



# Sanoviv Guide

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## Wire Transfer Instructions

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(Please contact our admissions department for wiring instructions and routing information)

## Pick-Up Information

We are able to pick you up at the San Diego Airport, Amtrak Station Lobby, San Diego Convention Center (North Entrance) or If you will be staying in the San Diego area before or after your visit to Sanoviv, we suggest these hotels for your accommodations.

Please note, these hotels are not affiliated with the Sanoviv Medical Institute, and are only offered as a suggestion.

All hotels listed offer an airport shuttle

HOTEL NAME	HOTEL ADDRESS	TELEPHONE NUMBER
Bahia Hotel & Resort	998 W. Mission Bay Dr.	858.539.7720
Best Western Bay Side Inn	555 West Ash St.	619.233.7500
Comfort Inn	719 Ash street	619.232.2525
Days Inn	543 Hotel Circle South	619.297.8800
Days Inn	1919 Pacific Hwy (Downtown)	800.822.2820
Days Inn	833 Ash St.	619.239.2285
Embassy Suites	601 Pacific Hwy. (Downtown)	619.239.2400
Grand Hyatt Regency	One Market Place	619.232.6464
Hampton Inn Sea world	3888 Greenwood street	619.299.0514
Hilton	401 K street	619.231.4040
Holiday Inn	595 Hotel Circle South	619.291.5720
Holiday Inn on the Bay	1355 N Harbor Dr	619.232.3861
Manchester grand Hyatt	One Market Place	619.232.1234
Little Italy Inn	505 W Grape St.	619.230.1600
Marriot Hotel & Marina	333 W Harbor Dr.	619.234.1500
Quality Inn (Sea World)	2901 Nimitz Blvd.	619.224.3655
Radisson Harbor View	1646 Front Street	800.333.3333
Sheraton	1380 Harbor Island	619.692.2274
Super8 Bay view	1835 Columbia Street	800.537.9902
Super8 Motel	3275 Rosecrans St.	619.224.2411
Red Lyon Hotel	2270 Hotel Circle North	619.297.1101
US Grant Hotel	326 Broadway	619.232.3121

## Individualized Dietary Program

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The diet during your stay excludes common food allergens (gluten, dairy, soy, corn, peanuts, shellfish) to give your body a rest should be from possible food sensitivities or allergens. For many people these foods are excellent healthful foods but it is important to rule them out as a possible contributing factors to symptoms of imbalance. We also do not serve sugar or caffeine as these foods can further aggravate hormonal imbalance in some people while other people can tolerate them in moderation.

Respecting individuality is an essential feature of Sanoviv's nutritional philosophy, but until we identify what is uniquely best for you, it is best to avoid serving common imbalancing foods. In this regard, we offer a variety of diets ranging from predominantly raw live foods to mostly cooked foods. We will do our best to accommodate individual needs balancing your health requirements with your current level of nutritional awareness.

Too often nutritionists and diet books try to convince people into a certain way of eating based on their personal biases. This approach only makes sense if everyone had the same exact bio-chemical makeup. Yet our biochemical individuality, genetic inheritance, and current state of bodily health make each person have different nutritional requirements and tolerances.

Each person's body chemistry and goals are unique so we believe that everyone's dietary plan should be unique. Your nutritionist will be in continual communication between the doctors, the food preparers, and you to fine-tune your diet while at Sanoviv. You will learn a lot about nutrition and your body, while eating the highest quality foods that taste great, you enjoy, and are specifically beneficial for you.

The Sanoviv dietary program is a low stress, cleansing and regenerative diet, using enzymes, raw juices, and pre-digested foods to supply maximum energy with a minimum amount of digestive work. Guests are then provided with a series of transitional diets, to promote gradual lifestyle changes. People set themselves up for failure when they try to change their diet too quickly on their own. The supervised Sanoviv approach gives the body and mind a chance to adjust during the transition.

The Sanoviv dietary program is not a “quick fix.” It is a biochemical approach to health that helps the body regenerate cellular integrity in the following ways:

- Assists in removing toxins
- Cleanses and alkalinizes the body
- Improves absorption and assimilation of food
- Reduces stress on organs of digestion and elimination
- Provides all nutrients needed for optimal cellular function
  - Vitamins
  - Minerals and trace elements
  - Amino acids (protein precursors)
  - Carbohydrates
  - Essential fats
- Provides other compounds that promote optimal body function
  - Fiber
  - Chlorophyll
  - Phytochemicals

### » Phytochemicals

Salad greens, sprouts, vegetables, roots, tubers, and some fruit will comprise 80% of the Sanoviv dietary program, which is rich in the following foods:

- Fresh organic vegetables
- Whole grains
- Legumes
- Fruits
- Germinated nuts and seeds
- Sprouts
- Fermented foods
- Fresh pressed juices

## Recommended Nutritional preparations before your stay

- 1| Increase water intake
- 2| Eat a raw vegetable salad everyday, including darker greens instead of iceberg lettuce
- 3| Eliminate trans fats: margarine, hydrogenated oil, vegetable oil (corn, cottonseed, soy, etc); Use coconut oil, olive oil, butter instead
- 4| Reduce canned, frozen & processed foods
- 5| Eliminate pasteurized milk; Use nut milk, rice milk, water instead
- 6| Reduce caffeine intake (coffee, tea, soft drinks); Switch from regular to decaf or drink herbal tea
- 7| Reduce salt intake; Use sea salt in place of regular salt
- 8| Reduce sugar, candy, desserts, soft drink intake

## Frequently Asked Questions

### Where is Sanoviv located and how do I get there?

Sanoviv is located on the Baja Coast of Mexico, in Rosarito approximately 40 minutes south of San Diego, California. Sanoviv offers transportation to and from five locations within the San Diego area, including the airport, bus station, train station, San Diego Convention Center, and specific San Diego hotels that are included with this packet.

### What time should I arrive at the pick-up location?

You will need to arrive at one of these five pick up locations between the hours of 8:00 AM and 1:00 PM Pacific Standard Time. A driver will meet you at the designated location and will have your name on a small sign. For your date of departure, the time is based on the flights and other departure schedules for you and other guests departing that day.

### What time should I depart from Sanoviv?

We suggest that you plan to have your departure flight/train/bus/etc., between 11 and 2pm. (Please see the Sanoviv Arrival Confirmation Form for additional details on transportation provided by Sanoviv).

### Do I need to bring my current medical records?

We suggest that you bring all medical records within the past six months to one year. Guests that are enrolled for the Oncotherapy Program are required to bring medical records from the past year.

### Should I bring my present medications and prescriptions?

Please bring with you all of your current prescription medications and supplements you are currently using, making sure that you have enough for your entire visit (and plan on bringing up to 3 weeks worth in case you decide to extend your stay). In many cases these medications might be replaced, reduced, or eliminated with the supervision of your doctor, but this will not be determined until after the health assessment is complete.

### What amenities are included in my room?

Each room is an oceanfront suite including a large balcony overlooking the Pacific Ocean. The living area of the room includes a couch and love seat, along with a queen size bed. A television is included in each room, with limited access to certain channels, so as not to distract from your detoxification and treatment. Specific suites include a companion room, each with a single size bed, desk and closet. A large, private bathroom is included in each room.

### Can I leave the Sanoviv premises during my scheduled program?

Sanoviv guests are required to stay on site and enjoy the many amenities that are included in your individual program. Companions are also required to stay on-site during the duration of their stay.

**How can I be contacted when I am at Sanoviv?**

Each suite at Sanoviv has a telephone with voice mail service. Your friends and family may contact you by calling the Sanoviv Reception Desk at (801) 954-7600 and request your room number. Please have them call before 10:00pm PST (emergencies only after 10:00pm)

**Do I have access to e-mail/computer?**

Yes. We have computers with internet access available for you. You may also choose to bring your laptop.

**What is the Sanoviv mailing address?**

Sanoviv Medical Institute  
c/o Guest name  
2602-C Transportation Ave.  
National City, CA, 91950

**How do I contact friends & family outside of Sanoviv?**

You can contact your friends and family by using the telephone in your room. Please note that all external calls are subject to an additional telephone fee. Phone calls made from your room telephone are an additional cost of \$1.00 per minute.

**Can I bring a companion?**

Sanoviv offers a guest companion program for the purpose of assisting the guest registered in a medical program, either physically or emotionally. The companion rate is \$100.00 per day.

**Can I bring my cell-phone?**

Cell phone usage is restricted to your room only.

**Can I use a calling card?**

Calling cards do not work when dialing from Sanoviv. All calls, even 800 numbers are subject to \$1.00 per minute charge.

**What is included in the companion program?**

The companion shares the same suite as the registered guest and has all meals provided. Companions can attend all educational classes, and use the pool and spa facilities. Transportation to and from San Diego is included for the companion, provided the companion arrives and departs at the same time of the registered guest. Transportation provided outside that of the registered guest is subject to a \$100.00 transportation fee, each way, depending on our departures for that day. Any special time requests will be subject to a special fee and only available if transportation can be arranged.

**When is a companion required?**

A companion is required for all guests who need a wheelchair or walker, and for all guests enrolled for the three-week Medical Program.

**Are visitors allowed?**

Sanoviv is strictly for guests and companions only. Day visitors are only allowed on Sunday. Prior arrangements must be made with your coordinator.

**Are children allowed as a companion?**

Companions must be 16 years of age or older. Children under the age of 16 are not allowed unless they are registered for a specific medical program. Parents/guardians are responsible for their children at all times.

## Preparing For Your Sanoviv Visit

At Sanoviv we have spared no expenses to create a pollution-free environment, providing you a unique setting to achieve health and wellness for the mind and body. To preserve this environment, every measure is taken to prevent the introduction of toxins, which is detrimental to your health. In turn, we ask for your assistance, by adhering to the following, to maintain it for your benefit, our family and future guests.

### » Items You Need To Bring

Please note that a passport is required to enter Mexico as a tourist.  
Please bring one of these items so that we may retain a copy for immigration records.

- 1| Passport > Please note that a Passport is required to enter Mexico as a tourist
- 2| Bathing suit
- 3| Corrective glasses or contact lenses
- 4| Undergarments
- 5| One set of street clothes in addition to your arrival clothes; Sanoviv will be providing with organic and comfortable clothing for you to wear during your stay
- 6| An extra carrying bag (medium size) for items acquired during your visit at Sanoviv
- 7| Prescribed Medications & Nutritionals you are currently using– enough for the duration of your stay
- 8| Shoes for exercise or walking
- 9| Sleepwear
- 10| U.S. Currency or credit cards for incidental or store charges
- 11| Wrist-watch

### » Suggested Optional Items

- Camera
- Chapstick
- Personal comfort items-photos, etc.
- Personal razor
- Plastic hair clips, headbands, etc.
- Facial lotions
- Hair dryer
- Reading material
- Shaving cream
- Sunglasses
- Natural sun tan lotion
- Natural body lotion

## Suggested Items To Leave Behind

(Some of these items can be used during your stay, but are not recommended for achieving optimal detoxification; other items are not allowed.)

- \* After-shaves
- \* Cosmetics
- \* Jewelry is not allowed (watches and wedding bands are allowed)
- \* Nail polish
- \* Perfumes/colognes are not allowed
- \* Shampoo, conditioner, toothbrush, toothpaste and soaps are provided by Sanoviv.

**Please leave items behind.** { • Smoking is not allowed

### » During Your Stay

Sanoviv is strictly for guests and companions; day visitors are only allowed on Sunday, and only by prior arrangement.

## ADMISSIONS OFFICE

1800.726.6848 U.S. and Canada

801.954.7600 Worldwide

admissions@sanoviv.com

[www.sanoviv.com](http://www.sanoviv.com)