

## BEAUTY

### HEALTHY AGING



**CLEAR SKY MEDICAL**  
Katia I. Meier, M.D.  
Panorama Falls  
9085 E Mineral Circle, #260  
Centennial, CO 80112  
303-790-7860

ClearSkyMedical.com

Board Certified Holistic MD specializing in Healthy Aging, Bio-Identical Hormone Replacement therapy, Nutritional analysis and Therapy, Medical Aesthetics and non-surgical rejuvenation treatments, Homeopathy, Herbology, Naturopathic Medicine, Personalized Detoxification Programs, Medical Weight Loss for men and women. Treating all ages and most insurance welcomed. Call for more information today. *See ad, page 20.*

## FIT BODY



**ANNETTE BRAY, CSCS,  
YOGA INSTRUCTOR**  
2749 Iris Ave, Boulder  
720-470-1771  
Annettebray.com

Annette's mission is to coach you to attain your physical and mental potential using the therapeutic principles of yoga. Find ease in movement and help your body maintain fluidity and stay active for the long-term. Annette has been a wellness practitioner for 15 years after completing a degree in Kinesiology. She is a Certified Strength and Conditioning Specialist and Teacher Training graduate in the study of Anusara yoga. Her science background combined with her intuitive sense allows her to assess what the body needs as well as feel what your body is receptive to in making positive change.

## HEALTHY KIDS

### LEARNING & BEHAVIORAL CHALLENGES



**BRAIN BALANCE  
ACHIEVEMENT CENTER  
OF GOLDEN**  
Highlands Ranch Location  
Opening 2012  
1211 Avery Street, Golden  
303-278-1780

Golden@BrainBalanceCenters.com  
BrainBalanceCenters.com

Brain Balance offers individualized and comprehensive approaches to helping children with neurobehavioral and learning difficulties. Our mission is to help each child reach his or her greatest physical, mental, social and academic potential. We are brain-based, not drug based. We know that the brain can be changed—which means your child's problems aren't permanent, and the situation isn't hopeless. Customized physical and cognitive exercises, combined with dietary change can correct the underlying imbalance, improve function and reduce/eliminate negative behaviors. Call to schedule a tour of the center and learn how we can help your child. *See ad page 19.*

## HOLISTIC FAMILY PRACTITIONER

**CLEAR SKY MEDICAL WITH  
DR. KATIA MEIER.** *See full listing under  
Healthy Living: Board Certified Holistic MD  
or see ad page 20.*

## HEALTHY LIVING

### BOARD CERTIFIED HOLISTIC MD



**CLEAR SKY MEDICAL**  
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Panorama Falls  
9085 E Mineral Circle, #260  
Centennial, CO 80112  
303-790-7860

ClearSkyMedical.com

Family practice physician specializing in Bio-Identical Hormone Replacement therapy, Neurotransmitter balancing, comprehensive Nutritional analysis and therapy, Homeopathy, Herbology, Naturopathic Medicine, Personalized Detoxification Programs, Medical Weight Loss and Cosmetic procedures. Treating all ages and most insurance welcomed. Call for more information today. *See ad, page 20.*

## BODYWORK



**BOWEN THERAPY WITH  
JACKIE BURSON**  
Cottonwood Clinic  
1976 West Iliff Ave., Englewood  
303-945-9780  
HealthProfessionals.com

Bowen Therapy is very effective for pain that has not been alleviated by any other method, particularly for frozen shoulder. A Bowen session takes between 30 to 60 minutes, is very gentle and doesn't require removal of clothing. It is the perfect technique for anyone who has tried everything but still has pain. Most people find relief within 3 treatments. For diseases like Parkinsons, MS, etc. it can give a better quality of life. I have been a Massage Therapist for 25 years, a Bowen Therapist for 15 years, and am the previous owner of The Cottonwood School of Massage Therapy.

## DENTIST



**VIBRANCE DENTISTRY  
WITH DR. CATE  
VIEREGER**  
7400 E Crestline Circle, Ste 230,  
Greenwood Village  
303-770-1116

www.VibranceDentistry.com

At Vibrance Dentistry, we believe that oral health-care should be a pleasant and relaxing experience. Our state-of-the-art equipment and spa-like amenities allow us to offer services that transcend traditional dentistry and promote whole-body wellness. 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. *See ad page 8.*

## INTEGRATIVE HEALTH



**RED TAIL WELLNESS  
CENTERS**  
Ian Hollaman, DC  
3393 Iris Ave. #105, Boulder  
303-882-8447  
RedTailWellnessCenters.com

Ian Hollaman, DC focuses on difficult and chronic cases such as elevated glucose and cholesterol, thyroid disorders, and novel solutions to pain and injuries. He holds a proficiency level in professional Applied Kinesiology and has accumulated hundreds of hours in post graduate nutrition. *See ad page 2.*



**RED TAIL WELLNESS  
CENTERS**  
Karen Hollaman, DC, LMT  
3393 Iris Ave., Boulder  
303-882-8447  
RedTailWellnessCenters.com

After a 4 year 'Medical Mystery' in my teenage years, I learned the true value of health from a holistic chiropractor. Because of her understanding of how the body heals itself when given the proper support, I was given a second chance at life. Chiropractic resonated with me and I knew I wanted to offer women and children the same hope and care I had been generously given. If you or your family struggles with health issues please contact the Red Tail Wellness Center so I can help you take flight again and let your health soar. *See ad page 2.*

**CLEAR SKY MEDICAL WITH  
DR. KATIA MEIER.** *See full listing under  
Healthy Living: Board Certified Holistic MD  
or see ad page 20.*

## HEALTHY MIND

### BODY-CENTERED PSYCHOTHERAPY



**BJ BROWN, MSW, CIBP**  
Conscious Living and Body-Mind  
Vibrance Coach  
Reiki Master, Shamanic Practitioner  
303-808-4006  
Boulder, CO  
www.somacoach.com

Individuals, couples, families and groups can have a deeper sense of wholeness, integrity, health and joy, where we create a container in which you discover the source of your well being. I bring my commitment, presence, humor and expertise in the areas of relationship, trauma, spirituality, life transition, addiction, and body-mind awareness. Long distance consultations also offered. Please see my website for information on my recently published book, *The Six Gates of Completion - A Companion in Life's Transitions*, available on Kindle, The Boulder Bookstore, and *The Tattered Cover*.



## EATING DISORDERS/ BODY IMAGE



**KATE B. DAIGLE, MA, NCC**  
Kate Daigle Counseling, LLC  
709 Clarkson Street, Denver  
720-340-1443  
Kate@KateDaigleCounseling.com  
KateDaigleCounseling.com

Kate Daigle, MA, NCC is a Registered Psychotherapist and National Certified Counselor treating men and women with eating disorders, body image and self-esteem concerns. Are you hoping to live free of destructive eating patterns, distorted thoughts, and low self confidence? Kate helps you decrease harmful behaviors and thoughts and to cultivate inner peace with body, mind, and spirit. Through personal experience and clinical training, Kate understands what it feels like to be disconnected between mind and body and utilizes empathy, honesty, mindfulness and other effective techniques to help others find freedom as well. Kate treats men and women of all ages, couples and families, and provides free educational talks on symptoms and treatment of eating disorders. Call or email today for a free consultation and for more information.

## COACHING & MASSAGE



**VELINA LUJAN, MA, CMT**  
Certified Holistic Stress Manager  
Certified QiGong Healer &  
Gerontology  
Naropa & Esalen  
Offices in Boulder & Golden  
303-717-7709 [www.YourStressManager.com](http://www.YourStressManager.com)

Overwhelmed by the magnitude of your responsibilities? Need more peace, energy and vitality while pursuing your vision? Come alive as you free yourself of the stressors that have gotten in the way of your life's work. Velina supports you in managing stress more effectively through practical, time efficient and highly effective methods. She motivates, inspires and gently yet powerfully supports you on your journey with unique skills, training and background. With a passion to inspire and motivate you to realize your highest self, she touches hearts and minds, bringing healing and hope. Bodywork is a nurturing complement, helping to break through the body armor and drop into the deeper issues that lie beneath the surface. Call now for your FREE introductory 15-minute consultation. 303-717-7709.

## PSYCHOLOGY & GROWTH



**EVA SZUCS, PSYD, P.C.**  
1660 S. Albion St. # 309  
Denver, CO 80222  
720-556-7689  
DrEvaSzucs@gmail.com

Dr. Szucs helps adult individuals and couples to gain insight into their presenting problems and learn healthy ways to manage life's stressors. Dr. Szucs specializes in treating Eating Disorders, Trauma, Substance Abuse, Depression, Anxiety, Bipolar Mood Disorder, and provides Dialectical Behavior Therapy (DBT) skills training in group or individual settings. She also provides psychological assessment, ADHD evaluation, and Intelligence testing for adults and children. Flexible schedule. Insurance and Credit cards are not accepted. Contact Dr. Szucs to schedule a free phone consultation.



**KATHY HIGGINS, MS, MA,  
LPC, CACII, EMDR**  
Deer Creek Counseling  
7345 South Pierce St., Ste 110  
Littleton, CO 80128  
720-663-7702 [KathyHigginsLPC.com](http://KathyHigginsLPC.com)

Kathy helps individuals bring about change in order to live more effective and joyful lives, using Interpersonal, Dialectical and Person-Centered therapies as well as Hypnotherapy. Kathy specializes in treating Depression and Bipolar Mood Disorder; Trauma and PTSD with EMDR; Phobias, Anxiety, and OCD; Eating Disorders; Recovery from Addictions, Career Change and Alternative Spirituality. Flexible schedule to meet your needs. Insurance and Credit Cards Accepted. Free 30 minute consultation to see if you can benefit from psychotherapy with Kathy, call 720-663-7702 or visit [KathyHigginslpc.com](http://KathyHigginslpc.com) for online scheduling.



**MICHAEL PERRY I  
PSYCHOTHERAPIST**  
4845 Pearl East Circle, Suite 101,  
Boulder  
303-513-5388  
Info@michaelperry.co  
[www.michaelperry.co](http://www.michaelperry.co) (not .com)

Michael has developed a powerful combination of psychotherapy and coaching that brings emotional healing while developing a positive mindset, motivation, and techniques for taking control of your present and future. Sessions are filled with positive energy and unconditional support. Effectiveness of therapy is the number one priority and progress is measured in weeks not years. Your happiness is important. If you are not completely satisfied with your life as it is now, please contact Michael for a free consultation.

## INSPIRATION

### CONSCIOUS EVENTS & SPEAKERS



**JOURNEYS FOR  
CONSCIOUS LIVING**  
5855 Wadsworth Bypass  
Building A, Suite 100, Arvada  
303-731-6695 [J4CL.com](http://J4CL.com)

Journeys for Conscious Living (J4CL) 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. J4CL's center and events promote experiences for discovering and developing a life of passion, purpose and contribution. J4CL invites you to co-create opportunities, collaboration and communities for individuals and businesses to reach their full, highest potential, while experiencing love, joy and transformation. See ad, page 26.



## CONSULTANT: TOOLS FOR ABUNDANT LIVING



**SC CARROLL  
ASSOCIATES LLC**  
Susannah Carroll  
PO Box 18846, Denver, CO 80218  
303-861-4338

[Susannah@SCCarrollAssociates.com](http://Susannah@SCCarrollAssociates.com)  
[www.sccarrollassociates.com](http://www.sccarrollassociates.com)

Motivational consultant supercharging your incarnation with tools and resources on finding clarity on your life's direction and techniques for staying calm in any situation and living abundantly and prosperously. The techniques are a mixture of east/west philosophies and designed for use anywhere and anytime. We work with individuals, business executives, entrepreneurs, sales teams and more! Offering a FREE 30-minute phone consultation for first time clients. Email for more information today.

## NATURAL PET

### DOG TRAINING



**MISHA MAY  
FOUNDATION**  
Lorraine May, Executive  
Director  
303-239-0382  
[MishaMayFoundation.org](http://MishaMayFoundation.org)

[MishaMayFoundation@gmail.com](mailto:MishaMayFoundation@gmail.com)

Understanding Dogs Class and Dog Trainer Apprentice Classes start in January! Understanding Dogs: Unique opportunity to receive an evaluation, treatment plan and coaching experience with your dog. The approach is holistic, with positive reinforcement techniques tailored to each individual dog and situation. Dog Trainer Apprentice Class: Become a dog trainer utilizing behavior science, holistic approaches and positive reinforcement techniques tailored to each individual dog, pet parent and specific situation. Learn to evaluate behavior, design exercises, coach humans, handle dogs, deliver presentations, and resolve and prevent a variety of behavior problems.

## NUTRITION

### HEALTHY SUPPLEMENTS



**HEATHER CLARK**  
303-753-2665  
[heather@jpeducators.com](mailto:heather@jpeducators.com)  
[www.jpeducators.com](http://www.jpeducators.com)

For the price of an apple a day, give you and your family 27 whole, raw fruits, veggies and berries in a capsule. It's the easiest way to make sure you are getting the proper nutrition every day without having to keep track of the 7-13 fruits and vegetables a day recommended by the USDA. Numerous independent clinical research studies, conducted in leading hospitals and universities around the world and published in peer-reviewed scientific journals, have supported the health benefits. Business opportunities also available. Call me today to add your children to the largest Children's Health Study in the country!



**INDEPENDENT DISTRIBUTOR OF FOREVER LIVING PRODUCTS**  
**MERCEDES PERALTA**  
 ID# 001002402522

720-226-4617 pe\_mercedes@yahoo.com  
 natureandyou.myflpbiz.com

Aloe Vera provides benefits to you such as digestive and immune function support, inflammatory response, oral and skin health, and also helps to maintain healthy weight and energy levels, and more! Forever Living has dozens of products featuring a patent stabilized aloe vera formula in its purest, most potent form such as Aloe Vera drinks, skin care, and cosmetics. We own the plantations, processing plants, manufacturing facilities and distribution center enabling us to ensure its purity, potency and efficacy. (Business Opportunity available)

**NUTRITIONAL ANALYSIS & THERAPY**

**CLEAR SKY MEDICAL WITH DR. KATIA MEIER.** See full listing under *Healthy Living: Board Certified Holistic MD* or see ad page 20.

**PERSONAL GROWTH**

**ENERGY HEALINGS & MEDITATION CLASSES**



**JOURNEY WITHIN**  
 Inside Rishi's Crossing Yoga, 2730 S Wadsworth Blvd, Lakewood  
 Anita Destino  
 720-413-7303  
 www.anitadestino.com

Journey Within is a safe place for people interested in creating change in their lives. We focus on spiritual growth, developing your intuition and personal development. We have several ways you can give to yourself. We offer: Free Energy Healings, Angel Healings, Guided Meditations, Meditation Classes, Workshops and Intuitive Readings/Healings. A great way to meet us is to join us for a Free Aura Clearing and Chakra Balancing held on every Wednesday from 6-7 pm, open to everyone.

**PERSONAL & BUSINESS EMPOWERMENT**



**FAST FOCUSING CENTER**  
 88 Inverness Circle East,  
 H-107, Centennial  
 303-708-8817  
 info@fastfocusingcenter.com  
 www.FastFocusingCenter.com

Change your life in a single session! The Fast Focusing Center with Director Debera Jensen offers natural alternatives for brain imaging, anti-aging, closed head injury, strokes, learning challenges, psychological difficulties, peak performance and more. The Fast Focusing Center utilizes a variety of techniques to help you overcome physical, mental and emotional issues. Start your life over and live as you have always dreamed about. Really Living classes offered every month with topics such as Depression, Money Blocks, Let It Go, Confidence, Weight Control. See ad page 5.

**PSYCHIC DEVELOPMENT CLASSES**



**THE ASPEN PROGRAM FOR PSYCHIC DEVELOPMENT**  
 Bringing Psychic Education into the Mainstream  
 Karen Fox, Ph.D., Psychic & Educator, Director  
 Englewood, Aurora, Lakewood  
 303-942-0646 www.PsychicIQ.com

Everyone is psychic, and everyone can improve this innate ability. The Aspen Program offers training so you can use your psychic abilities for yourself or to become a professional psychic! Take the classes you want or study for a certificate: Psychic, Medical-Health Intuitive, Spirit Medium, Business Intuitive, Transpersonal Awareness. Offers a wide variety of classes and teachers.



**SPIRITUALITY**

**SANCTUARY**




**INNER CONNECTION INSTITUTE**

**CHURCH OF INFINITE SPIRIT**  
 2755 South Locust St., Suite 213 Denver  
 303-282-9439 Innerconnection.org

A non-denominational, spiritual sanctuary offering clairvoyant reading and healing services, meditation classes, psychic development programs, ministerial services, and ordination programs. Locations in Denver and Wheat Ridge. We support you in creating the life you desire, and show you how through easy, effective techniques. Free aura clearing and chakra balancing in Wheat Ridge every Thursday 6:30 - 7:30pm. Free open channel clinic in Denver on the 2nd Fridays of the month at 7pm. Everyone is welcome! Call for more information. 303-282-9439. See ad page 26.

Coming in March




**Changing the Way America Eats**

Natural Awakenings' Food & Garden issue explores fresh ways to eat well on a budget.

**natural awakenings**

**Holy Molé Cartoon**



THE HEART... THE ULTIMATE GPS SYSTEM

# HAVE YOU WANTED TO LOSE THOSE TROUBLE SPOTS BUT CAN'T STAND THE IDEA OF RISKY SURGERY OR DRUGS?

Now technology and nature have come together to achieve lipo-suction like results with the power of Light!

Class 3-B Cold Lasers are proven safe and effective. Treatment consists of 3 - 30 minute laser and 10 minute whole body vibration sessions weekly for 3 weeks and clients lose an average of 6-9 inches and 5 lbs of pure subcutaneous body fat.



BEFORE



AFTER

YOLO *Curve*™

- Achieve results with absolutely No Pain, No Down Time, No Scars, No Drugs!
- Call now for your free 30 Minute Consultation & Body Composition Analysis
- Loss is measured by pre-tensioned measuring tape, total weight, BMI, subcutaneous fat %, visceral fat %, muscle mass & before and after photographs
- 36 laser diodes- 7 times more laser light therapy than previous lipo-lasers
- Therapeutic Grade Triangular Oscillation Whole Body Vibration Plate: maximize lymphatic flow & simulates 1 hour light weight training in 10 minutes
- Clinical nutrition testing & blood work services are available

**9 session Package Reg Price: \$2900**  
**Special Offer 9 Sessions for \$1800!**

*Asana*  
body

**Call 720-962-5200 • [www.AsanaBody.com](http://www.AsanaBody.com)**

Asana Body • Cherry Creek Plaza Offices  
600 South Cherry Street • Suite 1130 • Denver CO 80246