

## **Katia I. Meier, MD, a Family Physician with Clear Sky Medical**

Get to know Family Physician Dr. Katia I. Meier, who serves patients in Centennial, Colorado.



**New York City, Apr 15, 2020 ([IssueWire.com](http://IssueWire.com))** - Engaging in a holistic approach to wellness, Dr. Meier is the Founder and Medical Director of Clear Sky Medical in Centennial, Colorado. She and her staff see many patients of all ages every week, aiming to fortify the body's natural healing processes and providing education on the best practices for a healthy and active lifestyle. In doing so, they are able to reclaim, enhance, and nurture health and beauty at every age.

A firm believer that the health of both the body and mind is key to living one's best, Dr. Meier remains abreast of new developments in the field of medicine. She endeavors to help patients look and feel better by rehabilitating the body – not just prescribing medications to nullify symptoms.

Throughout the doctor's academic career, she attended Johannes Gutenberg University in Mainz, Germany where she received her medical degree in 1998. While in Germany, she obtained extensive training in both naturopathic and traditional medicine, taking advantage of the central European philosophy of holistic health and wellness. She garnered a broader understanding of alternative therapies to achieve optimal health including herbal medicine, acupuncture, and craniosacral therapy.

In preparation for a medical internship in the United States, Dr. Meier passed the U.S. Medical Licensing Examination and attended The University of North Dakota School of Medicine & Health Sciences, an institute with a concentrated focus on women's health, obstetrics, and sports medicine. She graduated in 2002, later becoming board-certified in family medicine by the American Board of Family Medicine, which is a non-profit, independent medical association of American physicians who practice in family medicine and its sub-specialties.

Following her training, Dr. Meier practiced obstetrics for eight years until the birth of her son, Noah, at which point she chose to retire from hospital work and become a solo practitioner, opening Clear Sky Medical in 2007. That same year, she became specialty-trained in the field of bio-identical hormone therapy and earned board certification in anti-aging medicine in 2013.

Recognized as one of the most experienced injectors for facial rejuvenation techniques in the region, Dr. Meier honed this skill by working alongside doctors in Germany and training with master practitioners in the field of medical aesthetics in Chicago, New York, Las Vegas, and Orlando. She has been trained in injectables and laser skin rejuvenation since 2005 and has been continuously advancing her aesthetic skills.

Family medicine is a medical specialty devoted to comprehensive health care for people of all ages. The specialist is called a family physician or family doctor. A family physician is often the first person a patient sees when seeking healthcare services. They examine and treat patients with a wide range of conditions and refer those with serious ailments to a specialist or appropriate facility.

Resolute in her passion to educate and help others, Dr. Meier frequently contributes to Natural Awakenings, educating readers on topics related to anti-aging techniques, bioidentical hormone therapy, supplements, and aesthetic solutions.

**Learn More about Dr. Katia I. Meier:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1355130-Katia-Meier-Family-Practitioner> or through Clear Sky Medical, <http://clearskymedical.com/about/meet-the-team/>

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### **Media Contact**

Your Health Contact

[clientservice@yourhealthcontact.com](mailto:clientservice@yourhealthcontact.com)

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