

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

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

Elizabeth Regal

Source Colon Hydrotherapy

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 • Call/Text: 860.603.3618
VPGwaves.com



VPG Waves

VPG Waves delivers leading-edge therapies—from open-system LIBBE colonics and virtually pain-free shockwave treatments for pain and ED to holistic healing with infrared, grounding, and ionic copper foot baths. We break down scar tissue, restore nerves, and release fascia, ushering in the future of healing.

FUNCTIONAL MEDICINE

Tamara Sachs MD

Functional Medicine & Integrative Care LLC

New Milford, CT • 860.354.3304
mai@tsachsmid.com • tsachsmid.com



With over 30 years in the medical field, Dr. Sachs is a pioneer of Functional Medicine and Integrative Care. Her focus is in preventing and treating chronic illnesses by addressing the underlying causes, not just the symptoms. She creates holistic wellness plans, personalized to your specific and unique health goals.

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 potential. With alternative and complementary modalities, Eclipse is the portal for all who enter to embody conscious awareness through intentional holistic living—well-becoming on our healing-growth journey.

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."

HOLISTIC SPA

Milford Med Spa

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



Led by Dr. Courtney Holmes, APRN, The Alchemista, our award-winning holistic spa blends science and soul. The Glow Guild team offers advanced facials, chemical peels, microneedling, IPL, waxing, IV therapy, hormone care, and massage—integrating aesthetics and wellness to help clients rejuvenate naturally and radiate confidence from the inside out.

HYPNOTHERAPY

Michele P. Rousseau, MA, CH

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



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

INTEGRATIVE NURSING

Dr. Pamela Cipriano, DNP, APRN

The Practice of Health and Wellness

Thomaston, CT • 860.309.0054
130 South Main Street, STE 1C
pcipriano@ppmlinc.com



Dr. Pamela Cipriano exemplifies excellence as an Integrative Nurse Practitioner, uniting clinical expertise with holistic healing. Her evidence-based, compassionate approach advances mind-body wellness, empowers patients, and promotes whole-person care. Through leadership, innovation, and advocacy, she inspires transformative nursing practice and elevates integrative healthcare across diverse populations.

Tracy Cormier, DNP, APRN, ANP-BC

TLC Healthcare Solutions

South Windsor, CT • 959.301.9606
tlc.healthcare.solutions.dnp@gmail.com
tlchealthcaresolution.com



Direct Primary Care,
Cardiology, Sleep Evaluations,
Weight loss

Kerry Martin

Wise Concierge Wellness

Woodbury, CT • 203.405.1616
wiseconciergewellness.com
kerry@wiseconciergewellness.com



Wise Concierge Wellness helps women experiencing burnout, emotional overwhelm, or feeling "off" regain clarity and stability. Led by a Registered Nurse, sessions combine nervous system regulation with personalized energy design insights to identify misalignment, restore balance, and create simple, sustainable lifestyle shifts for lasting emotional and physical well-being.

LIFE COACH

Lauri Ingram

Awakened Pathways

Hamden, CT • 203.435.5650
lauri@lauriingram.com • lauriingram.com



Lauri Ingram offers spiritual coaching, subconscious healing (NLP, hypnotherapy, EFT), and energy practices including Crystal Dreaming® and Reiki. With 40+ years of experience and advanced certifications, she helps clients release patterns, reclaim clarity, and step confidently into purposeful, aligned living by integrating conscious coaching, subconscious modalities, and spiritual depth.

MASSAGE THERAPY

Kristina Mozzicato Abundant Health Massage Therapy & Wellness

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



Kristina Mozzicato is Board Certified in Therapeutic Massage & Bodywork by the NCBTMB and has been practicing massage therapy since 2009. She provides professional, therapeutic, customized sessions, including cupping, Thai Herbal Facial Poulitice, and The Lymphatic Brush. Kristina is a professional member of the NGH and offers hypnosis sessions.

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. Frank Aieta, ND 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.

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 and Virtual • 860.217.1171 SustainableHW.com ConnecticutNaturopathic.com



Advocating for innovative, noninvasive treatments since 2010, Dr. Dana has been at the forefront of bringing StemWave to her community. Specializing in lifestyle medicine for chronic conditions (especially gut, skin, weight, and pain syndromes), and mental wellness coaching for those seeking alternatives to pharmaceutical mental health interventions. In-office, telemedicine, and group wellness 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 (supportive therapies during conventional cancer treatments), naturopathic detoxification, gastrointestinal health (including IBS, IBD, SIBO), women's health (hormone imbalances, menstrual problems, menopause), autoimmune diseases, and food sensitivities.

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.

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!

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.

PHYSICAL THERAPY

Dr. Selinda Shepherd, PT, DPT PT WORKS LLC Avon, CT • 215.528.9799 selinda.shepherd@myptworksllc.com myptworksllc.com



Focuses on Women's Pelvic Health. Uses an integrative approach combining evidence based physical therapy with complimentary wellness services to support your mind, body and spirit. Personalized care for improved Pelvic Health for symptoms such as peri/menopausal symptoms, pelvic pain, bladder/bowel concerns, and pregnancy care. Participates with several major insurance plans.

RED LIGHT THERAPY

Stacy Sheehan Aura Wellness, LLC Berlin, CT • 860.690.6576 aurawellnessconn@gmail.com aurawellnessct.com



Discover the transformative power of Red Light Therapy at Aura Wellness, LLC. In just 10 minutes, experience full-body photobio-modulation—a non-invasive light therapy designed to boost cellular function, enhance skin health, reduce inflammation, and support muscle recovery. Begin your wellness journey toward renewed vitality and rejuvenation.

ROLFING®

Rolfing®—The Art and Science of Body Change Sharon Sklar, BFA, LMT, Cert. Adv. Rolfer West Hartford • 860.561.4337 SharonSklarRolfing@gmail.com 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.

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 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.