

NEWSLETTER



APR - JUN 2022



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FROM DR. JAMES' DESK



First and foremost, Greetings to all. The purpose of these lines are to express my appreciation for placing your trust in our clinic. Be sure that if you come down, we will give you the treatments that each one of you needs, in the most natural way, and always looking to give you the best quality of life.

In the last couple of years, we have made significant improvements to the clinic. There are now new rooms available for your comfort, a recent nursing station, and most importantly, the staff has tremendously improved their English to have efficient communication with patients.

I also wanted to mention that my son, Jonathon James, is now working alongside me to provide the best care possible. My oldest son Ricardo James Jr. officially finished his medical career and has been working with us for about a year. I thank the Lord for allowing me to share my expertises. To my wife, I would like to thank her for all the work she does; without her, the clinic would not be running as it is.

I am happy to say in the past two years we have seen an increment of patients in our facilities. When patients leave here, they leave satisfied and are more than happy to recommend it to other families and friends. This brings me joy because it means we are doing our job correctly. This means a lot to us.

Health is priceless. Please do not wait too long to contact us, and you are always welcome. Be sure that we will do our best to help you find the root cause of the problem.

Dr. James



OUR MEDICAL APPROACH BY DR JAMES JR.

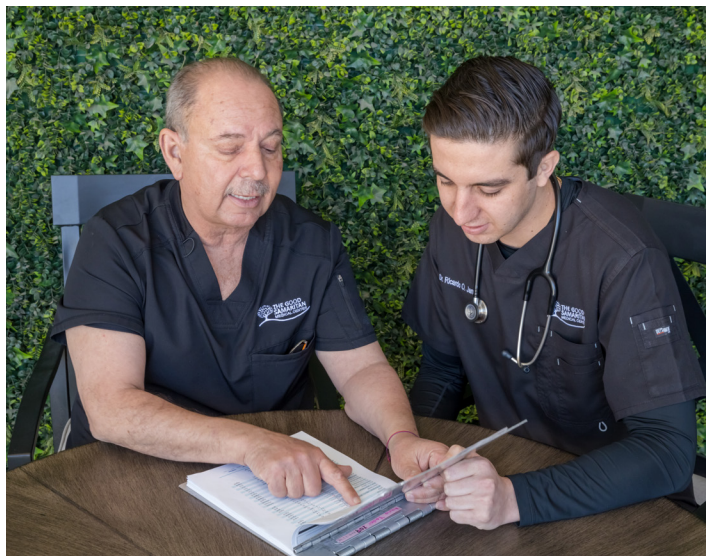
The noticeable increase in technology has affected the health system. The approach to new technologies allows us to make an early and precise diagnosis. However, we also have access to powerful and harmful drugs incorporated every year into the health system by big pharma. Knowing when and how to use these technologies and treatments are the key for success in our patients. If misused, they can have severe repercussions in a person's health, quality of life, and on a person's wallet.

Before all the technological advances, there was a time when patients used to have a good relationship with their doctors as they knew the patient, knew about his/her family and had good communication about his/her health condition. These "family doctors" seem to be long gone, and these crucial relationships have become more negligible and less existent.

After talking to some USA doctors and patients, we concluded that the average doctor's appointment in the U.S. lasts from 5 to 10 minutes. After waiting months for an appointment in a USA clinic and the possibility of jumping from doctor to doctor and not finding answers to their health problems is relevant.

At The Good Samaritan Medical Center, we like to go back to the basics. We know it is of pivotal importance to have completed and detailed physical examination for every patient, while carefully listening to the patient's needs and requesting only necessary examinations. We like to build a strong relationship of trust with our patients, so they know and understand the process of finding the root cause of their issue.

As we keep on growing, we are always looking for improvements at our facility. We truly believe in the care of our patients. As Dr. James stated, the "follow up survey" of our patients is the



most important feedback, to keep improving and growing as a healthcare system. New areas are currently assessed to evaluate the experience of our patient. Along with keeping close contact with our patients.

Dr. James Jr.



THE LIFE AFTER

COVID

Primary care physicians and specialists at hospitals increasingly attend patients who suffer from persistent and cyclical symptoms after their initial infection, independent of its severity.

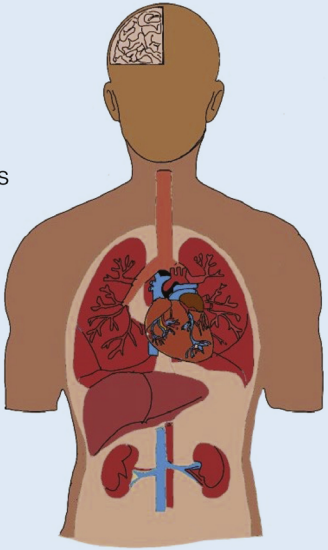
People have started colloquially to term this phenomenon as 'long COVID' and those struggling with persistent symptoms are calling themselves 'long haulers', which in fact include two groups of people: those who experience sequelae of organ damage), and those who continue to experience debilitating symptoms despite no detectable damage to the organs.

There is wide heterogeneity in the prevalence of symptoms after COVID19, although the presence of fatigue (52%), cardio-respiratory (30-42%) and neurological symptoms (40%) are the most

frequently reported.

The lung is the organ primarily affected by COVID-19 infection, and consequently, respiratory symptoms and limitations to exercise are prevalent after severe COVID infection. The most frequent pulmonary symptoms that patients could present after a COVID infection is dyspnea, cough and chest pain.

The number of patients we are receiving here at The Good Samaritan M.C that report having 'long COVID' symptoms keeps increasing. For this reason Dr. James has developed a treatment program that helps the body get rid of these symptoms in a natural way by strengthening the body's immune system.



Acute Complications of COVID-19

- Neuropsychiatric**
 - Cerebrovascular accident
 - Large vessel disease
 - Encephalopathy, delirium
 - Anosmia, ageusia
- Respiratory**
 - Pneumonia
 - Hypoxemic respiratory failure, ARDS
- Cardiovascular**
 - Arrhythmia
 - Myocarditis
- Hematologic, Vascular**
 - Coagulopathy
 - Thrombotic events
- Renal**
 - Acute kidney injury
- Gastrointestinal, Hepatobiliary**
 - Diarrhea
 - Acute liver injury
- Musculoskeletal**
 - Rhabdomyolysis
- Dermatologic**
 - Livedo reticularis
 - Maculopapular or urticarial rash

Post-COVID Symptoms, Sequelae

- Neuropsychiatric**
 - Neurocognitive deficits
 - Mood changes
 - Sensory & motor deficits
 - Chronic fatigue and sleep disruption
- Respiratory**
 - Persistent dyspnea
 - Chronic cough
- Cardiovascular**
 - Chest pain
 - Palpitations
- Hematologic, Vascular**
 - Persistent or recurrent thrombosis
- Renal**
 - Chronic kidney disease
- Gastrointestinal, Hepatobiliary**
 - Persistent liver dysfunction
- Musculoskeletal**
 - Muscle wasting
 - Weakness
 - Deconditioning
- Dermatologic**
 - Hair loss

STRENGTHENING YOUR IMMUNE SYSTEM

Chelation therapy

Chelation is a nonsurgical way of removing or “clawing out” the plaque residue which forms inside the circulatory system.

The treatment consists of IV solution combined with various chelating agents, vitamins, minerals, enzymes and amino acids.

The chelating agents are composed of negative electrons which attract and bind to the positively charged trace metals which adhere the plaque to the artery wall.

When metals like lead, mercury, iron, and arsenic build up in your body, they can be toxic.

Chelators work by binding to metals in the bloodstream, once they're injected into the bloodstream, they circulate through the blood, binding to metals. In this way, chelators collect all the heavy metals into a compound that's filtered through the kidneys and released in urine.

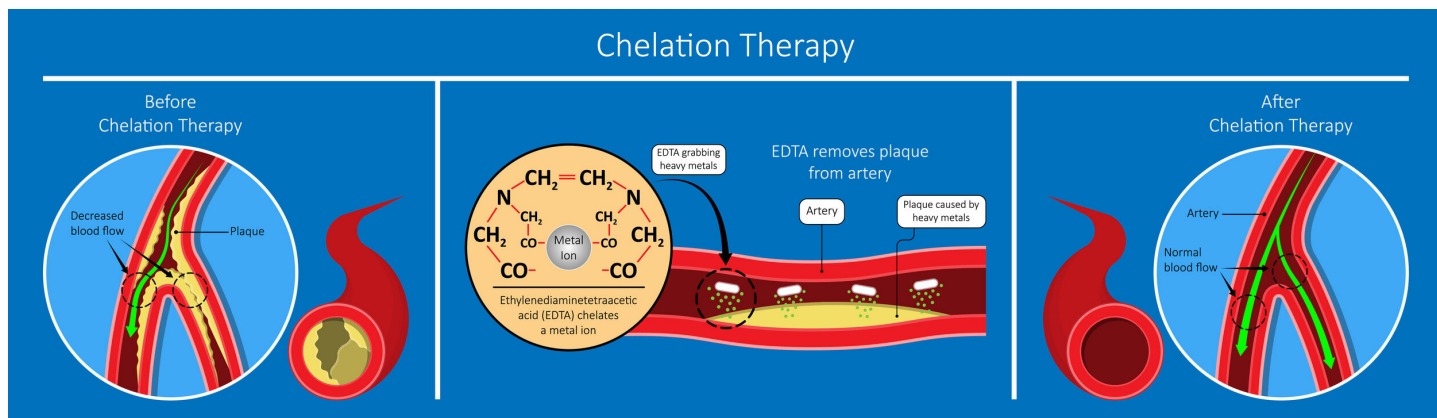
Chelation therapy aids in treating heart diseases such as atherosclerosis (hardening of the arteries). Since calcium deposits are found in artery-clogging plaques, we know that chelation therapy is the best way to remove calcium deposits and restore healthy blood flow in the arteries.

Chelation therapy is a very effective way to remove several heavy metals from blood, including:

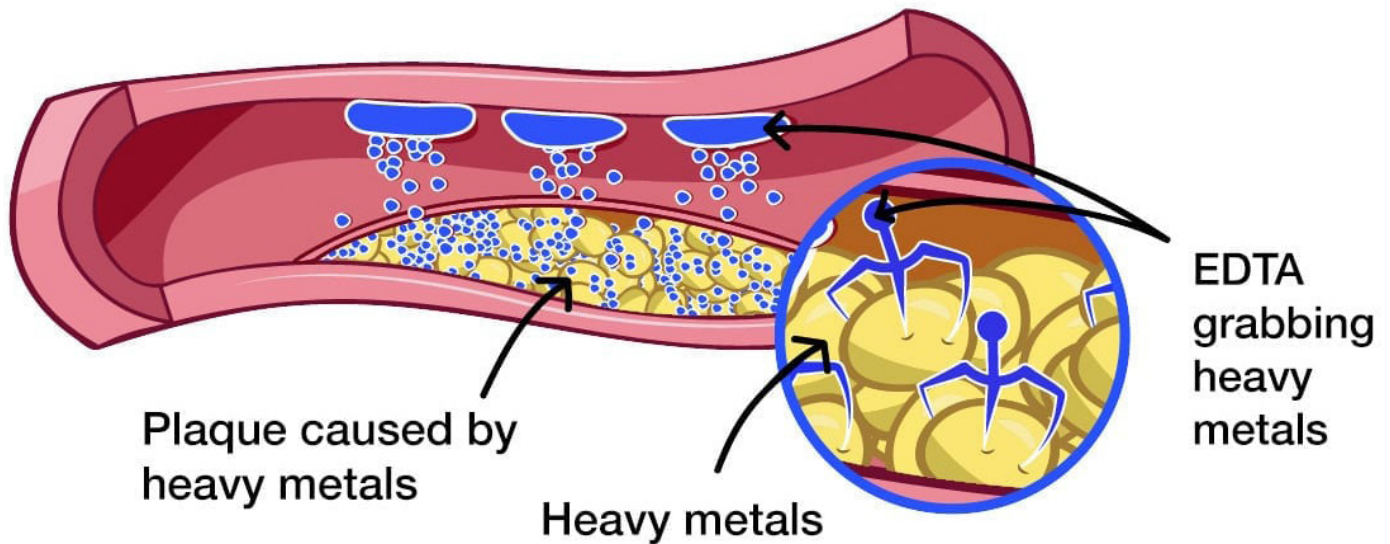
- **Lead**
- **Arsenic**
- **Mercury**
- **Iron**
- **Copper**
- **Nickel**

In addition, chelation therapy is used to treat the following health issues:

- **Alzheimer's disease**
- **Multiple sclerosis**
- **Peripheral artery disease**
- **Heart disease**
- **Diabetes**
- **Autism**
- **Parkinson's disease**



How EDTA works



EDTA can act as an antioxidant and protect against the damaging effects of chronic inflammation. To that end, chelation therapy is also used to treat osteoarthritis and other inflammation-related conditions.

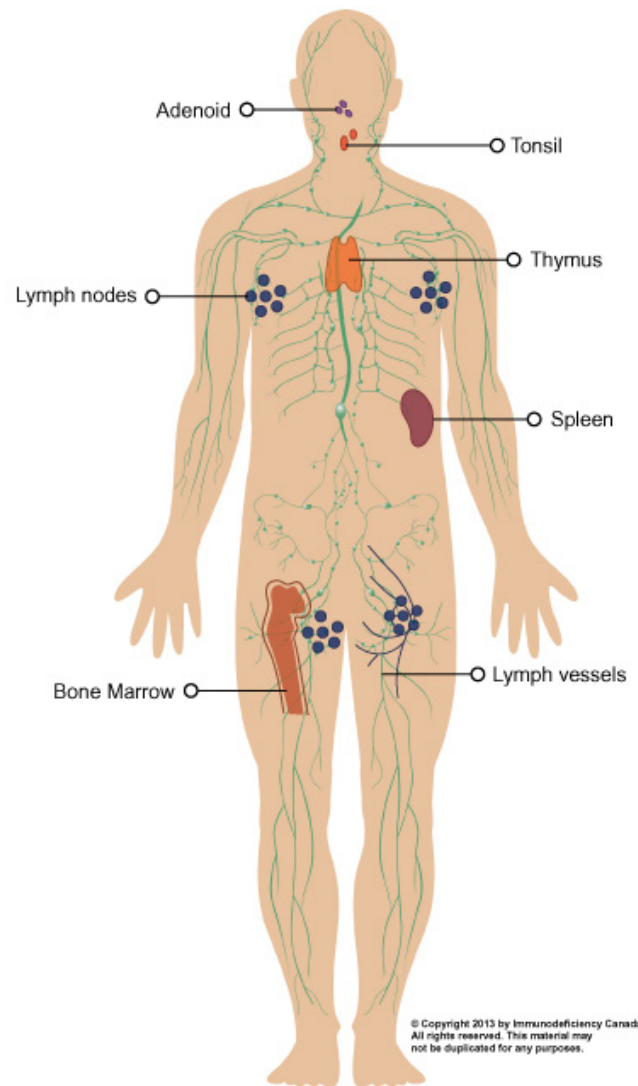
We always want the best for our patients, that is why the chelation is personalized depending on each patient's need and also to enhance the whole body's system as a booster by giving the right vitamins and supplements.

Vitamin C infusion in chelation

Vitamin C is a water-soluble vitamin that acts as an antioxidant in the body. It increases collagen production and is essential for boosting the immune system. It also plays a crucial role in preventing cell damage caused by free radicals. Free radicals are unstable atoms that can damage cells, causing illness and aging. High levels of vitamin C have been associated with a lowered risk of heart disease, hypertension, and stroke.

Benefits of High-Dose Vitamin C IV Therapy

High-doses of vitamin C IV therapy is an ideal way to boost the body's immune system and have the optimum amount of this powerful antioxidant. Vitamin infusions are a great way to prevent illness, treat infections, and chronic health conditions.



- **Wound Healing**

High doses of vitamin C infused intravenously can aid the body in healing wounds, cuts, and scrapes on skin faster. This is also because vitamin C is an antioxidant that helps repair tissue and reduces damage caused by inflammation.

- **Better Skin**

The high antioxidant properties and its role in collagen production make vitamin C an essential component of skin health.

- **Strong Immune System**

IV Vitamin C encourages the production of white blood cells that the body uses to protect against disease. High-doses of vitamin C is helpful in reducing the length and severity of the illness.

- **Improved Iron Absorption**

Iron is an essential nutrient for transporting oxygen throughout the body and making red blood cells. Vitamin C aids in transforming Iron that isn't absorbed into a form that can be used by the body.

- **Improved Mood**

A high-dose of IV vitamin C can significantly improve mood by fighting against free radicals that cause oxidative stress. Oxidative stress in the body can cause neuropsychological disorders like depression and anxiety.

- **Reduced Lead Toxicity**

An increase in lead in the body has been linked to Alzheimer's disease and lead poisoning, but a megadose of vitamin C is an effective treatment in repairing the damage.

- **High Blood Pressure**

One in three Americans suffers from high blood pressure, which can put the body at risk for heart disease. Vitamin C has been shown to reduce both systolic and diastolic blood pressure in adults.

- **Cancer Therapy Aid**

High doses of vitamin C protect the body from oxidative stress that can damage cells.



WOMEN CARE

Cervical cancer is the fourth most common cancer among women globally, with an estimated 604, 000 new cases and 342,000 deaths in 2020.

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Cervical cancer is a type of cancer that occurs in the cells of the cervix (the lower part of the uterus that connects to the vagina). Cervical cancer begins when healthy cells in the cervix develop changes (mutations) in their DNA. A cell's DNA contains the instructions that tell a cell what to do. Healthy cells grow and multiply at a set rate, eventually dying at a set time. These mutations tell the cells to grow and multiply out of control. The accumulating abnormal cells form a mass (tumor). Cancer cells invade nearby tissues and can break off from a tumor to spread (metastasize) elsewhere in the body.

A large majority of cervical cancer (more than 95%) is due to the human papillomavirus (HPV).

Cervical cancer can be treated and cured, if detected early. If not treated, cervical cancer is almost always fatal.

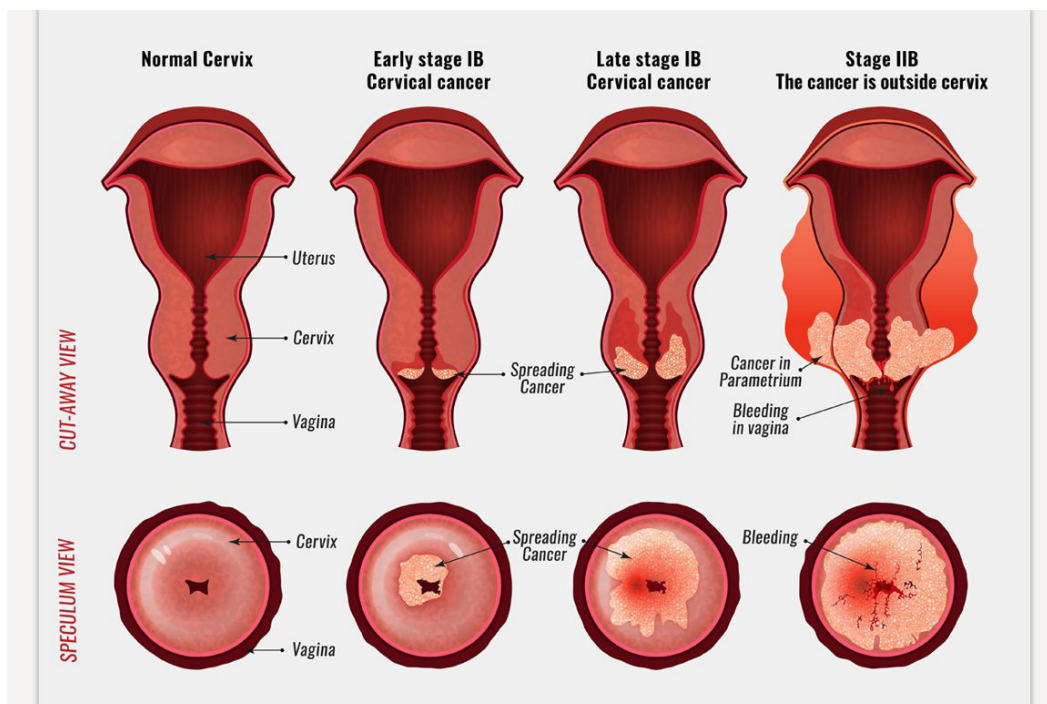
Symptoms

Early-stage cervical cancer generally produces no signs or symptoms. Signs and symptoms of more-advanced cervical cancer include:

- Vaginal bleeding after intercourse, between periods or after menopause
- Watery, bloody vaginal discharge that may be heavy and have a foul odor
- Pelvic pain or pain during intercourse

Cervical cancer can be cured if diagnosed at an early stage and treated promptly.

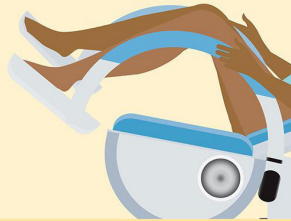
**To reduce your risk of cervical cancer:
Have Routine PAP tests - Don't Smoke**



YES WE DO OFFER PAP SMEAR TEST HERE AT THE GOOD SAMARITAN M.C

Pap Smear: What to Expect

Lie back and place the feet in stirrups or on foot rests



A doctor will insert a speculum into the vagina to hold the vaginal walls open



They will quickly brush a long, thin swab over the cervix to take a cell sample



They will place the cells in a petri dish and send it to a lab for testing



Did you know?

- A Pap smear is a test to help prevent cervical cancer or find it early. During a Pap smear, a health care provider collects cells from the cervix and sends them to a lab.
- At the lab, the cells are checked under a microscope for cancer or for signs that they may become cancer.
- If you're between age 21 and 65, you should have regular Pap smears. Thousands of women in the U.S. die from cervical cancer every year.
- A Pap smear is one of the most effective ways to prevent cervical cancer.

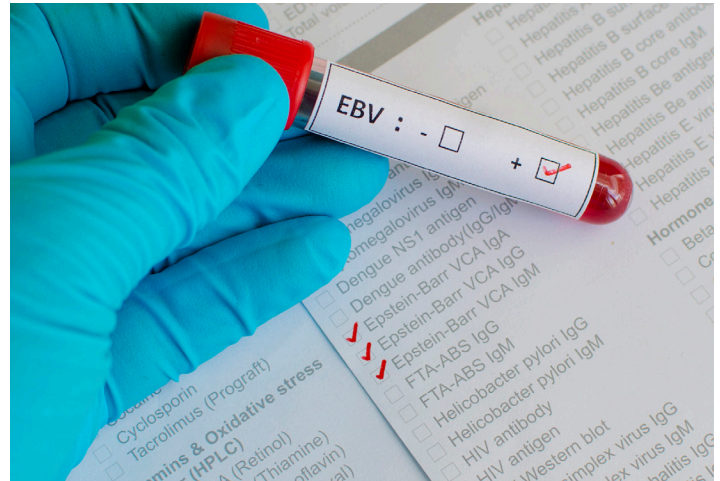
WHAT IS EPSTEIN BARR VIRUS?

Epstein Barr virus, also known as Mononucleosis or chronic fatigue syndrome, is one of the most common viruses that affect humans. Found all over the world, getting infected is pretty common. It spreads most commonly through bodily fluids, this is really easy through: kissing, sharing drinks. Also through other kinds of fluids such as blood and semen. Some of the symptoms are:

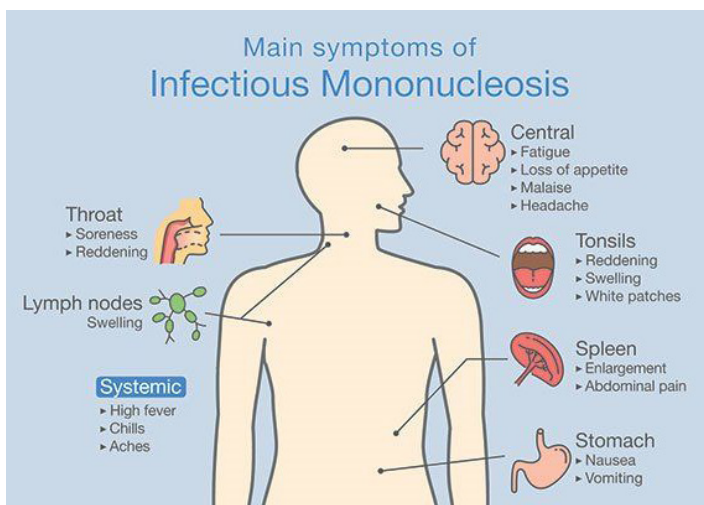
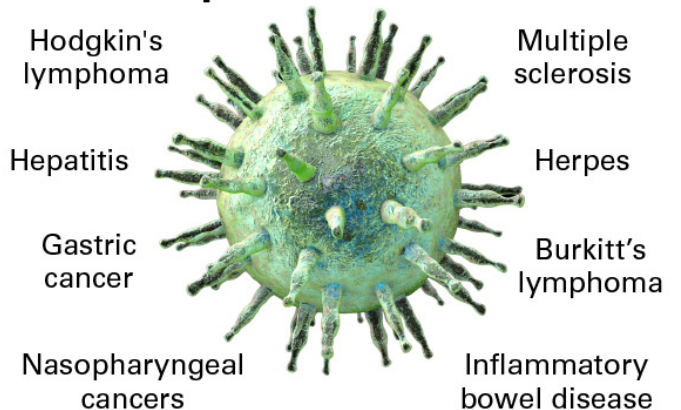
- Fatigue
- Fever
- Inflamed throat
- Swollen lymph nodes
- Enlarged spleen
- Rash

With the right treatment we can expect a full recovery in two to four weeks. However, some people may feel fatigued for several weeks or even months.

Here at The Good Samaritan M. C. using our integrative medical program we treat patients in a natural way to help them fight this virus. By strengthening the immune system and thanks to the treatment protocol after a two week stay patients will continue their treatment at home designed by Dr. James.



Diseases associated with Epstein-Barr virus





THE PATIENTS' WORD

We want to give special thanks for the help of our patients by letting us share their stories with our readers. We know that word of mouth is our best promotion and we appreciate the support they give us.

Also a special mention to those patients that continue to recommend us and help us by making reservations for new patients. Thanks to that, we can continue growing and helping as many people as we can, always with the Lord's hand.

"I have had a cough for many years. It started 15 years ago, and became gradually worse over the years.

I was looking for a cure and tried many things, finally we saw an advertisement of "Grandpa Balsam" which sounded real good, so I tried that for a while with little success, and dr prescribed this and another that all with very little success, I coughed a lot in the daytime, but it was worse at night Dentyne ice gum I would let dissolve in my mouth, which helped temporary, but only for so long. We found a pamphlet of the Good Samaritan medical center so we decided to give it a try. After surgery I seem to have good success as the cough has left me."

- M. Miller

"This is a wonderful place to be when we need help. The good care and hospitality means a great lot. It's just like home away from home. The doctors do all they can to help us!. The nurses do such a good job too. And Jonathon does his best to help everyone and makes sure we have everything we need, plus more.

Thank you so much. With much appreciation."

-Lydia and Anna Yoder.

"I was diagnosed with breast cancer in 2008 at the age of 34. I had surgery, chemotherapy, and radiation. The cancer came back in Oct 2016 but we didn't catch it until Oct 2017. They say there is no cure this time, just keep it under control with chemotherapy.

So I started back up with chemotherapy here in Texas, and came to "The Good Samaritan Medical Center" for Chelation, Electrostatic, Beam ray, Ozone, and Physical therapy, this has helped me so much physically, emotionally, mentally, and spiritually.

The drs and nurses are always so caring, kind, loving, and professional making sure our stay is enjoyable.

The kitchen crew is always ready to take our orders with a friendly smile, and they make such good food. The cleaning ladies all do such a wonderful job cleaning our rooms and making sure we are comfortable.

I've been coming to the Good Samaritan for 4 1/2 years now. I'm so thankful to God and ALL the staff at the clinic for being there for me and my family, without these treatments I know I wouldn't be able to enjoy my family and grand babies like I do now.

May God Bless "The Good Samaritan Medical Center"

With Love
Elisabeth Harms

THE PATIENTS' WORD

“The Nose”

Really, what can a nose be good for? Oh my!
Many things, right?

Get your nose where it has no business could get
it in trouble, right?

Well... what about having a nose and not really
knowing what all a nose can do in your own health?
I was born with a nose that I couldn't breathe
through and had lots of headaches all my life. I am
55 years old.

In January 2021 I noticed certain foods don't want
to go down my throat (esophagus). Swallowing
was getting more and more difficult. By March
2021 I ended up in ER as even water was hard to
get down, they put a scope down my throat and
stretched the esophagus, gave me meds for reflux
and inflammation and sent me home again. Now I
could eat and drink a bit but was just bloated and
had diarrhea, nothing seemed to help and they
wanted to send me from one doctor to the next.
By the end of March someone asked us if we would
consider going to México with them at “The Good
Samaritan Medical Center”. So by March 30, 2021
we were at the clinic, they put a scope down my
throat and found a very red inflamed esophagus
and stomach and a hiatal hernia. Dr. James said
it soon would have turned cancerous, so we came
just in time.

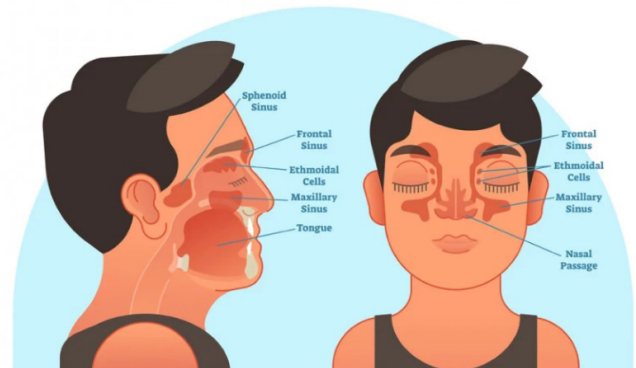
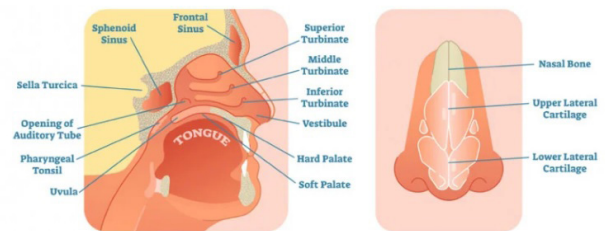
I also mentioned all my headaches I have, they
checked my nose and found the bones pretty well
closed the nose holes on inside which caused
pressure build up.

10 to 14 days of chelation treatments then they
did surgery to fix my hiatal hernia and my nose,
then another 10 days or so of chelation treatments
and I was ready to head for home and felt like a
different person now I can breath, smell and taste
better.

This is now a year later, April 2022 and I am
feeling very well. I would advise anyone with these
problems to get it checked out and treated as soon
as possible at this clinic, they also treat many other
symptoms. May God Bless You all!”

-Henry M. Brenneman

NOSE ANATOMY



OZONE SUCCESS

New anti age treatment Plasma (PRP) Gel Bio Filler

PRP Gel Bio Filler is known as the most natural technique to help, prevent, and/ or reduce age signs. It will rejuvenate immediately without going to high cost face-lifting surgery. It's a biological aesthetic procedure; it comes from the patient's own blood to avoid allergic reactions.

A vital benefit of this treatment is to stimulate the stem cells and growth factors that produce collagen. It is known to be the body's natural protein for keeping skin taut, fresh and youthful. That means your skin will naturally reproduce itself for months after the injections.



Benefits:

- PRP stimulates and regenerate tissues
- Reduce lines and wrinkles
- Natural facelift
- Restores face's volume
- Rejuvenate the face, neck, and hands
- Reduce fine lines around the neck
- Augment cheeks to enhance youthfulness
- Reduce or remove eye-bags
- Improve the appearance of recessed scars
- Enhance shallow contours.

Ozone (O3) Boot Testimonies



We are more than happy to present to you our ozone achievements. Ozone boot is an excellent treatment for chronic wounds; it has been used since the First World War, helps to eliminate infection. Ozone is a gas that can optimize cellular metabolism and has antibacterial and antioxidant effects; in such a way that it can help a better healing of ulcers. Also it improves levels of vascular endothelial growth factor, providing oxygen and helping tissue to regenerate.

First Patient started ozone boot treatment February 21st and ended March 17th after having this painful ulcer for 2 years.



WE ARE HERE TO HELP

THERE'S ALWAYS ROOM FOR IMPROVEMENT

As you may know we are always looking for ways to make our patients stay more pleasant. We are happy to announce that our major construction (5 new rooms + a chealction area) is now ready. Thanks to this we hope to give our patients a better stay and fast recovery.



Improvements include:

- New nurse station
- Chelation área
- 4 More telephone lines
- 2 New outdoor terrace
- 5 new rooms!
- New consultation room





“THE BEST AND MOST AFFORDABLE”

FOR LIMITED TIME ONLY!

Dr. James has always emphasized to our team the importance of avoiding unnecessary tests or procedures in order to save the patient's money. As he likes to say “money doesn't grow from the trees”. Our goal is to be the best and most affordable clinic for our patients.

This season we are happy to announce that we will have promotions never seen before. From April to August 31st the following discount will be available:

- \$100 discount from our transportation service to and from Albuquerque.**
- 25% discount in our in clinic treatments.**
- 15% discount in chelation and ozone treatments.**

*Restrictions may apply.

**SAVE
NOW**



SELF CARE

What is it?

Self care is the practice of individuals looking after their own health using the knowledge and information available to them. It is a decision-making process that empowers individuals to look after their own health efficiently and conveniently, in collaboration with health care professionals.

What to do to start having good self care?

Physical activity

Physical activity is any kind of movement that makes your body burn calories, staying active is known to reduce the risk of developing a variety of health problems.

Including 30 min to an hour of physical activity to your daily routine is one of the first steps you can take to start the journey to have better health and quality of life.



This activity can be walking, running or if you have a work that requires physical force, that can also count as your daily activity.

Regular physical activity can:

- Improve muscular and cardiorespiratory fitness
- Improve bone and functional health
- Reduce the risk of hypertension, coronary heart disease, stroke, diabetes, various types of cancer (including breast cancer and colon cancer)
- Improve your mental health, mood and reduce the risk to have depression
- Help maintain a healthy body weight.
- Help your body manage blood sugar and insulin levels
- Improve your sleep

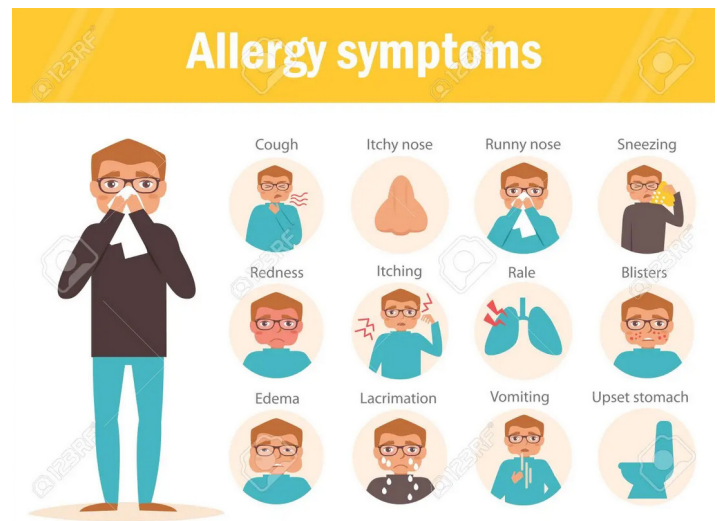


SPRING IS HERE

The temperature is rising, the sun is shining, the birds are chirping, and nature is blooming. This can only mean one thing: Spring has officially arrived.

Many of us have been anxiously waiting to put away those bulky winter coats. Unfortunately, this euphoric state of spring bliss is blurred by the burden of seasonal allergies for as many as 30% of adults and 40% of children. Symptoms like uncontrollable sneezing, headaches, congestion, constant sniffles, and itchy, red eyes could be signs that you are experiencing allergies.

An allergy is the immune system's response to a foreign substance – called an allergen – that triggers a reaction. The response the body has can cause a wide range of reactions, from subtle sneezing and sniffles to persistent hives and fatigue. One of the most common causes of allergies in spring in the United States is pollen, which is produced by hundreds of plant species, including trees, flowers, grass, and weeds.



Here are a few natural remedies that can assist in alleviating seasonal allergies.

Essentials Oils

Tea tree, eucalyptus, and peppermint oils all have powerful natural properties that can help relieve some of those unwanted effects that allergies have on the body. Diffuse a few drops of peppermint oil to unclog your sinuses or rub a small amount of eucalyptus oil onto your chest and forehead to relieve stubborn congestion. Tea tree oil is commonly used to kill bacteria that may be causing allergies, so use it to eliminate the triggers and keep your space clean and germ-free.

Apple Cider Vinegar

Apple cider vinegar has popped up everywhere because of its incredible health benefits! Allergies develop when the body's immune system becomes sensitive to something in the environment, but Apple Cider Vinegar may help boost the immune system and prevent issues that come with the new season.

A LIGHTER WORLD

New weight management program

We believe prevention is the best medicine, this is why we now offer a weight management program. This report gives our patients a detailed explanation of the ideal weight by allowing us to measure the body composition of the patient. This also helps our medical team have a better assessment about the patient's condition and what needs to be done to get him to his or her optimal health.



This new test not only examines your total body water, fat, protein, and minerals, it also reveals percentage of body fat, muscle distribution, and body water balance; components that are key in understanding more about your body.

The test will show us:

- Body Composition Analysis
- BMI
- Muscle-Fat Analysis
- Obesity Analysis
- Segmental Lean Analysis
- Segmental Fat Analysis
- Body Composition History
- Weight Control
- Skeletal Muscle Mass
- Obesity Degree

We gladly can say that our patients have lost more than 533 pounds since the program started and we're going for many more! Our goal is not only the pounds you can lose but the change in lifestyle you can have. Let us help you to make your life a healthier one.

CLINIC'S MEMORABLE MOMENTS

“Spread love everywhere you go. Let no one ever come to you without leaving happier.”

We want to give special thanks to our patients for letting us share these special moments with you. As Denis Waitley said “A good life is a collection of happy memories” and this is what we’re collecting together.

THANK YOU!



The Good Samaritan M.C.
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El Paso, TX. 79925-3414

PRSRSTD
U.S. POSTAGE

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El Paso, Tx.



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Office Hours
for requests or appointments
9:00am to 5:00 pm



Pharmacy office hours
9:00am to 3:00 pm