

I'm very happy and pleased to see how much the clinic has grown over the past five years, especially in terms of the number of patients we serve. We've gone from having around 20 patients to now welcoming 60 to 70 patients every month, many of whom are Amish-Mennonites from Canada. What makes me even happier is that most of these patients come to us through recommendations from other patients. This word-of-mouth promotion is, in my opinion, the best kind of promotion we could ever hope for.

The other day, while having breakfast with my sons, Ricardo James Jr., M.D., and Jonathon James, who have done an amazing job, a patient approached our table. He shared how impressed he was with the way we run the clinic, our attention to detail, the quality of care provided by our doctors and nurses, the food, and the facilities. Hearing this made me feel good and proud, as it reinforced that our patients truly notice the difference between our clinic and others. I also took the opportunity to ask him for feedback on how we could improve our services.

I firmly believe there's always room for improvement, and I value any insights our patients can offer.

Over the past five years, the clinic has grown significantly, not just in terms of patient numbers but also in the quality of our therapies, staff, and services. We've expanded our physical space as well, adding new rooms and now operating out of a three-story building alongside the house. This additional space allows us to accommodate more people and make them feel even more welcome. Also, we noticed every time we are getting more patients from different states, so the word has spread.

I attribute this growth to the over 40 years of experience I've had in this field. I've always believed in giving patients options and empowering them to make the best decisions for their own care. At the end of the day, the patient is the boss, and I deeply respect their choices. This philosophy, I believe, is at the heart of our success.



THE IMPORTANCE OF TAKING THE FIRST STEP TOWARD BETTER HEALTH

■ M.D. RICARDO JAMES, JR.

I hope when you receive this letter, it finds you and your loved ones in good health.

It's hard to believe it has been almost four years since I began working full-time at the clinic. Over this time, I've been reflecting on

a subject that has been on my mind for quite a while. I believe one of the reasons people delay seeking help for their health problems is the fear of what they might find out.

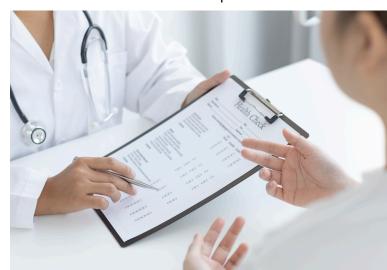
When our physical health is compromised, it's common to wait and see if the issue will go away on its own or try natural remedies first. If it's nothing serious, often the body fights it off. However, sometimes weeks, months, or even years go by, and the issue don't go away and even gets worse. Unfortunately, it's often not until someone is seriously ill or in pain that they seek help.

Taking the first step and look for help can be difficult. And once you do, you want to make sure you receive the right answers that you can take the best approach to solve the problem.

Over the past four years, I've had the privilege of listening to, speaking with, and treating many patients. If you've been to the clinic, you know that most of our patients are from Amish and Mennonite communities. I've also been fortunate to visit several of these communities, thanks

to the generosity of families who welcomed us into their homes. Through this experience, I've come to understand the many obstacles people face when trying to find the right help.

Most people working in the healthcare field have good intentions and genuinely want to help, there is no doubt about that. However, good intentions are not enough. You also need proper education, accurate information, and the right tools to find and treat the root cause of a health problem.



When visiting a healthcare provider, it's important that the appropriate steps are taken to reach a proper diagnosis. These steps include consultations, physical exams, blood work, X-rays, EKGs, ultrasounds, and sometimes more advanced tests like gastroscopies, colonoscopies, CT scans, and MRIs.

Hospitals in the United States and Canada are equipped with top-of-the-line technology to perform these tests. However, due to the way the healthcare system is structured, can be difficult to identify and address the root cause of an issue—instead of just treating the symptoms. Because of this, many patients seek help wherever they can find it, sometimes turning to "natural doctors," wellness centers, chiropractors, and counselors. In some cases, these alternatives can be helpful and provide relief. But from firsthand experience, I've seen many patients who have gone from place to place, trying different remedies and supplements, without success. The time, money, and emotional stress can be overwhelming—but even more importantly, their health does not improve, and sometimes it gets worse.



I've seen patients whose conditions became life-threatening because the real issue wasn't diagnosed in time. In serious cases like cancer, early detection and treatment are critical. For example, a polyp in the colon or a tumor in the breast can take just a few months to invade deeper tissue and spread to the lymph nodes, making treatment more difficult and the outcome more uncertain. A few months can make all the difference.

I've also seen patients given incorrect diagnoses—sometimes even a false cancer diagnosis—based on improper testing methods. This causes unnecessary fear and anxiety and makes it incredibly hard to truly help the patient, especially when the diagnosis is wrong from the beginning.

Seeking help for your health can be a challenge. But when you do, it's crucial to take the right steps toward getting an accurate diagnosis, which is the foundation for the right treatment.

After working closely with the Amish and Mennonite communities, I've learned that for many people, the first step often involves seeing a "natural doctor." I understand why—there's a great deal of mistrust in the medical system, I'm not against natural approaches. In fact, some cases, they can be beneficial. But too often, I've seen patients receive incorrect diagnoses and be given large amounts of supplements that ultimately do more harm than good.

To provide the best care, we need the proper diagnostic tools and training. When you go to a health provider, you are placing the most valuable thing you own—your health—in their hands. It's our responsibility as medical professionals to treat it with the seriousness and care it deserves. In medicine, we should not guess. We must be sure. Thankfully, today we have the tools and knowledge to do just that.

If something doesn't feel right, don't wait. Don't let fear delay action. Seek help, and make sure that the help you receive is thorough, informed, and based on sound medical principles. The right diagnosis is the first step to the right treatment—and that could make all the difference.

PREVENTIVE HEALTH CARE: THE BEST TYPE OF CARE

THE GOOD SAMARITAN MEDICAL CENTER



For over 40 years of his career as a medical doctor, Dr. James Sr. has been educating his patients about the importance of prevention. As with any problem in life, it is always better to address it while it is small and manageable rather than waiting for it to become big and complicated. This is especially important when it comes to our health.

As a healthcare institution, we have the responsibility to continue educating people about the importance of their annual check-ups and health maintenance. These include physical consultations, blood test analysis, ultrasounds, X-rays, Doppler tests, colonoscopies, and various therapies.

Each of these examinations serves a specific purpose:

BLOOD TEST

Allows doctors to assess organ function and the body's metabolism. It also detects tumor markers (CEA, PSA) and provides crucial information on cardiovascular health, including cholesterol levels, triglycerides, and blood sugar levels.





X-RAYS

Physicians focus on two key aspects in a chest X-ray: lung health and heart size. This test helps confirm the absence of lung diseases and detects cardiomegaly (enlargement of the heart), which would require treatment.

DOPPLER TEST

Determines the level of arterial blockage, known as atherosclerosis, which is the leading cause of death worldwide. Additionally, this test allows for a before-and-after comparison of the main arteries following the recommended number of chelation treatments.



COLONOSCOPY

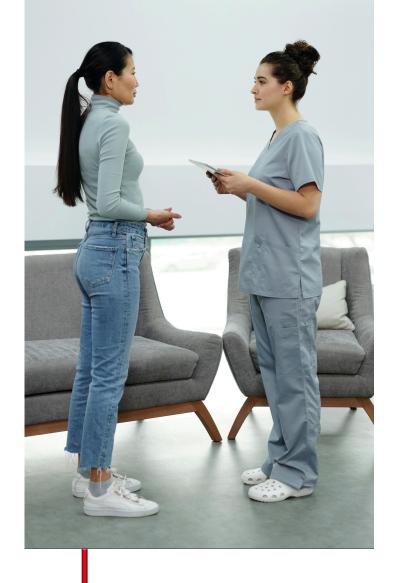
A crucial procedure for preventing and detecting colorectal cancer at an early stage. Colorectal cancer is the third most common type of cancer worldwide.

THERAPIES

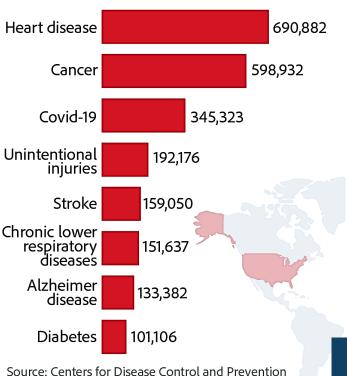
Thanks to his 40 years of practice in integrative medicine, Dr. James Sr. has developed patient-centered medical approach. He emphasizes listening to each individual and recommending right treatment to help them regain their health, LORD's hands. always guided by the Alongside **James** Jr.'s extensive Dr. knowledge, they can provide the best and most affordable medical service.

The most common diseases affecting humans are largely preventable. These include cardiovascular disease, cancer, strokes, and diabetes. Over the past 20 years, these conditions have worsened, and no improvement is expected within the next five years unless there is a significant shift in our mindset regarding health.

We define integrative medicine as the combination of conventional medicine and natural therapies to achieve the best possible outcomes for the patient. It is an approach to medical care that acknowledges the benefits of combining standard treatments (such as medications and surgery) with complementary therapies that have been proven safe and effective. Integrative medicine aims to address the physical, emotional, social, spiritual, and environmental factors that can impact a person's health and well-being.



Leading Cause Of Death In 2020 Number of deaths for all leading causes of death in the U.S. in 2020





World According to the Health Organization, health is defined as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. On the other hand, according to statistics from the Centers for Disease Control and Prevention (CDC) in 2021, diabetes was the eighth leading cause of death in the United States. This finding is based on 103.294 death certificates where diabetes was listed as the underlying cause of death. In 2022, high blood pressure (hypertension) was the primary or contributing cause of 685,875 deaths in the United States.

The importance of this article is to recognize chronic degenerative diseases as leading causes of death in the United States and to understand that these conditions can be prevented by prioritizing our health through habits that enhance our physical, mental, and emotional well-being.

It is essential to remember that in order to lead a healthy and fulfilling life, we must prioritize our health. Due to our daily obligations—work, home, school, and children—we often neglect our health and prioritize other matters that have a negative impact on our lives in the short, medium, and long term.

What is the point of having everything around us if we cannot enjoy our health?

Below are some simple steps you can start implementing this year to improve your health and live in harmony. During consultations, I like to call them "baby steps" because they are easy to understand and follow.

Remember that every new habit requires time and patience, and it is almost impossible to achieve change without building habits step by step. Changes happen through small daily actions.

Plan your week in advance.

Keep a journal where you can write down, identify, and regularly review the changes you want to make in your life. Whether it's being more active, exercising, losing weight, improving your emotions, or strengthening your relationship with your family, writing things down helps you stay on track.

3

Talk about your emotions with someone you trust. Seek help.

We are social beings by nature and need our surroundings to grow. Being heard gives you a new perspective on your situation, allowing you to see things in a more positive light.

Also, keep this in mind:

Every time you allow yourself to listen to others, you grow. You grow because you develop the ability to listen and change your perspective. You free yourself from stigmas and outdated beliefs.

2

Set daily goals and work on them one day at a time.

- Just for today, I will try to be more optimistic.
- Just for today, I will drink more water.
- Just for today, I will improve my diet.

Remember that working on baby steps helps you live in the present. Making small, gradual changes fosters consistency and discipline while significantly reducing procrastination.

4

Commit to, respect, and love your body.

We are social beings by nature and need our surroundings to grow. Being heard gives you a new perspective on your situation, allowing you to see things in a more positive light. Have you ever heard that during an emergency on an airplane, you must protect your health before helping others? Whether it's children or the elderly—if you don't take care of yourself, you can't take care of others.

The same applies to your body and mind. How can you take care of your family if you don't start by taking care of yourself? You are your number one priority.

Your body deserves love and care. Prioritize your sleep schedule, diet, relationships, and physical activity. You have goals you want to achieve, and that requires a healthy body.

- Exercise regularly. A daily walk or 20 minutes of physical activity can improve your health, help you lose weight, and reduce the risk of metabolic diseases like diabetes and hypertension.
- Daily activities (like walking at work) are not enough. Make time for intentional physical exercise!
- Practice meditation. Take a moment each day to reflect, breathe, and feel at peace. Meditation or prayer can positively impact your mental health, helping you identify what makes you feel good or bad and how to change it.



Visit your doctor at least once a year.

Due to the natural aging process, humans are susceptible to various diseases. However, most of these conditions are preventable with proper medical guidance.





Take care of your diet.

Whether consciously or unconsciously, food influences your health, either promoting well-being or disease.

A pro-inflammatory diet negatively affects your health—not only causing obesity, but also contributing to chronic degenerative diseases, depression, infertility problems, and even certain cancers.

Support your body (your temple) by nourishing it properly:

- Eat a diet rich in fruits, vegetables, whole grains, and proteins.
- These nutrients provide energy throughout the day and help prevent future diseases.



Enjoy life, and if you fail, start over.

Life isn't just about following strict rules and schedules. Enjoy your family, friends, and the little moments.

As long as you have someone to love and someone who loves you, learn to:

- Live in harmony
- Apologize and let go of resentment
- Enjoy each day as if it were your last

And finally, we all make mistakes—learn from them, keep moving forward, and remember that every day is a new opportunity to try again.

REBUILDING FROM WITHIN: STEM CELLS AS NATURE'S HEALERS

M.D. ADRIANA VALTIERRA

Stem cells are a special type of cell in our body that can transform into different types of cells and tissues. We can think of them as "natural repairers" that help regenerate damaged parts of the body.

In medicine, we use these cells to treat various diseases and injuries. Depending on the type of stem cells and the condition we want to treat, we can obtain different benefits:

TISSUE AND ORGAN REGENERATION

If you have damage in an organ, stem cells can help repair it. For example, in people who have suffered a heart attack, they can help regenerate the heart muscle.

USE IN BLOOD DISEASES AND IMMUNE SYSTEM DISORDER

In diseases like leukemia or certain types of anemia, we can use stem cells to regenerate bone marrow and help the body produce healthy blood cells.

POTENTIAL IN DIABETES

In people with type 1 and type 2 diabetes, stem cell therapies are being studied to regenerate the cells in the pancreas that produce insulin.

ADDITIONALLY

it's important to evaluate each case individually to determine whether stem cell therapy is the right option for you.

TREATMENT FOR NEUROLOGICAL DISEASES

In cases like Parkinson's, Alzheimer's, or multiple sclerosis, stem cells can help regenerate damaged neurons and improve brain and nervous system function.

TREATMENT FOR NEUROLOGICAL DISEASES

In cases of arthritis or injuries to cartilage and tendons, stem cells can help reduce inflammation and improve mobility.

REDUCTION OF INFLAMMATION AND CHRONIC PAIN

Promising therapy for joint injuries (osteoarthritis, cartilage damage) and chronic inflammatory diseases.





By R.N. Ozone Therapist WITH OZONE Karla Núñez

Ozone therapy combined with UBI is a promising approach in integrative medicine. Treatment that uses the therapeutic properties of ozone (O3) and UV exposure to improve health. This technique has applications in various fields standing out in chronic diseases, infections, cancer and in the promotion of general well-being.

Ozone therapy:

O3 has antimicrobial, anti-inflammatory and antioxidant properties that will improve our immune system. Also stimulates and increases the blood and tissues oxygenation.

Ozone has also been shown to reduce oxidative stress by balancing organic peroxide levels, by activating the enzyme superoxide dismutase.

Ultraviolet (UV) Light:

A key property of UV light is that it kills microorganisms and improves the biochemical properties of the blood. It stimulates the release of nitric oxide, circulation improving and immune response. Nitric oxide helps relaxing blood vessels, which increases blood flow and can decrease blood pressure. It's also been linked to improving brain function as well as erectile dysfunction.

Procedure:

A small amount of blood is drawn from the patient, which is then mixed with ozone and exposed to UV light in a closed circuit. The treated blood is then reinfused into the body. This process stimulates cell repair and improves overall homeostasis. The procedure lasts approximately 45 to 60 minutes.

Therapeutic Benefits:

Immunomodulation: Strengthens the immune system response, useful in autoimmune and chronic diseases.

Antimicrobial properties: Fights bacteria, viruses, and fungi resistant to conventional treatments.

Anti-inflammatory: Reduces inflammation in conditions such as arthritis and other inflammatory diseases

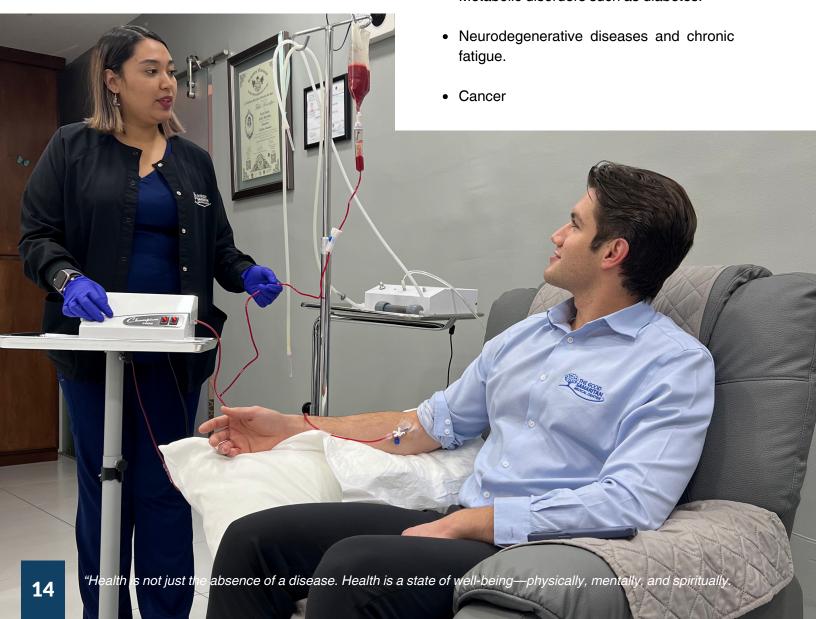
Improves oxygenation: Promotes circulation and oxygen transport, being beneficial for cardiovascular conditions and chronic fatigue.

Heart support: Protects the cardiovascular system through increased metabolism of cholesterol, uric acid, and glucose.

Cancer support: Helps control and improve the side effects of Chemotherapy and/or Radiotherapy.

Indications:

- Autoimmune diseases (lupus, multiple sclerosis).
- Infectious diseases (hepatitis, herpes, chronic infections).
- · Chronic pain and inflammation.
- Metabolic disorders such as diabetes.



HYPERBARIC OXYGEN THERAPY: BOOST YOUR RECOVERY

THE GOOD SAMARITAN MEDICAL CENTER



Hyperbaric Oxygen Therapy (HBOT) is a medical treatment that involves breathing 100% oxygen in a pressurized chamber, typically at pressures between 1.5 to 3 times greater than normal atmospheric pressure. This process increases the amount of oxygen dissolved in the blood, enhancing the body's natural healing processes, combating infections, and promoting tissue repair.

Under standard conditions, under standard conditions, ambient air contains approximately 21% oxygen. During HBOT, patients inhale pure oxygen

with in a pressurized environment, significantly elevating oxygen levels in the bloodstream. This heightened oxygen availability leads to several therapeutic effects:

Enhanced Healing	The increased oxygen supply accelerates the repair of damaged tissues and promotes the formation of new blood vessels (angiogenesis).
Antibacterial Effects	High oxygen levels enhance the ability of white blood cells to kill bacteria and reduce the risk of infections.
Stem Cell Activation	HBOT stimulates the release of growth factors and stem cells, which play a crucial role in tissue regeneration and repair.

At Good Samaritan Medical Center, we offer Hyperbaric Oxygen (HBO) Therapy to support a wide range of conditions, including:

- · Wound healing
- · Brain injuries
- Stem cell activation
- Immune system support
- Cancer recovery support
- · Improved circulation
- Enhanced blood quality
- Relief from brain fog

Treatment Procedure

The HBOT procedure is straightforward but requires specialized equipment and medical supervision:



Preparation

Patients are advised to wear 100% cotton garments to reduce the risk of static electricity.



Session

Patients lie in an enclosed hyperbaric chamber. The air pressure is gradually increased to the prescribed level.

Duration

Sessions typically last between 25 to 30 minutes, though the duration can vary depending on the condition being treated.



Post-Treatment

After the session, the pressure is slowly reduced to normal levels, and patients are monitored for any immediate side effects.

Recent Research and Developments

Recent studies have explored the potential of HBOT in treating neurological disorders. For instance, research indicates that HBOT can promote neuroplasticity and enhance recovery in brain injuries, even when administered months or years after the initial injury.

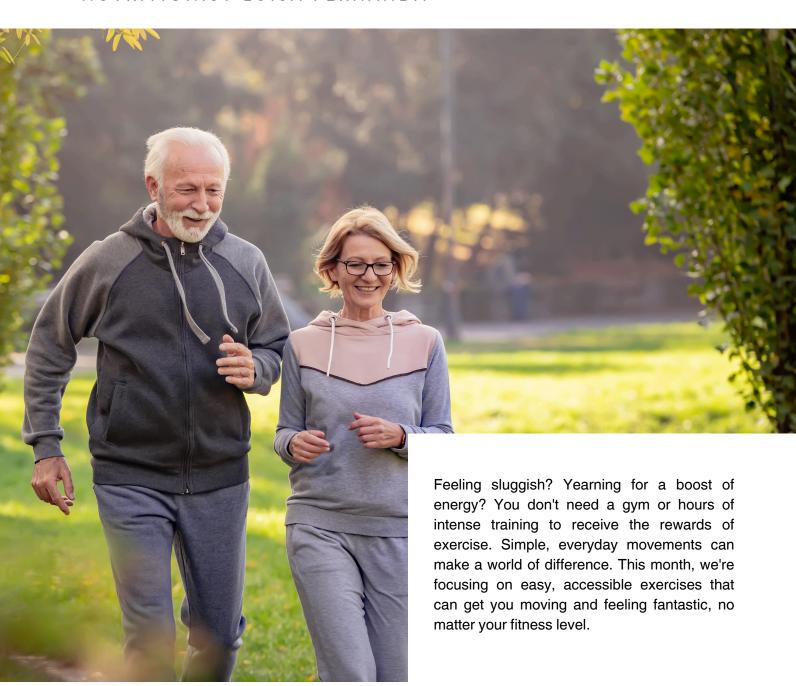
Additionally, HBOT has been investigated as a neuromodulatory technique for treating neurological and psychological disorders, showing promise in promoting brain recovery through modulation of key cellular and molecular mechanisms.

Furthermore, a state-funded clinical trial in Florida is studying the effectiveness of HBOT on service members and veterans suffering from traumatic brain injury, aiming to reshape the narrative of HBOT as a treatment for neurological diseases.



GET MOVING, FEEL AMAZING: EASY EXERCISES FOR EVERYDAY LIFE

NUTRITIONIST LUISA FERNANDA



Why Movement Matters:

Regular physical activity offers a wealth of benefits, including:

- Increased Energy Levels: Exercise boosts circulation, leaving you feeling more energized.
- Improved Mood: Movement is a natural stress reliever and can help combat feelings of anxiety and depression.
- Stronger Muscles and Bones: Even gentle exercises can help maintain muscle mass and bone density.
- Better Sleep: Regular activity can promote deeper, and restorative sleep
- Enhanced Cardiovascular Health: Exercise strengthens your heart and improves overall cardiovascular function, preventing strokes

Easy Exercises to Incorporate into Your Day:

Walking:

- Walking is the simplest and most accessible form of exercise.
- oTake a brisk walk during your lunch

break, walk to the grocery store, or enjoy a stroll on your grounds.

 Even 15 minutes of walking can make a difference.

• Stair Climbing:

- A great way to elevate your heart rate and strengthen your leg muscles.
- Take the stairs instead of the elevator whenever possible.
- Household Chores: Believe it or not, household chores can be a great form of exercise.

• Stretching:

- Gentle stretching can improve flexibility and reduce muscle tension.
- Try simple stretches like reaching for your toes, stretching your arms overhead, or doing neck rolls.

• Bodyweight Exercises:

- These exercises require no equipment.
- Wall push-ups: Stand facing a wall, place your hands shoulder-width apart, and lean in.
- Squats: Stand with your feet shoulderwidth apart and lower your hips as if sitting in a chair.
- Standing calf raises: Raise onto the balls of your feet.



Tips for success

- Start Small: Don't try to do too much too soon. Begin with a few minutes of exercise everyday and gradually increase the duration and intensity.
- Make it a Habit: Schedule exercise into your day just like any other important appointment.
- Listen to Your Body: Pay attention to your body's signals and rest when your body asks.
- Stay Consistent: Consistency is key.
 Even short bursts of activity throughout the day can make a big difference.





The Bottom Line

Getting moving doesn't have to be complicated or time-consuming. By scheduling these easy exercises into your routine you will notice how your energy level up, how your mood boosts, and boost your overall well-being. So, get up, get moving, and feel the difference!

PATIENT SUCCESS STORIES:

TRANSFORMATIONS

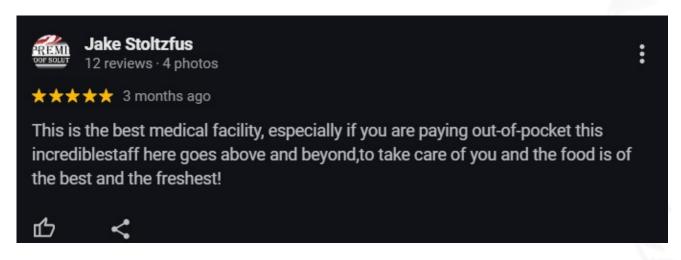
THAT INSPIRE



"My name is Tony Hill. I was diagnosed with cancer when I was 10 years old. I came to Good Samaritan thanks to my uncle.

If youre looking for help this is the place where you can call to get that help so give it a chance."

- Tony Hill



"Around the year 2000, I was diagnosed with a hiatal hernia. I was told it wasn't commonly treated in the U.S. and was advised to go to San Diego for surgery, but it was too far, so I just took medication instead.

On November 23, I retired and came to the Good Samaritan Clinic in January 2024. I had an EKG, and they told me my heart was not in the best shape. They prescribed medication and ran four EKGs but only charged me for one. Later, my wife and I decided to purchase stem cell treatments.

We have undergone three other surgeries here, and I am very happy with the treatment. Many of our friends and family also come here and have had great results.

Is the service cheap? No, but it is reasonable. They have eight doctors, many nurses, and housekeepers who keep the place very clean. The kitchen staff prepares great meals. Providing this level of care takes a lot of resources, and if you want help, you must support them in return."

- Amos Christner



This is a unique medical center, one of a kind worldwide. I have traveled to many countries but have yet to see such an excellent, well-organized clinic that provides a medical modality that can only be found in a few countries. The doctors and nurses are attentive and highly qualified in conventional and alternative medicine. They listen to you patiently and have a genuine concern for your well-being. It is a one-stop shop: anything you need, they can arrange for you. You check in, and they take you to the specialist, get the procedure done, and take you back and recover in the clinic. The clinic is beautifully appointed, the people are welcoming, and everything works like clockwork. I cannot recommend this place high enough; if you are treated like an insurance number in your country and cannot get the treatment and the respect you deserve, it is well worth the trip, no matter where you live.

△

"My Journey to Healing Brittany Wieler – Alberta, Canada

My name is Brittany Wieler, and this is my story of perseverance, hope, and healing. At the age of 16, I became chronically ill. I found myself in and out of hospitals, undergoing countless tests and consultations. Despite all of this, the doctors could not determine what was wrong. Some even told me that my symptoms were "all in my head" and that I would never recover.

I was referred to a chronic pain clinic, where I received various treatments—including Botox injections and medications—but nothing helped. Some treatments even made my condition worse. I felt dismissed, as though I was just another patient lost in the system.

In 2013, I had gallbladder removal surgery, only to later learn that it hadn't been necessary. By the time I was 24, I was diagnosed with stage 5 endometriosis and polycystic ovary syndrome (PCOS). Unfortunately, doctors told me there were no effective treatments.

At 31, an ovarian cyst the size of a tennis ball was discovered. This, along with my ongoing health issues, meant I was unable to carry a child to term. The emotional and physical toll was overwhelming. Despite countless consultations, I was repeatedly told that nothing more could be done for me.

Finally, my husband and I reached a breaking point. A family member encouraged us to seek treatment at the Good Samaritan Clinic in Mexico. Desperate for answers, we made the long journey.

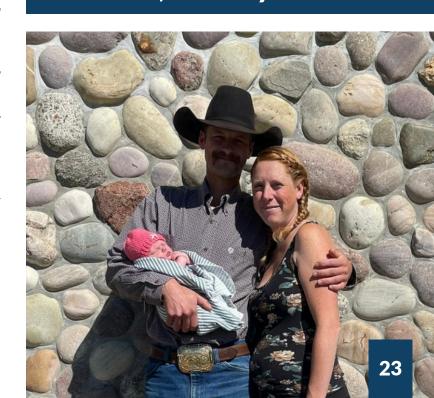
Upon arrival, the clinic's team ran thorough tests and uncovered several undiagnosed

issues: a hiatal hernia, ovarian cysts, uterine polyps, and tumors. Dr. James and his team immediately took action. Within days, I underwent surgery to remove the tumors and polyps, followed by surgery to address the hiatal hernia a week later. My treatment also included ozone and IV therapies to aid my recovery.

I spent 21 days at the clinic, where the compassionate staff provided exceptional care—not just for me but also for my husband. For the first time in years, I felt seen and valued. Thanks to Dr. James and his team, I was finally able to heal. Just 15 months after treatment, I gave birth to a beautiful baby girl. Today, I'm living a healthy, fulfilling life—something I once thought was impossible. I am forever grateful to the Good Samaritan Clinic for giving me my life back. And I thank God for making it all possible.

If you are struggling with complex or unresolved health issues, I wholeheartedly recommend them."

- God bless, Brittany Wieler.





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GOOD MEMORIES







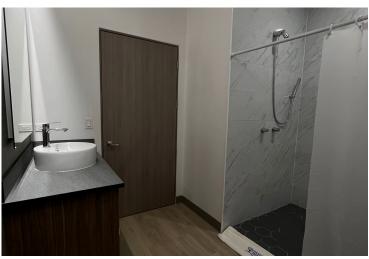


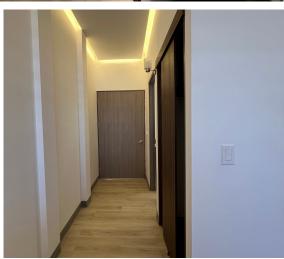


GOOD MEMORIES













THERE'S ALWAYS ROOM FOR IMPROVEMENT

Thanks to 35 years of hard work and the trust of our patients, we have been able to continue growing and improving, always with the goal of offering them better service.

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