

Dr Gunn studied in South Africa and internationally and has traveled far and wide preaching the personal and economic advantages of a healthy lifestyle, wholesome diet, optimum nutrition and a positive balanced mindset. After completing his science degree in clinical psychology and microbiology, he studied medicine and gained comprehensive experience working in London, throughout England and South Africa.

For the past 20 years Dr Gunn has gained invaluable insight and knowledge with respect to the relationship between physical and mental wellness and performance. Having studied and practised nutritional, medical, psychological and complementary therapies in maintaining optimal health and productivity, Dr Gunn has been able to achieve remarkable results.

Dr Gunns vast experience has been attained from many years working in private practice, hospitals, occupational health clinics in the Mining and Mineral Sector, holistic wellness centres and private companies. Currently Dr Gunn is CEO of Reventing Wellness and Performance (Pty) Ltd, Co-proprietor of Dr Gunn's Wellness Studios (Pty) Ltd and Medical Director of various companies.

Dr Gunn's Organisational Wellness & Performance Model

