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FROM DR. JAMES' DESK

Dear Patients,

I hope this message finds you well, surrounded by your loved ones. As we near the end of another year, I want to take a moment to express my gratitude to you. This has been an amazing year, filled with growth and opportunity, and I am blessed to continue doing what I love most—helping people get better.

This year has been busier than the last one, and every step of the way has been made possible by the incredible team I have by my side. I can assure you, everyone here gives their best with love and care, and we work hard to help as many people as we can, always knowing that everything is in the Lord's hand.

Thanks to your trust and support, we are excited to announce that we are expanding our services to reach even more people. This would not be possible without you, and I want to express my sincere gratitude for your support. We are committed to giving you new therapies and programs, and I encourage you to try them.

I am incredibly proud of what we've built, and I thank God for allowing us to touch so many lives. Providing service and welcoming environment, and effective results is a daily effort, but it is one that we embrace with passion and dedication.

A special thank you also goes to my wife, who works quietly but tirelessly behind the scenes. She plays a huge role in managing your nutrition and ensuring that our facilities are up to the highest standards. Her dedication is invaluable, and I could not do it without her.

As we celebrate this beautiful holiday season, I want to send my warmest wishes to you and your family. May your Christmas be filled with health, love, and happiness. I hope this season brings you joy, and that the New Year is full of blessings, peace, and prosperity.

Merry Christmas and Happy New Year from the bottom of my heart!

Holiday Blessings: Renewing Our Commitment to Your Health



“Doing what you need with love and care”

During this holiday season, I would like to take a moment to send warm greetings on behalf of our entire clinic team. Christmas and New Year’s are times for reflection, gratitude, and most importantly, for renewing our hopes for health, well-being, and prosperity.

This year we have worked with great care to offer you a better service. We truly believe medicine should treat the whole person, and that is why we are committed to continuing to accompany you on your journey.

We invite you to keep trusting us in the year ahead, as we continue to support you in improving your health in a comprehensive way. May 2024 bring you peace, harmony, and abundant vitality, and may we continue supporting you every step of the way.

Wishing you a Merry Christmas and a prosperous New Year, filled with moments of health, love, and serenity.

With affection,
Dr. James Jr.



THE HEALING POWER OF MEXICO: AFFORDABLE, ACCESSIBLE, AND HIGH- QUALITY CARE

I understand that many of you might have hesitations when it comes to traveling to Mexico for medical treatment. Concerns like the distance, the means of travel, language barriers, and the fear of the unknown are natural.

As someone who has lived and worked on the U.S.-Mexico border, I've had the privilege of seeing firsthand how the healthcare systems in both countries operate.

And I want to share some thoughts with you, to help clarify why coming to Mexico for your medical care might be a great decision.

Having spent time talking with patients and doctors from both sides of the border, I've come to understand some of the frustrations many experience with the U.S. healthcare system (no need to mention here the shortcomings of the healthcare in México).

One issue I hear time and time again is the long waiting times, patients with serious conditions, even potential cancer, sometimes have to wait weeks or even months to get an appointment. This delay can make all the difference in treatment outcomes.

In contrast, here in The Good Samaritan, you'll be able to talk to a medical doctor as soon as you arrive or the next morning.

Any blood test, imaging test or medical specialist that you might require can be scheduled and done within 48 hours of your arrival.

But beyond just the time, there are many reasons why Mexico is becoming an increasingly popular choice for those seeking medical treatment. Let me share with you a few of them from my own experience.



HIGH-QUALITY CARE AT A FRACTION OF THE COST

One of the most compelling reasons people seek medical care in The Good Samaritan Medical Center is the cost. I've seen patients save thousands of dollars on procedures that would be far more expensive in the U.S. The quality of care here is often just as high.



A MORE PERSONALIZED APPROACH TO YOUR HEALTH

Another reason patients choose The Good Samaritan Medical Center is for the more personalized care. In many U.S. hospitals, you're just another patient in a crowded waiting room, and your time with the doctor is often limited. In Mexico, doctors tend to spend more time with each patient, getting to know your concerns and answering all your questions. It's not just about treating the illness—it's about treating you as a whole person. I've seen how this approach helps people feel more at ease, and often results in a better overall experience.



ACCESS TO SPECIALIZED TREATMENTS AND SHORTER WAIT TIMES

In Mexico, we often have quicker access to specialized treatments and procedures. If you're waiting for a surgery or medical procedure in the U.S., the wait can be long due to insurance requirements or scheduling delays. Here, many procedures are scheduled within days, not months.



FAMILIARITY AND COMFORT

Living on the U.S.-Mexico border, I know how many cultural ties we share. Thanks to many years of working in the medical tourism field, we have come to know and understand what our patients expect from us. All of our doctors speak fluid English and our goal is to clearly answer all your questions about your condition.

Our friendly staff will make you feel welcome in a warmth matter.



A BEAUTIFUL AND RELAXING PLACE TO RECOVER

I can't underestimate the importance of recovery. After a procedure, many of our patients choose to spend a few days at our medical facility.

We offer not just excellent healthcare, but also an opportunity to recover in a peaceful environment. This can contribute to a faster, more positive recovery—helping you return home feeling better physically and mentally.

In conclusion, I truly believe that The Good Samaritan Medical Center offers an outstanding alternative for those seeking medical care. From the cost savings to the quality of treatment, and from the personalized care to the ease of access, there are plenty of reasons to consider it as an option. If you're still unsure, I'd be more than happy to answer any questions and help guide you through the process. After all, our goal here is the same as yours: to help you achieve the best health possible—at an affordable price, with compassion, and with a personal touch.

Understanding Gastric Sleeve Surgery: A Step Towards a Healthier You

Overview of Gastric Sleeve Surgery: What Is It?

M.D Alba Alejandra Quiñones Reyes



The gastric sleeve is an efficient, safe, and quick recovery procedure that helps with weight loss in a straightforward way. It involves removing one-third of the stomach, which is not a cause for concern due to the stomach tissue's elastic capacity.

This procedure is typically performed using laparoscopic surgery, a minimally invasive method that involves small incisions and a camera-guided approach. This technique ensures precision during the removal and sealing of the stomach while minimizing pain, reducing recovery time, and lowering the risk of complications.



Beyond weight loss

The reasons for undergoing gastric sleeve surgery go beyond weight loss. It can also reduce risks and treat conditions like:

- High blood pressure.
- Heart disease
- High cholesterol.
- Infertility.
- Diabetes.
- Cancer.



WHO QUALIFIES FOR GASTRIC SLEEVE SURGERY?

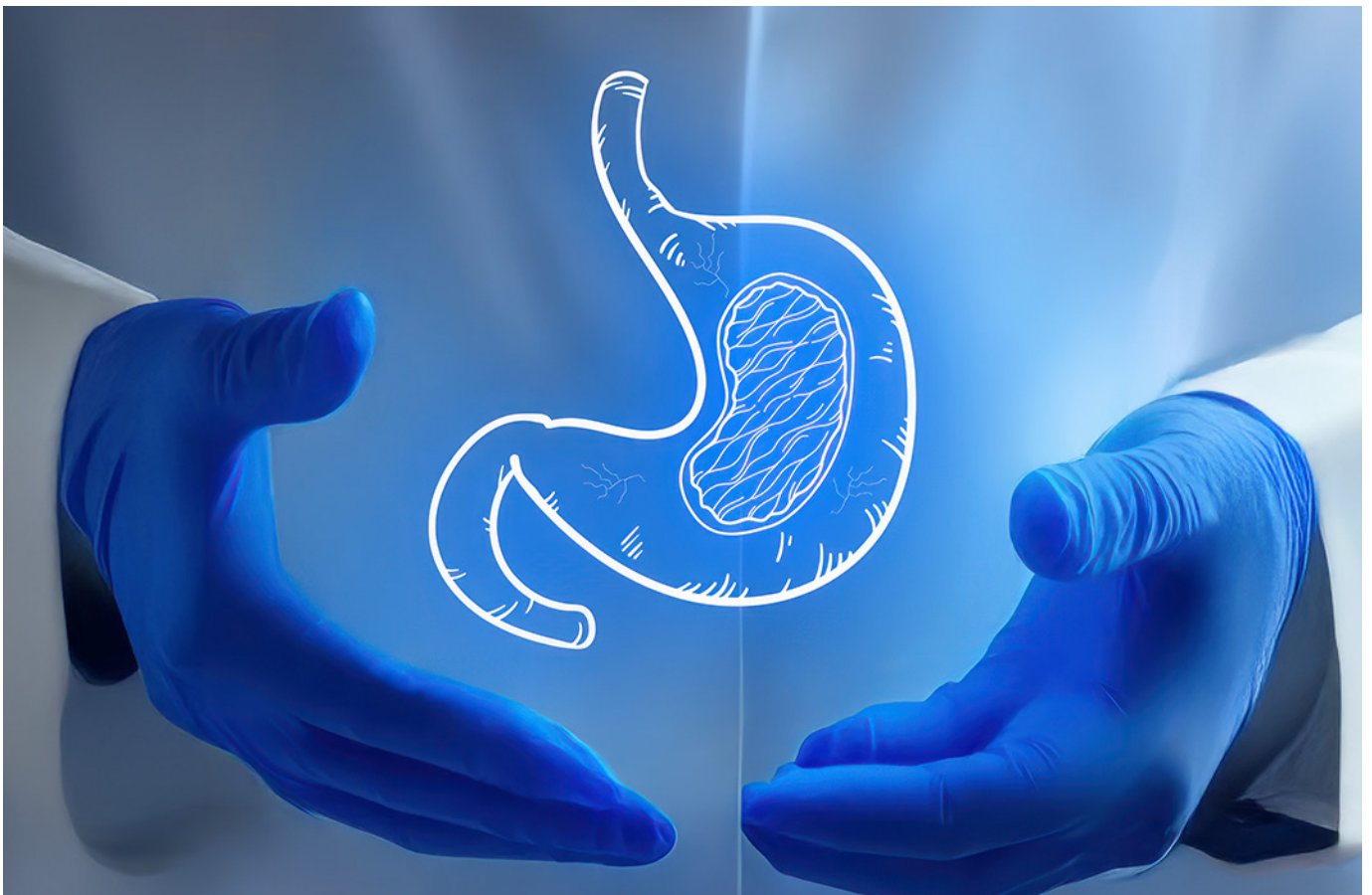
Typically, candidates include:

Individuals with severe obesity (BMI over 40), Individuals with obesity (BMI 35) accompanied by a chronic condition such as those mentioned above. Anyone who wants to make a positive change in their life to improve their physical and overall health.

RECOVERY PROCESS

Recovery after gastric sleeve surgery usually takes about a week. During this period, patients are supported with:

- Nutritional counseling to reeducate eating habits.
- A personalized diet plan designed to optimize nutrient intake and support weight loss.
- Intravenous therapy to maintain adequate vitamin levels, energy, and hydration during the recovery process.



TESTIMONIAL

Gastric Sleeve Surgery: Marco's Insight

Marco's Journey Through Gastric Sleeve Surgery

Hello, my name is Marcos, I'm 26 years old, and I'm from Cabo Corrientes, Jalisco. I would like to share a bit of my story and the process I went through to get the gastric sleeve surgery. I have been working at The Good Samaritan Medical Center since September 2022. How I ended up in Juárez and at the clinic is a different story.

Well, I'll start by saying that when I arrived, my weight was 396 pounds. I want to highlight that at that time, I never imagined Well, I'll start by saying that when I arrived, my weight was 396 pounds. I want to highlight that at that time, I never imagined having this surgery.



Perhaps I had come to terms with my weight, or I was so used to it that I accepted myself as I was.

But the reality is that I needed to lose weight for my health and to have a better quality of life in the future. I'm forever grateful to Dr. James and his family because, thanks to them, that became possible. On March 12, 2024, I underwent the surgery, and I thought the recovery would be very difficult. But on the contrary, the care I received at the clinic was excellent. I'm grateful to the doctors and nurses for their attention and the great work they do.

Today, seven months later, I've lost a little over 100 pounds. It has been a process of paying attention to my diet, eating smaller portions, and feeling full quickly. I feel good about how I look, but most importantly, my health is what matters most. I'm more agile now and can easily perform simple tasks that I couldn't do before. It's very rewarding to see the sizes I've lost, and I'm still losing weight.

Once again, many thanks to the James family for their tremendous support and for making me feel like more than just an employee.

OSTEOPOROSIS AND ITS CORRELATION WITH WOMEN AND AGE

M.D. Mundo Camarena Javier Sebastián

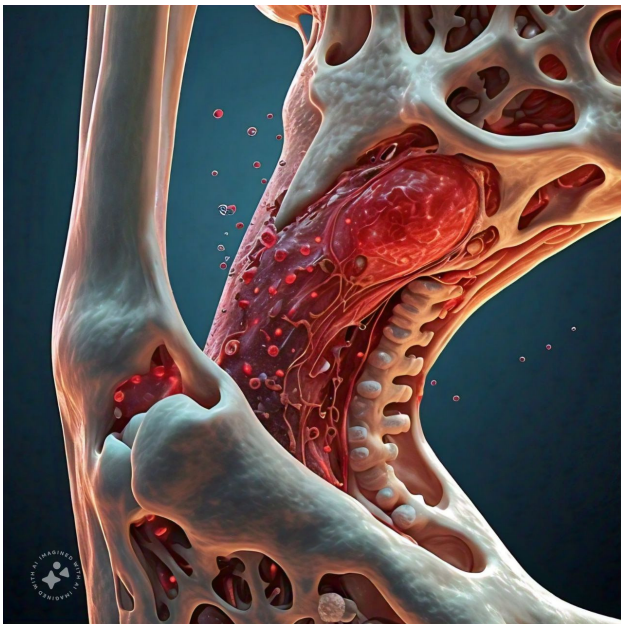
Osteoporosis is a condition that makes your bones weak and more likely to break. This happens because the body loses bone faster than it can build it. It's most common in older people, especially women after menopause, because their bodies stop making as much estrogen, a hormone that helps keep bones strong.

When you don't have enough estrogen, bones lose their density, becoming thin and fragile. This is why fractures, especially in the hip, spine, and wrist, are more common in people with osteoporosis. Aging also slows down the process of rebuilding bones, making the problem worse over time.



HOW DO WE DIAGNOSE OSTEOPOROSIS?

Doctors use a test called a DXA scan to measure bone density. If your score shows a significant loss of bone strength, it confirms osteoporosis.



At Good Samaritan, we offer personalized hormone replacement therapy to help slow down bone loss and rebuild strength. This therapy focuses on replacing hormones that decrease with age and includes:

Exercise: Keeping bones strong through physical activity.

Supplements: Adding calcium and vitamins that bones need to stay healthy.

Sunshine: Boosting Vitamin D naturally to support bone health.

Synthetic Hormones: Replacing the hormones lost with age to help prevent more bone loss.

This treatment not only helps with osteoporosis but also addresses other age-related issues like memory problems and emotional changes. With this approach, we help patients stay healthier and stronger as they age.

OUR APPROACH TO LYME DISEASE TREATMENT

Therapies for Lyme Disease

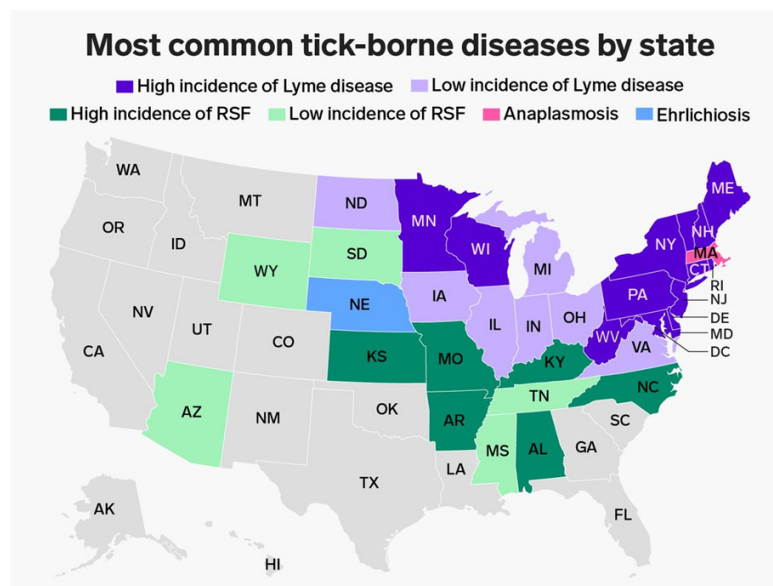
R.N., Ozone Therapist. Karla Nuñez

Lyme disease is an illness caused by *Borrelia* bacteria, which are transmitted to humans through the bite of infected ticks. These ticks, often called “black-legged ticks” or “deer ticks,” are found in many parts of the United States, especially in grassy, brushy, or wooded areas.

You can get Lyme disease if you're bitten by one of these ticks while spending time in areas where they live. The tick bite itself is usually painless, so many people don't realize they've been bitten. However, if the tick is carrying the bacteria, it can pass the infection to you.

Symptoms of Lyme disease often appear within 48 to 72 hours after the tick bite. One of the earliest and most recognizable signs is a small red bump at the bite site, which may develop into a larger rash that resembles a “bull's-eye.” Not everyone gets this rash, but it's an important clue when it does appear.

Understanding these early signs is crucial because Lyme disease progresses through different stages, each with its own set of symptoms and challenges.



Lyme Disease: Stages and Treatment Options

Lyme disease has three stages.



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Stage 1: (3 to 30 days) Early Localized

Symptoms include:

- Fever
- Headache
- Chronic fatigue
- Joint stiffness
- Muscle aches and pains
- Swollen lymph nodes

Stage 2: (3 to 10 weeks) Disseminated

This is referred to as early disseminated disease.

Symptoms include:

- Body rash
- Neck pain or stiffness
- Facial muscle weakness
- Immune-system activity in heart tissue causing irregular heartbeats
- Pain that starts in the back and hips and spreads to the legs
- Numbness or weakness in the hands or feet
- Painful swelling in the tissues of the eye or eyelid
- Immune-system activity in the eye nerves causing pain or vision loss

Stage 3: (12 months after a tick bite) Late Disseminated

In this stage, you may experience symptoms from the earlier stages along with other symptoms. In the United States, the most common condition at this stage is arthritis in large joints, particularly the knees. Pain, swelling, or stiffness may persist for a long time.

Patients suffering from this infection may experience a variety of long-term symptoms. Lyme disease is treatable, especially when diagnosed and treated early, but it can lead to complications if not managed properly.

Proposed Lyme Treatments:

- Chelation Therapy
- Ozone Therapy
- Immunotherapy
- HBO/ Biocharger

Why does Chelation help for Lyme?

Chelation therapy involves an IV solution that contains high doses of antioxidants such as vitamin C, EDTA, and glutathione. These powerful antioxidants help reduce oxidative stress and support immune system function.

OTHER BENEFITS INCLUDE:

- Reducing pain and swelling
- Alleviating chronic fatigue
- Boosting the immune system
- Eliminating inflammation

OZONE THERAPY AND LYME DISEASE

What is Ozone Therapy?

Ozone (O₃) therapy is an oxygen (O₂) treatment composed of three atoms of oxygen. O₃ therapy has antioxidant properties that help reduce oxidative stress in the body, as well as antiseptic properties that kill viruses, bacteria, fungi, and parasites. Ozone therapy helps treat Lyme disease by improving tissue oxygenation, enhancing immune system activity, and reducing inflammation.

Other important benefits of O₃ Therapy:

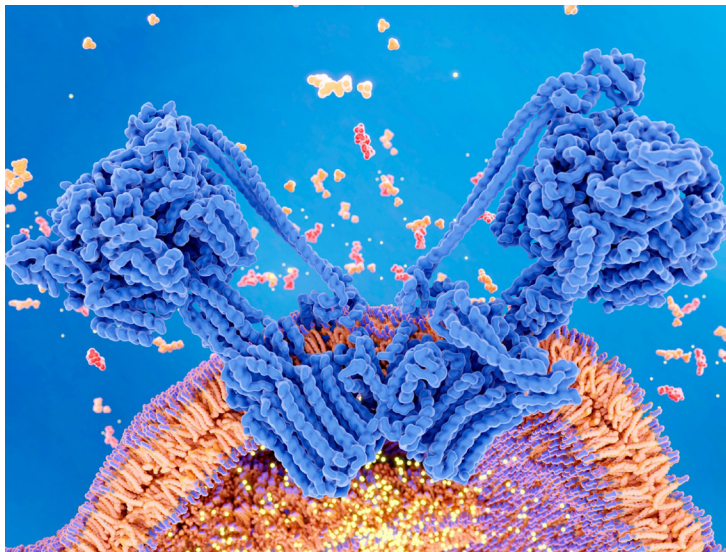
1. Modulation of the immune system: increases the production of white blood cells, interferon, and interleukin-2; activates cellular and humoral immunity; corrects autoimmune processes.
2. Fast-acting anti-inflammatory: oxidizes compounds that drive the inflammatory process, regulates metabolic reactions, and improves pH.
3. Analgesic: oxidizes agents that irritate the nerve endings of damaged tissue, thereby mitigating the pain response.
4. Anti-microbial (antibacterial, antiviral, antifungal): kills bacteria by breaking down their cell membranes.

Emerging Therapies

Circulation Booster Therapy

Coccarboxylase, a derivative of vitamin B1, also known as thiamine. Thiamine plays a critical role in our body's metabolism because it helps convert the nutrients we eat into the energy that our cells need to function.

Essentially, Coccarboxylase acts as a coenzyme, which means it assists in the chemical reactions that generate energy in our cells. One of the key processes that Coccarboxylase supports is the Krebs cycle, a metabolic pathway that breaks down carbohydrates, fats, and proteins to produce energy that our body can use.



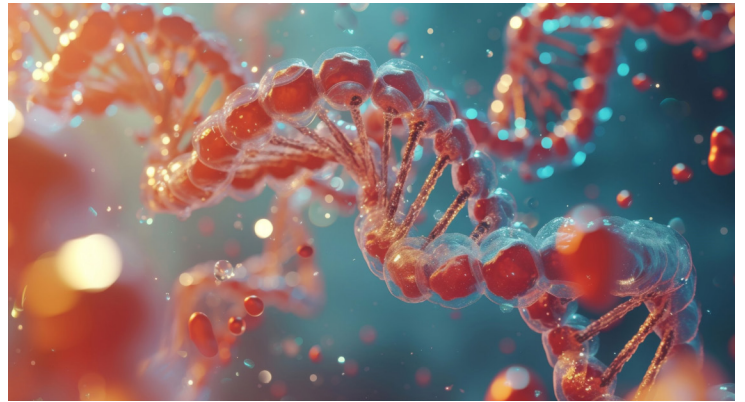
This energy production is crucial for maintaining healthy cellular activity, especially in organs that require high energy, such as heart, brain and liver.

Coccarboxylase is primarily used to treat conditions related to a deficiency in thiamine or issues with the body's energy production. When a person's thiamine levels drop too low, it can lead to symptoms such as nerve pain, muscle weakness, and even serious conditions like heart problems or neurological disorders.

By replenishing thiamine, Coccarboxylase helps restore normal energy metabolism and nerve function. It's especially beneficial in addressing acute health problems like heart attacks and strokes, which can severely impact the body's energy balance and cellular health. The medication is typically administered through an intravenous infusion (IV), which allows it to be absorbed quickly and effectively. This method of delivery is particularly useful for patients who are critically ill and need rapid treatment.

Immune Boost IV Therapy

Immune Boost IV Therapy contains two special proteins called enzymes—ribonuclease (RNase) and deoxyribonuclease (DNase). These enzymes play a crucial role in helping our body fight off viral infections.



What Are RNase and DNase?

RNase and DNase are enzymes that naturally exist in your body, mainly produced by the pancreas. They help break down unwanted viral genetic material (DNA or RNA) without affecting your body's healthy cells. When you get an infection, these enzymes might be in short supply, so this therapy can help replenish them, giving your immune system extra support.



How Does Immune Boost Therapy Work?

Think of RNase and DNase as cleanup crews that search for and break down the unwanted genetic material from viruses. This helps your body stay focused on fighting off infections without harming healthy cells or your own genetic information. They essentially target the “bad” parts that don’t belong in your body, like viral RNA or DNA. Immune boost therapy can be especially helpful against viruses like Epstein-Barr Virus (EBV), which is linked to conditions like mononucleosis, and even in helping with immune responses in cases of COVID-19, where a stronger defense against viral material is crucial.



How is Immune Boost Therapy Given?



The supplement is given through IV, so it can quickly enter the bloodstream. Once there, the enzymes travel throughout the body to different tissues. After doing their job, these enzymes are broken down in the liver and leave the body safely through urine.

Why Do We Use Immune Boost Therapy?

When someone is dealing with viral infections or health issues that affect their immune response, their natural supply of these enzymes can run low.

This therapy helps restore balance, providing the body with the tools it needs to respond to these health challenges. It targets areas where it's needed the most, focusing on damaged or infected cells.

Our Approach at Good Samaritan Clinic

At Good Samaritan, we are always looking for new ways to improve patient care. We offer Immune Boost Therapy to help patients recover better from infections. We've seen positive results in recent months, especially with patients dealing with viral infections like Epstein-Barr Virus and COVID-19. We are excited about its potential and how it helps our patients.

THE POWER OF HEALTHY EATING: NOURISHING YOUR BODY AND MIND

C.N Luisa Fernanda Gonzalez

In today's fast-paced world, it's easy to prioritize convenience and taste over nutrition. However, making healthy food choices is crucial for maintaining optimal health and well-being. A balanced diet provides your body with the essential nutrients it needs to function properly and supports your overall quality of life.

WHY IS HEALTHY EATING IMPORTANT?

- **Disease prevention:** A nutritious diet can help reduce the risk of chronic diseases such as heart disease, fatty liver, stroke, type 2 diabetes, and certain types of cancer.
- **Weight management:** Eating a healthy diet can help you maintain a healthy weight or lose weight if needed.
- **Improved energy levels:** A balanced diet provides energy for your body, so it can function properly, creating a balance within your hormones.
- **Enhanced mental health:** Studies have shown that a healthy diet can positively impact mood and cognitive function.
- **Stronger immune system:** A well-nourished body is better equipped to fight off infections and diseases.

WHAT DOES A HEALTHY DIET LOOK LIKE?

A healthy diet emphasizes whole “REAL” food and includes a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats.

- **Eat plenty of fruits and vegetables:** Aim for at least five servings of fruits and vegetables per day, always prioritizing your vegetables.
- **Choose whole grains:** choose those whole grains like brown rice, quinoa, and whole-wheat bread over refined grains.
- **Include lean proteins:** Incorporate lean sources of protein such as poultry, fish, beans, chickpeas and lentils into your diet.
- **Limit unhealthy fats:** Reduce your intake of saturated and trans fats found in processed foods.
- **Control portion sizes:** Be mindful of portion sizes to avoid overeating.
- **Stay hydrated:** Drink plenty of water throughout the day.



Tips for healthy eating:

- **Plan ahead:** Meal planning can help you make healthier food choices and avoid unhealthy options.
- **Cook at home:** Preparing your own meals gives you more control over the ingredients and portion sizes.
- **Read food labels:** Pay attention to ingredients and nutritional information on food labels (Keep more attention to “added sugars”, “sodium”, “saturated fats”)
- **Listen to your body:** Pay attention to hunger and fullness cues to avoid overeating or under-eating.



Remember, making small changes in your diet can have a big impact on your overall health. By prioritizing healthy eating, you can improve your physical and mental well-being and live a much healthier life.



MUSHROOMS: A SUPERFOOD FOR EVERY HEALTH GOAL

All over the world, mushrooms are beloved, treasured, and integrated into daily life for their incredible health benefits. Now is a great time to reap the rewards that mushroom supplements have, to make your health goals more achievable.

With the large number of mushrooms available these days, it may feel overwhelming to know which ones are right for you and your specific health goals. This is one of the things that makes mushrooms such an exciting area of research, while many of their health promoting properties overlap, each one has unique ways of supporting health. Find the mushrooms best for you by trying different ones suited to your health goals and needs.

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Health Coach Hazel Caraveo

Reishi: Also known as the Queen of Mushrooms, contains hundreds of different bioactive compounds that exhibit antioxidant, anti-inflammatory, anti-tumor, and immuno-stimulating activity. It has been used as a medicinal mushroom for more than 2,000 years.

Lion's Mane: This puffy white mushroom that resembles a lion's mane has been used as both food and medicine in East Asian countries for centuries, but today it has become synonymous with brain and nerve health.

Cordyceps: Claims that cordyceps improves energy, stamina, libido, and endurance and promotes longevity. It has been used traditionally to treat asthma, bronchitis, diabetes, erectile dysfunction, liver disease, and cancer.

Chaga: It has been used as a folk remedy for inflammatory digestive disorders, such as ulcers and gastritis, and as an antiparasitic and antiseptic; in modern times, it is revered for its antibacterial, antiviral, anti-inflammatory, antioxidant, and anti-tumor properties.

Maitak: It also contains a unique bioactive compound—SX-fraction—that scientists have discovered has a profound effect on the cluster of symptoms known as metabolic syndrome, which includes excess weight, high blood sugar and insulin, and elevated cholesterol and triglyceride levels.



From maintaining a healthy, youthful brain to balancing blood sugar, modulating inflammation, and everything in between—there's a mushroom supplement ready to help you tackle it.

Tips for healthy eating:

You'll love this salad because it's:

- Packed with fiber and nourishing ingredients like chopped cabbage, kale, almonds, and cranberries.
- Quick! Ready in less than 15 minutes.
- Versatile. It pairs well with anything—from grilled chicken or shrimp to hearty pasta.



FROM A PATIENTS WORD



At the age of 21, I was prediabetic, had almost no energy, and my stomach hurt every time I ate. I was overweight and losing it seemed impossible. Finally in June I came to the Good Samaritan Clinic and ended up having gastric sleeve and hiatal hernia surgery. This is now a year later and I know I'll never regret it. I have so much more energy, lost weight, and have no more problems with my blood sugar. The staff is really kind and have become my new friends. I would recommend this place to anyone looking for better health. Thank you and may God bless the staff for what they do.

Pauline Yoder



Many thanks for the way you have helped me and my family. We greatly appreciate all your love and great hospitality. You make this place feel like a home away from home.

I greatly enjoy coming here and helping wherever I can. You always make me feel so welcome. You have a great staff that are so nice and friendly. I thank God for the many great things you have done. Hope to see you again in the future. God Bless you and thank you for your kindness

Fannie Schwartz



"This is our first time here & I'm so thankful we came. After 4 years of dealing with my health, we found an answer here. I had hiatal hernia surgery and already I feel so much better! Many, many thanks to all of you! I greatly enjoyed my stay here but am very ready to go home again! Thank you for all the good memories! Everyone is so friendly here. I sure will miss all of you!"

Ada Ruth Stoltzfus



Just a small way to give a huge thank you to everyone at GSMC, it's been my 3rd time here and it actually tugs on the heart strings to leave. The care and support are amazing and everytime I leave the clinic I feel better and better. Are you unsure whether to do a hiatal hernia surgery or not? Just speaking from my experience, it is so worth it. I used to have heartburn and my chest felt tight most of the time and since surgery I've had a 1% of that, compared to the 100% before. I definitely recommend the GSMC as. And thank the doctors and nurses, cooks and cleaning ladies and everyone involved

Sarabeth Coblentz



In March of 2016, I was diagnosed with severe Epstein Barr Virus and bacteria in the stomach. I lost considerably many pounds and looked quite underweight and sick. I almost didn't survive the trip to Mexico to see you at the office.

I was there for less than 2 weeks and I improved fast after having a colonoscopy, chelation, and foot detox. Today I am a strong and healthy mother of 12 children.

I want to thank you for what you did to help me and give all glory and honor to God for healing me.

Thank you so much!

David Graber



Big thank you to all the Drs, nurses & staff at the "Good Samaritan Clinic!" In my heart you are true angels, doing all the dirty work, like cleaning noses, emptying foot detox. May God bless your efforts! Truly grateful for a place like this!

Raymond Hershberger & family.

CELEBRATING 10 YEARS OF SMILES AND STORIES

We would like to take this space to give credit to our amazing staff and let them know that we appreciate their time and energy that goes into doing the everyday job. We are fortunate to have Good Samaritans as our staff that go above and beyond to ensure that our patients are well attended to.

Thank you for being an integral part of our organization's journey. We are honored to work with each of you and look forward to many more years of collaboration, growth, and success together.

"Joining the clinic 20 years ago was one of the greatest adventures of my life. First and foremost, without a doubt, the clinic shaped me as a person and professionally. It was my first and only job; it taught me what it means to be empathetic, disciplined, responsible, honest, and generous. It helped me realize that my vocation and passion is definitely nursing. Thanks to Good Samaritan, I was able to fulfill many personal dreams, including completing my daughter's education. It also gave me the opportunity to meet so many people, families, and cultures that I never imagined I would encounter, and I will carry them in my heart."

"I am more than grateful to the JAMES family for the opportunity they gave me from day one, for trusting me and my abilities. A thousand thanks from the bottom of my heart for everything; I lack the words to express my gratitude for how wonderful they have been to me."

*P.S.: Veronica #1
P.S.2: The warrior "*



Nurse Veronica Correa



"Personal satisfaction, self-improvement, a great personal challenge through languages."

Nurse Jorge Gutierrez



"At this moment, I express my deep gratitude for the opportunity I have had to work at Good Samaritan for the past 10 years. I started my work in the kitchen for a year and a half, and later I requested a transfer to the cleaning department to have a suitable schedule to care for my daughter. Sometime later, Dr. James gave me the opportunity to work as his assistant, for which I am very grateful for this chance for personal growth up to the present day. I also want to thank Mrs. Gabriela Quevedo and her children for their great support."

In recent years, I have dedicated myself to studying Biomagnetism as an alternative therapy to correct the body's energy field. With humility and love, I also thank each and every one of my patients for trusting us. Thank you, and may God bless you always."

Nurse Veronica Prieto



It has been an absolute pleasure working with Dr. James. I am deeply grateful for the opportunity and for everything he has taught me along the way. I also want to thank the Lord for His guidance and the patients for their trust. This experience has been truly enriching, and I'm thankful for every moment.

Rodolfo "Rudy" Valdez

I am not very talkative, but I want to thank my employers for giving me the opportunity and trust to be part of their company. Over time, I have learned many things, and I feel comfortable working here.

German



Dear Dr. James,

As I'm about to celebrate my 30th anniversary since I joined The Good Samaritan Medical Center. I'm filled with immense gratitude and pride for the journey we have shared.

My time at the Clinic has positioned me as a Receptionist, Dr. James' assistant, Public Relations, Billing, Administration and the everything-ology Department. Over the past three decades, The Clinic has evolved from a humble beginning into a beacon of hope and healing for many people. I'm grateful to say my personal and professional growth has been parallel to the Clinic's, so I share a connection that will stay with me for the rest of my time.

From the early days, when our clinic was just a small practice, we have expanded and adapted to the ever-changing landscape of healthcare. We have witnessed several changes

in medical treatments, allowing us to provide the highest standard of care to our patients. Our commitment to excellence has never wavered, and it is this dedication that has earned us what we are most grateful for the trust and respect from our patients.

Throughout these years, we have had the privilege of witnessing many success stories—patients who have overcome significant health challenges and gone on to lead fulfilling lives. These moments have been the driving force behind our relentless pursuit of better health outcomes for all. However, we have also faced heart-wrenching times when, despite our best efforts, some patients were not as fortunate. Each of these experiences has taught us valuable lessons and strengthened our resolve to continue striving for improvement.

None of this would've been possible without the leadership of Dr. James. His vision, compassion, and dedication have been the cornerstone of The Clinic's success. He has not only been a great physician but also a mentor and inspiration to all of us who have worked alongside him. Also, his family's support to me has been equally invaluable.

As I look to the future, I remain committed to our mission of providing exceptional care and making a positive impact on the lives of our patients. I'm excited about the possibilities that lie ahead and feel confident that, with the unity we hold at The Good Samaritan's team, we will continue to grow. Thank you, Dr. James, and your family, for the opportunity to be part of this incredible journey. Here's to many more years of success and making a difference in the lives of those we serve. With heartfelt gratitude,

Mrs. Connie Soto
Public Relations & Billing Department





"For me, working for 13 years at this company has been a pleasant experience, as I have had the opportunity to meet many people from different backgrounds and nationalities—people who are not only kind but also truly wonderful individuals. I have also had the privilege of working with many children and patients who have taught me valuable lessons throughout my life.

I am grateful to God and to the James family for allowing me to earn my daily bread by doing something I love and truly enjoy. May God bless you all."

Nurse Angel Navarro

"I have known Dr. James since we were in high school and played soccer together. Later, in college, he went to study in Guadalajara while I stayed here in Ciudad Juárez, but we stayed in touch as we both studied. Over time, as professionals, he invited me to collaborate at the clinic called Paso del Norte, where he was the director at that time. Since then, I have worked with Dr. James until today. I am very grateful and blessed for the job he and his family have given me, making me feel part of their family and allowing me to meet many patients from different cultures and customs, from which I have learned to be more humble and thankful.

Thank you so much, Dr. James, for maintaining a friendship over many years. I will always be grateful."

Dr. Joaquín Berdeja, DMD



"First of all, I want to thank God for these 31 years that I have been part of the great family of The Good Samaritan Medical Center, since it started as the International Medical Center, to the AMISH who TRUST US. We are a better option than what their hospitals offer. I know what a long train journey means for them and how satisfied they are to return to their homes. It has been a very rewarding experience for me to witness the growth of the clinic, and the Physical Therapy team that we have here motivates me to keep striving every day to give more than 100% to each of the patients we serve.

I am infinitely grateful to Dr. James, Mrs. Gaby, Dr. James Jr., and Jonathon for the trust they have placed in me, and I remain committed to achieving excellence in patient care. THANK YOU."

Raul Flores, PT

"For me, working at Good Samaritan has been a constant and enriching learning experience. Putting my skills, knowledge, and abilities into practice with those who come to our treatments brings me happiness, knowing that we can help others. Being part of the Good Samaritan team is a source of pride for me."

Patricia Suarez



Hi, my name is Ruben Palacios and I'm 65 and work at TGSMC. I don't have enough words of appreciation, but let's see how I do.

Well, after 22 years at TGSMC I think it's time to tell a good story of what has been of those 22 years at TGSMC.

I'm going to start like this, long time ago (half of my life) I was a person that needed help, support in many ways and with family already; so, this person, my boss Dr James came to my help and supported me with work, well mainly with a job. From then on, I'm very glad, thankful, grateful for what He did to me.

So, time passed by and after all these periods of time I have learned to appreciate life, the values and principles, the positiveness, enthusiasm, the strength to go ahead and respond to life, so I learn many good and beautiful things.

First, I'll say, when I started, I tried hard to be good in everything I could do, then I tried to be better, then much better, and then I thought why not the best in what I do, be the #1. Then this happened to me, I felt an emptiness in my heart, too much pride and arrogance; there is when I find out that it wasn't just the job, the name, the place, it was the concept itself, the meaning of it all was different. The name itself will give an idea, love thy neighbor as you love yourself, so the concept began, and still is, to be part of my life.

After I learned all this, life has become meaningful to me and I enjoy been part of the team, be with the patients, taking them out for a ride, or something else, wonderful, This is my life, and I love it. None of this would have happened without the help of the person who thought me the concept. He (and of course first and always the Lord) made me the person that I'm today, simply and humbly excellent.

Thank you, Lord, Thank you TGSMC, Thank you, teammates, Thank you, family James, Thank you, boss Dr James.

**PD- Tan, tan
Ruben Palacios**

CELEBRATING OUR GOOD SAMARITAN FAMILY

At Good Samaritan Medical Center, we deeply value each of our team members, whose dedication and hard work make it possible to provide exceptional care to our patients. This month, we are delighted to celebrate the birthdays of those who are part of this incredible family. We are grateful for your commitment and passion and wish you a year filled with success, health, and happiness. Here are some special moments from our celebrations. Thank you for being the heart of our clinic!



THERE'S ALWAYS ROOM FOR IMPROVEMENTS

At Good Samaritan Medical Center, we're thrilled to share the progress we're making to improve our facilities and services. With the addition of a cutting-edge CT scan machine, we've significantly enhanced our diagnostic capabilities, ensuring more accurate results and better outcomes for our patients.

And this is just the beginning. The construction of our new building is well underway, promising to provide even more advanced spaces designed for comfort, efficiency, and innovation. We're dedicated to delivering the highest quality service, and this new facility is a reflection of our ongoing commitment to you.

Thank you for trusting us with your care – we look forward to continuing to provide you and your family with the excellence you deserve.



Exciting News – Our Cookbook Is Almost Here!

We're thrilled to announce that our clinic's exclusive cookbook is on its way! Created with care, this collection of recipes is designed to support a healthier, happier lifestyle. Whether you're looking for inspiration in the kitchen or practical tips to enhance your meals, this cookbook is your perfect companion.

Want to secure your copy? This cookbook is available for purchase, so don't wait! Call us today at +1 800-520-0360 to reserve yours and bring these nourishing recipes into your home.



Season's Greetings from the James Family and Good Samaritan Medical Center



As the holidays are here, we, the James Family, along with everyone at Good Samaritan Medical Center, want to take a moment to thank you for being such an important part of our journey this year. Taking care of you and your health isn't just our job—it's something we live for and feel honored to do.

Health is such a gift. It's what lets us spend time with our loved ones, enjoy special moments, and live life to the fullest. We know how much it matters to you, and that's why we're so committed to doing everything we can to help you feel your best. We approach your care the same way we would for our own family—with love, compassion, and a desire to make a difference in your life.

This season is a time to reflect on what truly matters, and we're incredibly grateful to God for His blessings and for the trust you've placed in us. You inspire us every day with your strength and resilience, and we feel so blessed to be part of your health journey.

As we celebrate Christmas, we hope your days are filled with love, joy, and time with the people who mean the most to you. And as we step into the New Year, we want you to know that we'll be right here, ready to keep supporting you, cheering you on, and working hard to help you stay healthy and strong. From our family to yours, we wish you a very Merry Christmas and a New Year full of happiness, good health, and endless blessings. Thank you for trusting us—it truly means the world to us.

With lots of love,

The James Family & Everyone at Good Samaritan Medical Center

"We wish you a season filled with joy, love, and cherished moments. May this time bring you peace, happiness, and the warmth of togetherness. We are grateful for your trust and support, and we look forward to continuing this journey with you in the coming year"



SAVING OPPORTUNITIES

Transportation Services

One of our core values is to be the BEST AND MOST AFFORDABLE. This is why we are always looking to make our prices and services better.

This winter, we're excited to announce reduced prices for your pick-up rides to and from the clinic! Thanks to new strategies, we can now offer these amazing rates.

- El Paso: Was \$140, now just \$95 USD
- Anthony: Was \$150, now only \$105 USD
- Albuquerque: Was \$600, now only \$450 USD



Contact Us

Toll Free Numbers

- (800) 520.0360
- (800) 532.4392



Discounts on X-Rays



We're pleased to introduce a 10% discount on all X-rays and ultrasounds, available from January through the end of March.

CONTACT US

Toll Free Numbers

- (800) 520.0360
- (800) 532.4392



\$20 Dlls Off Per Pound you lose!

Don't forget our ongoing promotion: for every pound you lose while at the clinic, you'll receive \$20 off your bill! Please inquire with our billing department for specific conditions upon your arrival.

To take advantage of these promotions, be sure to bring this newsletter and present it at our billing office. Happy holidays, and we look forward to seeing you!



CONTACT US

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- (800) 532.4392





GOOD SAMARITAN VITAMINS AND DIETARY SUPPLEMENTS.

A daily multivitamin can help provide a good foundation for your health. It can also protect you when you're experiencing stress, sleeping poorly, or not getting regular exercise.

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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