



**WELLSPRING CLINIC**  
Your Healthcare Partner for Life

Special Savings on The Optomed Weight Loss Protocol™ extended through February!

# notes... for healthy living

February 2009

A [www.WellspringClinic.com](http://www.WellspringClinic.com) Publication



Dr. Sam and Sue Walters with grandchildren Sammy, Farrah, Sofia, Ella, Lucy and Lena

## Is your heart healthy?

*a special message from Dr. Sam*

Happy Valentine's Day from our family to yours! February is National Heart Health Month - a perfect time for all of us to take a minute out of our busy schedule to consider our heart health. Your heart beats every few moments, day in, day out, delivering life-giving oxygen and nutrients to every cell in your body, but most of us just take this miracle for granted. The health of your heart determines the quality of your life. My six grand kids remind me every day what life is all about, and I want to be here for them for decades to come. That's why I'm a believer in our PTX Therapy - a natural treatment for clearing blocked arteries and boosting heart health. When you combine PTX Therapy with our Optomed Weight Loss Protocol, you give your heart what it needs for health... for life!

Call Today for an Appointment!

480.946.9222

## SHOW HEART DISEASE THE DOOR

*with PTX Therapy and the Optomed Weight Loss Protocol found only at Wellspring Clinic*

Wellspring's PTX Therapy is our in-office, non-surgical, natural treatment to reduce plaque build-up in the blood vessels throughout your body, and, when you combine it with the Optomed Weight Loss Protocol, you can protect your heart, and health, for a lifetime!

### Wellspring's PTX Therapy

- Safe, natural infusions help clear clogged arteries
- Helps reduce plaque deposits in arteries
- Helps support your body's natural ability to reverse age related degeneration of vital organs
- Helps Balances HDL/LDL levels and triglycerides
- Treats 75,000 miles of vessels in your body

### The Optomed Weight Loss Protocol™

- 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 for heart health.
- A boost in energy, mental clarity and confidence.



Special Savings on the  
The Optomed Weight  
Loss Protocol extended  
through February! Call  
480.946.9222  
today!

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## Learn more about the Optomed Weight Loss Protocol at our Special Seminar!

*Wellspring patients, and their friends and family, are cordially invited to our seminar on February 19th!*



Join us on February 19th!

Dr. Sam and the Wellspring Clinic team cordially invites you and your family and friends to a special seminar on the all-new Optomed Weight Loss Protocol. Come and find out straight from Dr. Sam how you can lose up to a pound a day safely and naturally! There is no charge to attend, but please RSVP quickly as seating is limited for this special event.

When: February 19, 2009 at 7pm

Where: The McDowell Center

Who: You, your friends and family

Dress: Comfortable casual

What to Bring: Just your questions!

What to Expect: A fun, interactive evening

The McDowell Center is located in

McDowell Mountain Ranch at:

16116 N McDowell Mountain Ranch Road  
Scottsdale, Arizona 85255.

Please RSVP by calling 480.946.9222

Seating is limited, so call today!



## What your heart is saying to you:

*Your body and heart may be sending you signals!*

Don't let heart disease surprise you! Often, your body sends you signals long before a heart attack or stroke. Know what to watch for, and if you experience any of these symptoms, it is essential you get in to see us immediately. If the symptoms are severe, dial 911 for emergency assistance.

- Pain, Tightness or Pressure in the Chest - from mild discomfort to vice-like pain
- Shortness of Breath - a symptom your heart's not pumping the oxygen your body needs
- Swelling in the Legs and Feet - called Edema, this sign may come and go, but is a warning
- Pain While Walking - pain in the calf muscles with exercise is a symptom of blocked arteries
- High Blood Pressure and Cholesterol - raise your risk of both heart disease and stroke

## Give you heart a sweet gift...

*with rich, deep, creamy dark chocolate!*

Dark chocolate is more than rich in flavor, it is loaded with plant-based antioxidants called flavonoids - nutrients famous for their ability to protect the heart and body from premature aging and disease caused by free radicals. With eight times the antioxidant power of strawberries, studies show just a few ounces of dark chocolate a day will lower blood pressure and bad cholesterol while naturally boosting mood. But before you go on that chocolate binge, keep these tips in mind: Stick with one to two ounces a day to keep calories in check. Look for dark chocolate with at least 65% cocoa, and avoid sugary additions like caramel, nougat and syrups.



Save \$10 through Feb. 28!



## FEATURED PRODUCT

*Immune Power*

Instead of waiting until our heart and health are compromised, wouldn't it make more sense to take a proactive approach to our health? That's the philosophy behind Dr. Sam's Immune Power - loaded with powerful antioxidants and EFAs to target health-destroying inflammation and build health. This formula, originally created to fight degenerative diseases, is an essential tool in keeping your body strong every day, especially in today's toxic world.

Immune Power  
180 Vcaps

~~\$89~~ \$79.00 through Feb 28, 2009  
Limit 6 please.

Click or Call 480.946.9222 to order

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