

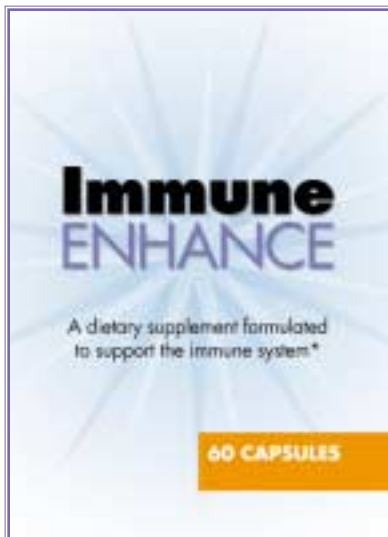


In This Issue - Our NEW Immune Supplement | Spring events | Workshop News | Web Site changes

Welcome to the spring issue of Medical Health and Fitness' Well-fit Newsletter. We strive to give the most complete information available concerning cancer wellness and therapeutic exercise. We have some exciting information to share for 2002, and new products to unveil at our health venues. For questions, tech support, or to place an order, contact us at www.medhealthfit.com, or call us at **888-880-5227**.

Introducing Immune Enhance Vitamin Supplement

◆ San Ysidro Pharmacy and Medical Health and Fitness proudly introduce our new line of immune enhancement vitamins. Starting this month, we will be producing and selling our line of products that we will market to cancer survivors and those interested in maintaining a healthy immune system.



Immune Enhance contains ingredients such as bovine colostrum, Lactoferrin, Selenium, Maitake mushroom extract, and Echinacea compound. These products have been shown in both clinical and animal studies to provide improvements in natural killer cell activity. They also have anti bacterial properties and provide for a medium for other aspects of the immune system to function at an optimal level.

Our marketing effort will kick off with our exhibit booth at the 2002 Lance Armstrong Foundation Ride for the Roses event in Austin, TX in April. We will also be working closely with health boutiques across the US to distribute this product in their shops. Suggested retail price is \$29.95.

We hope that Immune Enhance will become part of the health regime for many persons who are interested in nutrition as part of cancer prevention, and for patients who are interested in a supplement that may have a positive effect on the immune system.

Spring Events

As mentioned above, we are excited to be working at the LAF Ride for the Roses event in Texas this month. We will be launching not only our new supplement, but distributing products for other companies, as well. These include: Brander Grape Seed Extract, Dr. Kaye Relaxation CD, and our MHF Cancer Wellness Kit.

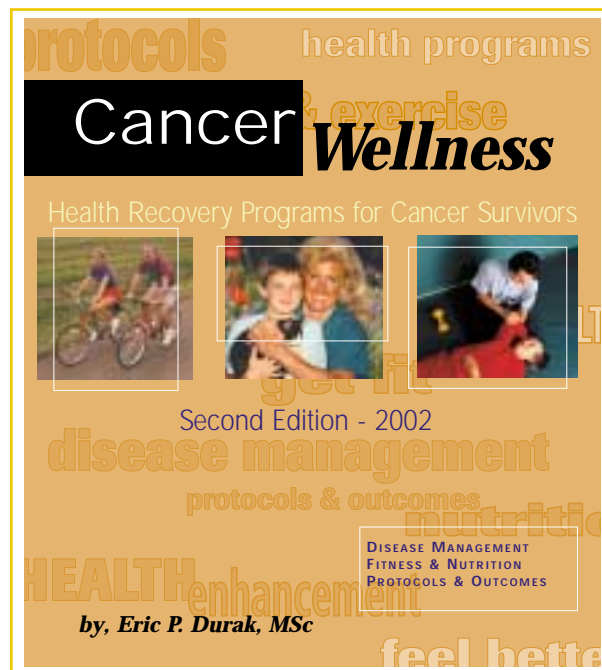
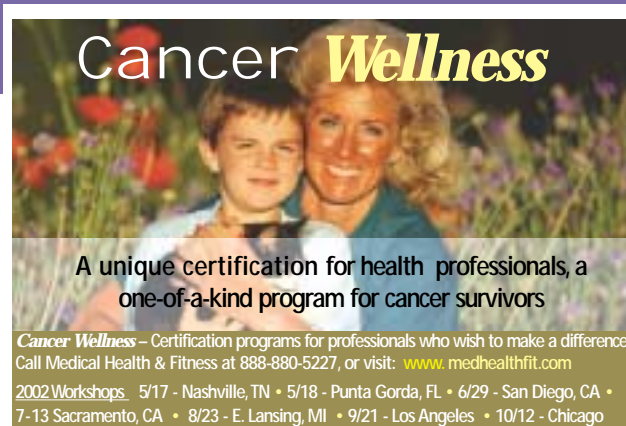
We are also working with national fitness and therapy magazines to run national ads. These ads (such as the one seen at right) will be running throughout the year, and in some cases we will accompany an article on the topic of exercise and cancer.

Lastly - the second edition of the Cancer Wellness Manual is now in press. This edition contains new chapters that include a feasibility section that may be copied for presentations to sponsors and management in hospitals and wellness centers as to the profitability status of starting and operating a profitable cancer wellness program. Retail price for the manual is \$295.00. Our certification price is \$425.00.

Workshop / Conference Schedule

DATES	LOCATION	TIMES	EVENT / CONFERENCE
April 12-13	Austin, TX	8:00 - 5:00	Ride for the Roses Health Expo
May 17	Nashville, TN	9:00 - 4:00	Cancer Wellness Workshop - Dayani Wellness Center
May 18	Punta Gorda, FL	9:00 - 4:00	Cancer Wellness Workshop - Punta Gorda Athletic Club
June 29	San Diego, CA	9:00 - 4:00	IDEA Conference / Cancer Workshop - Club One Center, La Jolla
July 13	Sacramento, CA	9:00 - 4:00	Cancer Wellness Workshop - Spare Time, Inc - American River AC
August 23	East Lansing, MI	9:00 - 4:00	Cancer Wellness Workshop - MAC Conference Center
Sept. 21	Los Angeles, CA	9:00 - 4:00	Cancer Wellness Workshop - Club One Long Beach - CSLB campus
Oct. 10-12	Chicago, IL	11:00- 5:00	MFA conference - McCormick Convention Center conference
Nov. 15-16	Las Vegas, NV	11:00- 5:00	ACSM conference - Tropicana Hotel and Casino

Medical Health and Fitness will have a face lift in the coming months. We are re-designing our web site to include new graphics along with our new products. Look over our prices for our current site, as some may change in the future. For any questions regarding our content - email at edurak@medhealthfit.com, or call **805-692-9929**.



Web Site Changes

