

Katia I. Meier, MD
and The Clear Sky Medical Team

INTEGRATING CONVENTIONAL AND
NATURAL MEDICINE FOR OPTIMAL HEALTH

LEARN HOW TO GET THE WEIGHT OFF



Tracy Wolfe
Nurse Practitioner
Specializing in Risk
Factor Analysis for
Heart Disease, Diabetes,
& Chronic Disease

Many patients come into our clinic saying that they have tried one diet after another with no results. This is because most diet plans are not well balanced, lacking the appropriate and necessary nutrients and vitamins. We believe that treating your health cannot be a one-size-fits-all plan—so we create a treatment strategy that's tailored just for you. We do this with advanced blood testing that can specifically identify what simple changes you can make to get the weight off and be healthier. This testing can also identify the exact nutrients and vitamins *your* body needs.

What most people do not realize is that our consumption of fat is not what's making us fat.

“Good” fats are essential for hormone production, cell membrane strength and energy. The real obesity culprits are refined carbohydrates. The current USDA Food Guide Pyramid states that one needs 6-11 servings of carbohydrates—a day! Since that food guide pyramid was created obesity has risen, diabetes has increased by 49% in 10 years alone and there has been a significant rise in cardiovascular disease and many other co-morbidities. Does your recent blood work tell you what you need to know about your carbohydrate consumption? Please join us for the presentation on *Thursday, May 23 at 6 pm* and bring in your latest cholesterol blood work. Learn how advanced testing can tell you your risk for cardiovascular disease, how to get the weight off and improve your overall health.

**JOIN OUR E-MAIL LIST!
TEXT 22828 TO CSM
AND STAY TUNED FOR MORE!**



CLEAR SKY MEDICAL, PC

Healthy Aging & Wellness Center

INTEGRATIVE
HEALTH CARE

303.790.7860 **ClearSkyMedical.com**
Panorama Falls • 9085 East Mineral Circle. #260 • Centennial, CO 80112

FREE MONTHLY SEMINAR

Thursday • 6:00 pm
MAY 23rd

May's Topic:

**LEARN HOW TO GET THE
WEIGHT OFF**

Seating is limited and fills up fast!
RSVP 303-790-7860.

SPECIALS FOR MAY



Heather Evans
Medical Aesthetician

INJECTABLE SPECIALS:

15% off all dermal fillers

ESTHETIC SPECIALS:

HYDRATING RAIN TREATMENT

Usher in Spring and Hydrate!

**Show your skin with a nourishing
hydration treatment after making it
through the dry winter:**

Start with a microdermabrasion to remove the dryness winter brought on, then follow with a deep penetrating hydration mask custom suited to address your concerns and a collagen eye treatment. Clear skin lies under the rainbow of regular maintenance. ~65.00



DERMAPEN TREATMENT SPECIAL

\$175 ~ Single Treatment
(regularly \$225)

\$1,000 ~ Package of 6
(regularly 1,050)