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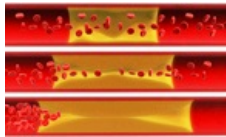
## CLINIC NEWS



### NEW DOC TALK VIDEO ONLINE NOW!

Find out if you or your family are at risk for Pre-Diabetes or Diabetes. With kids as young as 10 developing Type II Diabetes, this video is a must for parents, grandparents and everyone who wants to keep themselves and their family healthy!

[WATCH DOC TALK NOW!](#)



### PTX Therapy for Diabetes

Diabetes damages your circulatory system - especially the delicate capillaries that deliver blood to your trillions of cells. First, you may experience some numbness and tingling in your hands or feet.

Eventually, if left untreated, Diabetes can lead to amputations of limbs. Wellspring's PTX Therapy clears clogged blood vessels, including your capillaries, boosting heart and circulatory health.

For more information on PTX Therapy, call the clinic at **480.946.9222** or [click here to download the brochure!](#)



**PTX Sustain**

## March is Diabetes Awareness Month Please Take A Few Minutes to Assess Your Risk!

Just the other day I had a friend make an off-hand comment about their wife's Diabetes... "It's just a blood sugar imbalance right? I mean, it's no big deal." Well, there's only one grain of truth here - Diabetes is indeed caused by a blood sugar imbalance. But what it does to your body and life are a huge deal. Diabetes is fast becoming the number one killer in America, and is the leading cause of amputations throughout the world.

I want you to have the facts on Diabetes so you can stop this killer in its tracks! [Please take just a few minutes to watch my new Doc Talk video on Diabetes and Pre-Diabetes so that you know the warning signs!](#)

The good news is Type II Diabetes is preventable! Simple (and surprisingly easy) lifestyle modifications can stop Diabetes and literally save your life. Watch the video - take the Pre-Diabetes Quiz below, and call the clinic if you're concerned. Together, we can protect ourselves and our families from Diabetes!



**Don't take chances with your health and your life!**

[Watch my Diabetes Alert video now](#), and take this

Pre-Diabetes quiz. It takes just a few minutes to learn how to reduce your risk!



**Do you have Pre-Diabetes? Take this mini-quiz and find out! If you answer True to more than three of these questions, please call the clinic at 480.946.9222 for an appointment!**

### Do you have Pre-Diabetes? FIND OUT NOW!

1. T F Are you 40 or older?
2. T F Are you always hungry?
3. T F Are you hungry within an hour or two after eating?
4. T F Are you more than 20 pounds overweight?
5. T F Are you more thirsty than you used to be?
6. T F Are you often depressed, anxious or edgy for no apparent reason?
7. T F Are you tired after eating?
8. T F Do you crave carbohydrates frequently?
9. T F Do you get little or no exercise?
10. T F Do you have a close relative with diabetes?
11. T F Do you have numbness or tingling in your hands and feet?
12. T F Has your libido decreased in the last year or two?
13. T F Have you gained or lost more than 10 pounds in the last year without trying?

## Lose Up To a Pound a Day - and Stop Diabetes in its Tracks!

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



**Protect your Cardiovascular Health!**  
 Dr. Sam Walter's PTX Sustain are triple-strength Lecithin Softgels rich in Phosphatidyl Choline – a powerful biochemical that comprises the major portion of our brain and nervous system. Critical in fat and cholesterol metabolism, the ingredients in PTX Sustain are essential for maintaining cardiovascular health after PTX Therapy, or for anyone who needs cardiovascular system support.

**Now through March 31st SAVE 10%**



**WellspringHCG.com**

If you'd like to lose 10 pounds, or 200, don't miss [www.WellspringHCG.com](http://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 Wellspring HCG Site!](#)

- 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 life!

**Why Does It Work? It's Doctor-Monitored and Scientifically Proven!**

- 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.

[Visit www.WellspringHCG.com](http://www.WellspringHCG.com) for more Information!



**The Optomed Weight Loss Protocol Stops Diabetes in 2 Powerful Ways... It gets the weight that leads to Diabetes off fast, while the eating plan balances blood sugar levels!**



**Low-carb snacking is a great way to keep your blood sugar levels balanced and your energy up.**

**Healthy (and Delicious) Low-Carb Snack Solutions!**

The best snacks have protein, healthy fat and some fiber – you'll feel full and satisfied with this nutritional profile. Just keep in mind that it's a snack – watch your portions and have fun being creative with snack time!

- Berries and cottage cheese
- Celery with peanut butter, tuna salad or cream cheese
- Cheese and apple slices
- Eggs – hard boiled or deviled
- Jerky – look for low sugar and sodium varieties
- Lettuce roll-ups with sprouts, tomato slices, egg salad, tuna or cheese filling
- Mushrooms filled with cream cheese
- Plain yogurt with berries and flax seeds
- Ricotta cheese with fruit, nuts and/or flax seeds
- Smoked salmon and cream cheese on cucumber slices
- Walnuts, almonds or pecans

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