

PRIMARY MEDICAL

Hello, Better Health

PRIMARY CARE THAT FITS YOUR LIFE



SAME-DAY APPOINTMENTS | VIRTUAL VISITS AVAILABLE
NOW ACCEPTING NEW PATIENTS

primarymedical.net

- 3. WELCOME
- 5. SERVICES & INSURANCES
- 6. CLINIC LOCATIONS
- 8. MEET OUR DOCTORS
- 10. THE **PILATES ERA**
- 14. YOUR **GUT IS TALKING**
- 20. RECIPES



WELCOME TO CARE THAT FEELS PERSONAL

At Primary Medical Group, we believe healthcare should be straightforward, supportive, and centered around you—not something that adds complexity to your day.

Whether you're coming in for preventive care, managing a chronic condition, or simply looking for a provider who takes the time to understand your needs, our team is here to partner with you.

With multiple locations across Ventura County, we provide connected, comprehensive care that prioritizes consistency, communication, and long-term relationships—so you always feel supported at every stage of your health.

primarymedical.net

PRIMARY MEDICAL



PRIMARY CARE FOR YOUR LIFE, NOT JUST YOUR HEALTH

primarymedical.net

Our providers take time to listen, explain, and guide you through your health with clarity and confidence.

What makes us different:

- ✓ Care that feels personal and consistent
- ✓ Providers available when you need it
- ✓ Connected clinics for seamless care
- ✓ Support for every stage of life

HEALTHCARE SHOULDN'T SLOW YOU DOWN; IT SHOULD SUPPORT YOUR LIFE.

Same-day appointments | **Virtual visits** when you need flexibility
Easy scheduling, by phone and online | **Minimal wait** times

Flexible Access to Care

Insurances: We accept most major insurance plans.

- ✓ **Medicare**
- ✓ **Medicare Advantage**
- ✓ **HMO & PPO Plans**

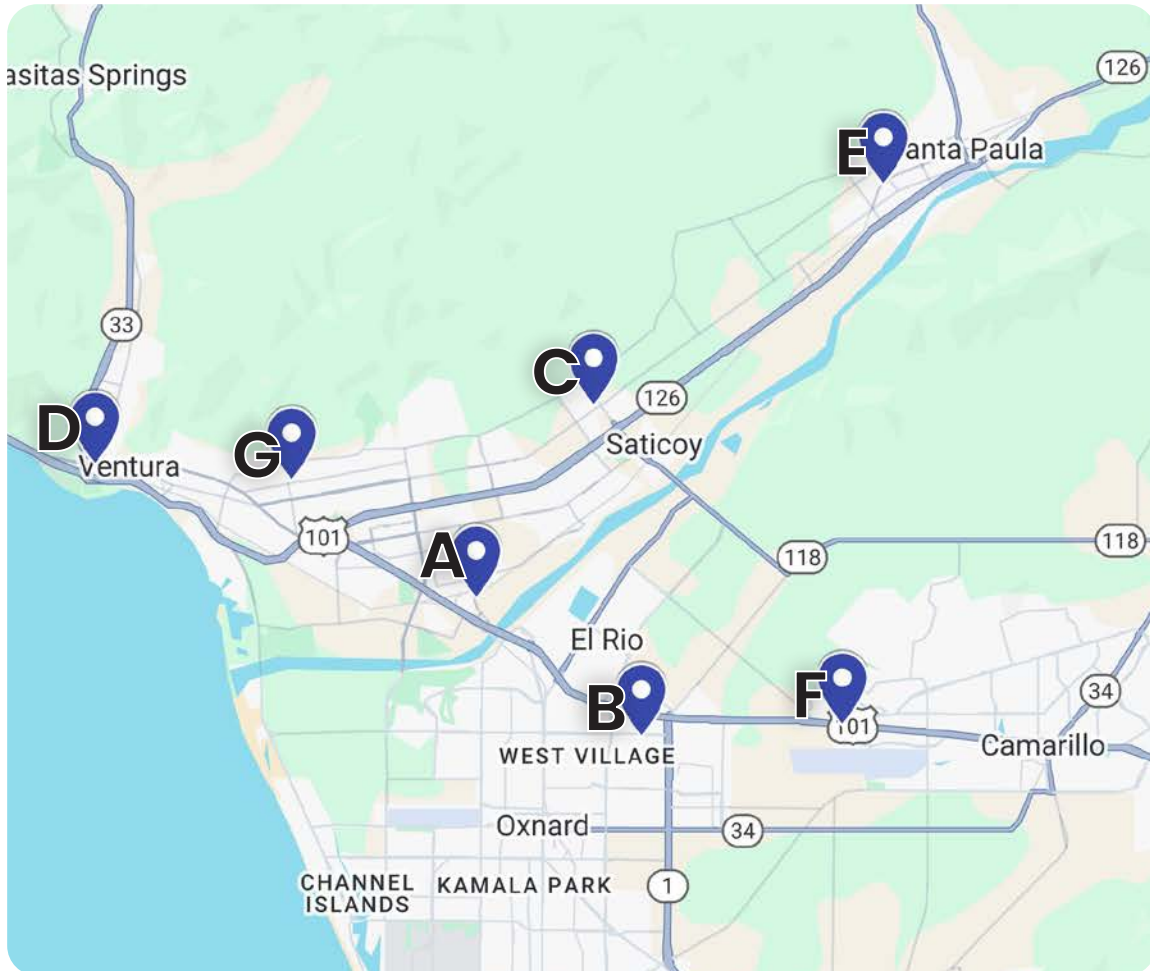
IPA: Our network of specialists.



Our services are designed to support your health at every stage:

- Preventive care & annual checkups
- Chronic condition management
- Acute (sick) visits
- Women's health
- Men's health
- Behavioral health support
- Diagnostic & in-office services
- Care coordination & referrals
- Telehealth visits

Locations & Providers



Languages
Spoken:
English
Spanish
Arabic
Farsi



A. Johnson

2772 Johnson Dr. #200
Ventura, CA 93003

805.642.1430

Family Physicians

Dr. Edward Banman
Dr. Matthew Westfall
Dr. Jacob West

Endocrinologist

Dr. Lauren Ficks

Physician Assistant

Natalie Nichols

Nurse Practitioners

Barbara Holdsworth
Nalleli Maldonado



B. Oxnard

1751 Lombard Suite A
Oxnard, CA 93030

805.981.9111

Family Physicians

Dr. Shahram Fatemi
Dr. Kavitha Simpson
Dr. Gregorio Ruelas
Dr. Flor Mounts

Physician Assistant

Nicolas Dejong

Nurse Practitioner

Leslie Somma
Sue Houx



C. East Telegraph

10885 Telegraph Rd.
Ventura, CA 93004

805.647.7704

Family Physicians

Dr. Orlanda Ferreira
Dr. Michael Bailey
Dr. Sherilyn Wheaton

Nurse Practitioner

Leslie Somma
Sharon Agacite



D. Garden Street

26 South Garden St. Suite I
Ventura, CA 93001

805.507.2225

Family Physicians

Dr. Nader Batal
Dr. Abby Lukens
Dr. Uldine Castel
Dr. Maria Barrell

Nurse Practitioners

Colette Frena



E. Santa Paula

570 W. Main Street
Santa Paula, CA 93060

805.507.2242

Family Physician

Dr. Christian Lami



F. Camarillo

888 W. Ventura Blvd. Suite A
Camarillo, CA 93010

805.383.7701

Family Physician

Dr. Paul Algra

Nurse Practitioner

Karen Popp



G. Loma Vista

3555 Loma Vista Rd. #110
Ventura, CA 93003

805.652.5252

Internist & Pediatrician

Dr. Traci Williams

Physician Assistant

Lauren Grimes

Nurse Practitioner

Zena Aladdin

Languages Spoken | **English**

Dr. Abby Lukens

FAMILY PHYSICIAN

EDUCATION & TRAINING

Medical Degree | **Touro University California in Vallejo**
Residency | **Community Memorial Health System**

BACKGROUND & APPROACH

Originally from Annapolis, Maryland, she developed an early interest in movement and the human body, which helped shape her path into medicine. She also spent time working at Children's Hospital Boston, where she contributed to research focused on childhood and adolescent obesity.

Dr. Lukens is committed to fostering open, honest communication with her patients and places a strong emphasis on building lasting patient-physician

relationships. Drawn to family medicine for its continuity of care, she values the opportunity to support patients and their families through every stage of life, often across multiple generations.

OUTSIDE THE CLINIC

Dr. Lukens spends most of her time playing with her son and exploring the beautiful beaches and local hiking trails. She is also an avid runner—you'll often find her jogging through the neighborhood streets during lunch or hitting the mountain trails on my days off.

CALL TO SCHEDULE!

 **(805) 507-2225**



 **SCAN ME**

Garden St Clinic

26 South Garden St. Ste #1
Ventura, CA 93001



Languages Spoken | **English, Spanish, & Arabic**

Dr. Nader Batal

FAMILY PHYSICIAN

EDUCATION & TRAINING

Medical Degree | **Western University of Health Sciences**
Residency | **Dignity Health in Santa Maria**

BACKGROUND & APPROACH

Dr. Batal's path into medicine was shaped by early experiences working alongside his father, a physician who served as a trusted figure in his community. Dr. Batal is dedicated to building strong, lasting relationships with his patients and providing care that goes beyond treating illness. He takes a collaborative, personalized approach—working with each patient to understand their lifestyle, goals, and challenges. His focus is on prevention and overall wellness, with special interests

in weight management, mental health, sleep health, and helping patients make sustainable lifestyle changes through both medical and non-medical options.

OUTSIDE THE CLINIC

Dr. Batal enjoys staying active through biking, hiking, and boxing, and values time outdoors as an important part of overall health. He also enjoys cooking, especially Lebanese family recipes, and exploring new cuisines.

CALL TO SCHEDULE!

 **(805) 507-2225**



 **SCAN ME**

Garden St Clinic

26 South Garden St. Ste #1
Ventura, CA 93001

THE PILATES ERA IS HERE — AND VENTURA IS LEADING IT

Low-impact, intensely effective, and deeply coastal — Dr. Abby Lukens, DO, explains why Pilates has become one of America's most popular workouts, and what the evidence says about why it works.

Ventura County's culture has always favored active, sustainable living: the hiker still hitting the mountain trails at 60, the runner who cross-trains instead of grinding through injury. Pilates fits that ethos perfectly. It builds strength without beating up joints. It lengthens while it tones. And in family medicine, where the most important prescription isn't always a medication but the right kind of movement — sustainable, low-inflammatory, and adaptable to every body — Pilates checks every box.

“THE BEST EXERCISE IS THE ONE A PATIENT WILL DO CONSISTENTLY FOR YEARS — AND PILATES HAS

AN UNUSUALLY HIGH LONG-TERM ADHERENCE RATE BECAUSE IT ADAPTS TO THE BODY RATHER THAN FIGHTING IT.”

WHY PILATES STANDS OUT CLINICALLY

Dr. Lukens' background in Exercise Physiology gives her a particularly grounded lens on movement medicine. First, Pilates targets the deep core — the transverse abdominis, pelvic floor, and spinal multifidus — the stabilizers that protect the lumbar spine and support posture. Strengthening these is some of the best preventive spinal work a patient can do. Second, it scales across an entire family: from teenagers to grandparents, beginners to post-surgical patients. Third, it carries a low inflammatory load — appropriate even for patients who can't tolerate the recovery demands of high-intensity training.



THE CLINICAL CASE

WHAT THE EVIDENCE SHOWS

89%

Report reduced back pain

Some studies show up to 89% of participants reported meaningful reductions in pain and disability.

36%

Improvement in balance

Pilates produces up to a 36% improvement in balance and fall-risk markers in older adults.

0

High-impact joint stress

Zero high-impact loading makes Pilates uniquely accessible for patients managing arthritis, osteoporosis, or recovering from orthopedic procedures.



RISING FAST

Sculpt & strength hybrid

Pilates principles meet light weights and cardio intervals. A full-body burn for active patients — pair with adequate recovery and protein intake.

TARGETED SUPPORT

Clinical or therapeutic Pilates

One-on-one with a certified instructor — ideal for patients recovering from injury, surgery, or managing a chronic musculoskeletal condition.

THE STYLES EXPLAINED

WHICH TYPE OF PILATES IS RIGHT FOR YOU?

MOST RECOMMENDED

Reformer Pilates

The gold standard. Spring resistance gives every movement feedback and reveals compensatory patterns. Appropriate for nearly all health profiles and age groups.

GREAT FOR BEGINNERS

Mat Pilates

No equipment, highly modifiable. The original form of the practice — and one of the best ways to build foundational core awareness before progressing to a reformer.

“WHEN PATIENTS ASK WHAT THEY CAN DO RIGHT NOW TO INVEST IN THEIR HEALTH FOR THE NEXT 20 YEARS, PILATES IS CONSISTENTLY ON THAT SHORT LIST. IT’S SOMETHING I CAN RECOMMEND TO A TEENAGER AND THEIR GRANDPARENT IN THE SAME CONVERSATION.”

BEFORE YOU BEGIN

DR. LUKENS’ GUIDANCE FOR NEW PATIENTS

First-timers often assume Pilates is easy — it looks graceful. They learn quickly. The burn

is real, and so is the learning curve. But that’s actually good news: Pilates meets you exactly where you are. A qualified instructor will modify every movement for your body, and the spring resistance on a reformer makes it easier, not harder, to learn proper form.

Dr. Lukens recommends a brief check-in with your family physician before starting — especially for those over 50, anyone with a history of cardiovascular disease, osteoporosis, or recent surgery. Two to three sessions per week is the sweet spot. Most patients notice improved posture, reduced stiffness, and better sleep within three to four weeks. The changes are quiet, cumulative, and lasting — which, in family medicine, is exactly the point.

This article reflects the general clinical perspective of Dr. Abby Lukens, DO, Family Physician, Primary Medical Group, Garden Street Office, Ventura, CA. For informational purposes only — not individualized medical advice. Primary Medical Group encourages readers to consult with a healthcare provider before beginning a new fitness routine, particularly if managing an existing health condition or recovering from injury. To schedule an appointment with Dr. Lukens, call (805) 507-2225 or visit primarymedical.net/abby-lukens/

“MOST PEOPLE FEEL NOTICEABLY DIFFERENT IN THEIR BODIES WITHIN TWO WEEKS OF STARTING PILATES. THAT’S NOT MARKETING — THAT’S HOW THE NERVOUS SYSTEM RESPONDS TO INTENTIONAL MOVEMENT.”

Languages Spoken | **English, Spanish & Farsi**

Dr. Shahram Fatemi

FAMILY PHYSICIAN



EDUCATION & TRAINING

Medical Degree | **Ross University School of Medicine**
Residency | **Medical College of Wisconsin**

APPROACH TO CARE

Dr. Fatemi is dedicated to building lasting relationships with his patients by providing personalized, compassionate care rooted in dignity and respect. He emphasizes clear communication and patient education, ensuring individuals feel supported and confident in making informed decisions about their health.

EXPERIENCE & COMMITMENT

Throughout his career in Oxnard and Camarillo, Dr. Fatemi has cared for a diverse patient population, including veterans, seniors, children, and adults. He remains committed to staying current with the latest medical guidelines and is proud to serve the community as part of Primary Medical Group, guiding patients with expertise and compassion.

CALL TO SCHEDULE!

 **(805) 981-9111**



 **SCAN ME**

Oxnard Clinic

1751 Lombard #A
Oxnard, CA 93030



Languages Spoken | **English**

Dr. Kavitha Simpson

FAMILY PHYSICIAN

EDUCATION & TRAINING

Medical Degree | **Western University**
Residency | **Ventura County Medical Center**

BACKGROUND & APPROACH

A native of Ojai, Dr. Simpson brings diverse clinical experience from Southern California, Washington State, and international settings. She volunteered with Mercy Ships in West Africa and later spent three years serving at Soddo Christian Hospital in Ethiopia.

Dr. Simpson specializes in primary care, pediatrics, and women's health, with a passion for whole-person care. She is committed to making complex medical

information easy to understand and values strong communication, helping patients navigate the healthcare system in a way that respects their individual needs and perspectives.

OUTSIDE THE CLINIC

Outside of work, Dr. Simpson enjoys outdoor adventures, traveling, and spending time with her husband and three boys. She is dedicated to helping her patients lead fulfilling lives, no matter the medical challenges they may face.

CALL TO SCHEDULE!

 **(805) 981-9111**



 **SCAN ME**

Oxnard Clinic

1751 Lombard #A
Oxnard, CA 93030

YOUR GUT IS TALKING. IT'S TIME TO LISTEN.

Fermented foods are no longer just a food trend — they're one of the most powerful tools for whole-body health. Here's what the science says, and how to actually start adding them to your life.

It starts as a jar of kimchi in the back of your fridge. Then a bottle of kombucha at the farmers market. Then you're reading labels at Whole Foods, looking for the words "live cultures." Before you know it, you're wondering whether your gut microbiome has been trying to tell you something for years.

Welcome to the gut health era. And no — it's not just Instagram wellness noise. The science behind the gut-brain-body connection is one of the most exciting frontiers in modern medicine. What you eat directly shapes your microbiome — the trillions of bacteria, fungi, and microorganisms living in your digestive tract — and that microbiome influences everything from your immune system and

mood to your metabolism, skin, and even how well you sleep.

The good news? The most powerful gut health tools aren't expensive supplements or complicated protocols. They're fermented foods — ancient, flavorful, and increasingly easy to find right here in Ventura.

PRO TIP

START LOW, GO SLOW — AND SHOP LOCAL

The most common mistake with fermented foods is doing too much too fast. Your gut microbiome is adapting to billions of new bacterial strains, and that adjustment can cause temporary bloating or digestive shifts. Start with one small serving per day and build gradually over two to three weeks. Most people find their system adapts comfortably within that window.

Ventura County farmers markets — in Ventura, Oxnard,

Camarillo, and Santa Paula — regularly feature small-batch fermented products, from sauerkraut and kimchi to kombucha and miso. These traditionally fermented options often contain a wider diversity of live cultures than mass-produced supermarket versions.

If you'd like to go further — understanding your microbiome, identifying food sensitivities, or addressing unresolved digestive symptoms — Primary Medical Group's physicians can help with personalized guidance that goes beyond general advice. Your PMG physician can build a plan that fits your actual biology and your life.

This article is for general wellness and informational purposes only. Individual nutritional needs vary. Primary Medical Group recommends consulting with a physician or registered dietitian before making significant dietary changes, particularly if you have a history of digestive conditions, immune disorders, or are taking immunosuppressant medications. To schedule an appointment at any of our Ventura County locations, call (805) 642-1430 or visit primarymedical.net.

38 TRILLION

Bacteria in your body

You carry roughly 38 trillion microbial cells — about the same number as human cells. The diversity of those microbes is a key indicator of overall health.

70%

Of immunity lives in your gut

The gut lining houses the majority of your immune system. A compromised gut barrier is linked to chronic inflammation, allergies, and autoimmune conditions.

95%

Of serotonin made in gut

The gut-brain axis is real. A large portion of the body's serotonin is produced in the gut — meaning your microbiome directly affects your mood and mental clarity.

KOREAN STAPLE

Kimchi

Fermented napa cabbage packed with *Lactobacillus* bacteria — some of the most well-studied probiotic strains for gut health. Kimchi also delivers vitamin C, vitamin K, and antioxidants from the chili and garlic.

Try it: Add 2 tablespoons as a side with eggs, grain bowls, or tacos. Start small — your gut will adapt.

LACTO-FERMENTED

Pickled vegetables

Not all pickles count — look for "naturally fermented" or "raw" on the label, meaning they were made with salt brine, not vinegar. Sauerkraut, pickled beets, and fermented carrots are all excellent choices.

Try it: Add sauerkraut to sandwiches or grain bowls. Bubbies brand is widely available at grocery stores.

FERMENTED TEA

Kombucha

A lightly fizzy fermented tea made with a SCOBY (symbiotic culture of bacteria and yeast). It delivers probiotics, B vitamins, and organic acids that support digestion. Look for low-sugar varieties.

Try it: Swap your afternoon sparkling water for 8 oz of kombucha. GT's, Health-Ade, and local brands are great picks.

CULTURED DAIRY

Kefir & yogurt

Kefir is a drinkable fermented milk with up to 61 strains of probiotic bacteria and yeast — significantly more diverse than most yogurts. Greek yogurt with live cultures is also a solid, approachable daily staple.

Try it: Blend kefir into a morning smoothie, or use plain Greek yogurt as a sauce base instead of sour cream.

"YOUR GUT MICROBIOME INFLUENCES EVERYTHING: IMMUNITY, MOOD, METABOLISM, SKIN, AND SLEEP. AND FERMENTED FOODS ARE ONE OF THE FASTEST WAYS TO SUPPORT IT."

Languages Spoken | **English & Spanish**

Dr. Orlanda Ferreira

INTERNAL MEDICINE PHYSICIAN



EDUCATION & TRAINING

Medical Degree | **Pontifica Universidad Catolica Madre Y Maestra**
Residency | **Flushing Hospital Medical Center**

BACKGROUND & APPROACH

Dr. Ferreira is an internal medicine physician specializing in the care of adults aged 18 and older. She has spent the past five years practicing outpatient internal medicine in California. She is passionate about building strong, lasting relationships with her patients and emphasizes education and preventive care to empower individuals in managing their health. Dr. Ferreira is dedicated to helping patients achieve their health goals through a collaborative, personalized approach.

OUTSIDE THE CLINIC

Outside of work, Dr. Ferreira enjoys staying active and spending time with her twin boys. Together, they love hiking, traveling, and exploring new adventures. She also enjoys cooking and attending concerts, and strives to model a healthy, balanced lifestyle for her patients.

CALL TO SCHEDULE!

 **(805) 647-7704**



 **SCAN ME**

E Telegraph Clinic

10885 Telegraph Rd
Ventura, CA 93004



Languages Spoken | **English & Spanish**

Dr. Christian Lami

INTERNAL MEDICINE PHYSICIAN

EDUCATION & TRAINING

Medical Degree | **Ross University School of Medicine**
Residency | **Flushing Hospital Medical Center**

BACKGROUND & APPROACH

With over six years of experience in internal medicine, Dr. Lami has spent the past five years focused on outpatient care, building long-term relationships with his patients. He is dedicated to delivering high-quality care and believes strongly in preventive medicine and healthy lifestyle habits. Returning to California marked both a personal homecoming and an opportunity to serve the community alongside his fiancée, who is also part of Primary Medical Group. Dr.

Lami is committed to supporting patients in achieving their best health through a collaborative, relationship-centered approach.

OUTSIDE THE CLINIC

Outside of work, Dr. Lami is a proud father of identical twin boys. He enjoys staying active through fitness, outdoor activities, and exploring trails with his family, and values maintaining the healthy lifestyle he encourages in his patients.

CALL TO SCHEDULE!

 **(805) 507-2242**



 **SCAN ME**

Santa Paula Clinic

570 W. Main Street
Santa Paula, CA 93060

WHAT IS AN APP?

Advanced Practice Providers (APPs)—including Nurse Practitioners (NPs) and Physician Assistants (PAs)—are highly trained medical professionals who work alongside physicians to provide exceptional patient care.

WHY PATIENTS LOVE SEEING AN APP

- ✓ Faster access to appointments
- ✓ Personalized, patient-focused care
- ✓ Help with diagnosis, treatment, and prescriptions
- ✓ Preventive care and wellness support
- ✓ A collaborative approach with your healthcare team

OUR APP'S IN THE AREA



Leslie Somma
Nurse Practitioner



Barbara Holdsworth
Nurse Practitioner



Nalleli Maldonado
Family Nurse Practitioner



Sharon Agacite
Family Nurse Practitioner



Zena Aladdin
Nurse Practitioner



Natalie Nichols
Physician Assistant



Karen Popp
Acute Care Nurse Practitioner



Nicolas DeJong
Physician Assistant



Colette Frena
Family Nurse Practitioner



Sue Houx
Family Nurse Practitioner

APPs are here to help you stay healthy, answer your questions, and make care more accessible for you and your family.



**Rincon Health is a physician-led
Independent Practice Association (IPA)
proudly serving Ventura County.**

Our mission is simple: support local doctors, improve healthcare access, and deliver better outcomes for families in our community.

With a growing network of trusted primary care physicians and specialists, Rincon Health provides care that's:

Personalized – decisions made by doctors who know you.

Community-Based – focused on Ventura County families.

Coordinated – seamless referrals, authorizations, and care management.

**Accepted Medicare
Advantage Plans**



scan™

Anthem 

Humana.

Spanish Hills Medical Group and Ojai Valley Family Medicine are also a part of the Rincon PCP Network, expanding access to care for patients across the region.

**At Rincon Health, we're more than a network—
we're your partner in care.**

Serving Ventura County
Learn more: www.rinconhn.com

EASY LACTO-FERMENTED REFRIGERATOR PICKLED VEGGIES

No canning equipment, no special skills. Just a mason jar, salt, water, and whatever vegetables you have. Ready to eat in 3–5 days — and packed with live cultures that supermarket pickles never have.

INGREDIENTS

2 cups **vegetables** (cucumbers, carrots, radishes, green beans, or cauliflower)
2 cups filtered or non-chlorinated **water**
1 tablespoon non-iodized sea **salt** or kosher salt
3 **garlic cloves**, smashed
1 teaspoon whole **black peppercorns**
3 pieces **fresh dill** (or 1 tsp dried dill)
1/3 teaspoon **red pepper flakes** (optional, for heat)

STEPS

1. Make the brine.

Stir 1 tablespoon non-iodized sea salt or kosher salt into 2 cups filtered or non-chlorinated water until fully dissolved. Do not use hot water — room temperature is ideal. This salt-water brine is what drives lacto-fermentation: it selectively allows beneficial *Lactobacillus* bacteria to thrive while suppressing harmful microbes.

2. Prep your vegetables.

Wash 2 cups vegetables (cucumbers, carrots, radishes, green beans, or cauliflower) thoroughly. Cut into spears, rounds, or florets — whatever fits your jar and your preference. Smaller cuts ferment faster (2–3 days). Larger spears take closer to 5 days. Leave cucumbers with the blossom end trimmed to keep them crunchy.

3. Pack the jar.

Place 3 garlic cloves, smashed, 1 teaspoon whole black peppercorns, 3 pieces fresh dill (or 1 tsp dried dill), and 1/3 teaspoon red pepper flakes (optional, for heat) in the bottom of a clean wide-mouth quart mason jar. Pack the vegetables in tightly — they should hold themselves upright and be snug enough that they won't float up. Vertical cucumber spears work especially well.

4. Pour brine and weigh down.

Pour the brine over the vegetables until they are fully submerged, leaving 1 inch of headspace at the top. This is critical: any vegetable exposed to air above the brine can mold. Use a small zip-lock bag filled with extra brine as a weight to keep everything submerged, or a clean small jar lid.



5. Ferment at room temperature.

Cover the jar loosely with a cloth, coffee filter, or loosely screwed lid (do not seal airtight — fermentation produces CO₂ that needs to escape). Set on your counter away from direct sunlight at room temperature (65–75°F is ideal). Check daily. Taste starting on day 3.

6. Taste, then refrigerate.

Taste on day 3. If pleasantly tangy and sour, transfer to the refrigerator with a tight lid. If you prefer a stronger sour flavor, leave out 1–2 more days before refrigerating. Cold storage slows fermentation and preserves the live cultures. Your pickles are now alive and ready to eat.

NOTES

Why salt matters: Use non-iodized salt only — iodine inhibits the fermentation bacteria. Filtered water is best; chlorinated tap water can slow or prevent fermentation. The brine ratio is 1 tablespoon salt per 2 cups water — this is the sweet spot for safe lacto-fermentation. Signs it is working: small bubbles forming on day 2–3, a pleasantly sour smell, and a slightly cloudy brine. Signs to discard: fuzzy mold (a thin white film called kahm yeast is normal and harmless — just skim it), or a foul, unpleasant odor. Refrigerate after 3–5 days and eat within 2 months.



KEFIR MANGO & GINGER SMOOTHIE

A creamy, tangy smoothie that delivers billions of live cultures before your morning coffee. Takes 5 minutes and tastes like a tropical dessert.

INGREDIENTS

1 cup plain **kefir** (whole milk or low-fat)
1 cup frozen **mango** chunks
1/2 cup frozen **pineapple** chunks
1 ripe **banana**
1/2 teaspoon fresh **ginger**, peeled and grated
1/3 teaspoon ground **turmeric**
1 teaspoon **honey** (optional)
1 tablespoon **chia seeds**

STEPS

1. Add ingredients to blender.

Pour plain kefir (whole milk or low-fat) into the blender first — liquid at the bottom helps everything blend smoothly. Add mango chunks, pineapple chunks, 1 ripe banana, fresh ginger, peeled and grated, and ground turmeric. Add honey (optional) only if your fruit is tart.

2. Blend until smooth.

Blend on high for 45-60 seconds or until completely smooth and creamy. Kefir blends faster than yogurt, so don't over-blend — it can get foamy.

3. Add chia and rest briefly.

Pour into glasses and stir in 1 tablespoon chia seeds. Let sit for 2 minutes before drinking — the chia seeds will slightly thicken the smoothie and add extra fiber, which feeds your gut microbiome.

4. Serve cold.

Drink immediately for best texture and the highest concentration of live cultures. Kefir smoothies can be made the night before and refrigerated, but give them a good shake before drinking.



primarymedical.net

NOW ACCEPTING NEW PATIENTS

PRIMARY CARE FOR YOUR FAMILY

- ✓ Same-Day Appointments
- ✓ Virtual Visits Available

PRIMARY MEDICAL

YOUR PARTNER IN CARE

June 2026