



## Optimizing Brain Wellness

The Way Out from Depression, Anxiety, Headaches, Fatigue, Poor Memory, Alzheimer's risk and other Neurologic Conditions

*Tuesday's 10:30 am - 12:00 Noon*

**The most comprehensive health assessment and clinical wellness program for optimal brain function and emotional health.**

**This clinical and educational series comprehensively covers:**

Lifestyle, nutritional, hormonal, digestive, detoxification, cognitive behavioral, thyroid, metabolic, immune, glycemic, diet supplements and other natural strategies that address the underlying causes of depression, insomnia, anxiety, headaches, fatigue, poor memory, Alzheimer's risk, and other neurologic or emotional health conditions. Learn how to achieve peak mental performance at home, school, or work.



*Dr. Wes Youngberg trained at Loma Linda University where he earned a Doctorate in clinical preventive care and a master's degree in nutrition. He is on the clinical faculty for the Loma Linda University Schools of Medicine and Public Health, is a*

**Dr. Wes Youngberg**  
DrPH, MPH, CNS, FACLM

*board Certified Nutrition Specialist, and is a founding director and Fellow for the American College of Lifestyle Medicine.*

*He has lectured to medical conferences throughout Europe, Asia and the Americas. He has over 20 years experience helping patients find natural and effective solutions. In addition to the leading out in the seminar programs, Dr. Youngberg does personal consultations at his full time practice in Temecula.*

**For a limited time, this 12-week program is available for only \$300.**

The 12 sessions that make up "Optimal Brain Wellness" normally cost \$1,128. Currently, Dr. Youngberg is offering the entire program for only \$360 or \$30 per week!

**Pre-pay in full and receive a \$60 discount.** Plus, as a New Year bonus, bring a spouse, child (>12yo), parent or sibling and they get an additional 20% discount.

**The brain is resilient and capable of healing. If you or a family member experience any of the above concerns, this may be the most important wellness program you will ever attend. It will change your life...Guaranteed!**

**To Register, call 951-676-9922**

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