

Arconic Presents:

The Chestnut Experience



Newton, MA - At Arco, our homes are living spaces designed to inspire connection, creativity, and conversation. *The Chestnut Experience* is an extension of that philosophy: a gathering series hosted within one of our newly completed and available residences, **873 Chestnut Street** in Newton, where we invite local entrepreneurs, artists, and visionaries to share their stories, showcase their work, and spark meaningful dialogue, all while celebrating community and design.



This fall, we opened the doors of our newest home to a remarkable group of women-owned businesses whose creativity and purpose align with the values we build by. From fashion and art to wellness and home styling, each guest brought a distinct perspective to the table, literally, together forming a collective that reflects the multidimensional nature of modern living.

In the primary bedroom, our co-founder **Carolina Trujillo** sits down with fashion designer **Daniela Corte**, who shared pieces from her fall collection and touched on her upcoming 25th anniversary show — a milestone we are honored to sponsor.

In the kitchen, **Dr. Lynn Ahn**, gastroenterologist and founder of **Ahn Point Wellness**, speaks about gut health, mindful eating, and how to stock your home with foods that nurture both body and mind. With a background in styling and interiors, **Alisa Kapinos Goldberg**, founder of **StyleProductions**, creates a beautifully styled dining table that captured the warmth and elegance of fall, offering guests a visual centerpiece that reflected both artistry and attention to detail.

The elegant works of **artist Susan Gheyssari**, best known for her expressive oil portraits of the ballet, adds warmth and depth, and were available for guests to view and purchase. **Amy Finegold**, founder of **Evolution Self and Style**, shares her mission of helping women over 40 embrace confidence and style through life's many transitions. **Vivien Luo**, an electronic violinist known professionally as **ViolinViiv** and a familiar face on stages across Boston, helped us set the tone of this project with her captivating performance. And **Amy Pocsik**, founder of **BoldMoves**, shares her insights as a professional business coach, inspiring women to lead with confidence and purpose.



The Chestnut Collective represents what we value most at Arco: the intersection of home, lifestyle, and community. It's a space to connect, to share ideas, and to celebrate the incredible women shaping Boston's creative and entrepreneurial landscape, all within the walls of a home built to inspire.

[Learn more about this property](#)

THE CHAPTERS

- › **Chapter One:** *A Symphony of Style with Vivien Luo*
- › **Chapter Two:** *Table Talk with Alisa Kapinos Goldberg*
- › **Chapter Three:** *Trust Your Gut: The Key to Living Well with Dr. Lynn Ahn*
- › **Chapter Four:** *Confidence, Curated: The Art of Dressing with Daniela Corte*
- › **Chapter Five:** *Living Boldly with Amy Pocsik*
- › **Chapter Six:** *From Stage to Studio: The Art of Ballet with Susan Gheyssari*
- › **Chapter Seven:** *A Life in Balance: Amy Finegold's Journey Through Wellness and Wardrobe*

Chapter Three: *Trust Your Gut: The Key to Living Well with Dr. Lynne Ahn*



In today's fast-paced world, feeling our best often feels like a luxury. Stress, hormonal changes, and modern lifestyle habits can take a toll on our energy, mood, and overall health. I recently had the pleasure of sitting down with Dr. Lynne Ahn, a board-certified gastroenterologist and founder of Ahn Point Wellness, whose holistic yet scientific approach is changing the way we think about health and longevity.

A Journey to the Gut

Dr. Ahn's path to medicine began with an interest in orthopedic surgery, fueled by a lifelong love of running and fitness. But medical school opened her eyes to the profound impact of the gut on overall health.

"Seventy percent of our immune system is in the gut. It influences digestion, hormones, vitamin levels, and even brain function."

Fascinated, Dr. Ahn pursued gastroenterology, blending procedural skill with deep clinical insight. Her career took an innovative turn when she realized that traditional gastroenterology sometimes left patients without answers. "I would tell patients their labs were normal, procedures were normal, and I had nothing else to offer. I got discouraged."

This led her to pursue additional training in functional and regenerative medicine, allowing her to address the root causes of illness rather than just symptoms.

Personalized Care at Its Best

At Ahn Point Wellness, Dr. Ahn takes a detective-like approach to every patient. Every first visit lasts 90 minutes, allowing her to uncover the full picture of a patient's health.

"I like to spend time listening to my patients' stories. That's where the real clues are."

From stool tests to hormone analysis, she integrates Western medical practices with functional medicine techniques to optimize gut health, hormonal balance, and overall wellbeing. What sets her apart is her ability to help patients navigate the broader medical system.

"Doctors often don't have time to listen fully or integrate information from different specialists. I act as a bridge, helping patients communicate with their other doctors and ensuring nothing gets overlooked."

DYNAMIC *Women*

BOSTON

Lynne B. Ahn, MD

AHN POINT WELLNESS / OWNER & PHYSICIAN

After over a decade as a practicing, board-certified gastroenterologist, Dr. Lynne B. Ahn felt a deeper calling: to help patients not just manage illness, but prevent it. Her additional fellowship in anti-aging and regenerative medicine ultimately inspired the launch of Ahn Point Wellness, a boutique practice blending integrative gastroenterology and menopause hormone therapy with additional wellness services, including peptides, IV therapy and aesthetic treatments. Through thoughtfully designed treatment plans, this Dynamic Woman helps patients of all ages optimize their long-term health and regain confidence in their bodies.

"To me, a Dynamic Woman leads with expertise and heart," says Dr. Ahn, a Navy veteran and Harvard Medical School instructor of medicine who also sees patients at Beth Israel Deaconess Medical Center.



Who Can Benefit

Patients of all ages come to Dr. Ahn, ranging from 17 to over 90, for support through hormonal changes, digestive concerns, and longevity-focused care. "I see patients who are just entering adulthood and others who are well into retirement. It's never too early or too late to start optimizing your health."

Stress is a common underlying factor affecting both gut health and overall wellbeing. High stress can disrupt the gut microbiome, reducing production of vital neurotransmitters and hormones.

"Even small adjustments, like taking a few minutes to breathe deeply, having a glass of water, or choosing foods that nourish your body, can make a huge difference."

Science Meets Lifestyle

Dr. Ahn emphasizes the importance of movement, sleep, and nutrient-dense foods in maintaining hormonal balance and gut health.

"My mission is to improve my patients' health span. I want people to live better, longer."

From optimizing micronutrients to addressing hormonal imbalances, managing stress, and preventing disease before it arises, her approach demonstrates that longevity is not just about adding years to life; it's about adding life to years.

Takeaways for Vibrant Health

For those interested in learning more, Dr. Ahn hosts seminars, speaks at conferences, and shares insights via her website and social media. Whether you are navigating hormonal changes, seeking preventative care, or simply striving to feel your best at any age, her practice offers a holistic, science-backed path toward vibrant health.

[Learn more about Dr. Ahn and Ahn Point Wellness](#)