

AN EXCLUSIVE MAGAZINE SERVING THE RESIDENTS OF FLOWER MOUND

Flower Mound

Lakeside

JUNE 2019

**FAMILY, HEALTH AND HAPPINESS
ARE THE PRIORITY FOR FLOWER MOUND PHYSICIAN**



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FAMILY, HEALTH AND HAPPINESS

ARE THE PRIORITY FOR FLOWER MOUND PHYSICIAN

By Jennifer Trotter

As the founder of TLC Family Health, Dr. Douglas Cluff is devoted to serving the Flower Mound community at work and serving his family at home. The doctor, often referred to by his patients as “Dr. Doug,” is a busy family man with a wife of 27 years, six children and a sweet granddaughter whom he adores. With a busy medical practice focused on Direct Primary Care, he’s on a mission to improve access to healthcare and help his patients create healthy lifestyles. Oh, and did we mention he runs a weight management program, is working on his third book, and is about to open a healthy restaurant? The doctor is not only “in,” but he is busy making things happen, with a focus on the health and happiness of everyone in his life. Read on to learn more about your neighbor, Dr. Douglas Cluff...

Doug and Sandra Cluff met through a mutual friend at church. Their first date? Breakfast at a local diner. Scrambled eggs and a blind date led to love, marriage, when the Cluffs married in Mesa, Arizona in 1992. They’re an educated pair...Sandra holds a master’s in accounting, and Doug holds multiple degrees, including his M.D from Texas Tech University. As a couple, it’s the little things that often bring a couple together, and soon the

pair discovered their love for quoting funny movies and the comedy of the late John Pinette. Another thing they bonded over? An interesting bit of trivia...both of their dads are named Dale, and BOTH of their moms are named Elizabeth!

Children soon began to arrive, and the family moved to Flower Mound nearly 20 years ago. They found their dream home near great schools, and they adore their Northshore neighborhood. And more children arrived! The Cluffs have six children, beginning with their oldest, Amberli. Now 24, Amberli is a graduate of BYU, is married and lives with her husband Nick and their one-year old daughter Brynlee in San Diego. Amberli currently works as a customs security officer. Last year, Nick was attending training at the Federal Law Enforcement Training Center for several months, and Doug and Sandy loved having Amberli and Brynlee stay with them. The family is back in San Diego after Nick’s recent graduation, but look forward to cherished visits with family in Texas. Next is Kylie, age 21. Kylie is also married, and she and her husband Mark live in Provo, Utah. Kylie is currently attending BYU pursuing a degree in psychology to become a licensed counselor. A son arrived next...Jared is 17, and he’ll

be a senior at FMHS in the fall. He enjoys politics, history, reading, video games and spending time with friends. Two more girls arrived after that, with Lynzi and Mackenzi (both 15), fraternal twins who will be sophomores next year at FMHS. Lynzi plays the flute and piano, collects stuffed animals and plays volleyball. Mackenzi shares her sister's love of piano and volleyball, and she also spends time reading, drawing and playing the clarinet. Even though the twins are totally different, they complement each other and have become the best of friends. Last, but definitely not least is Evan, age 12. Evan will start 7th grade at Shadow Ridge in the fall, and he plays trumpet and piano, plus basketball and the teen requisite, video games.

This big, happy family loves to spend time together...especially if music is involved! They all play instruments, love musicals, and listen to musical soundtracks constantly.



While keeping up with all the kids' activities, Mom and Dad developed a few hobbies of their own, including paying piano, reading, and enjoying sports, like the Dallas Mavericks. The whole family are members of the Church of Jesus Christ of the Latter-Day Saints, and volunteer on various committees and organizations within their church when they can.

Sandra also volunteers with Meals on Wheels and is the current Shadow Ridge PTA Vice President, and Doug served on the board of Keep Flower Mound Beautiful and is the founder of a non-profit called Project Simplify Health and Keep Flower Mound Healthy.

It certainly makes sense that a family physician is concerned about health, but Dr. Doug takes it to the next

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Granddaughter Brynlee

level. His practice, TLC Family Health, is one of over 1000 nationwide that follows the Direct Primary Care (DPC) model of health care. For a membership fee, patients can choose the level of benefits they'd like to receive, with greater access to their provider, lower cost of tests and procedures and a focus on whole health and wellness. Practices like Dr. Cluff's are attractive to those without insurance and the self-insured but are just as popular with patients who carry traditional insurance and want a bigger bang for their buck that this model of healthcare provides. The doctor manages a lifestyle and weight loss program called Slim TLC, and his third book, entitled How Not to Get Sick, is in the works. Next up will be a Flower Mound restaurant featuring healthy bowl meals, so there is no slowing down in Dr. Doug's future. The Cluff Family Motto is "Always leave everyone you meet better off than before". Check! He's getting that done, for sure.

After getting to know him, we're inspired by this Flower Mound physician. Between his tireless efforts to provide stellar care for his patients, his books and programs to promote a healthy lifestyle and just being a great dad, husband and grandad while building a fabulous family of his own, Dr. Doug really is spreading health and happiness in Flower Mound.



Newlyweds Kylie & Mark



Dr. Doug with granddaughter Brynlee



Amberli and Brynlee



The Twins - Lynzi (left) and Mackenzi (right)



Jared with family dog Midna



Amberli and her husband Nick