

# JUNE

*Coming Next Month*

## Livable Communities

Plus:  
Natural Beauty

June articles include:

A Good Life In The City

Mindful Running

Wildlife Conservation

Pet-Friendly Establishments



**natural**  
awakenings

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

*your*localresources

### 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 / ElisaInsight.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 6.



### 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.

### 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.

## 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 Biofeedback!! Are you sensitive to foods, pets, pollens or chemicals? Do you suffer from fatigue or headaches? Biofeedback can restore balance to the body. We use homeopathic remedies and electrodermal testing over 20,000 items. Investigate a specific health issue. Also offered is Lymphatic Drainage using a vibrational, energy device (Lymphstar Pro). Get Your COMPLETE Health Picture!!! May Special: All Services Only \$79. See ad, page 22.



## 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 11.



## CONSCIOUS EVENTS AND SPEAKERS

Two Locations!

### JOURNEYS FOR CONSCIOUS LIVING

7401 West 59th Ave., Arvada  
7502 West 80th Ave., Ste 170  
(Lower Level PCSU 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 26.



## 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 Sengelmann, 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.



**Our Readers are Your Market.  
Let Us Introduce You to Them!**

**natural**  
awakenings

Contact us today to advertise in our next issue 303-770-1981.



**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 12.

**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. See ad, page 9.



**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.



**EVENT CENTER & MEETING ROOMS**

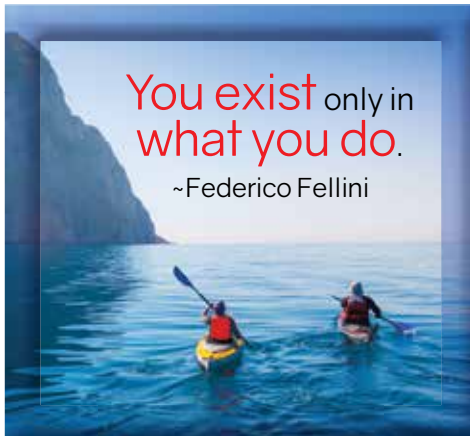
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JOURNEYS FOR CONSCIOUS LIVING



**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.



**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 11.



CHI WELLNESS

**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.