

DR GUNN'S WELLNESS STUDIOS

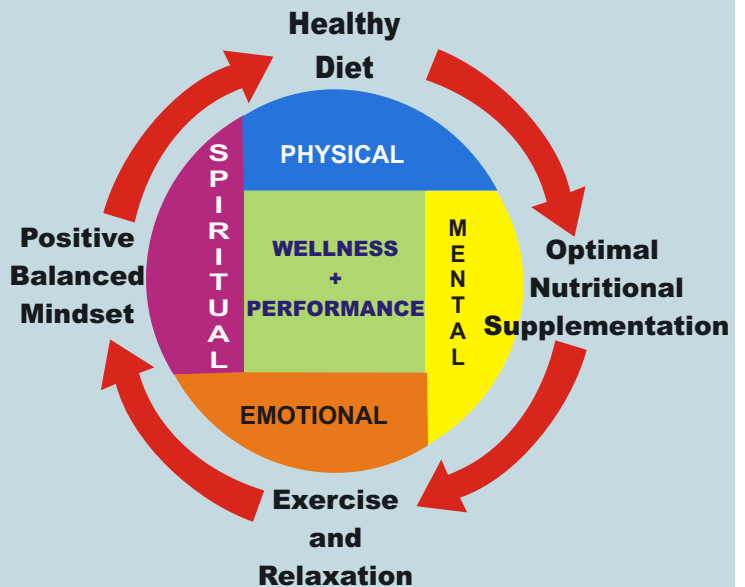
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Wellness is our Business

WHAT IS WELLNESS?

Wellness is not what most people think it is. Wellness is not the absence of disease, having your annual flu vaccination, passing your yearly medical or maintaining a normal blood pressure, cholesterol and blood sugar level. Wellness is the sum total of mental, physical, emotional and spiritual balance and well being. It is the expression of optimal health, manifested by looking your best, feeling and being healthy, experiencing quality of life, being maximally productive, and living life, to the full.

THE WELLNESS & PERFORMANCE MODEL



WHO NEEDS WELLNESS? Everyone, young and old. It is never too late to aspire to and achieve optimal health and wellness.

HOW DO YOU ACHIEVE WELLNESS?

Just like everything in life, achieving a state of wellness is a process. **Most people get sick one day a time** and therefore they need to get healthy, one day at a time. The advantage of visiting a Dr Gunn's Wellness Studio and using the services and products is that one can accelerate the process of reaching optimal health and retard, or in many cases reverse, the physiological effects of ageing, stress, and free radical damage. Dr Gunn's Wellness Studios use and sell natural nutritional and nutraceutical products (not synthetic, laboratory manufactured food supplements) based on scientific research and track record. Only the best and most technologically advanced equipment and devices are employed by our professionally trained staff.



WHAT IS THE FUTURE OF THE WELLNESS INDUSTRY?

The Wellness Industry is the next trillion dollar industry. It has been predicted by the world's top economists to overtake the information technology industry in terms of revenue in the next few decades. Globally, the corporate world has awakened to the fact that economic success and sustainability is dependent upon a happy, healthy and productive workforce. For this reason, billions of dollars are now being spent annually on Wellness Programmes. Never before in the history of humankind has there been such a recorded universal need to look younger, live longer, experience a healthier lifestyle and return to nature and the natural, to escape the over-polluted, hectic, overworked, mega-stressed lives we live.

Science
+
Research

Nutrition
+
Exercise

Health
+
Wellness