



AESTHETICS & OPTIMAL WELLNESS

ANU AESTHETICS & OPTIMAL WELLNESS

Cristyn Watkins, MD

Dr. Cristyn Watkins, owner and visionary of aNu Aesthetics and Optimal Wellness, is board certified in family medicine, integrative, metabolic, and nutrition medicine. She focuses her entire practice on advanced medical aesthetics, regenerative medicine, healthy aging, and personalized wellness medicine, while working alongside her expert medical and aesthetic staff.

After practicing traditional family medicine for more than ten years, Dr. Watkins opened the north KC location of aNu Aesthetics in 2011. She had always had a passion for advanced medical aesthetics, but also wanted to find alternatives to pharmaceuticals after struggling with her own chronic health issues.

After the birth of her twin girls, her health continued declining, and she could not find answers in traditional medicine. That led to a personal search for answers through research and education in functional medicine, which helped heal herself and others. After completing her second board certification, she refocused her practice and it evolved it into what is now aNu Aesthetics and Optimal Wellness.

With the addition of anti-aging and functional medicine, patients benefitted from her expertise in the treatment of IBS/IBS, autoimmune disease, chronic infections (Lyme, mold, EBV etc.), toxins, endocrine issues, infertility, insulin resistance/PCOS, anxiety/depression, medical weight loss, bio-identical hormones and more. She blends traditional and alternative options to identify the root of the problem and develop a comprehensive plan personalized to each individual patient.



GET TO KNOW THE DOCTOR



Dr. Watkins has been successful at helping patients achieve a healthier, happier, and slimmer self! Her goal for everyone is **VITALITY** through all ages. She invites you to join her on this vision and mission for years to come!



To further treat advanced chronic disease, inflammation, pain, fatigue and immunity issues, Dr. Watkins completed further advanced training in 2008 and added Regenerative Medicine to her practice. These advanced treatments include PRP, ozone, peptides, IV nutritional therapy and advanced biologics. She is fervent in her search for progressive options and is always learning and

searching for the next breakthrough treatments in anti-aging medicine and aesthetics.

She now has three locations to help serve Kansas City and the surrounding community. Her vision is to bring her advanced procedures and medicine to as many people as possible so they may also enjoy wellness and beauty on the inside and the outside!

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NORTH LOCATION: 10090 NW PRAIRIE VIEW RD, KANSAS CITY, MO | 816.670.4406

RIVER MARKET: 547 GRAND BLVD, KANSAS CITY, MO | 816.339.5053

LEAWOOD: 11401 NALL AVE. SUITE 218, LEAWOOD, KS | 913.298.6230

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