



WELCOME TO OUR
Thrive Newsletter

we're so glad you're here!



**IT FEELS LIKE SUMMER!
BIG CHANGES**

So we officially hit the one year mark of living in a 5th wheel camper on February 8 of this year! You may wonder what it's like to live in a camper full time and I have to say that it really hasn't been that bad. There are times when I wish I had a bigger kitchen or a roomier closet. We have three dogs in the camper with us in the evenings and we are always stepping over dog beds. There are complicated games of Tetris that have to be played in order to access things in the camper and we have trouble hosting people in the winter because of the lack of indoor space. However, it is now our home, we love our cozy, warm bed and cuddling on the couch in the evening and we have found that we can live with a lot less than I ever thought possible and still be comfortable.

That being said, one of the big changes that occurred recently is that the original house is down and we are getting ready to put up the building that will eventually serve a dual purpose of having a place for me to see patients as well as a place for Matt and I to call home. With the old house finally down and room for the new one in view, the property looks and feels completely different.

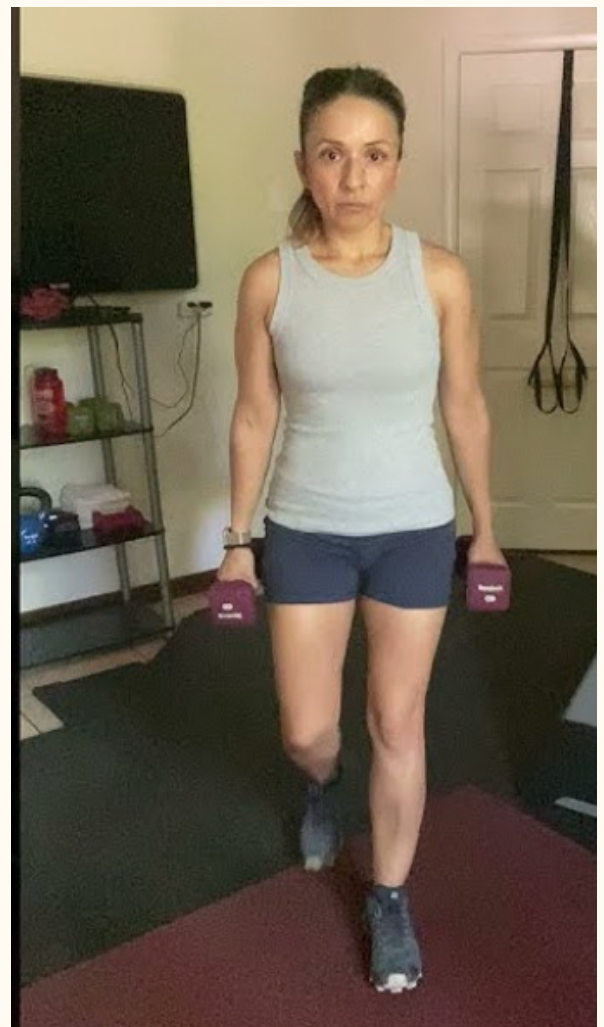




Another big change has been the make-up of the animals on the farm. We have fewer horses, but we have 9 cows who joined us in November. They belong to our friends and neighbors, Fred and Mary who have been helping to teach us how to care for cows. All of these ladies arrived at the farm pregnant for the second time. As of today we now have a total of 7 calves which have been born on the farm. Watching these calves live and play on the farm has been magical. They make us really appreciate how amazing Mother Nature is. For example, we recently had one cow struggle with the delivery of her calf. So in the late evening Matt and I got dressed and joined our neighbors in quickly corralling the mama cow, placing a rope around the front hooves of her struggling baby calf while the calf was still inside of her and slowly pulling her calf out. Both mama and baby were a little worse for the wear (mom passed out during her delivery), but within 20 minutes mom was back on her feet and her baby calf was sitting upright allowing mom to lick her clean. Now this calf has joined the 6 others frolicking, nursing and napping in the pasture on Thrive Farms LLC.

AS FOR THRIVE MEDICAL LLC...

Matt and I have been working on designing a new program which will target a part of wellness that is often neglected: helping patients increase their muscle mass as well as improve balance and flexibility. After the age of 40 we can lose up to 1% of our muscle mass and balance every year if we are not actively trying to preserve both. Additionally, as we lose weight, we tend to lose muscle mass which is one of the reasons our metabolism slows and allows for us to regain weight so easily. We have developed a program which can assess a patient's baseline strength, flexibility and balance. After the initial assessment we will prescribe exercises which target individual patient's specific needs. We then follow patients over time and with the use of our assessment tools we can document a patient's progress on improvement of flexibility, balance and strength. We are in the process of beta-testing our program and hope to be able to offer this to all patient's in the near future!





FINAL NEWS:

Dr. Gomez

DOES A PODCAST

Shortly after I started Thrive Medical LLC., my website designer told me about a friend of hers who is "crazy about soil health" and would love what you are doing (ie quitting our jobs, buying a farm and trying to create a holistic medical practice and a regenerative farm). Her name is Mary Lucero and she runs an organic farm in Fort Sumner, NM and also runs the non-profit Endofite.org. Her non-profit is dedicated to the promotion of soil health and healthy food. Her podcast is called "The Cornerstones of Healthy Food Systems". Listen to the full podcast here <https://cornerstone.endofite.com>

We Are Accepting New Patients!

AND OF COURSE WELCOMING BACK OLD ONES...

(505) 484-6443

*ACCEPTING PATIENTS THROUGHOUT NEW MEXICO FOR TELE-HEALTH VISITS, IN PERSON VISITS IN LAS CRUCES AND HOME VISITS IN THE SANTA FE AREA