

CRISTYN WATKINS, MD
 FOUNDER | CEO | MEDICAL DIRECTOR
**REGENERATIVE
 MEDICINE**

Dr. Cristyn Watkins is a double board-certified MD with expertise in family medicine and integrative, metabolic and nutrition medicine. As the owner of aNu Aesthetics and Optimal Wellness of Kansas City, she has taken her passion for healing others and combined it with her vision of self-care to deliver some of the more advanced treatments and forefront thinking for her patients. The results have helped many of them shed light on their symptoms and medical conditions, offering diagnosis that others in the medical community have struggled to recognize or treat. In many cases, she helps them heal from chronic conditions with alternative therapies and without pharmaceuticals.

Some of the chronic conditions that impact lives, but often go undiagnosed are autoimmune disease, irritable bowel syndrome, hypothalamic-pituitary axis dysfunction, chronic stress and adrenal insufficiency, chronic fatigue, chronic pain, toxins and chronic infections. The common denominator among these conditions is they are often misunderstood and therefore, go untreated with patients still suffering.

Her medical drive and passion have always been fueled by her own lifelong, complex medical issues that others could not understand or assist with. Dr. Watkins has achieved her success by taking a multidisciplinary approach, combining traditional medicine, functional medicine and other modalities to allow the mind, body and spirit to heal. She offers that same multi-faceted approach to her patients which has delivered similar positive treatment plans that she uncovered for herself while dealing with her own medical issues. Her own struggles led to a personal understanding and empathy for those that are looking for medical answers and haven't been able to find them.

During her career, she has been awarded the Outstanding Resident of the Year, Chief Medical Resident and Chief Medical Officer. She is also a trainer for the National Aesthetics and Regenerative Medicine Organization. Among her other accomplishments, she has written a chapter on Sexual Wellness with Dr. Charles Runnels and is the proud owner and visionary of aNu since 2011, now serving three Kansas City locations.

If you're experiencing chronic disease, inflammation, pain, fatigue or other immunity issues, you should connect with Dr. Watkins and let her listen to your story. She is a recognized expert in the field of functional and regenerative medicine, and her experience in this sometimes-misunderstood area of medicine may be exactly what you need to move in the direction of a healthy and pain-free life.



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