



# 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 Blood withdrawn will be required for laboratory testing.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.

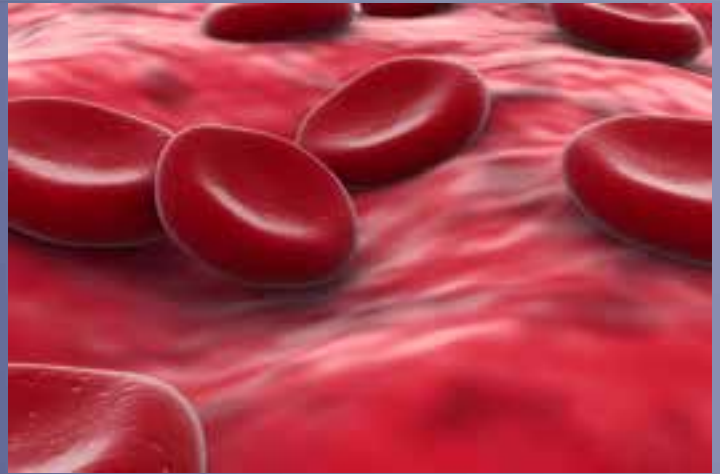
Daily Breakfast will be provided at the Clinic, followed by vegetable juices and fresh fruit. Vegetables and salads are recommended while at the hotel. Fish or poultry are allowed once or twice a week.

Nutritionist lectures will be provided at the clinic.





Our therapy is provided in four different stages, allowing us to target specific response.



### **Cellular Level Stabilization**

Balancing the cell functions for a better performing digestive, respiratory, lymphatic and circulatory systems.

### **Decreasing Tumor Cell Resistance**

Changing the tumor proteins from body own to body foreign, allowing the tumor to be recognized by the body's own immune system.

### **Biologic Cancer Weapons**

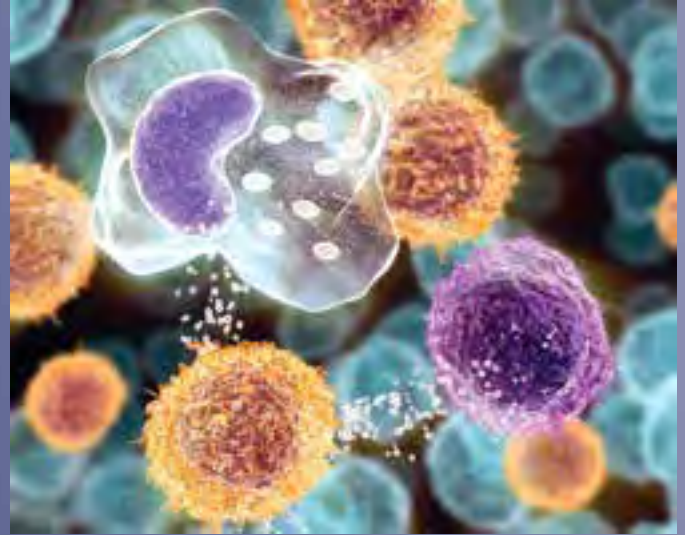
Inhibits tumor growth. Induces production of interferon. Stops progression of carcinogenic N-nitrose compounds.

### **Promoting Immune Response**

The immune system is an intricate biological infrastructure that distinguishes self from non-self (microorganisms, toxins, transplanted tissue and cancer cells.)



## Cellular Level Stabilization



Enhancing the cell for a better functioning:

- Digestive System
- Respiratory System
- Lymphatic System
- Circulatory System



## Tumor Cell Resistance



- DNA Mutation
- Protein Coat (Sialic Acid)
- If we can stimulate immune response and decrease the tumor cell resistance we can effectively attack cancer cells.



# Detoxification

Toxins enter the body from various sources like our environment, food, contaminated water, medical treatments like chemotherapy and radiation.

Caffeine stimulation of bile secretion is an important part of detoxification:

- Restores the alkaline condition of the small intestine.
- Improves the absorption of enzymes, vitamins, and nutrients.





# OPTIMIZING the intestinal absorption

- Aminoacids.
- Enzymes
- Vitamins
- Nutrients





## Antioxidants

- Vitamins A, C, E.
- IP6 (Inositol)
- Selenium
- Beta Carotenes
- Oxygen Therapy:
  - I.V. Ozone
  - Hiperbaric Therapy
- Alpha Lipoic Acid



# Ozone Therapy

- **DEACTIVATION** of bacteria, virus and fungi.
- Enhancement of **CIRCULATION**
- Stimulation of **OXYGEN METABOLISM.**
- **IMMUNE SYSTEM** enhancer



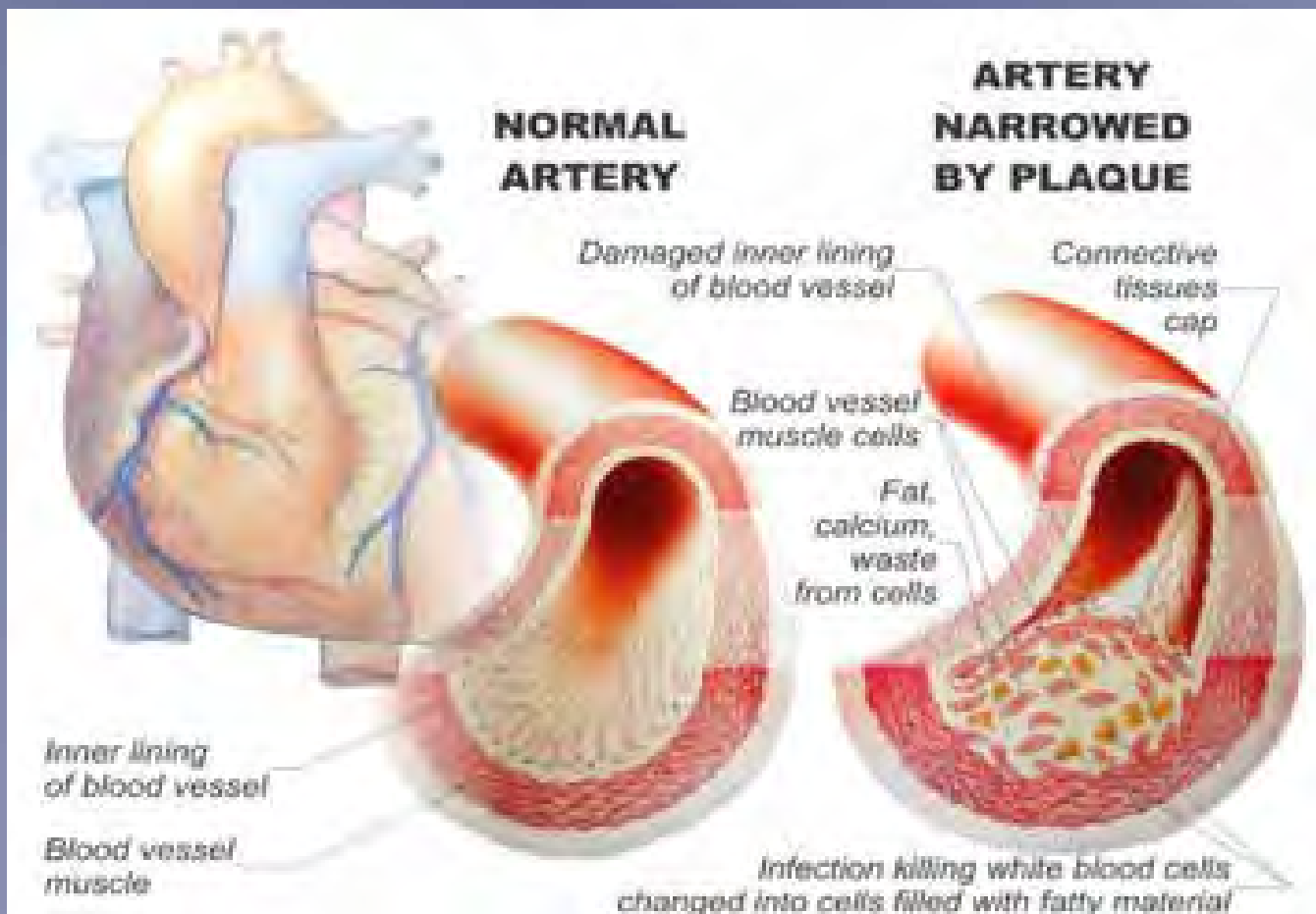
# Hyperbaric Oxygen Therapy

Using a Hyperbaric Chamber (which is designed to increase blood oxygen levels and is proven to work in this way with a number of illnesses), will overcome one of the main influences of cancer: Namely, that cancer exists in a low-oxygen environment and plentiful oxygen can kill it off. HBOT has also been shown to significantly reduce inflammation in the body and this can be a precursor to cancer.



# Chelation Therapy

- It cleans the arterial circulatory system from calcium deposits.
- Enhances the oxygen transport into cells.
- Sodium alginate.
- DMSO
- EDTA





## Nutritional Support

The body's own arsenal of enzymes is used by limiting the amount of animal protein.

By overeating animal protein, the body's own proteolytic enzymes are used up in the food instead of fighting cancer cells.



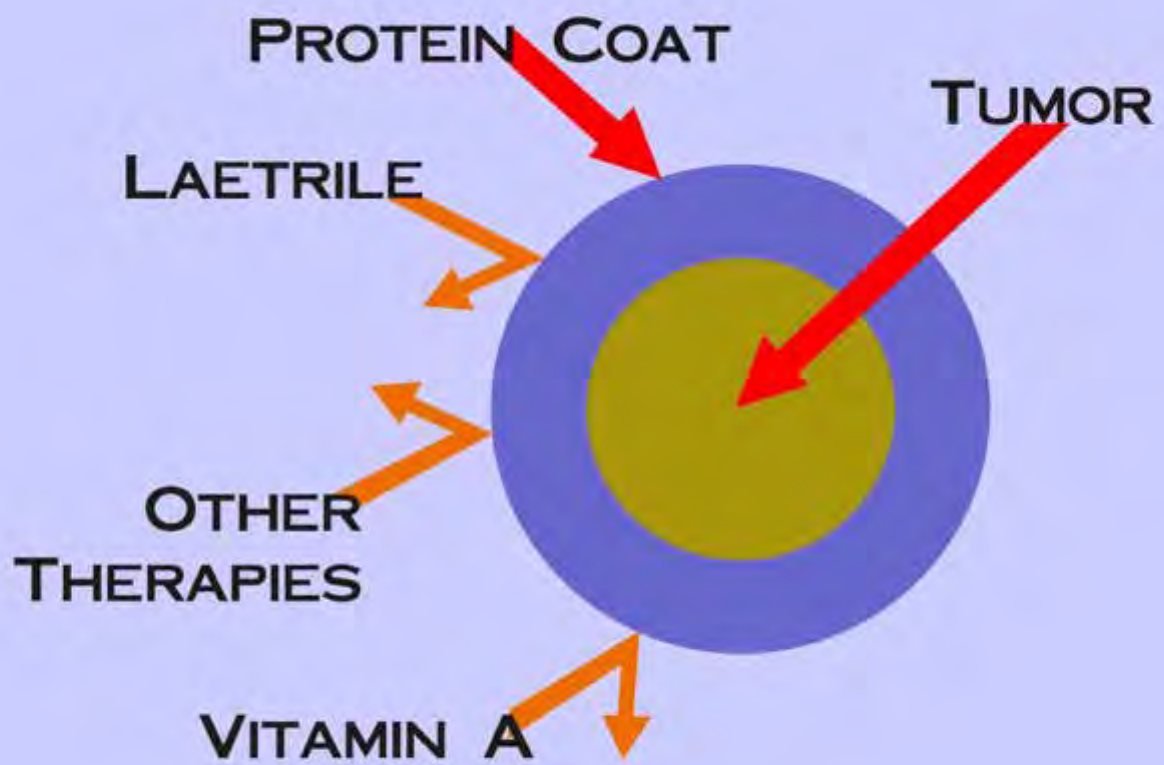
# Proteolytic Enzymes

Cancer cells are surrounded by a type of protein coating that is destroyed by proteolytic enzymes.

Enzymes are more important than vitamins and minerals for general health. Without enzymes, vitamins and minerals are useless. Enzymes are catalysts for metabolic processes and digestion. A catalyst initiates a chemical process without being part of the resultant product.

Proteolytic enzymes or protease can be used, in part, to digest complete proteins that are in meat. Yet, outside of meals, they have been harnessed for a multitude of healing processes, sometimes exclusively and sometimes in conjunction with other therapies. When not used for digestion in the small intestines, these enzymes are free to roam through the blood stream seeking to break down hard protein, fibrin surfaces, scar tissue, granuloma, and even cancer cells' tough coatings.







## Amigdalyn (B17)

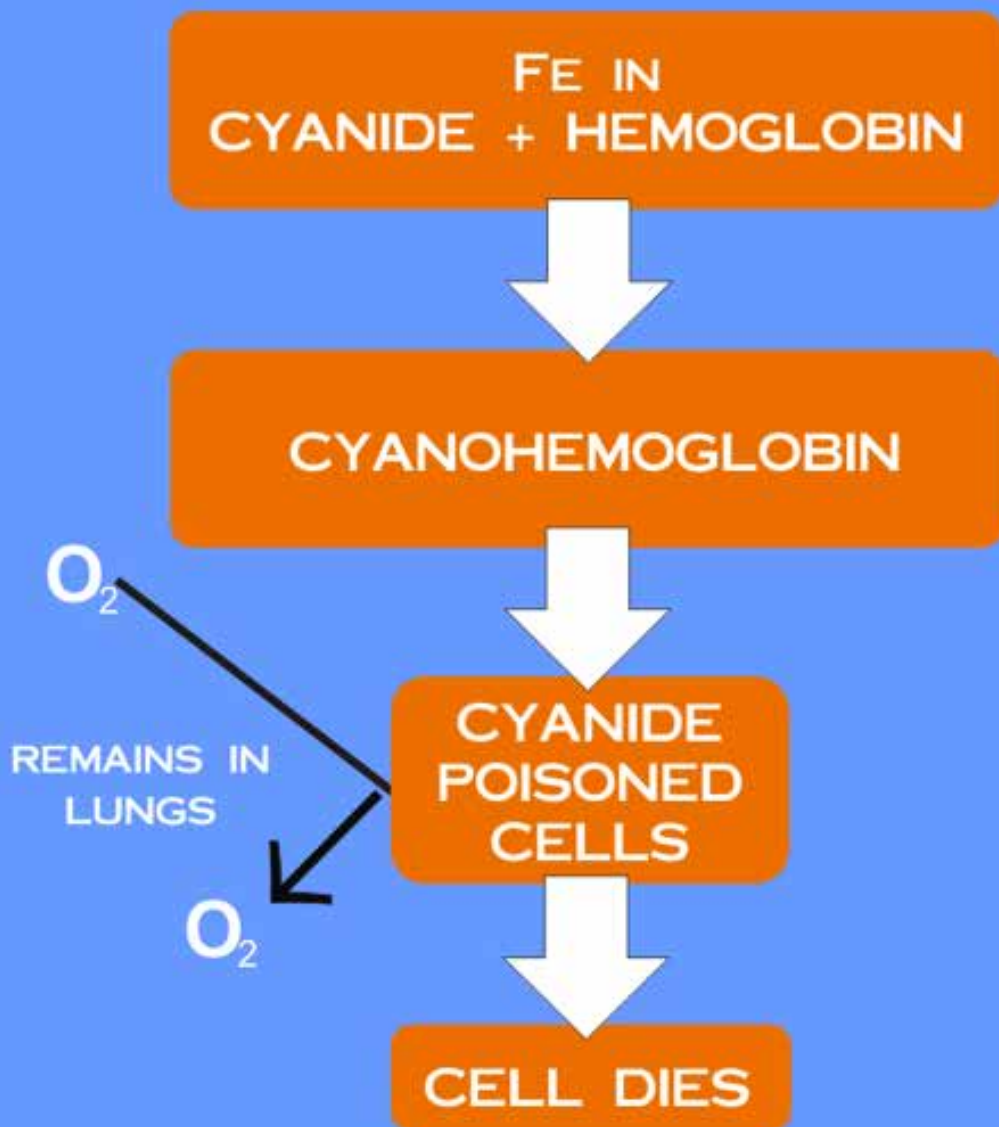
Amigdalyn is a special compound that acts directly on cancerous cells. It is extracted from the apricot kernels. The most important part of its molecular composition is hydrocyanic, an anti-cancerous compound. Beta glucosidase is an enzyme mostly present in tumor cells.

This enzyme will be breaking down the amigdalyn molecules (glucose, benzaldehyde and cyanide) triggering the action of the hydrocyanic acid (cyanide) into the cancer cell. Hence this free cyanide will be poisoning the cancer cell. Normal cells are mostly deficient on this beta glucosidase enzyme; therefore the amigdalyn will not be broken down into its molecular components.

Otherwise, normal cells contain an enzyme called rhodanese, which catalyzes the reaction and binds any free cyanide to sulfur, eventually converted to a cyanate, which is a neutral, non toxic substance passed out in the urine.





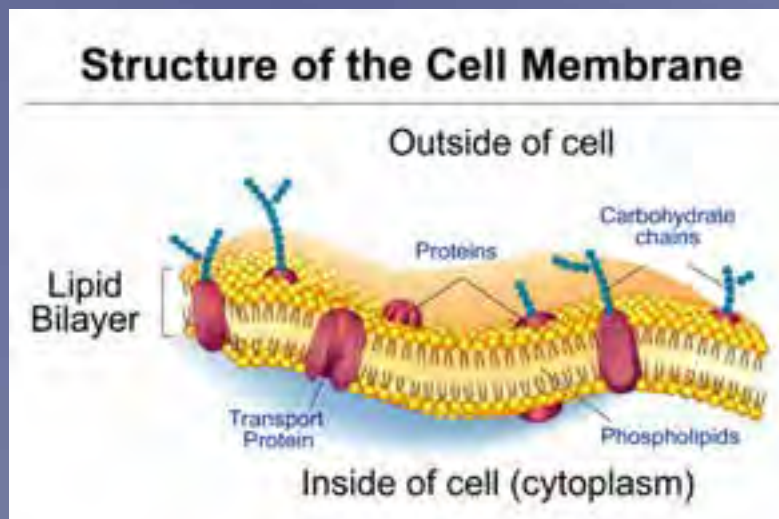


# DMSO

One of the remarkable features of DMSO is its ability to cross the membranes

Dimethyl Sulfoxide was discovered by Dr. Alexander Zaizeff in Russia, 1866 as a very potent anti inflammatory with analgesic properties. Eventually, Dr. Stanley Jacob and Dr. Herschiller in 1966 discovered the broad therapeutic spectrum of DMSO. Among them is its role as a chelating agent as well as a catalyst of the entry of compounds across the blood brain barrier.

It is also a very potent transporter. It has the ability to carry important biologic natural weapons into the cell without altering the integrity of the cellular membranes. It is administered through a slow IV drip during the patient's booster treatment. There are no side-effects with the exception of a certain transient oyster or garlic odor.



## Ascorbic Acid (Vitamin C)

Vitamin C inhibits tumor growth, helps the production of interferon, and halts the progression of carcinogenic n-nitrosous compounds. These nitrosous compounds are mostly present in food preservatives, smoked fish, bacon, etc.

They are strongly linked to stomach and colon cancer. During the patient's booster treatments at Stella Maris Clinic, mega dosages of ascorbic acid is diluted in a solution and administered through a slow intravenous drip.





# Immunomodulators

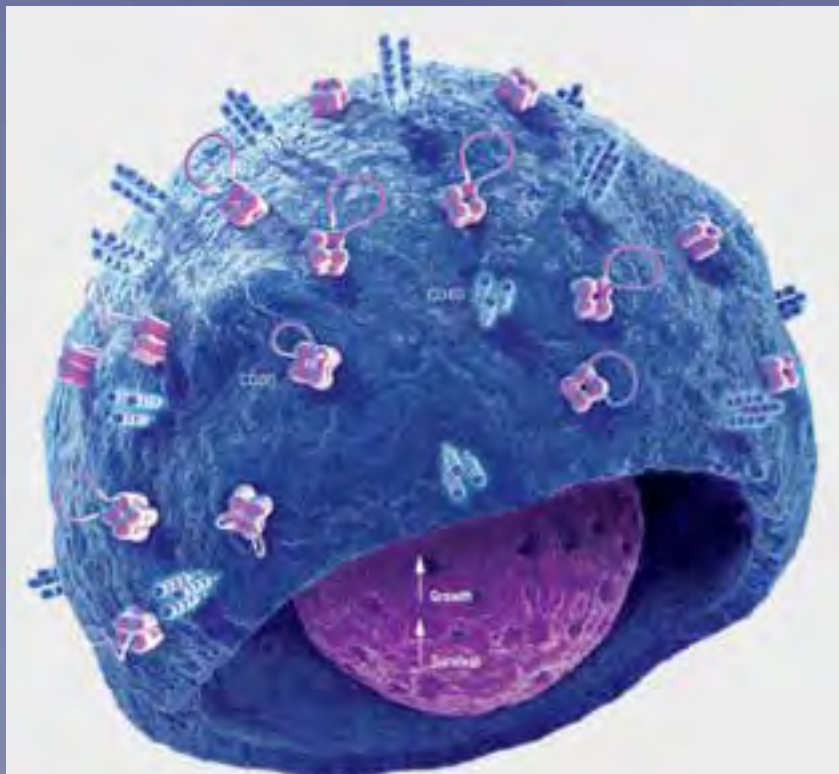
Is the combined product of several disciplines: Biology, Genetics, immunology and Pharmacology, Medicine and Nursing to mention a few.

The BRMs have the following therapeutic effect:

- Regulation and /or augmentation of the immuneresponse.
- Cytotoxic or cytostatic activity directed toward cancer cells.
- Inhibition of metastasis (cancer spreading to other sites), differentiation or maturation.
- Immune regulation and immune restoration.
- Improved tolerance of normal cells to anticancer therapy.
- Direct antitumoral effects.

Over the last two decades, medical technology has developed a group of agents whose primary site of action is the immune system. Collectively known as Biological response modifiers (BRMs), these agents now comprise the fourth type of cancer therapy. BRM therapy, also known as immunotherapy, has been widely publicized and patients in a variety of settings are asking about this new treatment modality.

The immune system is an intricate biological infrastructure that distinguishes self (the tissue and organs of the body) from nonself (microorganisms, toxins, transplanted tissues and cancer cells). Failure of the immune system to make this distinction may be responsible for autoimmune diseases (when self is recognized as nonself) and the initiation.





## Iscador (*viscum album*)

It is *Viscum album*, an European species of mistletoe.

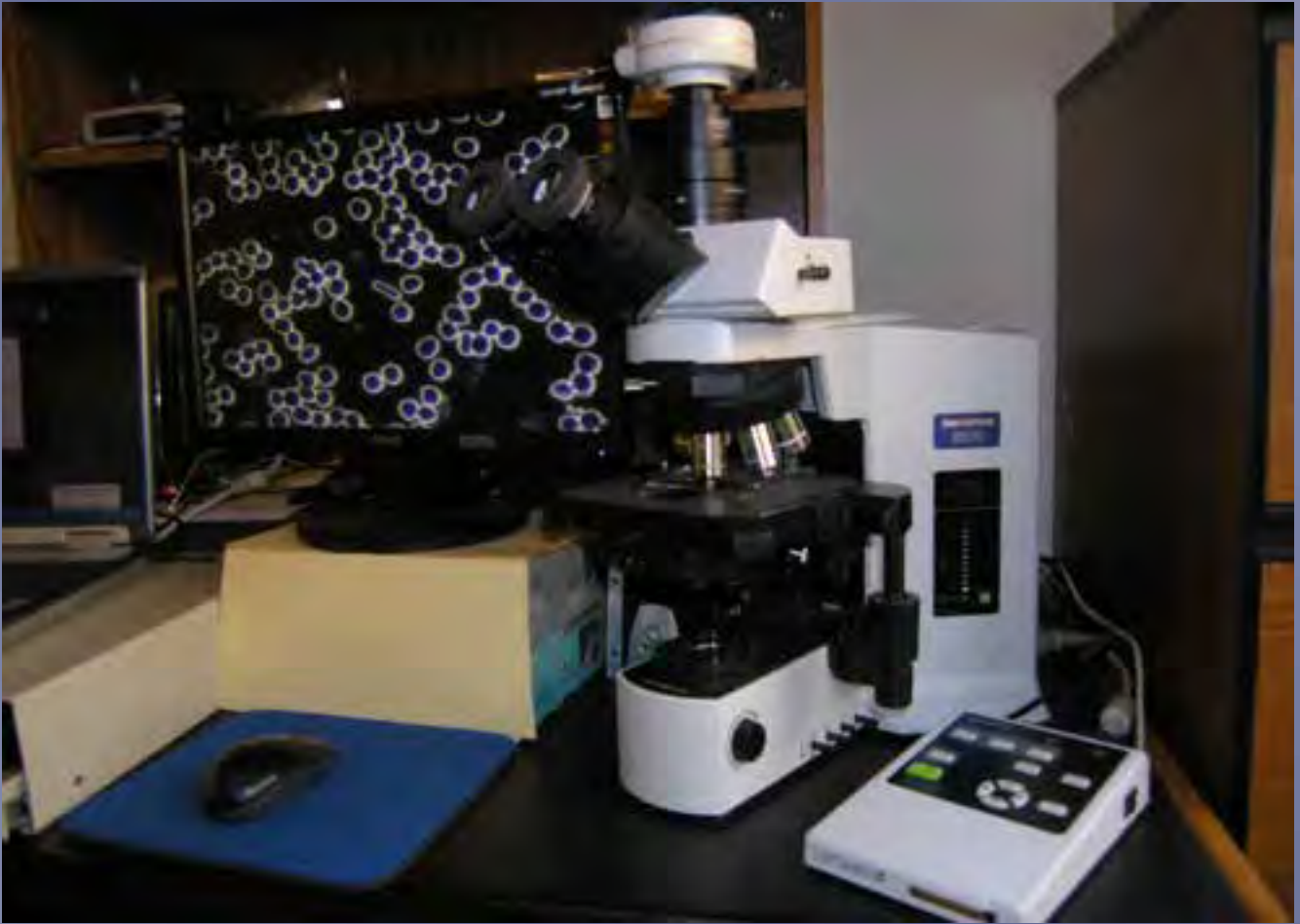
Mistletoe is a semiparasitic plant that lives symbiotically with several tree species, including oak, pine, elm, and apple.

**Viscum is a lectin that appears to:**

- Interfere with intracellular protein synthesis.
- Stimulate the production of cytokines.
- Affect the processes of metastasis and apoptosis.
- Promote reversion of cancerous cells to more differentiated forms.



# Mycoplasma interaction at the Immune System



## Autologous Vaccine

Covers the lymphocyte membranes masking its receptors, therefore depressing IR

It attaches itself to the transformed cells, masking to the present antigens therefore inhibiting its recognition by the IS



# Autologous Vaccine

**Mycoplasma may alter different cell functions:**

- Suppresses the lymphoid cell functioning.
- Suppresses the macrophages and phagocytes activity.
- Induces toxicity on lymphocytes.
- Activates NK cells.
- Induces the production of alpha & gamma interferon





## Insulin Potentiation Therapy

**IPT is insulin potentiation therapy**, a non-diabetic use of the hormone insulin to dramatically improve effectiveness and delivery of standard medications.



# Hyperthermia

**Destroying tumor cell resistance.** WBH, 37-42 C, Changing the tumor proteins from body own to body foreign, allowing the tumor to be recognized from the body's own immune system.

- Accelerates cell apoptosis and kills cancer cells directly.
- Inhibits growth of tumor blood vessels and metastasis.
- Enhances the effects of chemotherapy and radiotherapy
- Protects bone marrow.
- Improves the immune function.

Hyperthermia indications:

For patients with isolated metastasis

Adjuvant treatment in oncology

Malignant Lymphomas

Immunological efficiency against tumor cells

Thermal regulation, often disrupted by cancer, can be unblocked.

Infectious disease.

Chronic viral infectious.

Hepatitis C.



## Dendritic Cell Therapy

**Dendritic Cells are bone-marrow derived professional antigen presenting cells.** DC's have the ability to induce primary T-cell-dependent immune responses in-vivo and in-vitro.

This unique feature gives dendritic cells a central role in controlling immunity.

Dendritic cells are potent antigen presenting cells (APCs) that possess the ability to stimulate naïve T-cells. They comprise a system of leukocytes widely distributed in all tissues, especially in those that provide an environmental interface.



## Achievements through biologic therapies

- Life quality.
- Stabilizing tumor growth.
- Keeping Cancer cells from metastases.
- Reincorporating to everyday life.
- Avoiding toxic therapies.





## Lodging near Stella Maris Clinic.

We encourage patients to travel over the weekend, arriving at the clinic Monday early morning on a fasting condition. Clinic services are provided from 9:00 am until 3:00 pm from Monday thru Friday, leaving weekends for body rest.

Lodging in Tijuana is ideally located near Stella Maris at the different places: Patients can walk only a few blocks from the clinic to the hotel. **Shuttle service is available with no extra cost.** These hotels are immaculately maintained. Stella Maris patients receive a 50% discount for single or double occupancy. You have the option of eating in the cafe, or you can enjoy fine dining at the restaurant.

Tijuana Hotels use filtered water in beverages, ice as well as in food preparation. They provide a very restful home-away-from-home. Their easy access to the clinic saves you valuable time, energy and wear-and-tear. You don't have to be concerned with delays involved in crossing the border; instead of sitting in a van you may also enjoy comfortably resting in your lovely room.

Contact us to assist you with your reservations.

**Hotel Lucerna: Intl. Country Code + 52(664) 633-3900**

**Hotel Real Inn: Intl. Country Code + 52 (877) 764 8301**

**Grand Hotel Tijuana: Intl. Country Code + 52 (664) 681-7000**

**Hyatt Place Tijuana: Intl. Country Code + 52 (664) 900 1234**

**Hacienda Del Rio Hotel: Intl. Country Code + 52 (664) 684 8644**

**Marriott Hotel: Intl. Country Code + 52 (664) 622-6600**



## 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.



# Diet Recommendations

## Most recommended beverages:

Spring Water, Herbal teas, Fresh vegetable or fruit juices, Non Fat dairy products in limited quantities

### To be avoided:

Alcohol, cocoa, sugar, corn syrup, coffee, fruit drinks, carbonated beverages, pasteurized juices or any beverage with artificial coloring and artificial sweeteners.

## Recommended sweeteners

Stevia, maple syrup, agave syrup, honey in limited quantities.

## Most recommended grains:

Bread: Whole Rye, wheat rice, oatmeal, bran, quinoa, sprouted bread, gluten free bread, spelt amaranth.

Cereals: Oatmeal, buckwheat, cracked wheat, millet, whole cream of wheat, or flaxseed, kamut, cream of rice.

Rice: Brown rice only Pasta: Whole wheat, rice pasta.

### To be avoided:

All white bread, pastries, muffins, donuts, croissant or any white flour products, including regular pasta, processed cereals and white rice.

## Beans and legumes:

Pinto, beans kidney beans, garbanzo, lentil, split peas, black beans lima bean .

### To be avoided:

All canned soups and beans.

## Most recommended dairy products:

Non fat cottage cheese, yogurt, non fat milk occasionally white non pasteurized cheese Organic Eggs: Poached or boiled 2 -3 a week

### To be avoided:

All orange and pasteurized and aged cheeses.

## Most recommended fats:

Cold process oil such as safflower, grape seed, olive oil and flaxseed oil. ( Not recommended for cooking purposes).

Dressings : Egg less mayonnaise, organic salad dressing made with the oils above recommended .

### To be avoided:

Lard,vegetable shortening, hydrogenated margarine and all saturated fats and oils.

## Most recommended nuts:

All fresh raw :Walnuts, pine nuts, filberts pecans, pistachios, cashew, almonds, soy nuts.

### To be avoided:

Peanuts and all salted, roasted or smoke nuts.

## Most recommended meats:

Wild fresh fish such as salmon, sole, halibut, organic chicken and turkey. You can cook these broiled, baked, grilled or poached.

### To be avoided:

All farm raised fish, can tuna, beef, pork, luncheon meats, sausages as well as smoked meat.

## Most recommended fruits:

All fresh fruit, Dried fruit (unsulfured), Frozen unsweetened.

### To be avoided:

Canned fruits.



# 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.

**Foxploration:** 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 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 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.

**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.

**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

**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.

**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.

**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.





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**(Intl. code) + 52-664-634-3444**  
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