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A www.WellspringClinic.com Publication

Clinic News



Wellspring Clinic Launches

www.WellspringHCG.com

Our Optorred Weight Loss Protocol is the talk of the town! And now everyone wanting more information on this breakthrough protocol is invited to visit the home of the protocol at www.WellspringHCG.com

There, you will see Doctor Sam's recent TV appearances, read all about the protocol, and see the amazing Before and Afters!

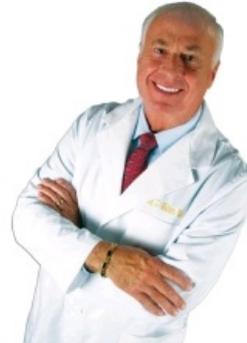


See Dr. Sam on TV!

Doctor Sam has been sharing the Optorred Weight Loss Protocol with the valley on both Fox's Channel 10 and CBS's Channel 5. His next TV appearances will be next week. He will be on Better Arizona on CBS Channel 5 on Monday and Thursday between 10-11am. [To view his previous appearances, visit our YouTube Channel by clicking here!](#)

Happy New Year!

2010 is here, and with it comes the annual tradition of New Year's Resolutions. And this year, I think we've all been reminded that health is essential now more than ever. With the advent of Swine Flu, and daily attacks on our immune system, staying healthy is not only essential to our work and home life, it's the only option for truly feeling our best and getting the most out of life. Whether your 2010 resolutions include losing those extra pounds, getting in shape, or just leading a healthier lifestyle, we can help. Just give us a call... we're looking forward to helping you make 2010 your healthiest year ever!



If you answer True to three of these questions... it's time for a detox supplement like our new Detox Gold. If you answered True to five or more, you'll want to come in for a checkup, as your symptoms may be a sign of severe toxicity or a medical condition.

Take our Detox Quiz!

Have you ever wondered if you need to detox? You may be surprised to find that symptoms of a toxic overload may be a part of your life. Circle (or just count) the number of True answers to discover if you may be in need of a Detox supplement or program.

1. I am often congested or have a runny nose.
2. I eat less than five servings of fruits and vegetables two days a week or more.
3. I have allergies.
4. I have dark circles under my eyes.
5. I have eczema, psoriasis or acne.
6. I notice an unpleasant body odor when I don't use deodorant.
7. I often drink less than five cups a water a day.
8. I often feel boated, or have gas or indigestion after meals.
9. I am a former or current smoker, or am around smokers daily.
10. I often feel tired, sluggish or worn out. I often have bad breath.
11. I seem to catch colds easily.
12. I eat processed foods five or more times a week.
13. I sometimes go more than a day without a bowel movement.
14. It's hard for me to concentrate or stay focused.

7 Home Detox Tips!

1. Cut the Caffeine. Yes, we know you love your java, but caffeine stimulation can overburden your adrenals, leading to fatigue and irritability - try replacing a few of those cups with non-caffeinated herbal teas.
2. Stop the Sugar. We know you know, but we have to say it again - sugar provides no food value and damages your body - including those pearly whites. If you love a sugar fix, reach for whole fruit. Once you cut out refined sugar, you will find fruit tastes sweeter than ever.
3. Slow Down the Stress. Yes, stress causes toxic buildup in your body in the form of deadly free radicals. But cutting down on



Keeping your body cleansed and free of toxins is a vital part of feeling great today, and preventing degenerative



Valley's Premeire Immune Treatment Center

Did you know that Wellspring Clinic is one of the valley's top immune treatment centers? From fighting immune diseases, to strengthening immunity, we have protocols and programs that ensure your immune system is optimized to fight invaders - which is especially important during this dangerous cold and flu season. Make an appointment today for your Immune System Assessment - and do call us at the first sign of a cold or the flu - there are treatments that can prevent or mitigate these illnesses if we start early!

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- stress, you actually build health at the cellular level - and you'll feel the boost in energy and clarity almost immediately.
4. Target your GI Tract. Your digestive system can become compromised and actually leak toxins into your blood stream. Make sure you're getting the friendly-flora you need by taking a quality acidophilus supplement - Doctor Sam would be happy to recommend one for you!
 5. Wake up with Water. Water hydrates your body's ability to flush toxins from your cells and systems - no water and you're stewing in toxins. Start every day with a large glass of pure water to flush the toxic wastes that have accumulated as your body has rested and rebuilt through the night.
 6. Fill Up with Fiber. Fiber is essential for sweeping toxins from your system - if water is the rinse cycle, fiber is the scrub cycle - scrubbing toxic buildup from your GI tract. Dark vegetables, fiborus fruits and fiber supplements are all great options. And the best side effect of fiber is bowel regularity!
 7. Consider a Gentle Cleanse. Doctor Sam created Detox Gold specifically for those in need of a comprehensive, yet gentle cleanse. In just a few weeks, you can get your digestive system back on track, restore your energy and get the focus you need.

preventing degenerative diseases in the future. You may be surprised with how great you feel when you start detoxing at home with any of our detox tips!



Detox Gold - 60 Capsules

Save 10% in January
Just \$28.80 through
Jan 31, 2010
Limit 6 please.

Call 480.946.9222 to order

FEATURED PRODUCT Detox Gold

Do you ever wonder if those nagging symptoms... digestive difficulties, fatigue, skin issues - are the result of years of toxic buildup in your digestive tract? The answer is often YES! A monthly cleanse will keep your GI tract running clean and help you avoid the negative consequences that come with the toxins that are ever-present in our modern world. That's why Doctor Sam formulated his completely unique Detox Gold. Formulated for rapid absorption and powerful, but gentle, cleansing, Detox Gold gives your body the nutrients it needs to cleanse your systems and boost your energy, stamina and clarity to get the most out of life!

Recent Studies Reveal Bacteria-Causing Obesity!

Recent studies reveal that specific strains of bacteria are more common in overweight people... and actually cause them to consume more calories, which, of course, leads to even more weight gain. The ground-breaking studies show these bacteria cause inflammation, and your body responds by storing more calories in case they are needed to fight the growing inflammation. However, if this mistaken attempt at self-protection continues, the gut adjusts by favoring bacteria that are better at extracting calories from food, leading to weight gain.

The good news is that you can fight obesity-causing bacteria with pro-biotic supplements.

Just give the clinic a call at 480.946.9222 and we will help you choose the supplements that are right for you!



Our [Optomed Weight Loss Protocol](#) patients take pro-biotic supplements to combat the effects of these bacteria.



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