



MAY-JULY 2025

## INSIDE THIS ISSUE

A Legacy of Love and Care - From Dr. James Desk  
 Welcome Ivanna James  
 Atherosclerosis: Understanding, Treating, and  
 Preventing the #1 Killer  
 Chelation Therapy: Overview  
 H. Pylori's Hidden Impact  
 Ozone therapy for Wound Healing

2	A Journey of Healing and Hope: Connie's Recovery Story	11
3	Exploring the Cycles of a Woman's Body	12
4	Daily Habits for Mental Wellness	16
	The Healthy Little Seed	19
6	Patient Success Stories	21
8	There's Always Room for Improvement	23
10	Good Memories	24
	Special Promotions	27



# A LEGACY OF LOVE AND CARE FROM DR. JAMES DESK:



Hoping that at the time you receive this letter, you are doing well and surrounded by your loved ones.

This letter is to honor **Susan Kissinger (rest in peace)**—a lovely and truly unique woman who made so much possible for this clinic. Susan was not only a faithful patient but also a dear friend and someone I will always hold in the highest regard. Despite living with a rare condition known as “glass bone disease” and having gone through more than 30 surgeries, she was always full of life, optimism, and encouragement. Even during her hardest days, she never stopped supporting me and reminding me to keep going.

Susan often said, *“Please, Dr. James, take good care of my people—and make sure you give them a good price.”* And that’s a promise I’ve never forgotten. Thanks to her, many others found their way to this clinic during its early days, and I will always be grateful for the trust she placed in me. The list of people who helped us grow is a long one—but today, I want to take a moment to acknowledge her especially.

I also want to say thank you to each and every one of my employees—**doctors, nurses, kitchen staff, and maintenance team**—for all their hard work, and most importantly, to our **patients**, who continue to trust us with their care. Without you, none of this would be possible.

I also feel very grateful to share that my daughter, **Ivanna James**, has joined our team this year. After completing her education in Europe, she has returned to work with us, bringing fresh energy and ideas to support patient care. Ivanna has developed a strong understanding of healthy living through her lifestyle and she is now helping improve some offerings that can make a difference in our patients’ everyday lives. I am excited for her to become part of the patient care and administrative department.

Thank you again for being a part of our journey.

With sincere appreciation,  
**Dr. James**



# WELCOME

---

## IVANNA JAMES

**Hello everyone,**

I'd love to start by introducing myself—my name is Ivanna James, and I'm Dr. James Sr.'s youngest and only daughter. I recently graduated from university with a degree in finance, and while I've officially been working at The Good Samaritan Medical Center for a month now, the truth is... I've been here my whole life.

When I was younger, I would ask my dad to bring me along with him to the clinic. I would run around playing "doctor" with the patients, help out in the kitchen, and follow the nurses everywhere, eager to feel like part of the team. Some of my fondest memories are from those early days—learning, observing, and being immersed in the spirit of this place. It's a surreal and special feeling to now be here working as part of the patient care team and administrative team. Oh, how time flies!

I'm incredibly thankful and excited to be part of the team. My first month has been such a positive experience, and that's entirely thanks to the kind, welcoming environment created by all of you—both staff and patients. I especially want to thank my parents, and my brothers Jonathon and Ricardo Jr., for always encouraging me and letting me be involved in my own little ways over the years. One of the things I've loved most is being able to learn from each of them—whether it's observing how my dad connects with patients, how my mom manages behind the scenes, or how my brothers handle their responsibilities with passion and precision. I'm also constantly learning from the staff and the patients—each person here has something unique to teach, and I feel so lucky to be growing in this environment every day.

Most importantly, I'm here to help—to support our patients and ensure they feel as comfortable and cared for as possible. Please don't hesitate to reach out to me for anything at all. Whether it's a question, concern, or just a friendly chat, I'll do my best to help however I can. At The Good Samaritan Medical Center, we believe in treating every patient with genuine love and care—just like family. That's something I've carried with me since childhood, and something I truly value in every interaction. I aim to help ensure that everyone who walks through our doors feels seen, heard, and appreciated—not just as a patient, but as a person.

With gratitude and excitement,  
**Ivanna James**





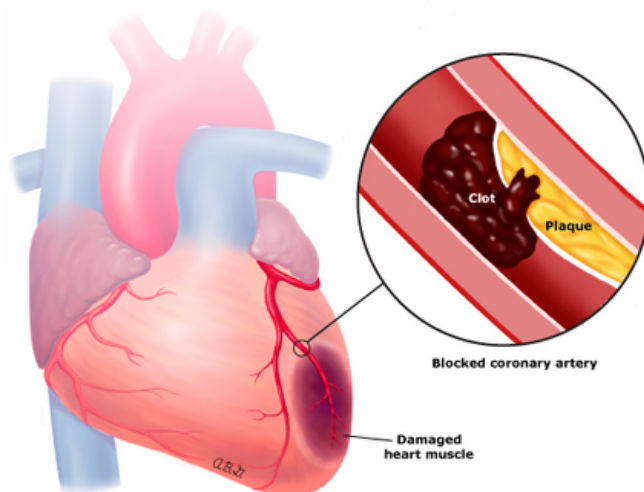


# ATHEROSCLEROSIS: UNDERSTANDING, TREATING, AND PREVENTING THE #1 KILLER — M.D. RICARDO ORRE JAMES JR.

Arteries are the vital highways of the body, delivering oxygen-rich, nutrient-filled blood to every organ and tissue. The most critical are the small arteries supplying the heart and brain — organs that demand constant, abundant blood flow. Because these arteries are so narrow (some no wider than the tip of a pencil), even small blockages can drastically impact circulation.

**Atherosclerosis**, the most common chronic disease worldwide, occurs when cholesterol and other substances build up within the artery walls. This condition — formally known as **Atherosclerotic Cardiovascular Disease (ASCVD)** — has been the leading cause of death in both men and women in the U.S. and globally since 1950. In the United States alone, ASCVD causes one death every 33 seconds, accounting for 1 in every 5 deaths. These include fatal events such as heart attacks, strokes, and sudden cardiac death.

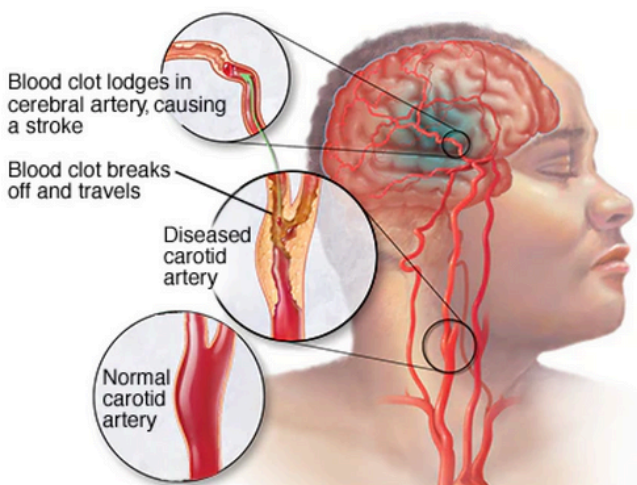
The disease develops slowly, often over decades, beginning with fatty streaks that evolve into hardened



plaques. These plaques narrow the artery's lumen, restricting blood flow and oxygen supply — a condition known as ischemia. Ischemia in the heart leads to heart attacks; in the brain, it causes strokes. Both can be fatal depending on the extent of tissue damage.

## Who is at risk?

Contrary to popular belief, you don't need to be obese or have high cholesterol in your blood to develop atherosclerosis. The disease is defined by cholesterol in the artery wall, which is more strongly linked to poor diet (high refined carbohydrates, low physical activity) than to





dietary cholesterol from healthy fats (such as eggs, avocado, nuts, and lean meats). Risk factors that accelerate ASCVD include high blood pressure, diabetes, obesity, lipid disorders, smoking, and family history.

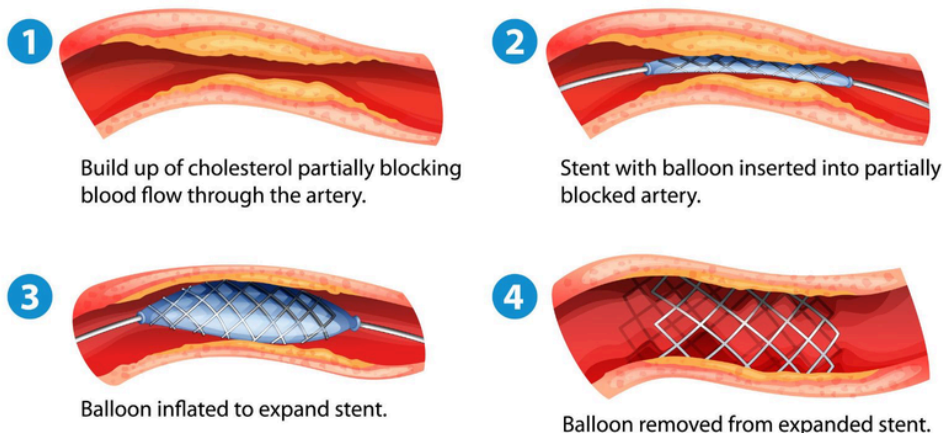
## Conventional treatments — life-saving but reactive

Decades ago, a first heart attack was fatal in about 50% of cases. Today, advanced emergency interventions — like placing a stent or performing bypass surgery — can restore blood flow and save lives. However, these treatments address only the immediate blockage, not the underlying disease, and other arteries often remain at risk. Medications like statins can help in some cases, but long-term use may lead to unwanted side effects.

### The Good Samaritan's proactive, natural approach

At The Good Samaritan, we believe in addressing the root cause of atherosclerosis, not just treating its emergencies. Dr. James Sr., trained in the early 1990s under Dr. Ray Everst — one of the pioneers of chelation therapy — has decades of experience in this natural treatment.

## Stent with Balloon Angioplasty



**Chelation therapy**, administered intravenously, works by breaking down plaque deposits within artery walls, releasing them into the bloodstream, and allowing the kidneys to safely excrete them. Unlike stents, which treat a single blockage, chelation cleanses the entire arterial system. Our treatments are personalized, with the option to include vitamins that support brain and heart health, as well as anti-aging antioxidants to combat free radicals that damage cardiovascular tissues.

## Why prevention matters

The tragedy — and opportunity — is that while atherosclerosis has been the top cause of death for over 60 years, it is also one of the most preventable chronic diseases, far more so than cancer or dementia. Damage to arteries can begin as early as a person's 30s, long before symptoms appear. That's why early evaluation and proactive treatment are key. By addressing the disease before the first symptom — often a heart attack or stroke — we can preserve health, extend longevity, and improve quality of life.

At The Good Samaritan, our mission is to combine advanced, natural therapies with compassionate care, empowering patients to take control of their cardiovascular health before it's too late.



# CHELATION THERAPY:

THE GOOD SAMARITAN  
MEDICAL CENTER

# OVERVIEW

## Background

Chelation therapy was first introduced in the 1940s, originally developed as a treatment for lead poisoning in factory workers. It was discovered that the compound EDTA (ethylenediaminetetraacetic acid) could bind and help remove heavy metals like lead from the bloodstream. A few years later, physicians began noticing something unexpected: patients undergoing EDTA therapy often showed improvements in blood circulation and symptoms of chronic degenerative conditions. This led to a broader use of chelation therapy beyond metal toxicity.

## What Is Chelation?

Chelation is an **intravenous (IV) therapy** that delivers a custom blend of **chelating agents, vitamins, minerals, and antioxidants directly into the bloodstream**. The main goal is to **bind harmful substances—like heavy metals, calcium deposits, and toxins—and support their removal from the body**. This process promotes better **vascular health, detoxification, and overall**.

## What Chelation Does

Chelation therapy works to:

- **Improve blood flow** by removing plaque and toxins that can restrict circulation.
- **Support detoxification** by binding and eliminating heavy metals like lead, mercury, and arsenic.
- **Enhance oxygen and nutrient delivery** by clearing blocked or narrowed blood vessels.
- **Reduce inflammation** and oxidative stress associated with many chronic diseases.
- Contribute to better **energy levels, circulation, and overall vitality**.

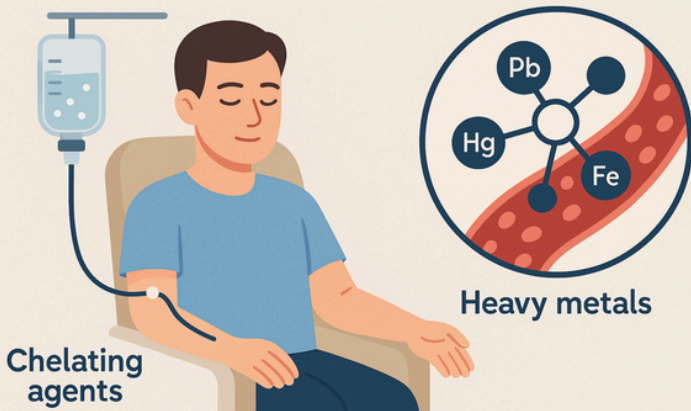
In clinical settings, chelation has been used as part of integrative treatment strategies for cardiovascular concerns, chronic fatigue, memory decline, and toxin overload.

## Why Chelation?

Modern life exposes us to a variety of environmental toxins, heavy metals, and inflammatory agents. These contribute to **arterial plaque formation**, poor circulation, and cell damage—underlying factors in many chronic diseases. Chelation therapy offers a proactive solution to support the body's natural detox systems while also helping maintain healthy circulation.

In fact, studies have shown that **narrowing of arteries and early signs of arteriosclerosis can begin as early as teenage years**, often going unnoticed until much later in life. Chelation helps address these issues **before** they progress into serious cardiovascular problems.

## Chelation Therapy





## How It Works: The Bonding Reaction

The term chelation comes from the Greek word *chele*, meaning “claw”—and that’s exactly how it works. Chelating agents act like molecular claws that **bind to positively charged toxins or metals** in the bloodstream. Once attached, these harmful substances are transported to the kidneys and eliminated through urine.

This **chemical bonding reaction** helps loosen and remove deposits like **calcium-based plaque or heavy metals**, often lodged in blood vessel walls. As a result, the **inside diameter of the blood vessels widens**, improving blood flow and **reducing stress on the heart**.

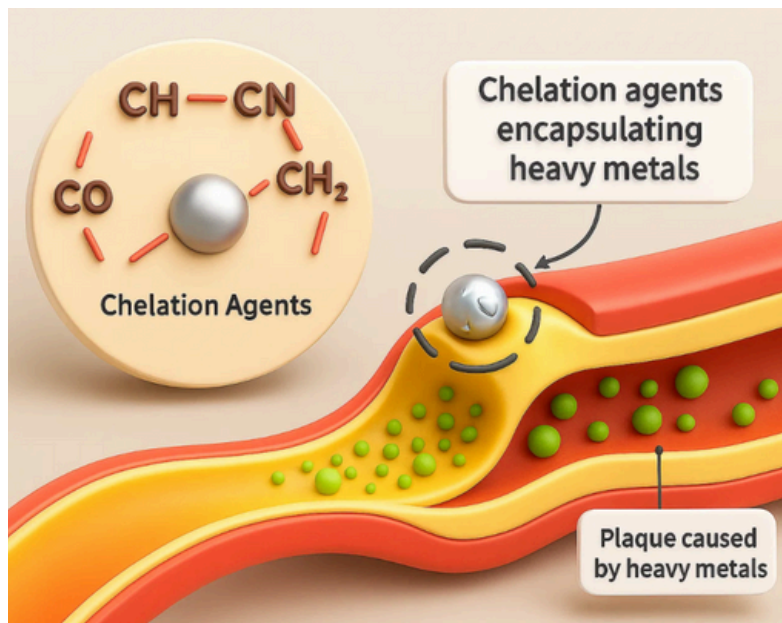
Chelation therapy is a **non-surgical, science-supported approach** that offers benefits beyond heavy metal detox. With its ability to **enhance circulation, support detoxification, and improve cellular health**, it is gaining renewed attention in integrative and preventive medicine circles. While not a cure-all, it’s an effective complement for those seeking to optimize vascular function, reduce toxic burden, and support longevity.

For the past 30 years, **Dr. James** has been practicing **chelation therapy**, a treatment he originally learned from **Dr. Ray Evers, M.D.**, one of the pioneers in the field. Dr. Evers began using chelation therapy in the **1970s** at his 100-bed hospital in **Alabama**, where he gained recognition for applying chelation to address conditions such as **atherosclerosis, diabetes, and cardiovascular diseases**.

However, Dr. Evers eventually faced legal challenges for claiming that his chelation treatments could **treat and reverse chronic illnesses**. As a result, he relocated to **El Paso, Texas**, near the **U.S.–Mexico border**, where he could continue his work in **Mexico**—and it was there that he met **Dr. James**.

Before parting ways, **Dr. Evers told Dr. James**, *“Please don’t change the basis, but if new things are discovered you may add them.”*

**Dr. James** has honored that promise ever since. To this day, he continues practicing chelation therapy at The Good Samaritan Medical Center exactly as he was taught following the same foundational principles established by **Dr. Evers**. His commitment has allowed countless patients to benefit from this time-tested approach to circulatory and chronic disease support.





# H. PYLORI'S HIDDEN IMPACT

M.D. ALEJANDRA QUIÑONES

*Helicobacter pylori* (*H. pylori*) is a spiral-shaped bacterium that lives in the lining of the stomach and duodenum (the first part of the small intestine). While many people can carry it without symptoms, in others it can cause significant damage to the gastric mucosa, leading to gastritis, gastric or duodenal ulcers, and even, in chronic cases, an increased risk of stomach cancer.

## HOW DOES H. PYLORI ENTER THE BODY?

*H. pylori* infection is mainly transmitted from person to person via oral-oral or fecal-oral routes. This can occur through contact with saliva, contaminated food or water, or by sharing utensils with infected individuals. The bacterium settles in the stomach and is able to survive in its acidic environment thanks to an enzyme called urease, which neutralizes the surrounding gastric acid.

## HOW DOES H. PYLORI DAMAGE THE GASTRIC AND DUODENAL MUCOSA?

Once attached to the stomach epithelium, *H. pylori* produces toxins and inflammatory substances that weaken the stomach's protective mucosal barrier. This allows gastric acid and digestive enzymes to irritate and inflame the tissue, leading to:

- Chronic gastritis
- Gastric and duodenal ulcers
- Recurring abdominal pain
- Long-term cellular damage that may evolve into stomach cancer

Symptoms can vary, but the most common include:

- Abdominal pain or burning (especially on an empty stomach)
- Nausea or vomiting
- Loss of appetite
- Bloating or feeling full after eating small amounts
- Unexplained weight loss
- Frequent burping
- Persistent bad breath

In more severe cases, symptoms like vomiting blood or black stools may occur, suggesting ulcer bleeding

## NATURAL REMEDIES THAT MAY HELP

While medical treatment is essential, some natural remedies may support gastric health:

- Probiotics
- Green tea and raw garlic
- Natural honey (especially manuka honey)
- Broccoli and fermented cabbage (sauerkraut)

These remedies may complement, but not replace, medical treatment.

## DIAGNOSIS AND MEDICAL TREATMENT

If you experience persistent or severe symptoms, especially if you already have a hiatal hernia, The Good Samaritan Medical Center offers advanced diagnostics, including gastric biopsy through endoscopy.

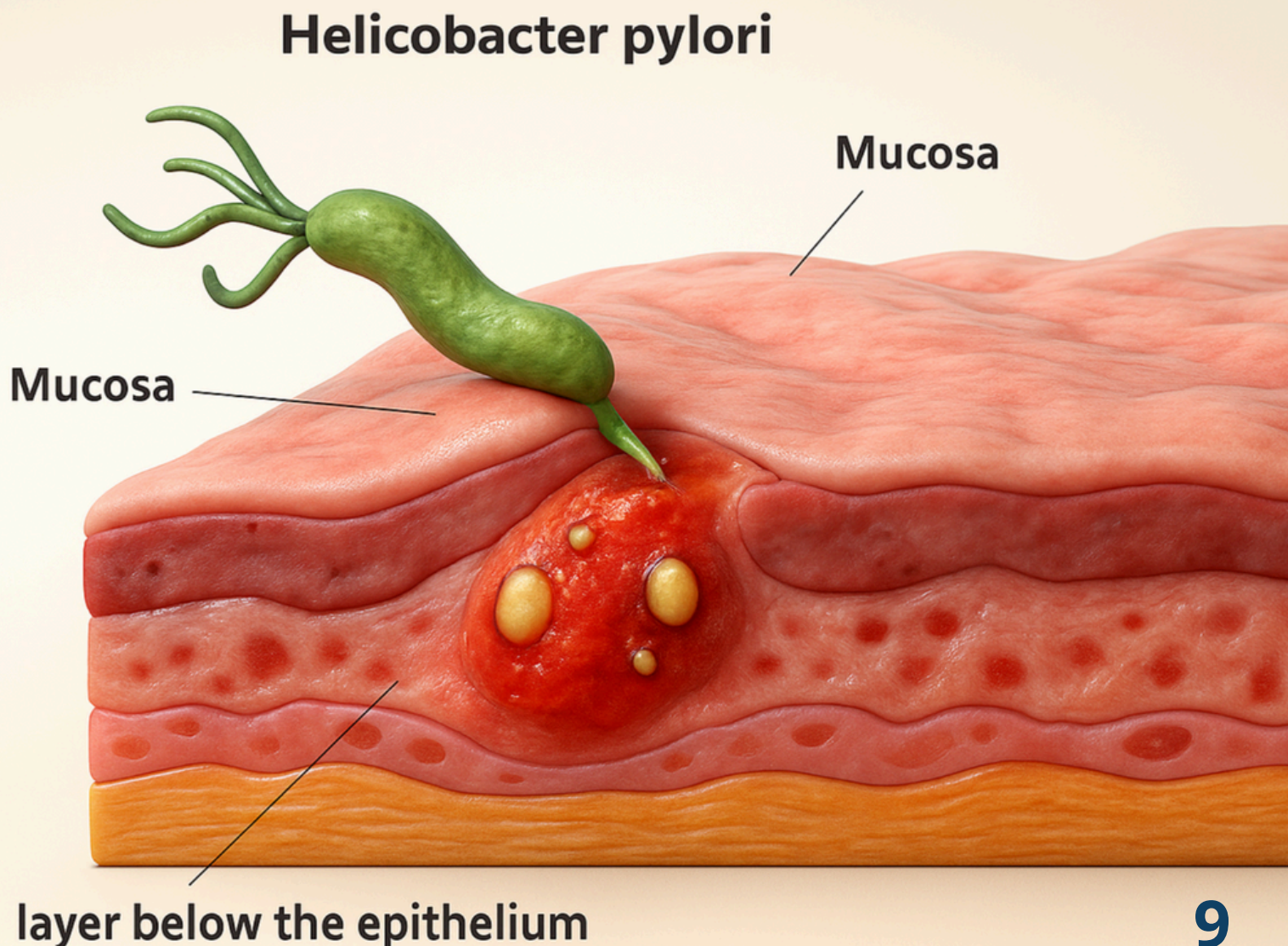
Once the diagnosis is confirmed, we provide specialized medical treatment that may include:

- Combination oral antibiotics
- Proton pump inhibitors (PPIs)
- In severe cases, intravenous antibiotic treatment

## CONCLUSION

*H. pylori* is a common but potentially dangerous bacterium if left untreated. If you have persistent gastric symptoms or have been diagnosed with a hiatal hernia, seeking specialized medical care is essential. At The Good Samaritan Medical Center, we offer a comprehensive approach with advanced diagnostics and effective treatment to protect your digestive health.

*Illustration: H. pylori affecting the gastric mucosa.*





# OZONE THERAPY FOR WOUND HEALING

R.N. KARLA NÚÑEZ

Wounds represent a significant problem to the health care system worldwide and the patient. Ozone therapy has been proposed as a treatment for various types of wounds, is an alternative treatment that involves the use of medical-grade ozone (a form of oxygen, O<sub>3</sub>) to promote healing of the tissues, and it has gained attention for its potential in managing chronic wounds, infections, and inflammation.

## Mechanism of Action

- **Improving oxygen delivery** to tissues.
- **Stimulating local circulation** and immune responses.
- **Killing bacteria, viruses, and fungi** due to ozone's strong oxidative properties.
- **Reducing inflammation** by modulating oxidative stress.
- **Promoting tissue regeneration** and enhancing fibroblast activity.

## EVIDENCE-BASED USES IN WOUND HEALING

### OZONE THERAPY HAS BEEN STUDIED IN:

- Chronic diabetic foot ulcers
- Pressure ulcers (bedsores)
- Venous leg ulcers
- Surgical wound infections
- Burns and traumatic wounds
- **Topical Ozone (Ozonated oils or gas bags)** – Ozone gas is applied to the wound in a sealed environment.
- **Ozonated water** – Used for cleaning wounds.
- **Ozonated oil** – Applied directly to wounds (ozonated sunflower oil).
- **Autohemotherapy (indirect)** – Patient's blood is ozonated and reinfused (less common for wound care, more for systemic issues).

# A JOURNEY OF HEALING AND HOPE: CONNIE'S RECOVERY STORY

My name is Connie and I had been struggling with a medical issue in my right big-toe for years. It started 4 years ago to be exact; a small cyst had developed and my doctor advised me to get it removed. It seemed like a simple procedure at first—just local anesthesia and a quick recovery. But what began as a minor intervention eventually turned into a serious complication. The problem was that the cyst kept coming back. After having it removed a second time, it returned again, more painful and larger than before. Finally, the third time, the procedure was more invasive and it seemed like it was going to be the end of it, but the recovery didn't go well. With repeated surgeries, circulation in the area weakened, and the wound stopped healing properly. Eventually, it began to develop necrosis, to a point where my bone was exposed and my tendon completely gone.

It was a very difficult and uncertain time. The idea of losing a part of my body, no matter how small, was emotionally overwhelming. I underwent two more surgeries—one to clean the dead tissue, and another to insert a graft and flap. I couldn't walk for weeks and had to rely on a wheelchair. It was frustrating, exhausting, and at times, very discouraging.

I started treatment at The Good Samaritan Medical Center shortly after. Their team had been following my case since the beginning and had always offered me help. Their treatments included the ozone boot therapy, hyperbaric oxygen chamber sessions, and a mix of traditional and alternative treatments. That's when things began to shift. The wound started to close, new tissue began to grow, and I could finally take steps on my own again.

Two months into treatment, the improvement was clear. While I'm still in recovery, I no longer need a wheelchair, and most of the tissue has healed. It's a huge relief—physically and emotionally.

Thank you to the entire clinic team, their professionalism, care, and support made all the difference in my recovery. They helped me not only heal physically, but regain hope and confidence along the way; they helped save my toe, my quality of life, and for that I'm beyond grateful.







# EXPLORING THE CYCLES OF A WOMAN'S BODY

R.N. DANIELA NAVARRETE & N. CECILIA GARATE

## INTRODUCTION

Your menstrual cycle is a key indicator of your overall health. Tracking your cycle helps you understand your body's natural rhythm and can alert you to possible irregularities, such as changes in cycle length, missed periods, or unusual symptoms, which could signal hormonal imbalances or underlying health issues.

## WHAT IS MENSTRUATION?

According to Johns Hopkins University, menstruation is an essential part of the female reproductive cycle. It involves the shedding of the uterine lining (endometrium) when fertilization does not occur. Each month, the endometrium thickens in preparation for a possible pregnancy. If fertilization does not happen, the body expels this tissue along with blood and mucus through the vagina, marking the start of a new cycle.

## MENSTRUAL CYCLE DURATION

The menstrual cycle begins on the first day of your period and ends the day before your next period starts. It typically lasts between 24 and 38 days, though this can vary from person to person and even from cycle to cycle.

If your cycle is consistently shorter or longer than this range, or if you experience irregular bleeding, very light or heavy periods, or persistent symptoms like acne, excess facial hair, or weight fluctuations, it could be a sign of an underlying condition such as **Polycystic Ovary Syndrome (PCOS)**, **thyroid disorders**, or other hormonal imbalances. If you notice patterns like these, it's important to consult with a healthcare provider for proper evaluation and care.

# PHASES OF THE MENSTRUAL CYCLE

## A. MENSTRUAL PHASE

The menstrual phase is the first and most visible stage of the cycle. It occurs when you experience vaginal bleeding, which lasts between 3 and 7 days. During this phase, the endometrium sheds and is eliminated along with blood and other fluids. The amount of blood lost ranges from 15 to 75 ml.

### **SYMPTOMS:**

- Abdominal cramps
- Bloating or fluid retention
- Mood swings or irritability
- Fatigue or tiredness
- Headaches or migraines
- Breast tenderness

### **Focus on:**

- Gentle stretching
- Walking
- Rest and recovery



## B. FOLLICULAR PHASE

Starts on the first day of menstruation and lasts until ovulation (approximately 10 to 14 days). An egg matures inside a follicle in the ovary due to the action of follicle-stimulating hormone (FSH). Simultaneously, the endometrium thickens to prepare for potential implantation.

### **SYMPTOMS:**

- Oily skin or acne breakouts
- Increased appetite or cravings
- Mild pelvic pain
- Breast sensitivity

### **Focus on:**

- Strength training—this is the best time to carry weights
- Cardio





## C. OVULATORY PHASE

The shortest but most crucial stage. A mature egg is released from the ovary into the fallopian tube, triggered by a surge in luteinizing hormone (LH) and FSH. Ovulation typically occurs between days 12 and 16 of the cycle.

### **SYMPTOMS:**

- Increased vaginal discharge (clear and stretchy)
- Mild abdominal pain on one side (Mittelschmerz)
- Breast tenderness
- Slight bloating or fluid retention
- Change in urine color or odor

### **Focus on:**

- Strength training
- HIIT workouts



## D. LUTEAL PHASE

The final stage, starting after ovulation and lasting until the next period begins (around 12 to 14 days). The empty follicle becomes the corpus luteum, which produces progesterone to maintain the endometrium. If no pregnancy occurs, progesterone drops and menstruation begins.



### **SYMPTOMS:**

- Mood swings
- Anxiety or nervousness
- Insomnia or sleepiness
- Muscle or back pain
- Dry skin or acne
- Weight gain or loss

### **Focus on:**

- Low impact cardio
- Stretching
- Shorter, gentler workouts

Your menstrual cycle provides valuable insight into your overall health. While some variation is normal, consistent irregularities or unusual symptoms should not be overlooked. Tracking your cycle can help you recognize patterns and identify any changes that may require medical attention.

Maintaining a healthy lifestyle—through balanced eating, stress management, and regular physical activity—can support your body's natural functions. It's also important to schedule regular medical check-ups to monitor your reproductive and general health.

If your cycle is consistently shorter or longer than this range, or if you experience irregular bleeding, very light or very heavy periods, excessive pain, or other persistent symptoms—it's best to consult a healthcare professional. Early evaluation and proper care can help address potential concerns effectively.

Taking care of your health is a continuous process. Listening to your body and seeking guidance when needed is an important part of that process.





---

# DAILY HABITS FOR MENTAL WELLNESS

THE GOOD SAMARITAN MEDICAL CENTER



Mindfulness is the practice of being fully present in the moment, aware of thoughts, emotions, and physical sensations without judgment. It enhances mental clarity, reduces stress, and fosters emotional resilience. When combined with grounding, mindfulness helps individuals develop a deeper awareness of their body's energetic state.

Mindful breathing, body scans, and meditation allow individuals to tune into their own bioelectrical rhythms. By focusing on bodily sensations, individuals can identify imbalances and consciously work to restore equilibrium. The synergy between grounding and mindfulness creates a powerful practice for achieving mental and physical harmony.

## Electrostatic Therapy: A Scientific Approach to Energy Regulation

Electrostatic therapy is an alternative healing technique that applies controlled electrical charges to the body to promote healing, improve circulation, and reduce pain. It is based on the principle that the human body functions through bioelectric signals, which influence cellular activity and overall health.

This therapy is used to stimulate nerve function, enhance blood flow, and restore the body's natural energy balance. Devices used in electrostatic therapy generate mild electrical impulses that interact with the body's bioelectrical system. The goal is to improve the flow of energy through the nervous system, which can relieve muscle tension, boost energy levels, and support recovery from stress and fatigue.

## The Connection Between Grounding, Mindfulness, and Electrostatic Therapy

While grounding and mindfulness focus on natural and psychological ways to balance energy, electrostatic therapy provides a scientific approach to regulating bioelectrical activity. Together, these three practices create a holistic wellness system:

1. Grounding replenishes the body's energy by absorbing natural electrons from the Earth, reducing stress and inflammation.
2. Mindfulness enhances self-awareness and emotional balance, helping individuals recognize and manage their energy levels.
3. Electrostatic Therapy directly interacts with the body's bioelectrical signals, promoting healing and optimizing nervous system function.







## Practical Ways to Integrate These Practices

- **Start the Day with Grounding:** Walk barefoot on natural surfaces for 10–15 minutes each morning.
- **Incorporate Mindfulness:** Practice deep breathing and meditation to tune into your body's energy flow.
- **Use Electrostatic Therapy Devices:** If available, apply electrostatic therapy sessions for pain relief and energy regulation.
- **Combine Techniques:** Try mindful breathing while receiving electrostatic therapy or practice a body scan meditation after grounding outdoors.
- **Stay Hydrated and Maintain a Balanced Diet:** Proper hydration and nutrition support the body's electrical conductivity and overall health..

The combination of grounding, mindfulness, and electrostatic therapy offers a comprehensive approach to well-being. By balancing the body's electrical energy naturally and scientifically, individuals can achieve greater physical and emotional stability. Whether through direct contact with the Earth, conscious awareness of energy flow, or targeted electrostatic stimulation, these techniques empower individuals to take control of their health and experience a renewed sense of balance and vitality.

Embracing these practices can transform daily life, offering a sanctuary of stillness, clarity, and holistic healing in an ever-changing world.

# THE HEALTHY LITTLE SEED

HAZEL C. JAMES



Are you ready to take your health to new heights? Look no further than the little seed that could, or rather, its oil: black seed oil. With serious head-to-toe health benefits, black seed oil is an immune-system modulator, an allergy-relieving, a free-radical scavenging, a cardiovascular-supporting, and a blood-sugar balancing. It also supports healthy weight, combats stress, provides mood support, and even has positive effects on joint health, digestive health, and men's reproductive health. Black seed oil is truly brimming with benefits.



Also known as black caraway, black cumin, and nigella seed, black seed oil (light yellow once extracted) contains more than 100 biologically active compounds, including

*"Health is not just the absence of a disease. Health is a state of well-being—physically, mentally, and spiritually."*



thymoquinone, a compound with potent antioxidant properties. It acts as an immune modulator, or in other words, it keeps the immune system balanced so it doesn't over or under-react to an infection. Black seed oil quenches dangerous inflammation and boosts appropriate immune function, resulting in enhanced protection against infections, it also eases coughs, bronchitis symptoms, and cold symptoms.

Research shows that through its **antioxidant, immune balancing, and anti-inflammatory benefits**, black seed oil is a powerful immune ally, especially when it comes to respiratory health.

### Alleviate Allergies

Approximately 18 million Americans suffer from allergies; the symptoms can range from simple annoyance to completely debilitating. Instead of reaching for another over the counter treatment, fight your allergy symptoms naturally and effectively with black seed oil. Studies show that thymoquinone significantly reduces inflammatory molecules that play a role in allergy-related symptoms.

Research has found that black seed oil benefits **cardiovascular health** in several ways. With its strong antioxidant properties, black seed oil neutralizes lipid (fat) oxidation

and reduces the oxidation of LDL cholesterol, a major trigger for the atherosclerotic plaques that block blood flow and cause heart attacks and strokes.

Several studies show that black seed oil can help reduce inflammation and pain in osteoarthritis. In a 2022 double-blind, placebo-controlled trial, intake of 2.5 mL of black seed oil three times a day for one month in subjects aged 50-70 years old with knee Osteoarthritis, showed a significant reduction.

It also reduced scores for pain and the need for pain medication compared to placebo.

Another study found that taking 2.5 mL of black seed oil twice daily for six weeks significantly reduced C-reactive protein levels as a marker of inflammation.

The subjects also reported significantly **better sleep quality**, including improvements in sleep latency (the time it takes to fall asleep), sleep duration, and reductions in sleep disturbances.

When it comes to **supporting a healthy gut microbiome** and the integrity of the gut lining, look no further than black seed oil. In a study looking at the effects of a combination of black seed oil and honey in patients diagnosed with functional dyspepsia.

Black seed oil can **support men's fertility** by promoting normal sperm structure and motility, in addition to healthy hormone levels.

### Quick Tip: Magnesium Protects Cellular DNA from Damage

Magnesium is well known for its stressbusting, sleep-promoting, and bone-building properties, and now, new research shows that it's also crucial for the fundamental health of every cell, down to our DNA.



# PATIENT SUCCESS STORIES



**John and Anna Banman**

10 reviews · 3 photos



★★★★★ a month ago

The whole experience was wonderful!!! From communicating with Jonathan (through what's app, who is the coordinator), to getting picked up at the airport in El Paso Airport, the surgery and care was as good as it could be. They serve 3 healthy meals a day which tasted great! The clinic was peaceful and enjoyable. The people there are kind, friendly and transparent. We got quick results from tests and they made sure you understood your tests and procedures. I had endometriosis (stage 3) and two ovarian cysts. They removed both cysts and burned away the excess growth. My recovery was quick and I was well taken care of after surgery. It has been a little over 5 weeks and I feel great! They called me just recently to check up on me and see how I am doing. I changed my diet to anti-inflammatory diet which has helped a lot as well! I couldn't get any help in Canada (2-5 yr waiting list) and they received me in a short time. So thankful for all they did!!! Feels so good not to live with constant pain 🥰🥰 I highly recommend this place!







**Nelson Miller**

4 reviews · 15 photos



★★★★★ 2 weeks ago

NEW

We highly recommend Good Samaritan medical center for quick results. The staff are very warm, friendly, caring people. We felt at home and well taken care of. The food was very tasty and well prepared for specific health needs. We were very informed on each condition. Nurses are all 5 star and wonderful! Doctors are kind and helpful, patient with all of our many questions. We highly recommend and plan to return ★★★★★



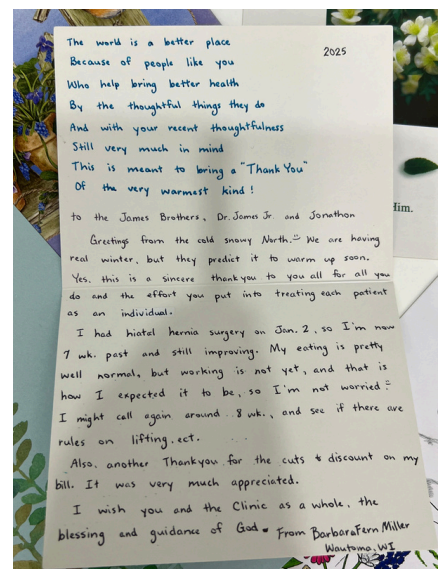
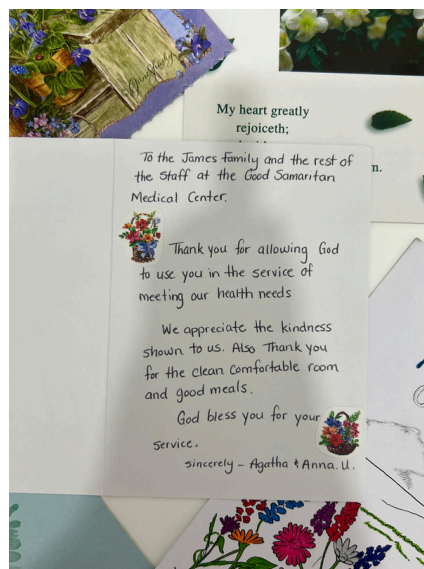
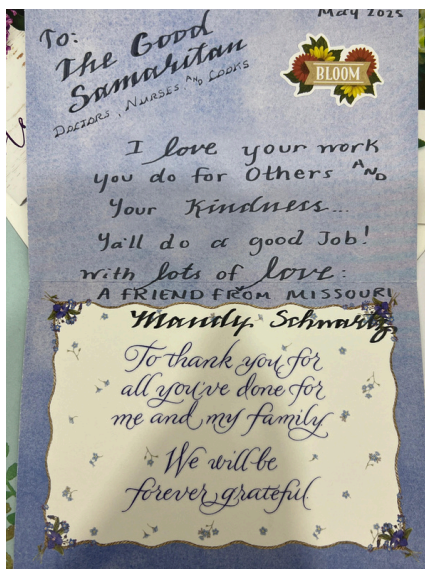
**Paulette Perez Jurado**

4 reviews



★★★★★ 4 weeks ago

I had hiatus surgery and my recovery at Good Samaritan, and the entire experience was excellent. The doctors were knowledgeable and genuinely caring, the nurses were attentive and supportive, and the staff were truly amazing people. My recovery has been smooth, and I felt well cared for every step of the way. I highly recommend this clinic to anyone in need of quality care.



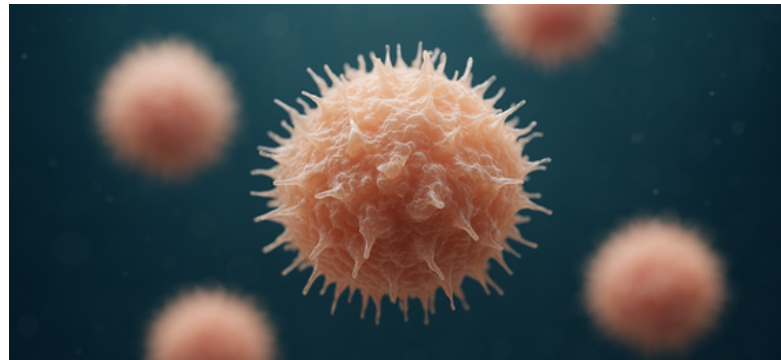
# THERE'S ALWAYS ROOM FOR IMPROVEMENT

THE GOOD SAMARITAN MEDICAL CENTER

As you know our belief is that in all aspects of life we should strive to keep improving. It's our commitment to continue to get better in all the services provided especially when it comes to our **health** services. For this reason we like to keep our facilities and staff with the latest improvements

## Placenta implant

The **Placenta Implant with NK Stem Cells** is an advanced biological therapy that strengthens the immune system, supports cellular regeneration, and promotes overall wellness. A new step forward in our commitment to natural, cutting-edge treatments.



## Ping Pong table

Simple improvements can make a big change. We would like to give a special thanks to the patients that recommended us to get a ping pong especially to Mr. Stephen J. Stoltzfus from TN, which made sure we got one and even beat all the staff here at The Good Samaritan Medical Center.



## Hydrotherapy coming

For many years Dr James Sr has had the wish and objective to be able to offer hydrotherapies at The Good Samaritan. One of our dear patients Susan Kissinger from PA who played a key role in the growth and foundation of the Medical center, had always wanted to have hydrotherapies here at the clinic because of her condition. We are doing this in her honor and promise for her. We hope that many people enjoy and get the benefits that these great natural therapies offer. This will include a steam room, hot and cold water baths and pressurized shower rooms.



*"Health is not just the absence of a disease. Health is a state of well-being—physically, mentally, and spiritually."*



# GOOD MEMORIES

This year, the Good Samaritan Medical Center had the privilege of holding seminars across Iowa, Kentucky, and Canada, connecting with communities and sharing knowledge that uplifts healthier lives.

It's truly special to work alongside our patients and create meaningful memories together. Being part of their journey, both in the clinic and out in their communities, is something we genuinely cherish. Visiting their hometowns and sharing in their lives is always a highlight for us—it's an experience we look forward to every time.

We extend our heartfelt gratitude to all those who helped make these events possible.

Special thanks to our gracious hosts: Amos Christner in Iowa; Malinda and Loretta Yoder in Kentucky, with additional thanks to Dorcas Yoder for her invaluable support; and in Taber, Alberta, Canada, our sincere appreciation to Gerardo and Sara Banman; and finally, David and Sarah Beiler from Pennsylvania.

At Good Samaritan, we also like to take some time to enjoy and connect outside of work. These gatherings are part of the good moments we share as a team, celebrating birthdays, achievements, and simply the chance to spend time together beyond the daily routine.















# SPECIAL PROMOTIONS

Because we truly believe in the effectiveness of our treatments and their ability to improve our patients' wellbeing, we're excited to offer a special limited-time promotion for the next three months (September through November 2025).

WHEN YOU SCHEDULE ANY TWO OF THE FOLLOWING THERAPIES ON THE SAME DAY, YOUR SECOND SESSION

WILL COST ONLY  
**\$5 USD**



**RED LIGHT THERAPY**



**BEAMRAY**



**HBO**  
(HYPERBARIC OXYGEN THERAPY)



**BIOCHARGER**



**ELECTROSTATIC THERAPY**



**Now Available: The Good Samaritan Favorites Cookbook**

A curated collection of our most loved recipes.

**\$35 – includes shipping & tax**

Call or message us to order your copy today.

**Payment options:** Cash or money order\*

**The Good Samaritan Medical Center**

6248 Edgemere #460

El Paso TX 79925

**(915)-283-0300**

THANK-YOU! THE TEAM AT THE GOOD SAMARITAN MEDICAL CENTER



**The Good Samaritan M.C.**  
6248 Edgemere #460  
El Paso, TX. 79925-3414

PRSRTSTD  
U.S. POSTAGE

**PAID**

Permit No. 870  
El Paso, Tx.



**Toll Free Numbers**  
(800) 520.0360 · (800) 532.4392



**Cd. Juárez, México**  
011.52 (656) 611.5245 · 011.52 (656) 613.9288



**El Paso, Tx. Office**  
(915) 283.0300



**San Antonio, Tx. Office**  
Hazel C. James · (956) 223.9646



**Office Hours**  
For request or appointments  
9:00 am to 5:00 pm



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

[www.goodsamaritanmx.com](http://www.goodsamaritanmx.com)