



February 2010

A www.WellspringClinic.com Publication

CLINIC NEWS



Don't Miss Doctor Sam's New Video Series... Doc Talk!

Doc Talk, an all-new video series featuring Doctor Sam, premieres this month with a look at heart health. Get the newly discovered signs of a heart attack that can save your life - and what HDL, LDL and triglyceride levels really mean.

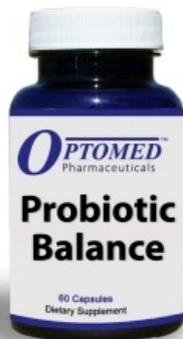
[CLICK HERE TO WATCH THE VIDEO NOW!](#)



Medical Breakthrough Obesity Causing Bacteria!

Doctor Sam appeared on CBS to explain recent studies that link bacteria in your gut with obesity, and what people can do to balance the flora in their digestive tract to optimize weight loss.

[CLICK HERE TO WATCH THE VIDEO NOW!](#)



Probiotic Balance Fight Digestive Difficulties and Obesity-Causing Bacteria!

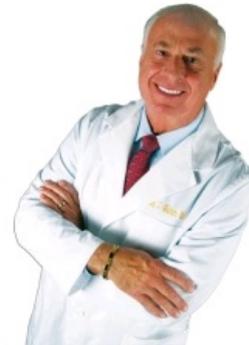
Every cell in your body - every system that powers

Happy Valentines Day... and Happy Heart Health Month!

You've heard it before, but it bears repeating - your heart health is essential to longevity and quality of life, but most of the time we just don't think about the miracle beating inside of us. In celebration of hearts everywhere, my new video series "Doc Talk" begins with a special video all about heart health.

[I invite you to click this link right now to hear some amazing things about your heart - including an updated list of the signs of a heart attack we should all know, and what your LDL, HDL and triglyceride numbers really mean.](#)

And, of course, I would love to see you to talk about PTX Therapy, our exclusive natural protocol that clears arteries without surgery. Have a wonderful, heart-healthy February, and don't forget to do something healthy for your heart!



February is Heart Health Month - and I've prepared a special video all about your heart!



Do you have high-risk cholesterol? Take this mini-quiz and find out! If you feel you're at risk, call the clinic at 480.946.9222 for an appointment!

High-Risk Cholesterol is a silent killer - make sure you know what's true and what's false when it comes to Cholesterol!

True or False: If your total cholesterol is above 240 mg/dl you have high-risk cholesterol.

True! Total cholesterol over 240 raises your risk for diabetes, heart disease and stroke.

True or False: You can feel symptoms of high-risk cholesterol.

False. 20% of Americans have high cholesterol, but many only learn they have it after a stroke or heart attack. Men over 45 and women over 55 should have their cholesterol checked every two years.

True or False: Fatty fish, oatmeal and walnuts can lower cholesterol levels.

True! Studies have found that these foods contain powerful nutrients that help decrease LDL - the "bad" cholesterol!

True or False: High cholesterol can impede blood flow to the penis, causing erectile dysfunction.

True. As your arteries become more and more blocked by cholesterol, blood flow to the penis decreases, leading to a less firm erection. Clogged arteries are the leading cause of erectile dysfunction.

True or False: All high cholesterol levels put you at risk.

False! Your body needs cholesterol to build cell membranes and create hormones. But there are two kinds of cholesterol - the "Good" and the "Bad". Watch my new video now - I'll de-mystify LDL, HDL and triglycerides, and explain how these powerful influences effect your everyday health.

your body - is completely reliant on a healthy digestive system for life-sustaining, health-building nutrition! Doctor Sam's Probiotic Blance:

- Provides and nurtures healthy intestinal flora
- Promotes healthy probiotic balance
- Supports the immune system
- Has a whole food base

Best of all, it's unique delivery system means no refrigeration is required!

**Now through
Feb 28th
SAVE 10%
\$29.99 \$26.99**



WellspringHCG.com

If you'd like to lose 10 pounds, or 200, don't miss www.WellspringHCG.com! It's the home of Doctor Sam's Optomed Weight Loss Protocol. You'll find videos, before and after pics and all the information you need to get involved in this amazing protocol that is changing lives every day!

[CLICK HERE TO VISIT THE SITE!](http://www.WellspringHCG.com)

Wellspring's PTX Therapy - The Non-Surgical Solution to Clogged Arteries!

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!

- 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



Heart healthy salmon with a sunny twist of honey and crunchy leeks!

Heart Healthy Valentine's Day Honey Glazed Salmon with Leeks & Shallots

Preheat oven to 375°

2 tablespoons shallots, thinly sliced
½ bunch leeks thinly sliced
1 tablespoon honey
1 tablespoon Dijon mustard
1 tablespoon chopped thyme
4 6oz. salmon fillets about 1" thick
Fresh thyme sprigs

In a baking dish arrange leeks and shallots into 4 piles. Place salmon fillets on top. Blend honey, Dijon mustard and chopped thyme and drizzle mixture over fish. Bake until fish is firm but still moist. Lift salmon and leeks together out of the pan onto plates. Splash some of the cooking liquid over each serving and garnish with fresh thyme sprigs.

Per Serving: 334 Calories; 14g fat; 35g Protein; 14g Carbohydrates; 1g Dietary Fiber



**Special Savings on PTX Therapy... and the Optomed Weight Loss Protocol through February!
Call 480.946.9222 today!**

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