

PRIMARY MEDICAL



GET TO KNOW YOUR
LOCAL PHYSICIANS
THROUGH FOOD

PRIMARY MEDICAL

IN THIS ISSUE

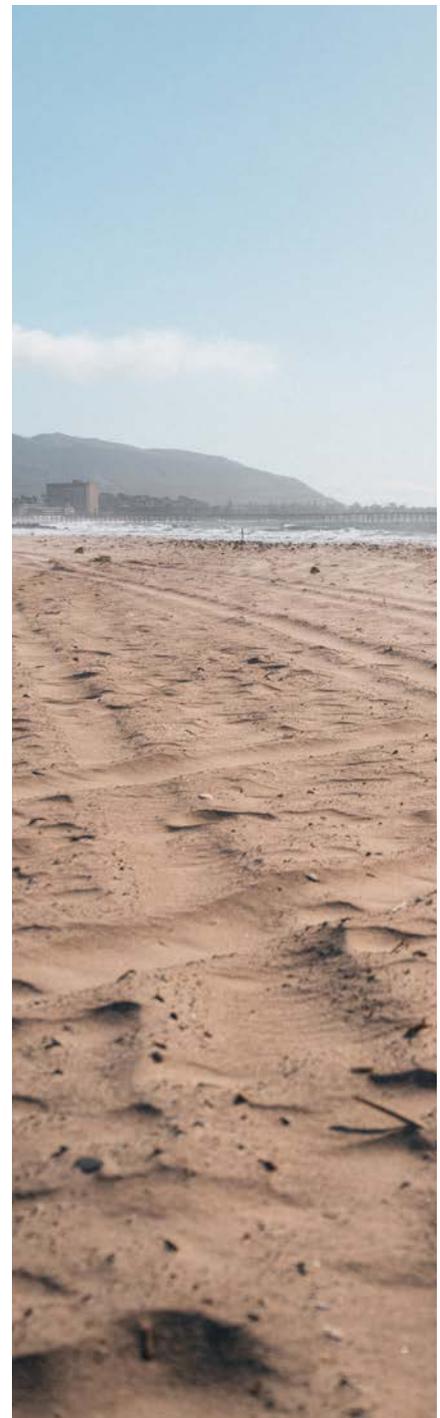
Our Locations |
About Us

04



5 Easy Steps to Join
Primary Medical
Group | Meet Our
Patient Relations
Specialists

06





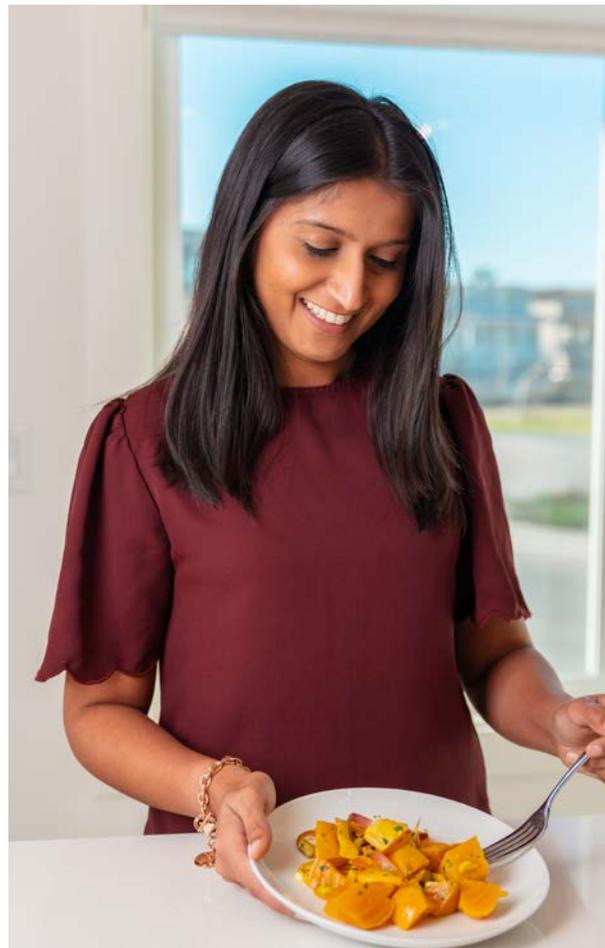
Your Local
Physicians &
Their Favorite
Foods | Healthy
Recipes

08



Become Well
Within

18



PRIMARY MEDICAL



OUR LOCATIONS



WEST TELEGRAPH

2953 Telegraph Rd.
Ventura, CA 93003
(805) 652 - 5252



JOHNSON

2772 Johnson Dr. #200
Ventura, CA 93003
(805) 642 - 1430



SOUTH GARDEN STREET

26 South Garden St. Suite I
Ventura, CA 93001
(805) 507 - 2225

ABOUT US

We are family physicians serving Ventura County with the highest quality of care. We also have Internal Medicine, Pediatrics, and Endocrinology here at Primary Medical Group. Our goal is to approach medicine differently by offering more cohesive care and education that extends beyond the four walls of the exam room. We

do not just make suggestions and write prescriptions, we have taken steps to improve the health of our patients. Our family physicians have developed educational content that empowers their community to make healthy lifestyle changes. We pride ourselves on providing resources that make our community healthier and happier.



**EAST
TELEGRAPH**

10885 Telegraph Rd.
Ventura, CA 93004
(805) 647 - 7704



LOMBARD

1751 Lombard Suite A
Oxnard, CA 93030
(805) 981 - 9111



CAMARILLO

888 W. Ventura Blvd. Suite A
Camarillo, CA 93010
(805) 383 - 7701



**SANTA
PAULA**

570 W. Main Street
Santa Paula, CA 93060
(805) 507 - 2242



EASY STEPS TO JOIN PRIMARY MEDICAL GROUP

- 1** CHOOSE THE DOCTOR & OFFICE you would like to see (ie. Dr. Elizabeth Alaimo at PMG in Ventura).
- 2** LOCATE YOUR INSURANCE CARD and call the Customer Service phone number on the back of the card.
- 3** LET THE REPRESENTATIVE KNOW the doctor you would like to switch to and tell them the doctor is with SEAVIEW IPA.
- 4** ASK THE REPRESENTATIVE when you will be effective with the new doctor (most likely the 1st day of the following month).
- 5** CALL THE OFFICE to make an appointment! Let them know you would like to establish care with us after your effective date.

WE ACCEPT MOST MAJOR INSURANCES

- SCAN
- HUMANA
- UNITED HEALTHCARE
- ALIGNMENT HEALTH PLAN
- BLUE SHIELD
- WELLCARE
- ANTHEM BLUE CROSS



IF YOU HAVE **MEDICARE SUPPLEMENT | PPO | TRICARE FOR LIFE**

All you have to do is call the Primary Medical office you would like to see and make an appointment.

IF YOU HAVE **MEDICARE ADVANTAGE | HMO INSURANCE**

You can follow the steps above or just call our Patient Relations and they can help you with everything!



MEET OUR PATIENT RELATIONS SPECIALISTS

Did you know you don't have to wait until open enrollment to switch your doctor? It's TRUE! You can change doctors at any point during the year. At Primary Medical Group, we want to do all we can to make the transition to a new doctor as seamless as possible. Our dedicated Patient Relations Specialists can help you become a patient of PMG and find the doctor that best fits your needs. When you become a patient, they are here to serve YOU - our senior community - and be available for insurance based questions throughout the duration of your care. They have direct phone lines, so no waiting on hold to reach them. If you have any questions about your medical care or need assistance, give them a call at (805) 702-8337.

JACOB WEST, MD

FAMILY PHYSICIAN

SAUNTA PAULA OFFICE



WHAT WAS YOUR FAVORITE FOOD GROWING UP? WAS THERE A SPECIAL DISH YOU HAD THAT BRINGS BACK FUN MEMORIES?

One of my favorite dishes growing up was taco soup that my mom would make. The simple dish calls for ground turkey, beans, and salsa. Garnished with cilantro, cheese, tortilla chips and onions, taco soup provides a mix of proteins and antioxidants that support the heart and digestive system. It brings back fond memories from my childhood. We would often have it in the winter after going skiing.

WHAT IS YOUR GO-TO HEALTHY MEAL NOW?

My go-to healthy meal is my wife's spaghetti that I love. Traditional noodles are substituted with zucchini noodles (comedically called "zoodles") with homemade sauce, lots of chunky tomatoes and spices, and lean ground turkey to improve the health of the meal. We often have a little bit of

homemade sourdough bread with roasted garlic spread to go with it.

WHY IS IT IMPORTANT FOR YOU AS A PROVIDER TO PRIORITIZE HEALTHY EATING IN YOUR DAY TO DAY?

Eating healthy gives me the fuel that I need to make it through the day. I feel like I have more energy and I can think better after I eat a healthy meal. It takes time to prepare good food, but I think it is definitely worth it. It is important to me as a doctor to try my best to practice what I preach to my patients.

DO YOU FOLLOW ANY SPECIFIC DIET/ EATING HABITS YOU TRY AND STICK TO?

I always try to eat 3 balanced meals a day with vegetables, fruit, lean protein (usually meat) and minimal carbohydrates. I try to avoid late night snacking before bed. I am a big fan of having occasional cheat days and treating yourself to a special meal or desert occasionally.

WHAT IS YOUR GUILTY PLEASURE FOOD YOU LOVE TO ENJOY WHEN YOU CHEAT A LITTLE?

I love dark chocolate peanut butter cups from Trader Joes. I also love McConnell's ice cream. My wife makes really good sweet potato cookies that are my favorite. Every once in a while I enjoy a nice steak.



TACO SOUP

10 SERVINGS

INGREDIENTS

- 1 **tsp** Olive oil
- 1 **lb** Ground turkey
- 1 **c** Onion chopped (1 medium onion)
- ½ **tbsp** Garlic minced (about 4 cloves)
- 1 **14 oz** Can diced tomatoes
- 1 Jalapeno, seeded and finely chopped (optional)
- 1 Bell pepper
- 1 **quart** Chicken broth low or no salt
- 1 **tsp** Cayenne pepper
- ½ **tsp** Black pepper
- 1 **tsp** Cumin
- 1 **14 oz** Can black beans drained & rinsed
- 1 **14 oz** Can pinto beans drained & rinsed
- 1 **14 oz** Can corn drained & rinsed

TOPPINGS

- Avocado
- Sour cream
- Tortilla chips
- Shredded mexican cheese
- Cilantro
- Limes

INSTRUCTIONS

Step 1 Heat a large pot over medium-high heat drizzle lightly with oil.

Step 2 Add ground turkey in along with chopped onion, crumbling and stirring occasionally until browned. Add jalapeno (optional) and garlic and sauté 1 minute longer.

Step 3 Drain excess fat from turkey mixture.

Step 4 Stir in tomatoes, bell pepper, chicken broth, cumin, cayenne pepper, plus salt and black pepper to taste. Cover pot with lid and simmer 30 minutes, stirring occasionally.

Step 5 Add in corn, black beans and pinto beans and cook until heated through. Add 1/2 cup water to thin soup if desired. Stir in cilantro and lime if desired.

Step 6 Serve warm finished with desired toppings.





ELIZABETH ALAIMO, DO

FAMILY PHYSICIAN

 EAST TELEGRAPH OFFICE

WHAT WAS YOUR FAVORITE FOOD GROWING UP? WAS THERE A SPECIAL DISH YOU HAD THAT BRINGS BACK FUN MEMORIES?

My mom's homemade spaghetti and meatballs. My mom makes the best meatballs and occasionally we would make our homemade sauce and pasta. I loved being able to help her make everything from scratch and spend that quality time with her. I still pull out this recipe from time to time, it's a great reminder of my mom and my childhood.

WHAT IS YOUR GO-TO HEALTHY MEAL NOW?

Typically, I like to go for roasted veggies and quinoa, its super quick and easy, plus its great for meal prepping. You can make single servings or large batches easily. The quinoa adds a bit of substance to help keep me satiated throughout the day. Sometimes I'll add some grilled chicken breast for protein.



WHY IS IT IMPORTANT FOR YOU AS A PROVIDER TO PRIORITIZE HEALTHY EATING IN YOUR DAY TO DAY?

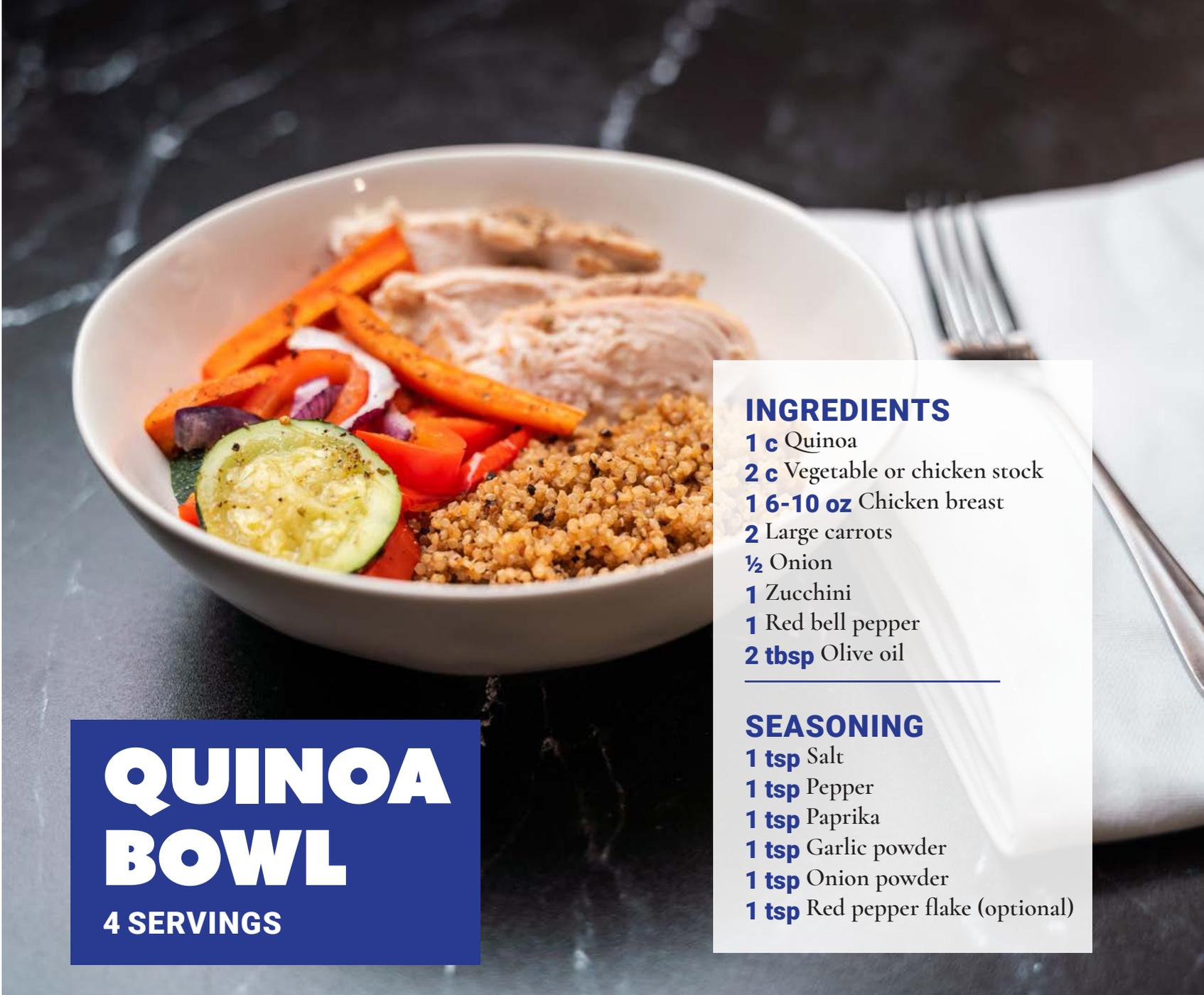
I not only enjoy eating healthy, but I want to set a good example for my patients as well. Nourishing our bodies is so important. If you're eating poorly, you're going to feel it. When I'm working, it's crucial that I feel my best so I can provide the best care for my patients. Eating sugary foods and high amounts of carbs can cause fatigue and brain fog. I don't want to feel rundown and sluggish, so I try to avoid unhealthier foods.

DO YOU FOLLOW ANY SPECIFIC DIET/ EATING HABITS YOU TRY AND STICK TO?

I don't think diets are sustainable. I believe in moderation and balance when it comes to meal planning. I rarely eat out and make most of my meals using local produce. If you can get in the habit of cooking at home and meal-prepping, it will do wonders for your health. It's so easy to get off work and stop by a drive thru, but when I know I have healthy food waiting for me back at home, it helps influence me to make those healthier food choices.

WHAT IS YOUR GUILTY PLEASURE FOOD YOU LOVE TO ENJOY WHEN YOU CHEAT A LITTLE?

Cheeseburger and fries. Obviously, this can't be an every-day food, but sometimes you need a little guilty pleasure after a long workweek. Sometimes I'll even go for a healthier variation and grill up a leaner beef or ground turkey and roast some sweet potato fries, but let's face it, nothing beats the original. Sometimes you just need a good burger.



QUINOA BOWL

4 SERVINGS

INGREDIENTS

- 1 c Quinoa
- 2 c Vegetable or chicken stock
- 1 6-10 oz Chicken breast
- 2 Large carrots
- ½ Onion
- 1 Zucchini
- 1 Red bell pepper
- 2 tbsp Olive oil

SEASONING

- 1 tsp Salt
- 1 tsp Pepper
- 1 tsp Paprika
- 1 tsp Garlic powder
- 1 tsp Onion powder
- 1 tsp Red pepper flake (optional)

INSTRUCTIONS

STEP 1 Pour rinsed quinoa and stock of choice in a medium saucepan that has a tight fitting lid. Bring to a boil. Once the quinoa has begun to boil, reduce to a simmer, cover and cook for 25 minutes or until all liquid has evaporated. Remove from heat and let stand for 5 minutes. Fluff with fork and set aside.

STEP 2 While the quinoa simmers, cut veggies and preheat oven to 450°.

STEP 3 Place chicken breast and veggies

on separate oven-safe tray. Drizzle olive oil, coating the chicken breast and veggies. Add seasonings to both.

STEP 4 Bake the veggies and chicken for about 15-20 minutes. Use an instant-read thermometer to know when the chicken is done. The thickest part of the chicken breast should be 165°.

STEP 5 Once cooked through, allow the chicken to rest about 5 minutes before cutting.

STEP 6 Assemble your quinoa bowls.

MANA LAZZAROTTO, DO

FAMILY PHYSICIAN

📍 JOHNSON OFFICE



WHAT WAS YOUR FAVORITE FOOD GROWING UP? WAS THERE A SPECIAL DISH YOU HAD THAT BRINGS BACK FUN MEMORIES?

I've always enjoyed Thai food since age 8 – a classic Pad Thai was one of my favorites with Thai iced tea. Thai food tends to have a healthy balance of proteins, fats, and carbohydrates depending on the meat and vegetables in the dish. Thai iced tea can be an excellent substitute for coffee along with a good source of potassium and magnesium. Still enjoy going with my husband, children, best friend, and mother.

WHAT IS YOUR GO-TO HEALTHY MEAL NOW?

My go-to healthy food is Sushi! From salmon, tuna, eel, and even eggs, Sushi has a wide variety of health opportunities. Sushi is prepared with white rice which supports bones, nerves, and muscles, along with digestive health.

WHY IS IT IMPORTANT FOR YOU AS A PROVIDER TO PRIORITIZE HEALTHY EATING IN YOUR DAY TO DAY?

I prioritize overall health and longevity as a provider. Being able to do fun activities with my family is important to me, and I would never want my health holding me back from doing so.

DO YOU FOLLOW ANY SPECIFIC DIET/ EATING HABITS YOU TRY AND STICK TO?

I try to limit red meat but will indulge in a steak or Persian kabob when the opportunity arises. I try to eat more seafood as a protein source and have plant-based meals.

WHAT IS YOUR GUILTY PLEASURE FOOD YOU LOVE TO ENJOY WHEN YOU CHEAT A LITTLE?

Chocolate chip cookies are my guilty pleasure food.



INGREDIENTS

- 8 oz** Flat rice noodles
- 1 ½ tbsp** Oil
- 3** Garlic cloves, finely minced
- ½** Onion, diced
- 8 oz** Chicken breasts, cut into bite sized pieces
- Shrimp (optional)
- 2** Eggs, beaten
- 1 c** Bean sprouts
- 1** Red bell pepper, thinly sliced
- Sugar snap peas
- 3** Green onions, chopped
- ½ c** Peanuts, crushed
- 2** Limes, cut into wedges
- ½ c** Fresh cilantro, chopped
- ½ c** Basil, chopped
- Thai chili

SAUCE

- 3 tbsp** Fish sauce
- 2 tbsp** Light soy sauce
- ¼ c** Brown sugar
- 2 tbsp** Rice vinegar
- 1 tbsp** Sriracha
- 2 tbsp** Creamy peanut butter

PAD THAI

10 SERVINGS



INSTRUCTIONS

STEP 1 Cook the rice noodles according to package directions, drain and rinse.

STEP 2 In a small bowl, whisk fish sauce, light soy sauce, brown sugar, rice vinegar, sriracha, and creamy peanut butter. Set aside.

STEP 3 In a large saucepan over medium high heat, add olive oil, onion, thai chili and garlic. Add the chicken or shrimp and cook until done. Slide the chicken over and add the bell

pepper, snap peas. Sauté for 1-2 minutes until almost tender. Slide them to the side and add the egg and cook until scrambled.

STEP 4 Add in the noodles, sauce, bean sprouts, and peanuts. Toss until it is fully coated in the sauce and heated throughout.

STEP 5 Garnish with green onions, chopped peanuts, cilantro, basil and lime wedges.



MATTHEW WESTFALL, DO

FAMILY PHYSICIAN

📍 JOHNSON OFFICE



WHAT WAS YOUR FAVORITE FOOD GROWING UP? WAS THERE A SPECIAL DISH YOU HAD THAT BRINGS BACK FUN MEMORIES?

One favorite dish when I was younger was a special sandwich my grandfather used to make. Using fresh vegetables, many from his garden, he would make a tomato, cucumber, and radish slices sandwich. I know it sounds weird, but the collection of crisp, cool, vegetables combined with the slight spice from the radish made for a refreshing summer lunch. It was easy to add other things to it as well, such as onions, lettuce, and mustard.

WHAT IS YOUR GO-TO HEALTHY MEAL NOW?

Various seafood, probably in taco form. Easy and quick to make, can be quite variable with presentations and flavorings.

WHY IS IT IMPORTANT FOR YOU AS A PROVIDER TO PRIORITIZE HEALTHY EATING IN YOUR DAY TO DAY?

I truly feel like you should have a rainbow

of different foods in your diet. Whether that is eating with the seasons or eating differently day to day, it is optimal for your gut health to introduce a variety of foods in your diet. I try to optimize this and it always gives me a boost of energy!

DO YOU FOLLOW ANY SPECIFIC DIET/ EATING HABITS YOU TRY AND STICK TO?

I don't follow any particular diet trends perse, but in general try to incorporate as many fresh whole foods as possible.

WHAT IS YOUR GUILTY PLEASURE FOOD YOU LOVE TO ENJOY WHEN YOU CHEAT A LITTLE?

Occasionally, I get the craving for a cast iron seared steak.

VEGGIE WRAP

1 SERVING



INGREDIENTS

Whole Wheat Tortilla
Hummus
Avocado
Lettuce
Radish, thin slices
Cucumber, sliced
Tomato, sliced
Red onion, slices
Kalamata olives, thin slices
Oregano, a dash
Salt & Pepper, a dash
Red Wine Vinegar, a dash

INSTRUCTIONS

STEP 1 Spread the hummus onto half of the wrap, then spread the avocado onto the other half.

STEP 2 Layer the lettuce, radish, cucumber, tomato, onion, and olives on top.

STEP 3 Sprinkle with oregano, salt & pepper, and a dash of red wine vinegar.

STEP 6 Pick up one side of the wrap, tuck it around all ingredients, and roll it up.

STEP 7 Slice in half and enjoy!

VICTOR DUONG, DO

FAMILY PHYSICIAN

📍 LOMBARD OFFICE



WHAT WAS YOUR FAVORITE FOOD GROWING UP? WAS THERE A SPECIAL DISH YOU HAD THAT BRINGS BACK FUN MEMORIES?

My favorite food growing up was Pho, a very nutritious Vietnamese dish! Prepared with rice noodles and beef bone stock, it serves as an excellent boost to one's immune and digestive system, along with bone and joint health.



WHAT IS YOUR GO-TO HEALTHY MEAL NOW?

Oatmeal, blueberries, peanut butter, and granola is my go-to healthy meal. Oatmeal is highly beneficial in reducing blood sugar and improving cholesterol levels. Blueberries, like oatmeal, are high in antioxidants. Peanut butter and granola are high in protein, making them a great addition to the meal.

WHY IS IT IMPORTANT FOR YOU AS A PROVIDER TO PRIORITIZE HEALTHY EATING IN YOUR DAY TO DAY?

It is vital for me as a health provider to practice what I preach and prioritize healthy eating. I have seen what an excess of less nutritious foods can do to the body long term. Making sure I eat healthy food daily makes me feel better and more energized overall.

DO YOU FOLLOW ANY SPECIFIC DIET/ EATING HABITS YOU TRY AND STICK TO?

One specific diet I stick to is Intermittent fasting Monday through Friday. I give myself weekends as an opportunity to loosen up a bit, but consistency is key.

WHAT IS YOUR GUILTY PLEASURE FOOD YOU LOVE TO ENJOY WHEN YOU CHEAT A LITTLE?

When I cheat a little, I enjoy starchy foods such as French fries and potato chips. I also love breakfast burritos and chicken wings.



OVERNIGHT OATS 1 SERVING

INGREDIENTS

- $\frac{1}{2}$ c Rolled oats
- $\frac{1}{2}$ tbsp Chia seeds
- $\frac{1}{2}$ c Almond milk
- 1 tbsp** Honey (optional)

TOPPINGS

- $\frac{1}{4}$ c Granola
- 1 tbsp** Peanut butter
- Blueberries

INSTRUCTIONS

STEP 1 Add your oats and chia seeds to a small jar or bowl.

STEP 2 Mix with a spoon. Then pour almond milk and honey on top.

STEP 3 Give the mixture a good stir. Cover and chill in the fridge for at least 2 hours or overnight. This will allow the oats to soak and soften.

STEP 4 In the morning, just grab one of the jars, add your toppings and enjoy it at home or on-the-go.



EAT • LEARN • MOVE



Become WELL WITHIN

Welcome to Well Within, formerly known as Choose Health. Well Within is an online educational library created to educate our patients and community on how to live a health-focused lifestyle.

Health is at the forefront of our minds constantly, whether that be through getting enough steps in the day, making healthy food choices, or moving our bodies. There is so much information on the internet on how to stay healthy, but very few articles are created by doctors for patients.

becomewellwithin.com





That is where Well Within comes in. We have educational courses created by local professionals and our primary care physicians, teaching how to truly become well within.



Well Within features many of our providers, but more importantly it is about creating a healthier you.

Here is the exciting part! All this content is completely **FREE** to our patients and community.





WANT TO MEET YOUR DOCTOR BEFORE SWITCHING?

We want you to be 100% comfortable with the doctor you choose. Meet our doctors before you join!

CALL TODAY TO LEARN
MORE ABOUT OUR
UPCOMING MEET THE
DOCTOR EVENTS!

(805) 702-8337

PRIMARY MEDICAL