

# Freedom Ministries International, Inc.

*Timothy Paul Posey, Executive Director*

May 3, 2010

Dear Friend,

Anyone who knows me can tell you that I have been overweight since fifth grade. In ninth grade, I weighed 255-260 pounds and had an all time high weight of over 400 lbs. I will tell you that I tried everything except quitting my work and devoting 100% of my time to weight loss. But every time I would loose the weight it would come back. Several years ago, I began to consider weightloss surgery, I went to a seminar at a "reputable" weight loss doctor at a "reputable" hospital in the USA where they told me that they would do the initial tests and get the surgery approved by my insurance company. I ask about costs and they said it would only cost me a copay. I went for the initial tests, which included blood pressure, and weighing me which took about 2 hours of waiting and then they asked many questions. I was finished, and charged nothing. They said they would bill me for those things which my insurance did not cover.

Several weeks later, I received a notice from my insurance company that they had been billed for "Wound Care" \$80 and then I received a bill from the Hospital for over \$250.00 but no one could explain for what. This "reputable" hospital and doctor had committed insurance fraud, in attempt to get me covered for the surgery. Despite every single doctor telling me that I needed to have weightloss surgery, my insurance company would not listen. They were paying copays for medicine of over \$1000 per month, and the insurance business is just a legalized gambling operation. They were betting that I would die, they did not care about my health, and my insurance was with Blue Cross Blue Shield under a group plan from the Southern Baptist Convention. As far as they were concerned, I was a dead man and they didn't care.

I began to search for other ways, and in my search, I heard about Dr. Zapata from my church secretary, she had the lap-band surgery done over a weekend, I didn't even know that was possible! So I began to check it out, but where in the world would I get the money. I am an evangelist, not a televangelist, just a regular old evangelist, you know the ones... we have chicken one week and feathers the next. Several years ago, I started a ministry in Honduras, and I live in Central America about 10 months of each year working with some of the poorest of the poor children and families. I was without hope, didn't know what I would do. Then my sister who was also overweight called me one day to tell me that she had been told by her doctor to either loose weight or die. The doctor had found 3 leaking heart valves! I told her about Dr. Zapata. Within a month she had cashed in the cash value of her life insurance policy and was scheduled for RNY surgery with Dr. Zapata in Monterrey, Mexico. I wanted to go with her, maybe we could get discount for 2 people, there were only 2 problems, I didn't have the money and I was in Honduras. So my sister Lucy, went to Monterrey with a long time friend. She had the RNY on July 7, 2009 and as of today she has lost 115+ pounds, she was in a size 26 and now she is in a 9. Her surgery was and is a total success.

I still had questions, I am going to be honest, I had trouble believing this, how could they take someone they have never seen before, run all the medical tests on Monday, have your exam and meeting with the doctor on Tuesday and then have the surgery on Wednesday? I was skeptical, my doctor in Honduras was skeptical. Do they really run the tests? Does it really matter what your EKG says? Will they do the surgery no matter what? Those are just some of the questions that I had. But I finally decided to do it, I was in the process of renewing my house mortgage and I asked the banker if I could get the money I needed for the Gastric Bypass, he said, we'll do anything you want to do. So I got the loan and on Feb. 14, 2010, my wife and myself flew from Tegucigalpa, Honduras to Monterrey, Mexico. On Monday morning I started my tests and taking the medicine to clean me out. I do have to admit it was not as bad as the goliathly that I had taken before in the states but it was not good either. On Tuesday I had my appointment with the doctor and the cardiologist and I had my questions answered. There were two of us scheduled for surgery on Wednesday. The first gentleman at 6:00 a.m. and myself at 12 noon, The other gentleman saw the cardiologist first, but there was a problem with his EKG, it didn't check out. The cardiologist made the call right there on the spot, they would not operate on the first gentleman, because his health problems posed too big of a risk. That made me feel better, they were not just running people through, doing surgeries no matter what just to make a buck.

I had the opportunity to meet with Dr. Zapata and the Cardiologist who were two of the most down to earth guys that I have ever met. I appreciated so much the staff at the hospital before and after the surgery. The anesthesiologist met me at the hospital on Wednesday morning, he explained everything that he would do, he explained that he would check my blood sugar

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every 30 minutes during the surgery, he just made me feel like I was in the hands of a trusted friend and professional. Everyone was completely surprised that I spoke Spanish, but trust me if you don't speak Spanish, you won't have any great problem.... The hospital that I was in was Vitro which is in one of the older sections of the city of Monterrey but the hospital is clean the staff was extremely nice in spite of the fact that I am a terrible patient. I told the doctor when I met with him that the only thing that I was allergic to was PAIN. There was quite a bit of pain for 2 days and I admit, I asked myself that same question that you will ask yourself those first 2 days. The question? What in the world have I done to myself? Was I completely out of my mind? But it didn't take but a few days until I saw that it was worth it.

Today, I have lost 65lbs, I have about 90 pounds left to loose and it is coming off, I don't feel frustrated because I am loosing weight and I don't feel hungry. I was on 200 units of insulin a day when I went into the hospital, today I am completely off insulin, before the surgery I was taking 2 different types of medicine for cholesterol and triglycerides and it was still off the charts with Triglycerides before the surgery of 1200+. Today, my cholesterol was 184 and my triglycerides were 300 and that is without any medication. I would do it again without any doubts or reservations. Every single person who works with Dr. Zapata was great from Judy my patient coordinator in the USA to Santos our driver in Monterrey, they are a professional team.

For each of your appointments and tests a driver will pick you up at the hotel and take you to a clinic where you will be met by another member of the staff who is waiting for you on the curb when you step out of the car, that person who speaks English will guide you through all of your tests from one clinic to the other and arrange for the driver to pick you up to take you back to the hotel. You would never receive this type of service in the United States no matter how much money you paid. The staff at the hotel is also without equal, they will basically get you anything you need, they even had someone go to the drug store for us and buy some things that we needed.

Don't ever think you will ever go to any hospital in the USA where you will be treated better, plus you get to recuperate in a 5 star hotel with a great view of the city of Monterrey. What a city it is! A completely modern city of 6.5 million people, 8 lane highways, metro trains above and below ground, buses, taxis, a beautiful mall with a VIP theater across the street with lazy-boy type recliners and waiters to bring you anything you would like. My wife loved that, I want to go back to Monterrey in the future to be able to experience all this without the surgery. Did I ever feel like I was in any type of danger? Not at all, it was a great trip and I am so thankful to have made the decision to go with Ready4achange.

There are a few things that you will want to try. The Sopa de Tortilla (Tortilla Soup) at Toks. The chicken broth is great too for after the surgery. We wanted some souvenirs also so we got the driver to take us downtown. There we encountered some of the pure Vanilla flavoring that Mexico is famous for. Make sure you put it in your checked baggage on the flight back. There was also plenty of silver rings and jewelry downtown and you can haggle for your best price. One of the merchants had quoted us a price and our driver walked in and said give them the price of a friend and the merchant cut the price by more than 1/3 of his already discounted price.

I made my decision and I'm doing great, My question now is why in the world would you want to pay a fortune to go to a hospital in the USA when you can have an adventure in Mexico?

Sincerely,



Timothy Paul Posey  
Southern Baptist Evangelist and  
Weightloss Surgery Survivor