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FOR IMMEDIATE RELEASE

## CLEAR HEALTH TO PROVIDE FREE HEALTH & WELLNESS SERVICES TO THE COMMUNITY AS A WAY TO SAY "THANK YOU"

### Nutrition and Exercise Counseling Provides The Public a Roadmap to Better Health

LINDON, Utah – July 29, 2009 – Clear Health, LLC, today announced "Customer Appreciation Days", to be held Saturday, August 8<sup>th</sup> and 15<sup>th</sup>, 2009. This event is being held as a way to say "thank-you" to the community for the support Clear Health has received the past year. In addition, the event is a part of Clear Health's charter to provide on-going awareness regarding healthy living through proper nutrition and exercise.

Free services that will be offered to the community include:

- Comprehensive customized nutrition testing and consultation
- Body composition assessments
- Personal fitness consultations
- Education regarding the use of supplementation, homeopathy, and natural products.

"We see clients with issues that span across the board, including weight, digestion, depression, ADD/ADHD, lack of sleep, and low energy," said Crystal Doty, chief executive officer and holistic practitioner, Clear Health. "However, we have found that through proper nutrition, supplementation, and incorporating some type of physical activity, clients are able to experience better health and their 'dis-eases' are reduced if not eliminated."

As reports are released regarding America's health status, including childhood obesity; Clear Health continues to be a catalyst and advocate for those that are looking to adopt and integrate a healthier lifestyle.

#### About Clear Health

Clear Health is a professional health and wellness clinic that specializes in natural and holistic medicine. Our mission is to bring clarity to those who are seeking to live a better quality of life. Through the use of bio-energetic technology and testing, Clear Health practitioners are able to develop a personalized health regimen to help each client achieve improved health and energy.

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*Note to Editors:* If you would like additional information on Clear Health and its services, or to request customer interviews, contact Jackie Brinkerhoff at 801-318-4500 or jackie@clearhealth.biz.