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

Bone loss... it's everyone's business, and you may not know everything you should about this lifestyle-endangering disease. Doctor Sam will step you through the top bone building facts and myths in this short presentation loaded with must-know information!

[Click here to watch the Bone Health Doc Talk!](#)

Bone Up on Bone Health!

Bone health is a subject that is near and dear to my heart. Like most people, loving family members I cherish have fallen victim to this "silent killer," and have suffered devastating bone fractures that have significantly impacted the quality of the retirement years and even their longevity.

I could go through a litany of statistics that prove almost all American's over 40 need to make bone health a key focus in their preventative healthcare plan... but you already know you should. I could scare you with fact that broken hips due to weakened bones lead to early death... but you've already heard. What you need is a quick, easy plan for getting your bone density optimized, and keeping optimized up for life.

So, I've created a new, comprehensive bone strengthening formula – Bone Builder. And that plan for getting your bone density optimized? It's simple, and easy: Take Bone Builder daily and get at least 30 minutes of load bearing exercise, like walking, five times a week. That's it! It's as simple and easy as that.

[Please, watch my new Doc Talk video on bone health](#) – hear the latest research findings that support Bone Builder and the simple plan above. Take just a few minutes with our Osteoporosis Risk Assessment below. Your health, and future, are worth it.

Have a wonderful May – take advantage of the lovely weather to get out there and strengthen those bones... you'll be glad you did!

Dr. Sam Walters

For an appointment, call 480.946.9222!

Are you at risk for Osteoporosis?

Osteoporosis is known as the silent killer for a reason. Take this mini-quiz and find out if you're at risk for Osteoporosis and bone loss. If you answer "Yes" to more than three of these questions, it's time to make strengthening your bones a top priority!

1. Are you a vegetarian?
2. Are you female?
3. If female, have you had both your ovaries removed?
4. If female, have you had children?
5. Are you over 40 years old?
6. Are you white, northern European or Asian?
7. Do you add salt to your meals?
8. Do you avoid dairy products?
9. Do you drink more than 3 cups of any caffeinated beverage daily?
10. Do you drink more than 2oz of alcohol a day?
11. Do you get less than 90 minutes of weight bearing exercise (like walking, bicycling or aerobics) weekly?
12. Do you have a fair complexion?
13. Do you have a family history of osteoporosis or other bone disease?



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!



NEW!

Bone Builder!

Now you can give your bones all the nutrition they need - in the perfect ratios for optimized absorption!

Just \$22! Call 480.946.9222 to order!

[Click here to watch the Bone Health Doc Talk!](#)



Healthy Bones are Just One Delicious Bite Away!

14. Do you have a low-fiber diet?
15. Do you have a small-boned frame?
16. Do you have an eating disorder or consume low-nutrition foods daily?
17. Do you have arthritis or curvature of the spine?
18. Do you have chronic kidney disease?
19. Do you have stomach or small-bowel disease?
20. Do you smoke cigarettes?
21. Do you use stomach acid blockers like Zantac, Prilosec, Tagamet, etc?
22. Have you ever used steroid (cortisone) drugs?

For an appointment, call 480.946.9222!

Strengthening your bones at any age just got a whole lot easier!

Most people know they need calcium and Vitamin D for healthy bones, but you need much more than these to grow dense, healthy bones. And most calcium supplements fall far short of giving your body all the bio-available nutrients essential for maximum bone health. Doctor Sam's new Bone Builder is formulated to give you all the essential Bone Building nutrients – in the precise ratios – your body needs to grow and strengthen bone.

Dr. Sam's Bone Builder:

- Increases bone density and strength
- Comprehensive bone support formula with Optimal ingredient ratios for enhanced absorption
- Contains Vitamin K to boost production of essential bone proteins
- Supports heart, circulatory and metabolic health
- Gentle on your stomach and digestive system

Pricing Info!

Call 480.946.9222 to order NEW Bone Builder

Black Bean Summer Salad

Bone building can be delicious as our Summer Salad proves. Black beans provide the calcium and fresh herbs the added flavor.

- 2 cups black beans
- ½ cup of chopped red onions
- 2 avocados, peeled and chunked
- ¼ cup of fresh basil, chopped
- 2 large tomatoes, chopped
- 2 cups frozen corn, thawed and drained
- ¼ cup fresh cilantro, chopped
- Juice of 1 lime
- 1 tablespoon Dr. Sam's Tuscan Velvet olive oil
- Sea salt
- Pepper
- Grated Pepper Jack cheese

Drain and rinse the black beans and combine them with the red onions, avocados, basil, tomatoes, corn, cilantro, lime juice, olive oil, sea salt and pepper. Chill.

Top with shredded Pepper Jack or cheese of your choice and serve.

Serves 4

Garlic Collard Greens

Don't roll your eyes – collard green can be quite delicious when paired with sea salt and velvety olive oil, and collard greens are exceptionally high in calcium – a whopping 357 milligrams per cup! And if collard greens just aren't your style, most dark leafy greens contain calcium and are delicious substitutes in this

recipe.

- 1 pound collard greens, split with stems and center ribs removed
- 6 garlic cloves, minced
- ¾ teaspoon sea salt
- 1 tablespoon Dr. Sam's Tuscan Velvet Olive Oil
- ¼ teaspoon pepper

Stack half the collard leaves and roll into a tube shape. Cut crosswise into very thin strips (1/16-inch wide). Repeat with remainder. Mash garlic to a paste with 3/4 teaspoon sea salt. Sauté garlic in olive oil over medium heat for about 30 seconds. Add collards with pepper and cook, tossing, until just tender and bright green, three to four minutes.

Serves 4

Agave Greek Yogurt with Berries

Yogurt is packed with calcium, and Greek yogurt is tops on the calcium scale (we get ours at Costco). Add to that Greek yogurt's live cultures, and you've got the perfect bone-building treat – especially when partnered with antioxidant-rich berries, and low glycemic index Agave Nectar made from the Agave cactus (this natural, healthy sweetener is most often found above the artificial sweeteners in most grocery stores).

- 3 cups Greek yogurt containers plain yogurt
- 1 ½ teaspoon Agave Nectar (found in the sweetener aisle)
- 3 cups berries (blackberries, raspberries, blueberries or strawberries)

Mix yogurt, Agave Nectar and berries in medium bowl and serve or chill for up to eight hours.

Serves 4

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