

## Reset every cell in your body for vitality!

Cluzie Clinic in Buderim aims to do just that - reset every cell in your body - through their Vitality Program, a 12-week program that dives deep into health and wellness to get you and your body back on track.

This unique and transformational program brings a whole new level of health, energy, optimism and vitality to life now and for years to come. And you can see it on the outside!

The Vitality program was founded and is run by Clinical Nurse Consultant, Claire Dunkley. Claire's passion for honest, effective healthcare started young when she nursed both her parents through their battle with HIV/Aids in the late 1980's.

"It was devastating seeing first-hand the damage pharmaceuticals can have on the body when symptoms are treated instead of the cause," Claire says.

The modern world introduces unparalleled strain on our body, nervous system, lymphatic system, gut microbiome, adrenal system, hormone balance, mental health and more. As a result, we can find ourselves in pain or feeling sluggish.

"Sometimes the cause of poor health is apparent, and other times it is difficult to remember when life began to lose its lustre and glow," Claire comments.

The Vitality Program will remedy all that, with a comprehensive system to find energy, vitality and true health from the inside out.

What can you expect from the program? Better sleep. Sustained energy. Boosted productivity. Balanced hormones. Improved hair and skin. Increased mobility. Better focus. Get your mojo back. The list of benefits goes on and on!

During each week a different aspect of participants' internal and external health and wellness are addressed and overhauled. Education is a huge part of this program to ensure that the benefits are sustained over the long term.

"Often the gut and lymphatic system are integral to better health," says Claire. These two systems are focused on during the course and participants work one-on-one with Claire to ensure they are able to fully take on board the learnings.

Week 1 dives into invisible inflammation in the body and the havoc it is causing, before working through our food and agriculture system and working on eliminating the chemical and heavy metals in our environment (including in beauty products). Weeks 6 to 7 focus on getting intentional and organised with our health and wellness regime, before diving into fascial release protocols in weeks 8 to ten. The final two weeks are focused on energy, insomnia and a final personal one-on-one consultation recap and reassessment.

"If you are looking for more energy and vitality, start from the inside and work out," says Claire.