



DR LORI PUSKAR

1178 NE Cleveland Street – Clearwater, FL 33755
chat@drloripuskar.com Call/Text: 727.304.2592 www.drloripuskar.com

HELLO MY AMAZING PATIENT!

For more than thirty years, it has been my honor to walk closely with you through complex health journeys. That level of care requires time, depth, and true partnership. Moving forward, after much thought and reflection, I want to share an important transition with you.

I am officially entering my season of semi-retirement.

If you wish to continue working directly with me, you absolutely may. I will be focusing exclusively on patients who are committed to comprehensive wellness packages. My care will now be reserved for those enrolled in my structured Wellness Journey. These packages allow me to give you the depth, attention, and oversight that real transformation requires.

If you prefer to continue with the individual or a la carte visits, I am truly excited to introduce your solution.

My new associate is Samuel Zeiler, MS, CNC, CCPA,
and he is now seeing patients in the practice.
(See flyer on page 2 of this letter)



Sam is exceptional. He is intelligent beyond words, brings decades of experience in clinical nutrition and wellness counseling, and he has a calm, steady, incredibly nurturing presence. In many ways, he may be even more, caring, and tender in his approach than I am. He has a gentlemanly, reassuring manner, a thoughtful mind, and a way of making patients feel safe, heard, and deeply cared for.

In addition, Sam's fees are intentionally structured to be significantly more accessible, in many cases up to 50 percent lower than my current rates. This allows patients who want consistent guidance, steady oversight, and professional support to continue their care in a way that feels financially manageable, without compromising quality or attention.

He works beautifully with men, with families, and with those who want structured, practical guidance without overwhelm. His care is measurable, organized, and rooted in long term wellness rather than quick fixes.

I would not place him in this practice if I did not trust him completely with your care.

This transition allows me to serve at a higher level within my programs while ensuring that every patient continues to receive thoughtful, loving, professional support.

If you have questions about which path is right for you, simply reach out. We will guide you.

Thank you for your trust over the years. It has meant more to me than you know.

All my loving, professional, care,
Dr. Lori

SAMUEL ZEILER

MS, CNC, CCPA

1178 NE CLEVELAND STREET
CLEARWATER, FL 33755
727-304-2592



WELLNESS FOR THE WHOLE FAMILY. STRENGTH AT THE CENTER.

A thriving family is rarely accidental. It is intentional.

Sam Zeiler works with families who are already functioning, already busy, already successful, yet know they could feel stronger, clearer, and more connected. His focus is simple: elevate the health of the household so every member has the energy and resilience to show up well.

While Sam has a deep understanding of the unique pressures men carry, the responsibility to provide, lead, and remain steady, his help is not limited to any one person in the home. When one member improves, the ripple effect is powerful. When the entire family commits, the transformation is lasting.

Sam offers specialized wellness programs tailored to the individual needs of men, women, and children. Each plan is structured around real life demands, measurable health markers, daily habits, stress patterns, nutrition, movement, and recovery. Nothing generic. Nothing rushed.

Every program is designed for the individual family member in helping them be their best.

This is a supportive, guided approach for families who want to feel better, function better, and make their health a natural priority in everyday life.

The families Sam works with value accountability. They understand that meaningful change requires consistency and guided support. They are not searching for quick fixes. They are building something sustainable.

Healthy families do not happen by chance. They are built with intention.

If your goal is a healthier home, stronger relationships, better energy, and a more grounded presence in your daily life, Schedule your Free Phone Consult with Sam.

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