrativehealthmanagement.org



Kathy is a national board-certified health coach specializing in cancer wellness coaching and cardiovascular wellness coaching. She can help you develop a personalized lifestyle and nutrition plan to reduce your risk and reach your wellness goals. E-mail me for my free Cancer Risk Reduction Evaluation to get started.

**Susan Cote**  
**Everyday Harvest LLC**  
Mansfield Center, CT • 860.942.0197  
info@everydayharvest.com  
everydayharvest.com



Susan Cote, owner of Everyday Harvest LLC, is an aromatherapist and certified life coach, attending the Co-Active Training Institute for a two-year intensive program. She offers both one-on-one and group coaching and, using Wisdom of the Earth medicinal-grade essential oils also leads aromatherapy certification workshops in CT.

**Christine Bilotti Peterson**  
**Longview Vitality**  
Simsbury, CT • 860.906.4454  
christine@whatsyourlongview.com  
longviewvitality.com



Empowering leaders and professionals to achieve peak performance with holistic, high-performance coaching. Specializing in mindset transformation, wellness protocols, rapid transformational therapy (RTT), yoga, and executive development, we help you align inner well-being with outer success for lasting impact in your personal and professional life.

## 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

**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.

## 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.

**Kristiana Engelhardt**  
**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. 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.

**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!

**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.

**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.

**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.

**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.