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FROM DR. JAMES' DESK



I find myself here again, writing these lines and before continuing I first want to thank the Lord for giving me this opportunity to share some of my thoughts and opinions as a doctor.

One of the most important things for me is listening to the patient first, and then doing a thorough physical examination. After all this is done, it is vital to find solutions and options to get to the root of the problem, not just the symptoms.

I see many people that come to this place from mainly Canada or the U.S. Many of them, before they come here, go and visit other places in the U.S or Mexico (Tijuana) and this turns into a waste of their time and money, doing unnecessary expensive tests and procedures. If you pay attention

as a Dr. and give the patient time you can avoid wasting their money.

If you decide to come down here, I will make sure that you are going to receive the care that you deserve and the most important, the care of your health, that is priceless and also I can assure you that The Good Samaritan M.C is the most affordable of all the clinics that I know.

Most of our patients come to us because they find out about this place because other patients recommended us, the clinic is getting bigger and we got new therapies available.

Remember that health is priceless so don't hesitate to call me if you need some medical help with love and care.

Sincerely Dr. James



OBESITY: THE FORGOTTEN EPIDEMIC

Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health. It is a complex disease that isn't just a cosmetic concern. It is a medical problem that increases your risk to other diseases and health problems.

What causes obesity and overweight?

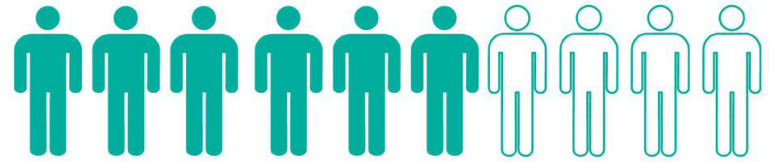
The fundamental cause of obesity and overweight is an imbalance between the calories you take and the ones that you use.



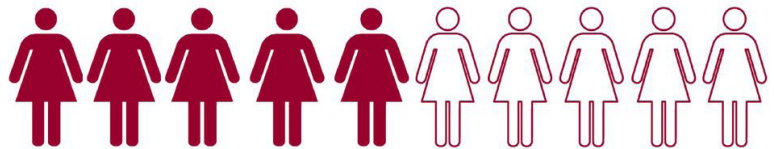
Overweight and obesity among adults

Health Survey for England 2011-2013

More than 6 out of 10 **men** are overweight or obese (66.2%)



More than 5 out of 10 **women** are overweight or obese (57.6%)



Adult (aged 16+) overweight and obesity: BMI \geq 25kg/m²

Obesity tends to run in families. That's because the genes you inherit from your parents affect the amount of body fat. Family members also tend to share similar eating and activity habits.

A diet that's high in calories, lacking in fruits and vegetables, fully loaded with high-calorie beverages and oversized portions all contribute to weight gain.

If you have a sedentary lifestyle, you can easily take in more calories every day than you burn through exercise and routine daily activities.

In some people, obesity can be traced to a medical cause, such as Prader-Willi syndrome, Cushing syndrome and other conditions. Medical problems, such as arthritis, also can lead to decreased activity, which may result in weight gain.

Your gut bacteria is affected by what you eat and may contribute to weight gain or difficulty losing weight.

Other factors such as pregnancy, quitting smoking, lack of sleep, stress.

But even if you have one or more of these risk factors, it doesn't mean that you're destined to develop obesity!

What are the complications of obesity?

Raised BMI is a major risk factor for diseases such as:

- **Heart disease and strokes which are the leading cause of death including diabetes.**
- **Type II diabetes**
- **Musculoskeletal disorders (especially osteoarthritis)**
- **Other weight-related issues that may affect your quality of life include: depression, disability, and sexual problems.**
- **Digestive problems such as heartburn, gallbladder disease and liver problems.**
- **Infertility and irregular periods in women. Obesity also can cause erectile dysfunction in men.**
- **Sleep apnea, a potentially serious disorder in which breathing repeatedly stops and starts during sleep.**

- Childhood obesity is associated with a higher chance of premature death and disability in adulthood.

- Some cancers

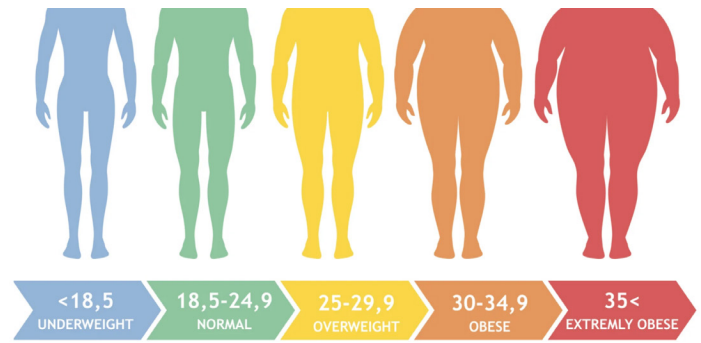
But In addition, obese children experience breathing difficulties, increased risk of fractures, hypertension, early markers of cardiovascular disease, insulin resistance and psychological effects.

How can overweight and obesity be reduced?

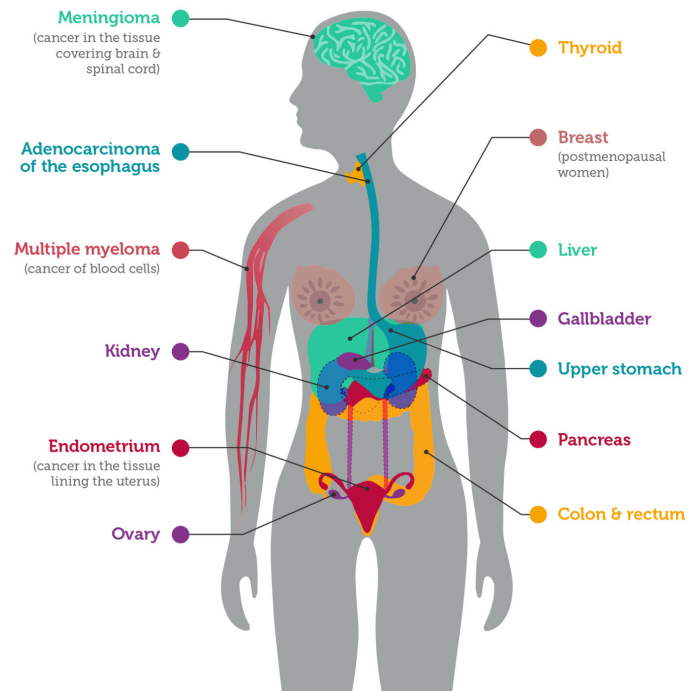
There are many reasons why some people have difficulty avoiding obesity. The good news is that even modest weight loss can improve or prevent the health problems associated with obesity.

Limit fats and sugars and increase consumption of fruit and vegetables, as well as legumes, whole grains and nuts. A daily breakfast and daily fruit consumption are seen as two of the most important healthy eating habits.

Participation in 150 minutes of moderate-intensive physical activity each week is estimated to reduce the risk of ischaemic heart disease by approximately 30%, the risk of diabetes by 27%, and the risk of breast and colon cancer by 21–25%.



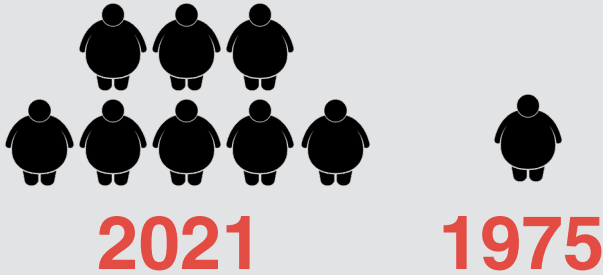
NATIONAL CANCER INSTITUTE Cancers Associated with Overweight & Obesity



cancer.gov/obesity-fact-sheet
Adapted from Centers for Disease Control & Prevention



OBESITY FACTS



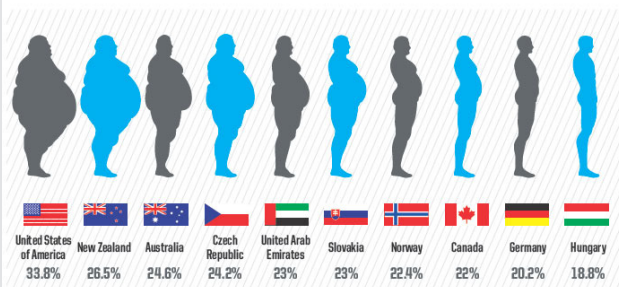
Worldwide obesity has nearly **TRIPLED** since 1975.

In 2016, more than 1.9 billion adults, 18 years and older, were overweight. Of these over 650 million were obese.



THE 10 MOST OBESE COUNTRIES ON EARTH

According To The World Health Organization | % Obesity rate



Most of the world's population live in countries where overweight and obesity kills more people than underweight.

OBESITY IS PREVENTABLE

THE POWER OF WILL

“It was July 3, 2020 when my family and I went to see my brother (also a patient of the clinic) on his farm just a short distance from Dr James. He had told me about the clinic and I knew he had outstanding results.

I had convinced myself that my issues were not that bad and that I felt fine. However on the 3rd I became very ill. That's when I agreed to go see Dr. James with my brother. Early Saturday morning Dr. James came in and began his physical examination plus some tests right away. He concluded that first it was important to get my blood pressure down.

Immediately he diagnosed me with a hiatal hernia. He also said that I must lose 100 pounds in 12 months and that I have some serious choices to make regarding my health. Dr. James said “If you don't you may find you have no choices to make.” I explained to him that I was diagnosed with an inoperable hernia 11 years ago and that I had slowly gained weight and was not able to lose any. My family and I were all in agreement that I needed to fix the hernia. Dr James also suggested a gastric sleeve or I could choose regular hiatal hernia surgery.



BEFORE



AFTER

We would like to recognize and congratulate our dear patient **Jimmy Dale Shifflet** for his commitment and positive attitude which was a major factor in improving his health.

The next day I told him that I preferred the Hiatal hernia surgery as I knew both would work but my choice meant I would be depending on God to help me. I told him what I heard the Lord said. He paused and said “I respect your decision and the Lord's”.

We worked on a special diet focused on shrinking my stomach and Dr James created a custom integrative treatment plan (chelation, ozone and blood pressure control) just for my medical needs personally. I am still walking this out but at 9 months I have lost 96 pounds and feel years younger.

By the way I no longer need any medication. When I look back the thing that I would encourage folks with is not do what I did in pretending I was fine. I was lying to myself and ignored what my family and friends were telling. I should have come here years ago but I did not and now I see I could have lived a higher quality of life all this time. If my story has captured your attention I urge you to choose coming here and call Dr James right away. I believe that the Lord does not want us to live in a state of pain and wants to heal us if we have faith and are willing. I do believe He is a God of mercy and miracles and that He gave me a miracle of healing“

Sincerely: Jimmy.





IS SALT BAD FOR YOU?

Salt, in moderation, is a necessary mineral that helps to regulate and maintain normal fluid balance in the body. But, with the overload of convenient, salt-laden processed foods and easy-to-order, takeaway options, salt can be more harmful than beneficial, because we may be consuming too much of it.

Sodium, which is the body's primary nutrient outside of each cell, is vital to your health. Without this nutrient, the body's muscles could not contract, there would be no electrical communication to the brain, and the heart could not function.

Too much sodium in your diet can cause high blood pressure and can eventually lead excess fluid around the body, which is known as edema. If this persists chronically, it could cause congestive heart failure and other conditions that can damper your health.

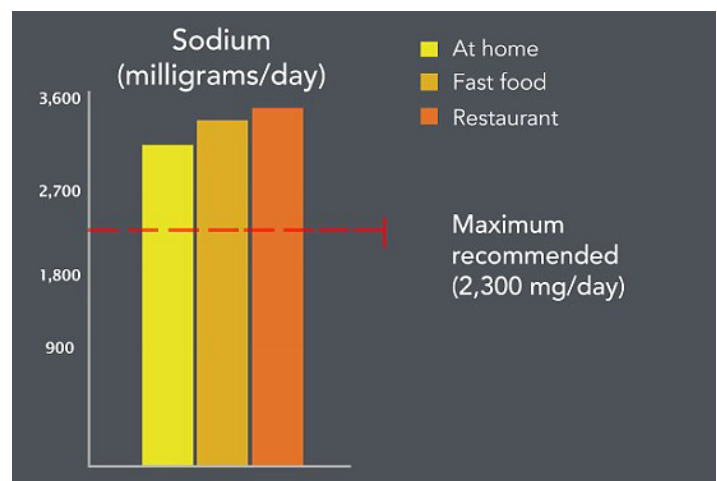
The good news is there are simple tips to help cut down on sodium in your daily consumption. Fresh and frozen produce are great ways to cut down on the salt; they are filling, nutrient-dense, and—well, they just taste good! If you need to buy canned produce, be sure to look out for “no sodium added.”

When looking for meat, poultry, and fish, try shopping fresh and avoid products packed in saline

solutions, often used in preserving products and tenderizing. Also, deli meats, cured products and processed items will have higher sodium content, so shop carefully. Frozen meals and canned soups can all be processed with too much salt, but there is a healthier option available.

Also, there is “no sodium added,” you can also look for “low sodium” and “no salt added” when shopping for your frozen favorites. Enjoy a rich of creamy nut butters and better-for-your bulk goodness all without the added salt.

The American Heart Association recommends no more than 2,300 milligrams a day and moving toward an ideal limit of no more than 1,500 mg per day for most adults.





Delicious Recipe

WILD BLUEBERRY LOAF CAKE

Ingredients:

- 1 cup of blueberries, with flour and set aside
- 1 cup and 1/4 of flour
- 1 tsp of cinnamon
- 1 tsp of vanilla
- 1 tsp of vanilla powder
- 2 tablespoons of lemon juice
- 1/2 cup of plant based milk with 2 tsp of apple cider vinegar. Leave aside
- 2 very ripe bananas, need to be very soft
- 1 cup of coconut sugar or cane sugar
- 1/2 cup of coconut oil, melted
- 1 tsp of baking soda
- 2 tsp of baking powder

Instructions:

- Preheat the oven 350F.
- Grease a loaf pan
- Mix dry ingredients together very well
- Mix wet ingredients together
- Add wet to dry and mix well
- Fold in your blueberries
- Bake for 1 hour or until is cooked



OUR NEW THERAPIES

Part of our commitment to you is to give you the best and most up-to-date treatment, that is why 2 of our nurses went to Mexico City in february for a training course on the new therapies that we are doing.



BIOMAGNETISM: A non invasive alternative therapy

Wide range of illnesses and conditions are associated with fundamental alterations in the pH level of internal organs and with the presence of pathogens: viruses, bacteria, fungus, parasites, toxins, and other harmful factors. It is much more difficult for illnesses to develop in a cellular environment with a balanced or neutral pH level of 7.

Using the biomagnetism technique, a set of magnets (one positive polarity and one negative polarity) are applied to the selected area where a condition has been identified. The magnets encourage a neutral pH state, reducing the breeding and growth of pathogens; helping to remove them.

BioMagnetic Therapy is an approach to healing that differs from conventional medicine, herbs and naturopathy. It is free of side effects and perfectly compatible with any other conventional or alternative practice. The magnets that are used are not connected to any electrical machine.



Has been used when concerned with conditions such as:

- Allergies
 - Anemia
 - Asthma
 - Lyme disease
 - Acné
 - Psoriasis
 - Migraines
 - Diabetes
 - Chronic Fatigue
 - Alzheimer's
 - Gastritis
 - Reflux
 - Ulcerative colitis
 - Cancer
 - Arthritis
 - Rheumatism
 - Digestive Disorders
 - Parasites
 - Menopause and PMS Symptoms
 - Stress
 - Heartburn
 - Parkinson's
 - High Cholesterol
 - Hepatitis
 - Meningitis
 - Ulcers
 - Depression
 - Anxiety
 - Emotional Issues
 - Autism
 - Attention Deficit Disorder
- And many more...



NEW OZONE BREAKTHROUGHS

Come and try our new Ozone therapies!

We are always keeping our treatments and staff updated with the latest ozone techniques.

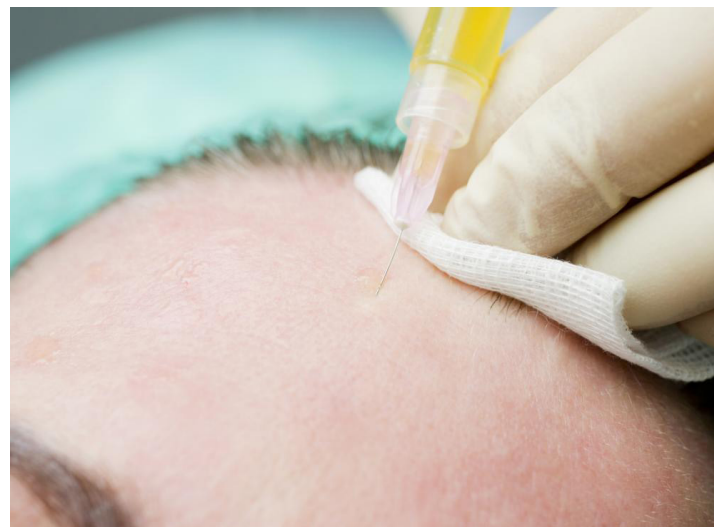
With over 30 years of experience in ozone, we provide our patients with the best procedures personalized to the needs of each one. That is why our staff is now trained to offer the following treatments.

PLATELET-RICH PLASMA (PRP) + OZONE

This is a facial non-invasive anti-aging treatment; it will help wrinkles and improve your skin texture in a natural way with your own blood. Including ozone will help your tissues to get more oxygen. You will be able to see the difference on your skin.

Benefits:

- Relieves tired eyes
- Reduces wrinkles
- Reverses the signs of aging
- Treats acné
- Increases Collagen production
- PRP is also used to treat hair loss



OZONE MESOTHERAPY

Great news, trying to have that extra and hard localized fat gone. Ozone will help break the fatty chains which facilitates the elimination of fat cells and improve tissue oxygenation due to the action of ozone on hemoglobin and red blood cells (erythrocytes). In the conducted studies, it was revealed that ozone therapy was more effective than traditional treatment of cellulite.

In addition, it carries out a regenerative trophic action on the tissues, particularly very active on the capillary wall that was destroyed. It is antioxidant and alkalizing.



ORTHOPEDIC OZONE

Is a medical technique to treat pain and inflammation, the procedure consists in injecting a specific concentration of ozone direct in the pain area this is an extremely effective alternative to surgery for the treatment of back, leg or arm pain caused by a herniated or a prolapsed lumbar or cervical disc.

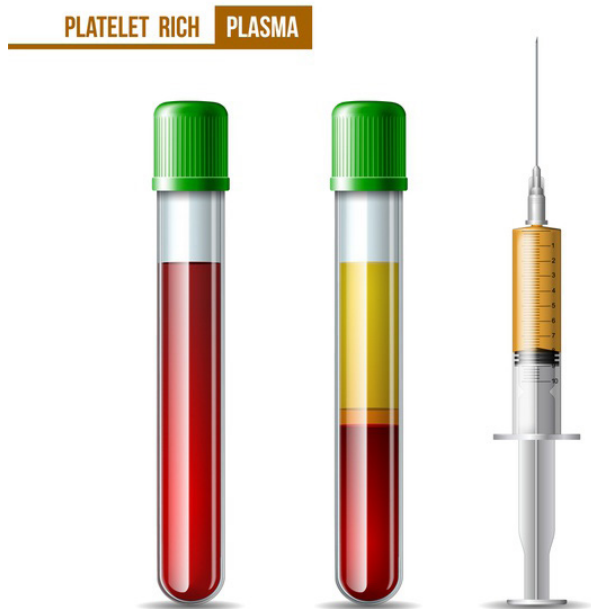


PRP + OZONE INTRAMUSCULAR INJECTION

Platelet-Rich Plasma is a liquid portion of the blood that has Immunoglobulins cells, nutrients, hormones, proteins and thrombocytes cells that are necessary for our body natural healing process.

Benefits:

- Accelerate the healing of injured tendons, ligaments, muscles and joints.
 - Improve muscles and skeletal problems.
 - Help the wounds healing process after surgery.
- Immune system boost.



WELCOME TO THE TEAM

We would like to take this space to give a warm welcome to the following new team members; Dra. Paola, Dr. Rigo and RN Angelica for joining us and proving themselves to be great medical professionals. Thanks to them and the rest of our team we are able to offer better medical care.



“Hello, I am Dr. Yera and I am very happy to be part of a team highly committed to health. Where nothing satisfies us more than giving ourselves to our patients.”



“I’m Paola Aguilera MD, I am currently working at The Good Samaritan Medical Center with a goal: building a trusting relationship with patients by working together to get the best quality of life.”



“Hi! I’m Angie and I’m so happy and grateful to be part of this team at the Good Samaritan M.C, as a nurse the most important thing is my patients and I’m very excited to help you, give you the best treatments and together take care of your health.”

And of course to our staff that has been supporting us for the many years, we would like to give you a big special thanks and congratulate you for your constant improvement.



DOING THE BEST FOR YOU BECAUSE YOU ASKED FOR IT!

DENTISTRY



We are excited to announce that we will now be having our dental office here at the facilities of The Good Samaritan M.C. Our patients will now be able to solve their dental needs while saving time and enjoying their stay with us.

Services:

- Extractions
- Removal of mercury fillings
- Fillings
- Total & Partial plates
- Repair of plates
- Dental cleaning
- X-Rays
- Root Canal
- Wisdom teeth surgery
- Implants

WOODSHOP



Due to your requests we are now building in our facilities a wood shop where visitors and patients can pass the time and build anything. This will help our patients and visitors have a “leisure therapy” available for them.

BACKYARD

We have a new space specially for you to have a great relaxing time and enjoy your stay with us. You can eat, play or just enjoy the sunshine!



WELCOME TO CLASS

We believe there is always room for improvement, our staff has started taking english classes here in The Good Samaritan M.C. This will help them to communicate with you for a better understanding and service.





FROM A PATIENT'S HEART

I think the chelation room
Is the most pleasant place
The nurses are so jolly
With a smile on their face.

The patients are relaxing
In an easy chair
Some are napping, some are talking
Some are reading if they care.

There are 12 recliners here
Lined along the wall
Each one has a 6 ft pole
With I.V. bag and all.

They prick a needle in your arm
It does not hurt or harm
And from the bag on the pole
The liquid flows into your arm.

This is not the only room
There are more chairs about
Where one can sit and get this done
But this one's not so loud.

It's a nice place to relax
They brought us apple juice
They bring blankets if we wish
I could say more, but what's the use.

By Someone who enjoyed the chelation room.



NEW PRODUCTS

OZONATED SOAPS

- **Ozonated activated charcoal Soap:** Natural acne remedy helps by removing bacteria and other impurities from your pores. Removing dead skin cells and absorbing excess oil and also an anti-inflammatory, antioxidant. Ozone oil increases oxygenation which can help cells rejuvenate.
- **Ozonated lavender soap:** Natural anti age remedy helps to prevent wrinkles, detoxifies skin, soothes eczema, anti-acne, anti-inflammatory and dry skin conditions.
- **Ozonated oatmeal soap:** Oatmeal has amino acids in it, which can lighten marks, removes excess oil on your skin, is an antioxidant and natural anti-inflammatory.
- **Ozonated rose soap:** Natural anti age, rose has a variety of vitamins, antioxidants, and minerals and it's great for dry skin, acne, redness, and inflammation.
- **Ozonated coffee soap:** Natural antioxidants help to reduce cellulite, exfoliate skin, treat acne, increase blood flow, balance pH levels, anti-aging benefits, vitamin B-3 for skin cancer and inflammation.
- **Ozonated aloe vera soap:** Aloe vera is rich in vitamin C and E so it is a natural anti-aging, helps to moisturize.
- **Ozonated chamomile soap:** It soothes irritated skin, calming down inflammation and sensitive areas, and helping speed up healing of minor injuries and sunburns. Its antibacterial properties help fight acne and breakouts. Chamomile also acts as a mild skin-bleach, lightening up your complexion and giving you a nice skin.



OZONATED SUNFLOWER OIL

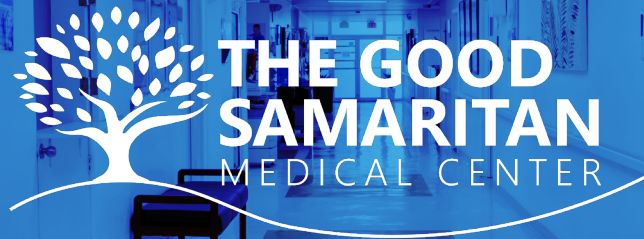


Ozonated Sunflower Oil is a soothing, oxygen-rich oil. When infused with ozone, sunflower oil can also become a gel that absorbs into the skin easily. It has a variety of uses. Benefits may include soothing minor skin irritations, abrasions, redness, and the appearance of age spots & blemishes. Also helps to kill viruses, bacteria and fungus, it can be used for healing wounds, acne problems, eczema, psoriasis and many more.

SPECIAL THANKS

We would like to give thanks to “Chayito” for helping us for many years in keeping our gardens flowering and green. Her positive attitude and simplicity is an example for ourselves and patients on how we can be happy while going through challenging conditions.





FOR LIMITED TIME ONLY!

Because your health is the most important thing for us we are offering a 50% discount in your gastroscopy or colonoscopy study.

We remind you that prevention is the best medicine.

50% Off
in Gastroscopy
& Colonoscopy.



The Good Samaritan MC.

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GET IN TOUCH



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Visit our Website

www.goodsamaritanmx.com