

Briefs

Women in building

MASTER Builders Queensland is calling on all Sunshine Coast women in construction to nominate for the 2020 Housing and Construction Awards. Master Builders CEO Grant Galvin said the Women in Building award was a great initiative and was an important showcase of the contributions women make every day to the building and construction industry. Entries are now open. Visit mbqld.com.au/hcawards for more information.

Symposium delayed

SUNSHINE Coast Hospital and Health Service has taken further steps to prepare the region for potential impacts of COVID-19. Chief executive adjunct Professor Naomi Dwyer said her team was very focused on planning for the impact of COVID-19. The service has decided to postpone its inaugural Health Care Symposium, which was scheduled for March 18-20. It will be rescheduled for a later date.

Paws in the park

THE Sunshine Coast Lightning will host a new event this Saturday that is sure to get tails wagging. Players Jacqui Russell, Cara Koenen and Maddy McAuliffe will participate in the Paws in the Park event from 9-11am at the Maroochydyore Rotary Park. The Lightning's pet members will have the exclusive opportunity to get a photo with the players and their pets on the day.

Carpark closed

QUEENSLAND Parks and Wildlife have closed the access road and carpark to Mt Beerburum, part of the Glass House Mountains Park upgrades. It will be closed until March 22, weather permitting. Access to the Mount Beerburum summit walk and Yul-yan-man trailhead, located in the township, adjacent to Beerburum State School

Anti-violence lunch

THE Nambour Community Centre will host an 'anti-violence' long table lunch and workshop event on Thursday, March 12. The event held from 10am to 1pm at the Old Ambo Station in Nambour will help women find ways to speak up about family and domestic violence. For more information visit www.nambourcc.org/.

Shock as pain tamed



WINNING THE BATTLE: Helen Wood (right) has had her life turned around by Claire Dunkley and an innovative ANF therapy.

Picture: John McCutcheon

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“OF COURSE, I WAS DUBIOUS AND SCEPTICAL. BUT I GOT TO THAT POINT WHERE I WAS READY TO TRY ANYTHING.”

HELEN WOOD

A BUDERIM woman has saved \$20,000 on private health spinal surgery after trying a new holistic therapy on the Sunshine Coast.

Helen Wood had endured 18 months of lower back nerve pain, leg numbness, and calf cramping – all stemming from a degenerated, bulging disc.

“It was causing intense pain; I could hardly move, and I could hardly walk,” she said.

After trying chiropractic, physiotherapy and osteopathic care, Helen said she was told she needed back surgery in order to have a pain-free life.

“I didn’t have health cover

for private hospital, so it was going to be \$20,000 just for the basic two-night stay,” Helen said.

Just a month before her scheduled surgery, a mum from a Mooloolaba school where Helen worked recommended she try Amino Neuro Frequency therapy.

“With anything new and alternative that hardly anyone knows about ... of course, I was dubious and sceptical, but I got to that point where I

was ready to try anything,” she said.

“After one or two sessions, the pain was gone.”

Helen said her dramatic turnaround could be attributed to an innovative therapy adopted by clinical nurse consultant Claire Dunkley who runs Cluzie Clinic, a holistic health clinic in Buderim.

Claire, who has been nursing for more than 20 years, has been trained in ANF therapy and has treated 750 patients on the Sunshine Coast in the past two years.

“We’re all familiar with an ECG which measures the electrical frequency of the heart,” Claire said.

“What many people don’t realise is that our whole body is made up of these types of electrical currents, all operat-

ing at different frequencies. “Just like a defibrillator resets the heart’s rhythm or frequency, so too does ANF therapy.”

“It ‘resets’ the other frequencies inside the body through the strategic application of specifically charged ANF discs that are applied to specific locations around the body.”

Claire is now the highest qualified nurse trained in ANF Therapy in Australia.

“With nursing these days you’re just handing out pills or it’s surgery and I was a little bit disheartened by that,” she said.

“So, the clinic was borne out of this chance meeting with someone who showed us the discs.”

Claire said the frequencies

were discovered by a Swedish doctor, who then took his research to a man from NASA.

“The material that the discs are made out of are the same material as the space suits,” she said.

“NASA developed it about 35 years ago because the astronauts were coming home sick, so what the suits do lined with this material is it reflects their frequencies back to them, so they stay healthy.”

Claire said she recommended patients see both a doctor and her, depending on the injury or illness.

Each disc is \$6 and an initial consult is \$95 with follow-up consults being \$65.

Sunshine Coast AMA president Dr Roger Faint said he had never heard of ANF therapy or Cluzie Clinic.

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