



PRIMARY MEDICAL

New Year, New Doctor!

Trusted Primary Care Since 1994

Dr. Ruelas
Family Physician

Dr. Mounts
Family Physician

**Learn more about our
Quality Senior Care!**

- More Offices Near You
- Accepting Medicare
- 1,000+ 5 Star Reviews

Call today!

805.702.8337

Why PMG?



**Trusted Primary
Care Since 1994**

7 Offices

20+ Providers

Primary Medical Group is dedicated to helping patients achieve and maintain optimal health!

**Specialize
in Senior
Healthcare**

To learn more call us!
805.702.8337

Patient Relations Team

Our senior concierge team assists incoming senior patients (65+) and remains accessible throughout your care, ready to address inquiries regarding doctor changes and insurance concerns.

More Available Appointments

Nurse Practitioners & Physician Assistants have specialized training in:

- Diagnosis and treatment
- Medical history updates
- Lab and diagnostic test orders
- Result analysis
- Treatment plans
- Patient education
- Referrals
- And more!

Medicare Experts

We have trusted local experts to guide you in choosing the right plan for your individual needs. A Broker can offer you a personalized review of the plans that you are interested in and even help you to enroll, all at no cost to you.

primarymedical.net/senior-care/



1,450+ Patient Reviews



Primary Medical Group 5 Star Reviews

Dr. Greg Ruelas

Dr. Ruelas always gives me the best care and asks questions to make sure he is covering everything.

He truly cares about his patients and provides the best care possible.

Best Primary care doctor I have ever had. EVER!

Dr. Flor Mounts

Dr. Flor Mounts was very professional and caring.

She listened to me and asked good questions.

She was able to provide me with different tests needed to understand my condition and put a plan in place to get better. I would recommend her to friends and family.

Sue Houx, FNP

Sue is amazing. When you are under her care, she makes you feel as if you are her only patient. She will find a treatment for you or refer you to someone that can better help you.

Sue is straight forward and does not take any of your health concerns lightly. SHE IS GREAT.

Interested in becoming a patient?

Did you know you can switch your doctor any time of the year?

Patient Relations Team

If you are 65 or older, our dedicated team is here to help in any way we can!

Our team can help with:

- Switching to a Rancho Family doctor
- Complications with your care
- Insurance and specialist questions
- And more!



Call our team directly!
805.702.8337

Here are some major insurances that we accept!

If you don't see your insurance please call us for assistance. 805.702.8337



We accept Medicare!

Call our Patient Relations Team, and they can help you with everything!

805.702.8337



Oxnard Office

1751 Lombard #A
Oxnard, CA 93030

Office Number
805.981.9111



Dr. Greg Ruelas
Family Physician



Dr. Flor Mounts
Family Physician



Sue Houx
Nurse Practitioner



Nicolas DeJong
Physician Assistant

Dr. Flor Mounts

Family Physician

Home State

- Southern California

Education

- UC San Diego School of Medicine

Residency

- Cascades East Family Medicine Residency, with OHSU

Hobbies

- Vegetable gardening
- Beach days
- Swing dancing

Languages

- Spanish

Approach to Medicine

Dr. Mounts' has a preventative approach to medicine. She encourages routine screenings and healthy living to maintain health and catch conditions before they become serious. She is also experienced in treating complicated chronic medical conditions.

primarymedical.net/flor-mounts/



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Interested in seeing Dr. Mounts? Call us!

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Nicolas Dejong

Physician Assistant

Hometown

- Grandview, Washington

Education

- Whitworth University in Spokane, Washington
- Loma Linda University

Languages

- Spanish

Fun Facts

- Nick worked in Division I collegiate athletics at Seattle University as an athletic trainer for one year before deciding to pursue further medical training as a Physician Assistant.
- Before starting PA school, he worked for another year in physical therapy, focusing on rehabilitation and treatment of orthopedic injuries.

Hobbies

- Spending time with his wife, extended family, and friends
- Hiking
- Sports
- Travelling

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Interested in seeing
Nicolas Dejong? Call us!

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Dr. Greg Ruelas

Family Physician

Hometown

- Ventura, CA

Education

- Bachelor of Science in Biology with an emphasis in Physiology at the University of California at Davis
- Medical training at Keck School of Medicine at the University of Southern California

Residency

- Family Medicine at the Ventura County Medical Center

Languages

- Spanish

Specialties

- Pediatrics
- Adult medicine
- Women's health
- Geriatric care

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Interested in seeing Dr. Ruelas? Call us!

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Sue Houx

Nurse Practitioner

Hometown

- Indianapolis, Indiana

Education

- Associate's degree and RN licensure from Ventura College
- Bachelor of Science in Nursing from California State University, Dominguez Hills (CSUDH)
- Master of Science in Nursing and her Family Nurse Practitioner certification from CSUDH

Hobbies

- Golf
- Water skiing
- Snowboarding
- Reading
- Spending quality time with her family

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Interested in seeing Sue Houx? Call us!

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Chicken Soup with Wild Rice

Servings
15

Prep Time
20 min

Cooking Time
45 min

Calories
769 kcal

Ingredients

1 whole chicken (3-4 lbs)
2 cups onion, chopped
1 cup carrots, chopped
1 cup celery, chopped
2 cloves garlic, minced
1 tablespoon thyme
1 tablespoon oregano
1 bay leaf
1-quart chicken stock
Water (to cover)
Salt and pepper (to taste)

For the Wild Rice:

2 cups wild rice
4 cups water
1 cup onion, diced
1 clove garlic, minced

Directions

STEP 1 Start by preparing the aromatic base of your soup. In your Instant Pot or a large soup pot, add two tablespoons of avocado oil. Once it's hot, sauté the chopped carrots, onions, celery, and minced garlic until they become fragrant and slightly tender.

STEP 2 Sprinkle in the thyme and oregano, and sauté for an additional two minutes, allowing the herbs to release their delightful flavors.

STEP 3 Place the whole chicken (preferably sourced from Primal Pastures) into the pot. Pour in the Primal Pastures chicken stock and add enough water to just cover the chicken. Toss in the bay leaf and season with a touch of cracked black pepper.

STEP 4 Seal the Instant Pot lid and set it for 35 minutes on high-pressure cooker mode. It will take around 45 minutes in total, factoring in the time it takes to pressurize and cook.

STEP 5 While the soup simmers away, it's time to prepare the wild rice. In a separate pot, heat some avocado oil. Sauté the diced onions and minced garlic until they turn translucent.

STEP 6 Add the wild rice to the pot and sauté for about a minute or two. Then, pour in the two cups of water, bring it to a boil, and reduce the heat to a simmer. Cover with a lid and cook for 20 minutes or until the wild rice is tender.

STEP 7 Once the Instant Pot is done and the pressure is released, carefully remove the chicken—it should be falling apart at this point. Shred the chicken meat and return it to the liquid. Season the soup with salt to taste.

STEP 8 To serve, take a generous portion of the cooked wild rice and place it at the bottom of your bowl. Ladle the flavorful chicken soup over the rice, and your heartwarming dish is ready to be enjoyed.

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SCAN ME



Primal Pastures

Recipe created in partnership with:
primalpastures.com

WELL WITHIN

Find full recipe video at:
becomewellwithin.com

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4 Healthy Tips for the New Year!

Tip #1

Low Impact Exercises

Our doctors agree that getting at least 30 minutes of elevated heart rate a day is the best thing you can do for your overall health. Some exercises that are low impact and are easy to do at home without any equipment are squatting in a chair, walking dogs around the block, or taking an easy 30-minute stroll around your neighborhood.

Tip #2

Strength Training

Balance and strength go hand and hand, especially as we age. Our doctors note that many of the patients they see can have significant mobility limitations, partly because of chronic illnesses, but majorly because of becoming obese as a population. They note that often, their patients think that gaining 3 pounds each year is normal, however, over ten years, that can be an extra 30 pounds of weight on your body. This can lead to lessened mobility and joint issues. Lack of muscle mass can also manifest in losing balance, falling, and not being able to get back up. Our doctors note that this is just as important for preventative medicine as any health screening. Being healthy and strong is pivotal to recovery should something happen, like an extended hospital stay, surgery, etc.

Tip #3

Sleep, Hormones, and Diet

Good sleep is essential to maintaining a healthy lifestyle. The body is designed to find homeostasis between all your hormones. Even under acute stress, the body is always looking to get to a non-stress situation and is not designed to remain under stress for too long. Thinking about what sleep truly is, it is our body recharging and trying to get to that homeostasis of hormones. As we age, the amount of sleep that we need typically changes, however, it also somehow seems to be harder to get. If you are having sleeping troubles, our doctors both encourage seeing you in the clinic to determine what underlying factors could be causing it. In many of their patients, hormonal imbalances can lead to significant sleep loss. Hormonal imbalance can often be caused by a diet high in processed carbohydrates, sugars, and preservatives. A diet filled with whole foods should not leave you tired, lethargic, and lacking motivation to move. Eating foods high in processed carbs and preservatives creates an inflammatory and stress-filled state in the body. This creates stress on the hormonal system, which can lead to poor sleep. It is a cycle that needs to be broken, ultimately with a clean diet, 30 minutes of movement a day, and quality sleep.

Tip #4

Finding a Support Community

When you have a community, it makes your goals a little more attainable. Starting new habits and changing a lifestyle can be difficult without a supportive community to encourage you along the way. When you have a community, you have people who have the same goals as you and who can push you when you feel less than motivated. Our doctors note that having a community also means that people are relying on YOU to keep them accountable as well. Staying healthy is possible without people, but people make it so much easier.



Did you know?...

You can switch your physician anytime throughout the year. Call today to switch!

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