



THE GOOD SAMARITAN MEDICAL CENTER

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: DR. JAMES

Greetings from Dr. James' desk,

First of all, I want to thank the Lord for allowing me to write these lines for you. At this time, I want to share that we are getting more patients in the Good Samaritan M.C. because of the word of mouth and testimonies, which is the best promotion that we have and we thank you for that. We treat each patient with love and care and we keep in mind that each patient's care is unique.

I really appreciate the trust that each of my patients have and this is a huge responsibility, I treat them like I would like to be treated, I always do my best in solving their needs, working from the root of the problem that helps avoiding extra costs, unnecessary medicines and tests. When I started my medical career here in Mexico, I learned to first listen carefully to my patients and do a complete examination in order to avoid unnecessary procedures. Many patients that we receive in the Good Samaritan M.C, have had many different bad experiences with doctors and treatments before,

but I and my medical staff make sure to have a solution for the issue in the best way possible, for you.

I want to also take this opportunity to share that my son Jonathon keeps helping me with our patients and my other son Ricardo has graduated as a doctor this year and is coming soon to form part of the team to help you! Wishing the best holidays and especially good health

Sincerely Dr. James



THANKSGIVING

For the many blessing

We want to use this section to give thanks to God and our patients for being part of this clinic and giving us the opportunity to help them gain their health back. Also we want to mention some of the most wonderful cases and patients we have had the pleasure of helping. Thanks to their positive view, good treatments and God's grace they have been able to gain their health back.

We appreciate our following patients for kindly letting us show their stories, with the purpose of giving hope to people in need of health.



Hinderks Ronald
78 yo
Iowa, USA

Diagnosis: Blockage of carotid artery.

Phone: (519) 398-8952

Mr. Ronald was offered the option of having carotid artery surgery by doctors back home because of a cholesterol plaque (hardness of the artery). Instead he decided to come down to the clinic thanks to his son's recommendation. With the help of chelation, ozone and other integrative treatments he was able to avoid the surgery and is now living a healthy life.



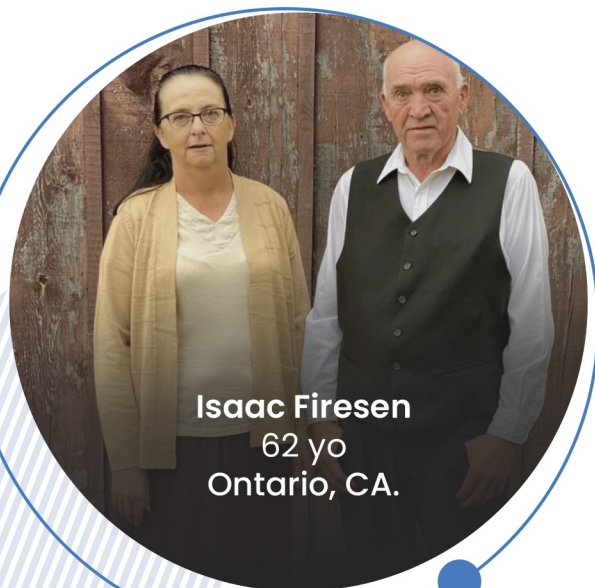
Denise Dees
53 yo
Colorado, USA

Diagnosis: Brain tumor at age 48.

Phone: (970) 948-2072

Today we are thankful to say that Denise's overall health is great as she keeps receiving her booster treatments when necessary.

Thanks to this she is able to continue with her professional life as a nurse, helping others.



Isaac Firesen
62 yo
Ontario, CA.

Diagnosis: Lung cancer in 2009.

Phone: (519) 398-8952

"I am still super happy , that when I went there I felt loved by everyone. Good food, good service, nice and clean place, they treat you like family with lots of love and respect. I couldn't ask for a better doctor and staff. I recommend everyone to go there, there is hope and help, we can't thank enough Dr James.

God bless you all greetings to everyone at the clinic" !

Diagnosis date:

Brain Tumor at age 9.

Phone: (501)3391079

We are glad to inform you that Mr. Hill has come back a couple of times for his checkups and boosters. Currently Mr. Hill has a happy and healthy life with his family.



Tony Hill
38 yo
Arkansas, USA

Diagnosis: Pancreatic cancer

Phone: (806) 441-5438

"One day I woke up all yellow and in severe pain. A big tumor on my pancreas was taking my life away from me. Treatment was too complicated and expensive to be done in the US.

Dr. James showed me that there is always something that can be done, now I have been cancer free for 5 years."



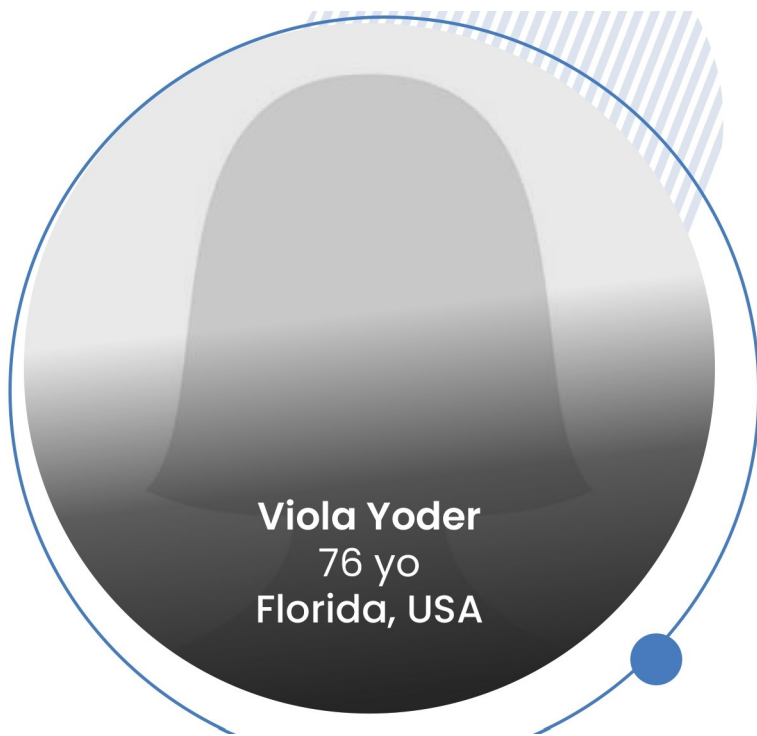
Abraham Banman
50 yo
Texas, USA



William Humphrey
85 yo
Alabama, USA

Diagnosis: High blood pressure.
Phone: (519) 398-8952

Mr. William, a great believer, student and proof of the benefits of natural and integrative medicine, has been over the last 30 years treating his high BP, with the help of chelation and natural treatments avoiding the use of medications and surgeries.



Viola Yoder
76 yo
Florida, USA

Diagnosis: Breast cancer at age 30
Phone: (941) 954-2197

MMrs. Yoder was diagnosed with a mass in her breast, positive of cancer. Doctos back home offered her a radical mastectomy, quimio and radiotherapy. Fortunately she rejected it and decided to come to the clinic. She started Dr's James alternative treatments and today she is 75 years old and living a happy and healthy life



Jasmine Sarah
Hiatal hernia

WORDS FROM JASMINE

"My name is Jasmine and I'm 16 years old. I had been suffering from health issues for about 10 years. I sought help in Canada, but without success. Through some church friends, I was referred to The Good Samaritan Clinic. My mom and I decided to give it a try and are so glad that we did. I finally found the answer I was searching for! There I was diagnosed with a hiatal hernia and I'm very grateful to God that the surgery and everything else went well. Everyone there was helpful and friendly. And the doctors did such a great job. I have many good memories of all the wonderful people I met, which will never be forgotten. My time at the clinic was a great experience".

The picture shown is of our dear patient Jasmine just 4 hours after surgery. Recovery was fast, the hiatal hernia is healed and the symptoms have gone away just weeks after surgery.

There are many people like Jasmine that are struggling for years, but with courage she decided to come and was able to fix her health problem and go back home happily and healthy.

"This type of health issue, the hiatal hernia will never be fixed in Canada or the USA. "Maybe it's the health system but there are many patients coming from the U.S and Canada to the clinic to fix this health issue" Dr James says.

We recommend our patients and their loved ones to save their time and money by avoiding the many unnecessary exams that don't go to the root of the problems.

Immune system and Respiratory Tract infections



Colds, flu, coughs, bronchitis, and other winter illnesses affecting the respiratory system are the main reason for visiting the doctor between October and March. Although some people get over it without problems, others get more affected, so it means that the microbe is not the only one responsible. For these people, strengthening the immune system is vital.

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For decades, acute lower respiratory tract infections have been among the top three causes of death and disability among both children and adults. In 2016, lower respiratory infections caused 652,572 deaths in children younger than 5 years, 1,080,958 deaths in adults older than 70 years, and 2,377,697 deaths in people of all ages, worldwide.



Immune defenses protect you from attacks by pathogenic agents like bacteria and viruses. However, in winter, the immune system is attacked more often. We spend more time confined, and rooms are less well-aired. As a result, more circulating microbes are transmitted (exhaled air, coughs, sneezing).

More than 300 types of viruses are responsible for the respiratory disease outbreaks that frequently occur in winter.

STRENGTHENING IMMUNE SYSTEM

Vitamin C

A powerful antioxidant, enables the manufacture of antibodies, and provides good resistance to infection particularly viral. You can find it in seasonal vegetables and fruit: **Brussels sprouts, kale, lemon, kiwi fruit, orange, grapefruit, lychees.**





Vitamin D

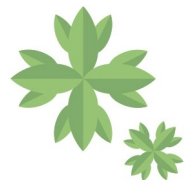
Stimulates the immune defenses to fight quite a few infections (flu, bronchitis, colds).

Find it in oily fish, cod liver, eggs and offal.

Phytotherapy

Certain plants have a recognized beneficial effect on the immune system, either as a preventive measure or alongside conventional treatments. Whereas some stimulate the natural defenses, others act directly on the microbes.

Some examples are Echinacea, grapefruit, plantain, rosemary, yarrow.



**Strengthening
the immune
system**

Probiotics

Taking probiotics consolidates the body's barrier systems. As previously stated, they have a positive effect in the prevention and on the symptoms of respiratory tract infections.



Immunotherapy

Ozone therapy

Has been shown to have multifaceted effects on the immune system. Without adequate oxygen the body's immune system loses the ability to fight unwanted invaders such as microbes, cancer cells, autoimmune disease and more.

With ozone therapy, oxygen readily diffuses into immune cells facilitating immune responses. Its ability to provide cells with a better supply of oxygen explains its revitalizing and energy-producing effect.



Scientific studies have shown ozone is considered to be the greatest germicide existing in nature when in direct contact with bacteria, viruses and fungi.

Healthy Living

What does eating sugar do to your health and immunity?

This time of year is a marker of sorts, it is the beginning of a holiday season full of sweet temptations and loads of comfort food, to add the start of cold and flu season. This year is different from any other because of the additional virus of COVID-19. But what does the season of sweets have to do with the cold and flu season? it all has

to do with blood sugar.



Keeping blood sugar, or glucose balance is so important, our bodies regulated to ensure normal levels, when you consume sugar in any presentation could be cake, bread, pasta, candy, fries, etc. they are digested and converted into glucose leading to sharp spikes in blood sugar, the pancreas reacts releasing insulin, which directs the glucose into cells and lower blood sugar levels back to normal range. when sugar or refined carbs are occasionally consumed in small amounts, this is an ineffective system. but when you consumed in regular basis that kind of food the body is constantly fighting to keep blood sugar levels normal, overtime, the body stop responding. Keeping your blood sugar level in a healthy range determines how well your immune system is able to mount and respond against all types of pathogens, viral or bacteria. One of the benefits of being well informed is that with small changes you can improve your health.

HEALTHY PUMPKIN COOKIE RECIPE

Ingredients:

2 cup organic raw whole rolled oats*

8 ounces (about 1 cup) organic mashed pumpkin (from a can is ok)

1 small ripe banana, chopped

1/3 cup sliced almonds

3 tbsp ground flax seeds

3 tbsp grade B maple syrup

1 1/2 tsp pumpkin pie spice**

1/4 tsp fine sea salt



Preheat the oven to 350 F, lightly spray a baking sheet with a natural olive oil or canola oil cooking spray.

Combine pumpkin, banana, maple syrup, pumpkin pie spice and salt in a large mixing bowl and mix on high with a hand mixer until mostly smooth, about 2-3 minutes.

Fold in the oats, almond and flax using a large wooden spoon until the mixture is uniform.

Form 6 large cookies and bake for 14-16 minutes until set. They will stay soft but hold together well. Let cool 10 minutes before eating, and store in a glass container in the refrigerator for up to 3 days.

*Pumpkin pie spice is a blend of cinnamon, nutmeg, ginger, and clove. You can buy the blend at your local natural grocer or you can make your own.



There is always room for improvement



Free transport

From November (2020) till February (2021) we will offer free transportation from Albuquerque to the clinic (only in groups of 3 or more patients). Please call for specifications.



Show this coupon when paying your bill and get a 15% discount on: Labs, I.V. therapy and TGSMC specialized treatments (valid until February 29th).



We would like to start giving thanks to the Lord for the opportunity to serve all the people that visited the clinic this year. Dr James would like to remind you that you have a friend and doctor along with a team of people to provide the best service always looking for the best road to solutions. Please if you or someone you know is struggling don't waste your time and money and call us, Dr James guarantees he does his best always with the Lord's hand.

This year, 2020 has definitely been a different year. As always we are grateful that we have had the opportunity to serve all of our patients and to learn from the times at hand.

We wish this holiday season to bring happiness and joy to you and your loved ones. May this new year, 2021 bring new happiness, new goals, new achievements, and lots of new inspiration for life. Wishing everyone health and wellbeing.

Our family would like to raise a toast of gratitude, to our team for your dedication and care. To our patients for your adaptability and courage have been more inspiring than words can define. Thank you to all of you who have been so good to us and trust in us.



Soon to join



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OUR STAFF



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