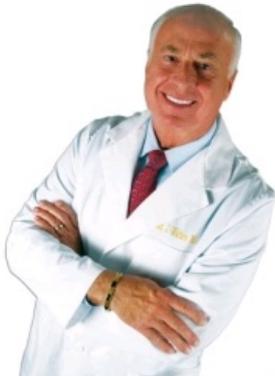




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[View June's All New Doc Talk Video](#)

Don't take prostate health lightly! With a quick, painless test we can assess your prostate health!

[Click here to watch the Men's Health Doc Talk!](#)

PSA to the Rescue!

It's national Men's Health month, and it's Men's Health month here at the clinic! With our motto: "Prevention is the Cure" we're talking to all of our gentlemen patients, and those who love them about their PSA – no, PSA is not an airline or high-tech gadget, it's Prostate-specific Antigen – a protein produced by cells of the prostate gland. A PSA test measures PSA levels in the blood, and can be used to detect prostate disease, including prostate cancer.

As men age, both benign (non-cancerous) and prostate cancer, become more common. The most frequent benign prostate conditions are prostatitis (an inflamed prostate) and benign prostatic hyperplasia (BPH – an enlarged prostate). Both of these conditions are treatable. Be sure to take our Prostate Symptom Survey below to see if you or someone you love is experiencing symptoms of one of these diseases.

While your PSA alone is not enough to tell us whether or not you are at risk for prostate disease, it is a powerful tool in assessing the current health of your prostate. I recommend that all men over 40 have a PSA test at least every three years – and if you've never had one, it's time to get in for this quick, painless blood test.

[And, be sure to click in and view our new Doc Talk on men's health, with a focus on prostate health.](#)

Remember, prostate disease is treatable with both natural and medical therapies. If you have concerns about prostate health, or are experiencing symptoms you don't have to suffer – just come on in for a visit, and we can discuss treatment options!

For an appointment, call 480.946.9222!



**PROX 4 in 1
Buy 2 Get 1 FREE!**

**Call 480.946.9222
to order!**

[Click here to watch the Men's Health Doc Talk!](#)

PROX 4 in 1 The Original Quad-Action Prostate Formula

Prox is a man's second best friend! In addition to providing the most powerful, comprehensive prostate support on the market, PROX naturally helps promote:

- Sexual Energy
- Urinary Flow
- Prostate Strength
- Prostate Function

Enriched with clinical-quality beta sitosterol, saw palmetto, nettle leaf, DIM and other prostate-support botanicals, PROX also features the Bio-Factor Delivery System to ensure maximum absorption of every one of its potent ingredients.

Best of all, you can enjoy PROX at special savings now through July 15! Receive a FREE full-sized bottle of PROX 4 in 1 when you purchase two bottles. Call now to place your order – we are happy to send your PROX right to your door – or you can stop by during regular clinic hours. **Limit two free**

bottles per patient please.



Alert!

Be on the lookout for an exciting announcement about our new Laser and MesoTherapies... and special savings. In just a few weeks you'll receive an email about how you can experience doctor-administered fat loss, vein removal, skin rejuvenation and hair removal all at special savings!

Five-Minute Prostate Symptom Survey

Take five and discover if you or a loved one are experiencing the warning signs of prostate dysfunction. Remember – prostate function can be enhanced with both natural and medical intervention. If you answer TRUE to one or more of the following, it's time to get your prostate checked... remember, you don't have to live with prostate symptoms – there are solutions!

1. T F I have a PSA of 1.5 or more (if you don't know your PSA, and are over 40, please get in to the clinic for this simple blood test)
2. T F I have an urge to urinate all the time
3. T F I wake up at least twice during the night to urinate
4. T F I have trouble starting or stopping my urine flow
5. T F I have a weak urinary stream
6. T F I have been diagnosed with an enlarged prostate (benign prostatic hyperplasia, or BPH)
7. T F I have been diagnosed with prostatitis, or other inflammatory disorder

For an appointment, call 480.946.9222!



Very Berry Prostate Friendly Recipes!

Antioxidants are powerful weapons in the war on prostate disease – and the good news is they are found in abundance in some of nature's most delicious fruits – like summer berries and pomegranate! Enjoy summer with these sweet treats that are also great for you!

Blackberry Cream Freeze

Skip the freezer and eat this yummy blend for breakfast, or freeze for just 30 minutes to have a fabulous soft-serve ice cream treat.

- 2 Cups blackberries – fresh or frozen – no sugar added
- 2 Cups ricotta cheese
- 1 Tablespoon vanilla
- ¼ Cup sugar-free all-fruit syrup (we like raspberry)
- ½ Cup Agave sweetener (a natural, low-glycemic sweetener found, of all places, in the artificial sweetener section of most grocery stores)

Blend blackberries and liquids in a food processor or blender until fairly smooth. Add ricotta cheese and process until blended. Refrigerate covered for a yogurt consistency, or freeze for 30 minutes for a soft-serve ice cream firmness.

Blueberry Cream Dream Smoothie

Blueberries should be a summer staple. Use this antioxidant power blend to get your day off to a perfect start!

- 1 Cup fresh or frozen blueberries
- 2 Cups low-fat yogurt (choose one with active, live cultures for digestive system health)
- ½ Cup non-fat milk
- 2 Tablespoons Agave sweetener

Blend ingredients until smooth. Add ice cubes and blend for a milkshake option!

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