

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



Dr Katia Meier

We have all heard the phrases “I have a feeling in my gut” or “that Thanksgiving turkey dinner made me sleepy” or “my son is bouncing off the walls after eating M&Ms.” These sayings point to the realization that indeed, our guts and our brains are connected – what we eat does matter. Studies have also shown that the Central Nervous System, which controls our moods and behaviors, can be negatively affected by improper nutrition

How are our Moods, Focus and Addictions linked to what we eat?

Learn how we can Nourish our Minds and Bodies to take control of our emotions and behavior with Personalized, Science-based Nutrition Programs.

and deficiencies, digestion issues, and imbalances with our hormones or neurotransmitters. Toxins add insult to injury, and the brain needs extra nutritional support to balance out these negative effects.

Personalized Nutrition focuses on uncovering your unique biochemistry in order to determine what foods and nutrients will help to balance your brain chemistry and improve Central Nervous System function. By nourishing our body with the nutrients it needs, and eliminating what is harmful, we can begin

to heal our brain and improve our moods. Adults as well as Kids are better able to focus and learn, are happier and display a more balanced behavior.

Cynthia Dalton, MNT, at Clear Sky Medical, has specialized her nutrition practice to address ASD (Autism spectrum disorders), ADD/ADHD and mood disorders; seeing children and adults alike.

To reserve your seat for this seminar or to make an appointment with Cynthia call 303-790-7860.

Presentation


Thursday, November 21
at 6 p.m.

How are our Moods, Focus and Addictions linked to what we eat?

Save your spot today!

RSVP 303-790-7860

Chance to win *Realistically Raw* by Dianne Henry, Nutritionist at Clear Sky Medical

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

November Specials

Keep your skin in the best shape possible by regular maintenance with a package.

Choose one or alternate between both microdermabrasion and chemical peel or, for addressing corrective treatment, combine both in a corrective facial.

Corrective facial package: \$550 - \$200 savings

Micro or Chem peel package: \$270 - \$120 savings

BUY TWO, GET A THIRD 1/2 PRICE FOR ALL INJECTABLE FILLERS

BOTOX \$9 UNIT AND XEOMIN \$8 UNIT

NO MINIMUM WITH PURCHASE OF ANY FILLER SYRINGE!

PUMPKIN PEEL: November is for PUMPKINS and not just for Pumpkin Pie

There are many wonderful benefits the pumpkin can provide to our skin. A Pumpkin peel not only resurfaces, it's packed with vitamins C, E and A and can deliver a rich source of nutrients and antioxidants that will leave you with a healthy glow throughout the season!

\$60 or Buy 2, get one FREE!



Heather Evans
Medical Aesthetician

303-790-7860

Panorama Falls, 9085 E. Mineral Circle #260
Centennial, CO 80112

CLEAR SKY MEDICAL
Integrative Health Care