

## Typical 40yo Superhero Mum Regains Energy and Drive!

Katrina has all the labels of doing it all: café manager, side business hustler, mother of four beautiful rug rats aged 10 to 16 years old, weekly netballer and workouter etc etc.

She is your typical superhero mum who works incredibly hard to be the perfect role-model person accountable for creating wholesome, loving and inspiring environments. Also, typically, Katrina gives her all to everyone else but not herself.

When Katrina first presented to Cluzie Clinic, she had a laundry list of health issues but nothing that was so debilitating that it would stop her from working or 'mumming'. Her health issues consisted of: terrible gut issues, high cortisol, body aches and joint issues, high blood pressure and dizzy spells, a sluggish liver and thick blood from chronic inflammation.

Katrina's intention for her life was very different to what she was experiencing. In her words, "I want to wake up with energy and feel strong, energised and calm. To be able to smash out my work and workouts without feeling stressed, overwhelmed or sluggish."

Katrina chose to invest in herself and transform her health with Cluzie Clinic at the cellular level to heal from the inside out and regain VITALITY. Her end experience is described below.

"I'm feeling absolutely fantastic. I've been waking up earlier, getting all my work done, I'm not getting tired or crabby in the afternoons and I rarely yawned at all this week.

"I'm so happy with my sustained energy throughout the day. I now have energy to get to the end of my day feeling content about what I've achieved and not exhausted by 3pm.

"The Discs have changed my body and my life and it was so easy to implement lasting change.

"Thank you so much for sharing your wisdom and ANF Discs with me - I love them. Thank you Claire for the gift you brought to me and my family."

Cluzie Clinic specialises in removing chronic invisible inflammation which TIME magazine documented as the secret killer in many of the largest diseases and causes of death, back in 2004.

Invisible inflammation is linked to the biggest killers: cancer, heart disease, liver disease and lung disease as it slowly causes the body to breakdown and leads to muscle and organ dysfunction.

Invisible inflammation is described like that because it does NOT show up on any scans like X-rays, CT scans, MRIs or on blood tests – these test results all come back normal.

However, it's not normal to have poor sleep, fatigue, anxiety, brain fog, acne and dark circles under the eyes to bloating, aching muscles and swollen hands & feet. All of these are the tell-tale signs that invisible inflammation is present.

If left untreated, then the big killers show up 5 to 20 years later.

Leading Clinical Nurse Consultant Claire Dunkley from Cluzie Clinic says “It is not normal to be in pain or to be feeling bloated and lacking in energy. That is why I created a way for my clients to access true health, energy, optimism and vitality and be able to live the lives they desire.”