

NEW! 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 balance 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. Clear energetic obstructions and direct focus in your natural strengths toward positive life transformations. Healthy environmental chi promotes a healthier you! See ad page 9.

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.

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 website for more details. See ad, page 19.

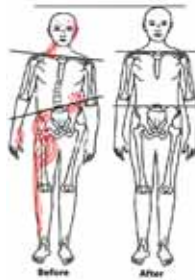


NO-PAIN OPTIMAL ALIGNMENT

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.



SPIRIT GUIDE LIFE COACHING

SPIRIT GUIDE LIFE COACH

Simone St. John
720-507-4440
Simone@SpiritGuideLifeCoach.com
SpiritGuideLifeCoach.com

Thirsting for Clarity? Simone connects with her Spirit Guides to receive information that can shift your perspective, uncover gifts, give direction and increase clarity as you move toward living your life with greater authenticity. "Simone's Spirit Guides pinpointed the road blocks I put on myself that have kept me in a holding pattern. Her Spirit Guides gave me enlightenment and empowerment to start fresh with intention and purpose." -Octavia M.



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 bio-energetics, 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.

WELLNESS SERVICES

A TOUCH FOR WELLNESS

Debbie Sloan CMT, LE
10050 Ralston Rd, Suites 1&2, Arvada
303-995-9919 / Atouchforwellness.com

A wellness studio to nurture your body, skin and spirit, Debbie offers massage therapy, hot stone massage, facials, waxing. She has many years of experience and is creative with combining services as needed. Experience a CBD massage or facial using our products. We sell CBD products that are federally legal, one of our many firsts in the cannabis industry. We have ongoing educational presentations and consultations about hemp/CBD products. (Not MMJ).



ACUPUNCTURE

JASMINE PEARL ACUPUNCTURE

Leilani Houston, MSTCM, L.Ac.
8906 W Bowles Ave, Ste 110, Littleton
303-736-9117
Lhouston80@gmail.com
Jasminepearlacupuncture.com



Leilani loves to help you find health and happiness in your life. She does this with Acupuncture, Chinese Herbal Medicine, Reiki, Theta Healing, and Dream Interpretation. She believes that meditation is a key to a less stressful and less painful life, and is now offering meditation classes.

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 9.



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.



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.

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 19.



JOURNEYS FOR
CONSCIOUS LIVING

COUNSELING/ PSYCHOTHERAPY

EMBODY YOUR LIFE, LLC

Inge Sengelmann, LCSW, SEP, RYT
607 10th Street, Suite 109, Golden
303-788-6857
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 bio-compatibility 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 13.



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 21.

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 / ENERGY 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.



NEW! EVENT CENTER & MEETING ROOMS

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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.

Natural Awakenings Magazine is Ranked 5th Nationally in Cision's 2016 Top 10 Health & Fitness Magazines List

natural awakenings
MileHighNaturalAwakenings.com

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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of media research

CISION
www.cision.com