

Fenix Biography

Nels Anderson

The Rebirth of the PHOENIX

CEO and Founder of FENIX HEALTH AND WELLNESS

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At Fenix, we meticulously attend to every detail at each stage of the process to create a dignified and memorable health recovery experience during our patients' stay in Mexico.

Over eight years ago, I weighed 397 pounds and suffered from high blood pressure, high cholesterol, and sleep apnea, in addition to having survived two cardiac episodes. When I experienced my second heart incident, my cardiologist sat at the edge of my bed and asked if I wanted to live to see my children graduate from high school. My answer, of course, was a definitive "yes". He looked me in the eye and said, "Well, if you don't do something soon, you'll be DEAD".

I consulted my local physician regarding bariatric surgery. At the time, the cost for an RNY procedure was \$27,000—none of which was covered by my insurance. Later, at a family gathering, my sister mentioned traveling to Mexico for surgery. Although I had lived in Mexico for years and traveled there frequently for both business and leisure, I had never considered it as a destination for a medical procedure.

That night, I researched medical tourism online. I called the first company that appeared in my search, and five days later, I was in Tijuana undergoing a gastric sleeve procedure. Following my personal success, I began escorting friends and family to Tijuana to help them reclaim their health and well-being.

I established professional relationships with several surgeons across strategic locations in Mexico and expanded into various medical fields beyond bariatric surgery. For the past six years, I have also served as a partner and CEO of another medical tourism firm.

This journey led to the founding of **FENIX HEALTH AND WELLNESS**, built on the philosophy of "new beginnings". Our mission is to provide a dignified experience for patients traveling to recover their health, while offering premier support to the healthcare professionals within the medical tourism sector. We are proud to hold the MCM certification from the Mexican Council for Medical Tourism.

Our comprehensive service portfolio includes bariatric surgery, plastic surgery, dental services, oncology, and ophthalmology. We operate in nine major Mexican cities, including Tijuana, Mexico City, Guadalajara, Monterrey, Cancun, and Puerto Vallarta. Patient safety is our paramount concern; therefore, we collaborate exclusively with world-class certified physicians and hospitals.

We manage every detail to provide an exceptional experience, aiming to overcome the stigma some foreign patients may have regarding medicine in Mexico. Our team coordinates all travel logistics in conjunction with the patient, scheduling everything they will require before and after receiving medical care. We are dedicated to accompanying and supporting our patients throughout their stay in Mexico to ensure they feel safe and at peace.

Reinvent. Grow. Evolve. Everyone deserves to... RISE AGAIN.

Nels Anderson (Founder & CEO)

Fenix Health and Wellness Profile

Fenix Health and Wellness Corporate Overview By: Nels Anderson

Nels Anderson, Founder and CEO of Fenix Health and Wellness, serves as a premier medical service facilitator between the United States and Mexico. Alongside a team of seasoned professionals, he possesses extensive expertise in medical tourism and healthcare services. With a proven track record spanning over nine years, the firm has been instrumental in rebuilding, renewing, and enhancing the quality of life for more than 6,000 clients, primarily from the United States and Canada.

Currently operating in nine cities across Mexico, Fenix collaborates with certified hospitals and physicians, maintaining an unwavering commitment to the safety and protection of every patient. The team manages all comprehensive travel logistics, including:

- Accommodations
- Transportation
- Recovery options
- Catering and nutrition

A dedicated team member accompanies the patient throughout their entire journey in Mexico, ensuring a personalized, secure, and efficient experience.

"Everyone deserves to reinvent themselves, to grow, to evolve, and to rise again."