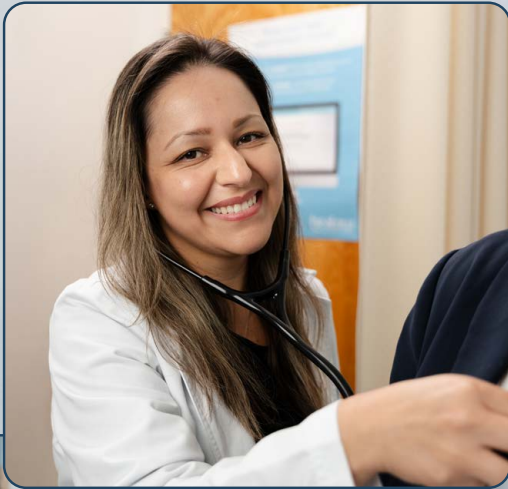




# Hello, Better Health

PRIMARY CARE THAT FITS YOUR LIFE



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

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- 3. *WELCOME*
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# WELCOME TO CARE THAT FEELS PERSONAL

At San Diego Medical Group, we believe healthcare should feel clear, steady, and built around your life, not something that adds stress.

Whether you're coming in for a routine checkup, managing a chronic condition, or looking for a provider who takes time to listen, our team is here for you.

With three connected clinics across San Diego and Chula Vista, we make it easier to access care that feels consistent, supportive, and personal.

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# PRIMARY CARE FOR YOUR LIFE, NOT JUST YOUR HEALTH

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*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.

***Mercy Physicians Medical Group***  
***Sharp Medical Group***

***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*

# OUR CLINICS



01.

## Hillcrest Clinic

4060 Fourth Ave #100  
San Diego, CA 92103

**(619)718-9444**

M-F 7:30 am-5:00 pm

**Providers:**

Dr. Raylina Morris

Dr. Igor Gavriluk

Abbeygail Jiongco, NP

02.

## Padilla Clinic

263 Church Ave  
Chula Vista, CA 91910

**(619) 422-1342**

M-Th 8:00 am-5:00 pm

F 8:00 am-4:00 pm

**Providers:**

Dr. William Padilla

Krystal Lin, PA

Michael Corbin, NP

Kathleen Pamilag, PA



03.

## Southbay Clinic

340 4th Ave Suite 9,  
Chula Vista, CA 91910

**(619) 426-9731**

M-Th 8:30 am-5:00 pm

F 8:00 am-12:00 pm

**Providers:**

Dr. Mushrik Kaisey

Dr. Herbert Rosenbaum

Paula Mendoza, NP

*Languages Spoken:*

**English**

**Spanish**

**Ukrainian**

**Russian**

**Arabic**

**Tagalog**

# MEET OUR DOCTORS



Languages Spoken | **English & Spanish**

# Dr. Herbert Rosenbaum

FAMILY PHYSICIAN



## EDUCATION & TRAINING

Medical Degree | **University of Texas Southwestern Medical School**  
Residency | **Banner University of Arizona College of Medicine**

## BACKGROUND & APPROACH

Dr. Rosenbaum specializes in caring for older adults, with an emphasis on personalized, patient-centered care. His approach focuses on prevention, chronic disease management, and helping patients maintain independence and well-being as they age.

## OUTSIDE THE CLINIC

Outside of the clinic, Dr. Rosenbaum enjoys exploring new restaurants and experiencing a variety of cuisines. He values time spent outdoors, whether at the beach or in nature, and prioritizes staying active through regular fitness and weightlifting.

CALL TO SCHEDULE APPOINTMENT!

 **(619) 426-9731**



 Scan Me

## Southbay Clinic

340 4th Ave Ste 9  
Chula Vista, CA 91910

Languages Spoken | **English**

# Dr. Raylina Morris

FAMILY PHYSICIAN



## EDUCATION & TRAINING

Medical Degree | **Burrell College of Osteopathic Medicine**  
Residency | **Loma Linda University Health, Murrieta**

## BACKGROUND & APPROACH

Dr. Morris was born and raised in San Diego and developed an early passion for medicine while volunteering at Rady Children's Hospital for six years throughout high school and college. These experiences shaped her commitment to caring for underserved communities and inspired her path into family medicine.

She is dedicated to providing compassionate, comprehensive care and building

meaningful relationships with her patients, supporting them through every stage of life.

## OUTSIDE THE CLINIC

Outside of work, Dr. Morris enjoys reading, spending time with her family, and attending baseball games.

CALL TO SCHEDULE APPOINTMENT!

 **(619) 718-9444**



 Scan Me

## Hillcrest Clinic

4060 Fourth Ave #100  
San Diego, CA 92103

Languages Spoken | **English & Spanish**

# Dr. William Padilla

FAMILY PHYSICIAN



## EDUCATION & TRAINING

Medical Degree | **University of Monterrey**  
Residency | **University of Massachusetts Medical School**

## BACKGROUND & APPROACH

Born in Monterrey, Mexico and raised in Houston, Texas, Dr. Padilla was inspired to pursue medicine by his parents, who were both physicians. He chose family medicine to build meaningful connections with patients and support them through all stages of life.

His approach focuses on personalized, preventive care, working closely with patients

to help them maintain and improve their overall health and wellness.

## OUTSIDE THE CLINIC

Outside of medicine, Dr. Padilla enjoys surfing, hiking, running, and woodworking. He is passionate about staying active and encourages patients to prioritize fitness and a balanced lifestyle at every age.

CALL TO SCHEDULE APPOINTMENT!

 **(619) 422-1342**



 Scan Me

## Padilla Clinic

263 Church Ave  
Chula Vista, CA 91910

# THE *PILATES* ERA IS HERE — AND SAN DIEGO IS LEADING IT

**L**ow-impact, intensely effective, and deeply coastal — Dr. William Padilla explains why Pilates has become the #1 workout in America's Finest City, and what the evidence says about why it works.

San Diego's culture has always favored the long game: the surfer still paddling out at 60, the runner who cross-trains instead of grinding. 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

First, it 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.

## 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.

#### 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.

*“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 16-YEAR-OLD AND THEIR 70-YEAR-OLD GRANDPARENT IN THE SAME CONVERSATION.”*

- Dr. William Padilla

#### BEFORE YOU BEGIN

#### DR. PADILLA’S 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. Padilla 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. William Padilla, MD, Family Physician, San Diego Medical Group, Chula Vista, CA. For informational purposes only — not individualized medical advice. San Diego Medical Group encourages readers to consult with a health-care provider before beginning a new fitness routine, particularly if managing an existing health condition or recovering from injury. To schedule an appointment with Dr. Padilla, call (619) 815-7240 or visit [sandiegomedical.com](http://sandiegomedical.com).

*“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.”*

# 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 San Diego.

## 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.

San Diego is genuinely one of the best cities in the country to

explore gut health through food. The farmers markets — Hillcrest, Little Italy, Pacific Beach — regularly feature small-batch fermented food vendors making everything from local sauerkraut to jun tea and miso. These small-batch, traditionally fermented products often contain a wider diversity of live cultures than mass-produced versions.

And if you're curious about going further — understanding your specific microbiome, identifying food sensitivities, or working through digestive symptoms that haven't resolved — San Diego Medical Group's physicians can help. A functional medicine or gastroenterology consultation can offer personalized guidance grounded in your actual biology, not just general advice.

This article is for general wellness and informational purposes only. Individual nutritional needs vary. San Diego 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 on immunosuppressant medications.

**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 San Diego 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 SD 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."*

# 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 1/4 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.



#### 4. Ferment at room temperature.

Cover the jar loosely with a cloth, coffee filter, or loosely screwed lid (do not seal airtight – fermentation produces CO<sub>2</sub> 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.

#### 5. 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 45–1 minute 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 tablespoons 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.



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