



## A Special Message

*from Dr. Sam*

As 2008 draws to a close, I find myself both tremendously grateful and incredibly concerned. As a husband, father and friend, I am blessed with wonderful gifts - family, friends, patients, home, health and freedom. As a doctor, I am deeply concerned. Every day I read the reports, and every day I see the evidence: Americans are falling victim to degenerative disease at a staggering rate. Weekly, it is my sad duty to tell husbands, wives, fathers and mothers that they are the latest heart disease, cancer, diabetes or Alzheimer's victim. It is heart-breaking, and in most cases, it didn't have to happen. Simple lifestyle changes really can make the difference between vibrant health and degenerative disease. 2009 is almost here. Why not make it the year to get healthy, feel great and get the most out of life? It's worth it - you're worth it. And remember, here at Wellspring Clinic we will be with you every step of the way!

**Call Today for an Appointment!**  
**480.946.9222**

## NEW YEAR, NEW YOU!

*Lose up to a pound a day, safely and naturally... and now at special New Year Savings!*

Have you heard about Wellspring's Optomed Weight Loss Protocol? With four customized levels of support, here's what fellow patient's are experiencing every day...

- Men lose up to a pound, and women 1/2 to 3/4 of a pound a day with no hunger or nagging cravings!
- Lean muscle mass is preserved while fat is mobilized and eliminated.
- Reductions in cholesterol, LDL and Triglycerides.
- A boost in energy, mental clarity and confidence.
- A fit, toned body and a new lease on life!
- HCG Drops - just a few drops a day assist your body in mobilizing fat and curbing hunger and cravings.
- Targeted Nutrition - the supplements you need to lose weight and build health.
- Super Nutrient Boost - twice a week get a boost of energy to stay on track.
- Unlimited Support - The eating plan, accountability and emotional support you need to succeed.

**Make losing weight and getting healthy your resolution for 2009!**



The Optomed Weight Loss Protocol at special New Year savings! Call 480.946.9222 today!

Save 10% through Jan. 31!



## FEATURED PRODUCT

*Immune Activator*

Originally created by Doctor Sam for his patients battling the most serious degenerative diseases, Immune Activator soon became Wellspring's top selling product. Why? This



## AMERICA'S GREATEST THREAT?

*Presidential hopeful names obesity number 1 threat*

When Presidential hopeful John McCain took the stage for the presidential debate, it was not worldwide terrorism or the global economic landslide he named as America's top threat, but obesity. Naming obesity as the single biggest threat to America, McCain highlighted what Doctors have known for years - America's growing waistline is the cause of most degenerative diseases, spiraling health-care costs, and the loss of millions of lives. The good news? Advances in the science of weight loss mean losing the weight is easier than ever before. You don't have to spend hours in the gym, starve yourself, or go on the latest fad diet to lose the weight. Call us for information on how you can lose weight quickly, safely and naturally for the New Year!


## The Healthy Winter Secret?

*Sleep! That's right! Sleep!*



comprehensive formula is 'like getting an entire health food store in one jar,' jokes Doctor Sam. Immune Activator is a broad-spectrum vitamin mineral supplement that is also packed with EFAs, antioxidants, amino acids and enzymes - all key to keeping your body healthy!

Optomed Immune Activator™  
180 Vcaps

 \$53.10 through Jan 31, 2009  
Limit 6 please.

Click or Call 480.946.9222 to order

It may surprise you, but sleep is the secret to a healthy winter season. All too often, our immune system suffers most during the busy weeks surrounding the holidays and New Year. The rush of schedules packed with work, family events and travel can leave much less time for getting the good night's sleep your body needs to rebuild and restore critical systems including the immune system. Be careful this season to make getting enough sleep (at least seven hours a night) a priority, and you'll be rewarded with an increase in energy and focus, and the ability to withstand those coughs and sniffles that are everywhere this time of year.



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