



Stella Maris Clinic

Metabolic Therapies For Healthful Living





Gilberto Alvarez, MD
Medical Director
Stella Maris Clinic

Maintenance.

Treatment supply will be provided upon patient's discharge. This will be designed upon patient's tolerance, blood and scans reports.

Follow Up.

Blood tests, tumor markers, scans and a brief symptom's description will be requested every 2 to 3 months. Written lab and x rays orders will be provided upon patient's discharge. Most countries honor these requests. This information can be sent out by e mail, fax or regular mail.

Booster Treatments.

It is strongly recommended patients to return to the clinic in 3 to 6 months period for booster treatments and evaluation.

We encourage you to follow these recommendations; they will determine the effectiveness of your at home maintenance treatment program.

- a.- Maintain a positive mental attitude.*
- b.- Follow your supplement schedule and medical instructions.*
- c.- Remain within the diet regimen.*
- d.- Daily walking, exercising and/or meditation is strongly recommended, depending upon your physical condition.*

Hoping you have accomplished your goals through our integral health care program and that your stay with us had been the most pleasant.

Sincerely,

Gilberto Alvarez, M.D.

Medical Director, Stella Maris Clinic



Welcome To *Stella Maris Clinic*

Thank you for providing us an opportunity in participating in your treatment care. We understand that traveling away from home to receive Integral Health Care might appear as a challenging situation. Nevertheless, we are committed in assisting you to make things easier.

Our staff will be offering you any type of assistance in order to complete this process as effortless as possible, and be able to focus on what really matters, your well-being.

Upon arrival, our driver will be meeting you at the San Diego Airport, providing you with the shuttle service into the Hotel where you had already made reservations. Once you register at the Hotel, be sure to sign in for the 9:00 am daily shuttle service pick up from the hotel into the Clinic.



On your first day at the clinic, be sure to remain fasting. No food is allowed after 10:00 pm on the night before. Water can be taken. Blood withdrawn will be required for laboratory testing.

A complete medical evaluation will be made upon your first day at the clinic, where blood tumor markers, complete blood count and comprehensive metabolic panel will be made.

Daily Breakfast will be provided at the Clinic, followed by vegetable juices and fresh fruit. Vegetables and salads are recommended while at the hotel. Fish or poultry are allowed once or twice a week.

Nutritionist lectures will be provided at the clinic.



Frequently Asked Questions at Stella Maris Clinic

Can I legally cross the border back into the US from Mexico with my medicine?

Yes. You will be leaving the clinic with a 3 to 6 month supply of your medications. These are for your use, and you will have written instructions from your doctor. This is perfectly legal.

Can a member of my family or a friend accompany me to your clinic?

Yes. We are happy to help you arrange for one companion at a time to stay with you during your treatments.

What do I do on leaving the clinic?

Before you leave the clinic, please make it your business to meet with your doctor and have time to discuss your medication, treatment and supplements. Please write down questions for your doctor, the nutritionist and the business office. Talk to each one before leaving the clinic and be sure everything has been well-understood. After returning home, you may reach your doctor at the following number or by email 1-619-405-5199; info@stellamarisclinic.com. We are on call 24 hours, 7 days a week to assist you.

Is water safe for drinking?

Drinking tap water is not recommended but bottle water. Bottled water is used in food processing at the clinic and hotel.

What to do in case of emergency?

If you are staying in the US notify you doctor by dialing 1-619-405-5199 or dial 911. For those patients staying on the mexican side, please dial 001-619-405-5199

Stella Maris Clinic is a fully licenced medical clinic following US sanitary standards.



Welcome to *Tijuana and nearby places.*

Tijuana is renowned as "the world's most visited border city", located on the top of the northwest of Mexico, right in the border with California. Tijuana invites you to discover and enjoy its extensive variety of attractions and activities.

Few cities are as hospitable and cordial as Tijuana and thanks to its privileged geographic location, Tijuana offers you the opportunity to visit other tourist destinations including Rosarito and Ensenada, where you will enjoy beautiful beaches, fishing, and delicious "Puerto Nuevo" style lobster, as well as many interesting and entertaining places, from world-class hotels and restaurants, nightclub shows and discotheques to such tourist attractions as bullfights, golf courses, museums, Jai Alai, greyhound races and the Cultural Center. In addition to all of that, you'll find a wealth of Mexican handicrafts, rustic style furniture at attractive rates, clothing and many imported items, including a wide assortment of European perfumes. Take advantage of Tijuana's duty free rates.

With its nearly two million inhabitants, Tijuana is now the way in to a number of resorts spread along the border as far as the Misión Del Sol in the Valle de Santo Tomas. It is a compulsory stopover on the way to the beaches and cliffs of the Californian coast, which is ideal for diving, fishing and other water sports, and the shortest way to the vineyards of Ensenada, now the center of a thriving grape growing and wine making area. It is also the closest point to the famous spa in the city of Tecate, the lunar landscape of la Rumorosa and the spectacular Sierra de Juarez as well as an ideal starting point for exploring the extensive Baja California Peninsula. Tijuana is the proud Gateway to Mexico, a city that is ready to receive you and expects you to come back again and again.

Security.

Tijuana, as any other major city, security has been a problem. Day time walking within nearby areas is safe. Nevertheless, visiting distant areas on your own, is not advisable. You may inquire for Tour Guidance at the hotel. Valuable belongings should be left at hotel safe box when going out. Night walk is not advisable.



Points of Interest

Foxploration:

One of the more interesting tour destinations in Baja California, located just an hour or less from San Diego, is Foxploration or Fox Studios Baja. This new movie theme park is three miles south of Rosarito Beach, and approximately 20 miles south of the U.S.-Mexico border.

La Bufadora

Is a marine geyser or Blowhole located on the Punta Banda Peninsula in Baja California, Mexico. The spout of marine water (occurring every minute or so to varying degrees of height) is created when ocean waves and air are drawn into an underwater cave located in the cliffside, and the trapped air and water then explode upwards. This interaction not only creates the upward-shooting spout, but a thunderous noise as well.

La Bufadora is the largest blowhole in the world, often shooting upwards more than 100 feet above sea level. The exhibit hall roof top is approximately 80 feet above sea level and the blowhole frequently sprays above it. Many see this as a beautiful place, but bring an umbrella or towel, you may get wet.

Tijuana Cultural Center

Since its founding 28 years ago, Cecut as assumed the responsibility to satisfy the cultural and artistic needs of the region's population. This is accomplished through a wide variety of services and contemporary artistic programs and cultural events. Situated in the modern and developed "Zona Rio" just five minutes from the border, Cecut has become one of the true icons of Tijuana and it is visited by 1.5 million people annually.

Valle de Guadalupe – The Ensenada wine country:

Located in the north part of the state of Baja California, the route of wine (sp. Ruta del vino) it enjoys the mediterranean weather, perfect for growing grapevines. There are just a few places in Mexico that combine these unique features: the altitude, seasons, weather, and temperature – without forgetting the love of the art of making wine.



Points of Interest

San Diego Zoo The 100-acre (40-hectares) Zoo is home to over 4,000 rare and endangered animals representing more than 800 species and subspecies, and a prominent botanical collection with more than 700,000 exotic plants. It is located just north of downtown San Diego in Balboa Park.

San Diego Zoo Safari Park The San Diego Zoo Safari Park is an expansive wildlife sanctuary that is home to more than 3,500 animals representing more than 400 species. Its renowned botanical collection represents 3,500 species and 1.5 million specimens. Over half of the Park's 1,800 acres (730 hectares) have been set aside as protected native species habitat. It is located 35 miles (56 kilometers) north of downtown San Diego in the San Pasqual Valley near Escondido, California.

Seaport Village, San Diego Combine daytime temperatures that range from the 60s to 70s most of the year, throw in great people watching and constant activity on the bay, a secure bayside path where the biggest traffic issues are the bicycle taxis carrying tourists, and you have a perfect recipe for a waterfront run or walk.

Balboa Park is a large and diverse urban park in San Diego that covers 1,200 acres. It has theatres, museums, restaurants, and gardens and is sure to be a treat for both adults and families visiting San Diego.

PETCO Park: This is an spectacular ballpark in every way, combining the best sight lines in baseball with breathtaking views of San Diego. Architecturally magnificent, it celebrates the sea, the sky, the natural beauty, cultural diversity and unique spirit of our region. Innovative design features evoke the timeless traditions of baseball in an intimate setting, with state-of-the-art fan amenities to suit every taste and budget.

Coronado Island: it is a small beach community, with an island feel. Incorporated in 1890, Coronado has a rich history and exceptional community assets in a village atmosphere

Disneyland: With two magical Theme Parks, plus one of Southern California's most spectacular entertainment, dining, and shopping districts, this is the place to celebrate! So gather with all the people who make you the happiest and come to The Place Where Dreams Come True.





Stella Maris Clinic

Metabolic Therapies For Healthful Living

U.S. Mailing Address P.O. Box 435123
San Ysidro CA 92173
(1-800) 662-1319 (619) 405-5199
info@stellamarisclinic.com
www.stellamarisclinic.com

