

**NEW! ALLERGY ELIMINATION/LYMPHATIC DRAINAGE THERAPY**

**SAVVY WELLNESS**

Sheree Michelle  
9370 S Colorado Blvd., Highlands Ranch  
303-471-9355 / info@savvy-wellness.com  
Savvy-wellness.com

Got Allergies? Try Biofeed-back!! Are you sensitive to foods, pets, molds or chemicals? Do you suffer from fatigue or headaches? We can help restore balance back to the body with electro-dermal biofeedback testing including over 20,000 items. Lymphatic Drainage Therapy to help assist the body with detoxing. Empower yourself with personal health information. Get Your COMPLETE Health Picture!!! April Special: Initial Evaluation Only \$79...50% OFF!! See ad page 13.



**AUTOMOTIVE CARE**

Two Locations!

**HINSDALE AUTOMOTIVE**

15455 E Hinsdale Dr., Centennial  
303-617-0152 / HinsdaleAuto.com

**DC AUTO** in Morrison

303-801-1959 / DCAutoshop.com



**Professional Mechanics, Not Professional Prices!** Owner Darrell Weddell's motto is to take care of your problem, educate you to make an informed decision, and to advise on future repairs and maintenance. Whether it's major or minor issues, your electrical system, or a combination of mechanical problems, Darrell's team has the experience and know-how to diagnose and accurately repair your vehicle.

**CHI HEALING / QIGONG CLASSES**

**CHI WELLNESS, THE CENTER OF QIGONG**

Debra Lin Allen, Founder/Director  
720-427-0406  
DebraLin.ChiWellness@gmail.com  
ChiWellness.net

Thrive in balance and flexibility in body and life, physical vigor and health, spontaneity and inner peace through chi cultivation, care and practice with Debra Lin Allen. Medical Qigong and Qigong Lifestyle Coaching by appointment. Group qigong self-care classes throughout the week. Professional certification programs to teach qigong and do medical qigong therapy also available. Your prosperous life awaits you, call today! See ad page 6.



**CONSCIOUS EVENTS AND SPEAKERS**

Two Locations!

**JOURNEYS FOR CONSCIOUS LIVING**

7401 West 59th Ave., Arvada

**JOURNEYS FOR CONSCIOUS LIVING AT MEETINGS & EVENTS**

7502 West 80th Ave., Ste 170  
(Lower Level PSCU Building), Arvada  
303-731-6695 or 303-469-0306  
J4CL.com

Discover a life of passion, purpose and contribution. Journeys for Conscious Living is an organization leading the world in conscious living, hosting world class events, speakers and event center (space rental) to empower people to create thoughtful changes in living their lives every day, thus creating the space and energy to stay centered and expand the community. See ad page 25.



JOURNEYS FOR CONSCIOUS LIVING

**COUNSELING**

**RENEE ELLIS, MA LPCC RMT**

Psychotherapy, Intuitive-Focused Counseling, Past Life Therapy, Energy Healing, Classes

1211 S Parker Road, Suite 103, Denver  
720-984-9575 / Liveyourknowing.com



Experience the benefits of traditional counseling while openly and actively acknowledging the role of intuition and the soul's journey in achieving wellbeing. Live Your Knowing Counseling helps you gracefully bring wisdom to life through a unique blend of traditional psychotherapy, intuitive wisdom, past life reconnecting, and energy balancing. Move through grief, relationship challenges, depression, anxiety and self-doubt. Discover your path and purpose, reveal your unique wisdom, and experience sensitivity as strength. Gain clarity, confidence and a more joyful life. Get started today with a phone or in-person complimentary consultation.

**COUNSELING/ PSYCHOTHERAPY**

**EMBODY YOUR LIFE, LLC**

Inge Sengemann, LCSW, SEP, RYT  
607 10th Street, Suite 109, Golden  
305-788-6857

Embodyyourlife@gmail.com  
Embodyyourlife.org

Break through the limits of talk therapy with body-mind-spirit integration strategies to help you tap into limitless wellbeing. Healing is more than reducing symptoms. Dialectical Behavior Therapy, Somatic Experiencing® & ParaYoga® combined can empower you to thrive by rewiring unhelpful nervous system patterns and amplifying your healing potential.



**DENTIST**

**SOUTH LAKEWOOD DENTAL**

Scott Stewart, DDS & Naturopathic Physician  
2525 S Wadsworth Blvd, Ste 11, Lakewood  
303-988-4338  
LakewoodLaserDentist.com



Denver's first holistic, naturopathic dentist offering mercury free AND mercury safe amalgam (silver filling) removal. Holistic-minded individuals should consider the safe removal and handling of any silver fillings. We offer a biocompatibility test to decide which replacement material is best for you. Financing available. **20% off new patient exam and x-rays** when you mention Natural Awakenings. See ad page 8.

Coming Next Month

**MAY** Choose Natural Care First

plus: Personalized Medicine

May articles include:  
Maintain Healthy Habits • Exercise for Menopause  
Cats Help Relieve Stress • Alternative Healing

Women's Wellness Issue

natural awakenings

To advertise or participate in our next issue, call 303-770-1981

**DENTIST**

**VIBRANCE DENTISTRY**

Dr. Cate Vieregger  
7400 E Crestline Circle, Ste 230,  
Greenwood Village  
303-770-1116  
VibranceDentistry.com



Whether your goal is to encourage a healthy attitude towards oral health in your children or ease your own anxiety about dental procedures, our friendly staff and relaxing atmosphere will change the way you approach dental care. Our state-of-the-art equipment and spa-like amenities allow us to offer services that transcend traditional dentistry and promote whole-body wellness. See ad page 15.

**ENERGY HEALING/  
MEDITATION**

**JOURNEY WITHIN**

Anita Destino  
777 S Wadsworth Blvd. Bldg 2-108, Lakewood  
720-413-7303 / AnitaDestino.com

A safe place for people interested in creating change in their lives, Journey Within helps you focus on spiritual growth, developing your intuition and personal development. Give to yourself with Energy Healings, Angel Healings, Guided Meditations, Meditation Classes, Workshops and Intuitive Readings/Healings. Join us for Aura Clearing and Chakra Balancing every Wednesday from 6-7 pm, open to everyone. \$5 per person. Free to first time visitors.



**ENERGY MEDICINE/  
PSYCHOLOGY**

**HEALING CHANGE**

Marie Adams EEM-AP, CHT, PT  
679 W Littleton Blvd. #205, Littleton  
303-668-0299 / Healingchange.net

Individual sessions using a combination of different techniques such as Eden Energy Medicine (EEM), Hypnotherapy, EFT (meridian tapping), and Matrix Reimprinting will facilitate deep healing at the physical, emotional, mental and/or spiritual levels of your being to create that permanent change in your life. You will leave the sessions with tools that you can use at home to continue the healing work and progress towards a better you. Ongoing classes in EEM for increased Joy, Health and Vitality! Free 20-minute phone or Skype consultation.



**ENVIRONMENTAL  
HEALTH**

**EVERYDAY WHOLE HEALTH  
AND HOME**

Tina Atchley  
303-910-4593  
tina@everydaywholehealthandhome.com  
Everydaywholehealthandhome.com

Create a home and work environment that energetically supports your health and well-being. Disturbances in the earth's natural flow of energy caused by cell phone towers, electromagnetic energy, underground water and the like, create stress in our environment that affects us physically, emotionally, mentally and spiritually. Neutralize geopathic stress energy, cure negative vortexes, release karma lines, space clearing and more. Heal your home/work space for harmony in relationships, better sleep, enhanced creativity, improved health and more. Free 15-minute consultation.



**EVENT CENTER &  
MEETING ROOMS**

Two Locations!  
**JOURNEYS FOR CONSCIOUS  
LIVING**

7401 West 59th Ave., Arvada  
**JOURNEYS FOR CONSCIOUS  
LIVING AT MEETINGS &  
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Discover a life of passion, purpose and contribution. Journeys for Conscious Living is an organization leading the world in conscious living, hosting world class events, speakers, and gatherings, and offering an event center (space rental) to empower people to create and express thoughtful changes in living their lives every day, thus creating the space and energy to stay centered and expand community. See ad page 25.



**JOURNEYS FOR  
CONSCIOUS LIVING**

**FAMILY PRACTICE/  
HEALTHY AGING**

**CLEAR SKY MEDICAL**

Katia Meier, MD  
9085 E Mineral Circle, #260, Centennial  
303-790-7860 /  
ClearSkyMedical.com

Feel and look your best at any age with Katia Meier, MD, Board Certified in Anti-Aging Medicine, Specialty trained in Bio-identical Hormone Therapy, Holistic and Naturopathic medicine in Europe and certified in laser and injectable aesthetic dermatology. Specializing in whole body health with customized approaches. All ages; most insurance welcome. Set up your appointment today. See ad page 2.



1. Spry Living – 8,907,303
2. Shape – 2,521,203
3. Men's Health – 1,852,715
4. Prevention – 1,539,872
5. **Natural Awakenings – 1,536,365**
6. Women's Health – 1,511,791
7. Weight Watchers Magazine – 1,126,168
8. Dr. Oz The Good Life – 870,524
9. Vim & Vigor – 789,000
10. Experience Life – 700,000

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MileHighNaturalAwakenings.com



## FENG SHUI

### CHI WELLNESS, THE CENTER OF QIGONG

Debra Lin Allen, Founder/Director  
720-427-0406  
DebraLin.ChiWellness@gmail.com  
ChiWellness.net

Organizing your home and workplace to optimize the flow of chi in your surroundings not only assures prosperity in your finances and career but also greatly improves your personal health and longevity, graces your relationships with harmony, sparks creativity and grows inner peace and joy. Qigong treatment to clear energetic obstructions and direct focus in your natural strengths toward positive life transformations. Healthy environmental chi promotes a healthier you! See ad page 6.



## HEALING

### JOANNE PALLADINO

Intuitive - Channel - Reiki Master-Teacher  
JoAnne@JoAnnePalladino.com  
303-263-0679 /  
JoAnnePalladino.com

NEW CLIENT Specials; FREE Activations to Awaken. Your session will touch all aspects of your being. 1. A meaningful intuitive reading helps expand perspectives; 2. Shmaya, a channeled vibrational light language, attunes you to a love frequency; 3. Reiki healing to dissolve energetic blockages; 4. Life changing guidance that will shift 'old patterns' that no longer serve you. In-person or by phone.



## INTEGRATIVE CARE



**CLEAR SKY MEDICAL** with Dr. Katia Meier. Board Certified in Anti-Aging Medicine and specialty trained in Bio-Identical Hormone Therapy and Functional Medicine. See full listing under PHYSICAN or see ad page 2.

## NEW! MEDITATION

### RON LIGGETT

303-819-2100 / ronliggett7@gmail.com  
Share-international.us/mtnw/

The Royal Road to an experience of the Self starts with meditation and service to others. There is a scientific and very effective way of doing both using a method called Transmission Meditation. In this meditation our Elder Teachers send very high energies through our chakras which then get distributed to the world. It is simple, life changing and always free. Call for more information.



## MESSAGES FROM SPIRIT

### ELISA MALANGONE

720-372-3927 / Elisalnsight.com

Searching for passion and insight to your life purpose? Connect to your unique insight and higher soul perspective for guidance concerning healing from grief and loss, health, career, relationships, finances, and other matters of the heart. Elisa combines authentic mediumship abilities and intuitive coaching by connecting to spiritual guidance to assist you in tapping into your higher wisdom and best self. Live, phone or virtual readings & events. Call or see web-site for more details. See ad, page 13.



## NO-PAIN OPTIMAL ALIGNMENT

### NEUROENERGETIC RELEASE™ (NER)

Donald W. Kipp, Founder  
303-697-4923  
Body-awareness.com

*NER helps people be Healthier, Decrease Pain, and Increase Peak-Performance ...In Seconds!* Control systems, not force are used to painlessly and quickly realign and rebalance the entire body. This releases



whole-being patterns causing seemingly unrelated symptoms (such as back pain, headaches, indigestion, brain-fog and asthma). NER predicts and prevents injuries, degenerative changes, and dis-ease. Call now for optimal health and performance.

## NUTRITIONAL COUNSELING



**CLEAR SKY MEDICAL** with Dr. Katia Meier and staff offer Certified Nutrition therapists, specializing in the food-brain connection, nutrition for cancer prevention, autoimmune diseases, food sensitivities/allergies, elimination diets and medically supervised weight loss.. See full listing under PHYSICAN or see ad page 2.

## PHYSICIAN: BOARD CERTIFIED HOLISTIC

### CLEAR SKY MEDICAL

Dr. Katia Meier  
9085 E Mineral Circle, #260, Centennial  
303-790-7860 / ClearSkyMedical.com

Feel and look your best with Dr Katia Meier, Board Certified Holistic MD specializing in whole body health for children and adults. Customized approaches to Healthy Aging, Bio-identical Hormone Replacement Therapy, Nutritional Analysis and therapy, medical aesthetics and non-surgical rejuvenation treatments, Homeopathy, Herbology, Naturopathic Medicine, Personalized Detoxification Program, Medical Weight Loss for men and women. Make your appointment today. See ad page 2.



## NEW! SHAMANIC SERVICES

### WOLFHEALS SHAMANIC SERVICES

BJ Brown, MSW, CIBP  
Shamanic Practitioner & Teacher  
Boulder 303-808-4006  
Wolfheals.com

Shamanism is known to benefit dis-ease on any level while deepening a sense of wholeness. This ancient spirituality and methodology, found in all cultures, works directly with the compassionate Spirit realms and Earth wisdom. BJ offers Body-Centered Psychotherapy, classes, house clearing, ceremonies, and various shamanic methods (Soul and Power Animal Retrievals, Extraction, etc). Remote shamanic healing is free. See website for events and offerings. This sacred work can restore connection with self, soul and spiritual autonomy.



## TANTRA & INTIMACY

### JUDITH ANNE CONDON

Conscious Relationship/Tantra Coach  
1025 Rosewood Ave, Ste 106, Boulder  
303-630-9479 / judithannecondon.com



I am dedicated to Conscious Relationship & Tantra. Tantra. It's a path of meditation...what sets it apart from other 'paths' is that it looks to the wisdom of the body & the senses as a means to becoming more present & alive in every aspect of our lives. Our bodies have a deep wisdom that modern life often ignores. Sessions include bioenergetics, breathe practices, meditation & more. There is no nudity or sexual contact. Individuals & couples may explore issues such as Tantric Lovemaking & Spirituality; Tools for Initiating & Deepening Intimacy; Support in the Awakening Process; Men, Women's & Teens Empowerment.