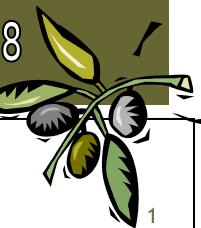


MEDICAL WELLNESS NEWSLETTER

ISSUE 8

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ACU-News

Procedure Performed at Gerold Medical Wellness by Mark Gerold, M.D. & Martin Gallagher, D.C., M.D.

Acupuncture May Improve Meniere Disease Symptoms

Mingjie Tang, from the Nanjing University of Chinese Medicine in China, and colleagues conducted a systematic literature review to evaluate the efficacy of acupuncture treatment for Meniere disease.

Based on six studies, the researchers found that treatment of Meniere disease with acupuncture or acupuncture combined with Western medicine was superior to Western medicine alone (control) in terms of efficacy rate. Compared with control, acupuncture also reduced the dizziness handicap inventory (mean difference, tinnitus handicap inventory, stuffy ear visual analog scale, and pure tone audiometry score).



Acupuncture may improve the symptoms of vertigo, tinnitus, ear fullness, & hearing loss in patients with Meniere disease.

Give it a try! Call the office for an appointment today!!

Did you know...

Laughing triggers the production of endorphins, the body's natural painkillers.



Listen to Dr. Mark Gerold's Radio Program

Saturdays 9:00 AM to 11:00 AM (LIVE)
KHB 620 AM, 92.3 FM, 94.1 FM & 102.1 FM

Call 1(412)825-6262 or 1(888)766-4657 or email your
health questions to: newalternativestomedicine@gmail.com



Recorded Podcasts are available at medicalwellnessassociates.com under learn

News from the I.V. Department

Defense I.V.

IV Nutritional Therapy used for viral, bacterial and fungal infections. helpful for sinusitis, bronchitis, COPD, asthma, etc. iv nutrients including therapeutic doses of ascorbic acid and pantothenic acid.

Intravenous (IV) therapy is a method of feeding vitamins, minerals, and amino acids directly into the bloodstream used to correct intracellular nutrient deficiencies. Oral intake of such high doses is simply not possible due to absorption limitations from the digestive process.

A good example of this is the use of Vitamin C when trying to overcome a cold. The antiviral effects of Vitamin C are seen when blood levels are around 10-15 mg/dL. This level is achievable with IV therapy but not orally. Oral dosage typically peaks with blood levels around 1.2-4.0 mg/dL vs. IV therapy of 50-90 mg/dL.

Dr. Gallagher's Custom Formulas

Chill Pill

Chill Pill, available exclusively from Professional Supplies, Inc., is a synergistic combination of natural ingredients including minerals and herbs designed to support healthy relaxation and support the body's stress response.

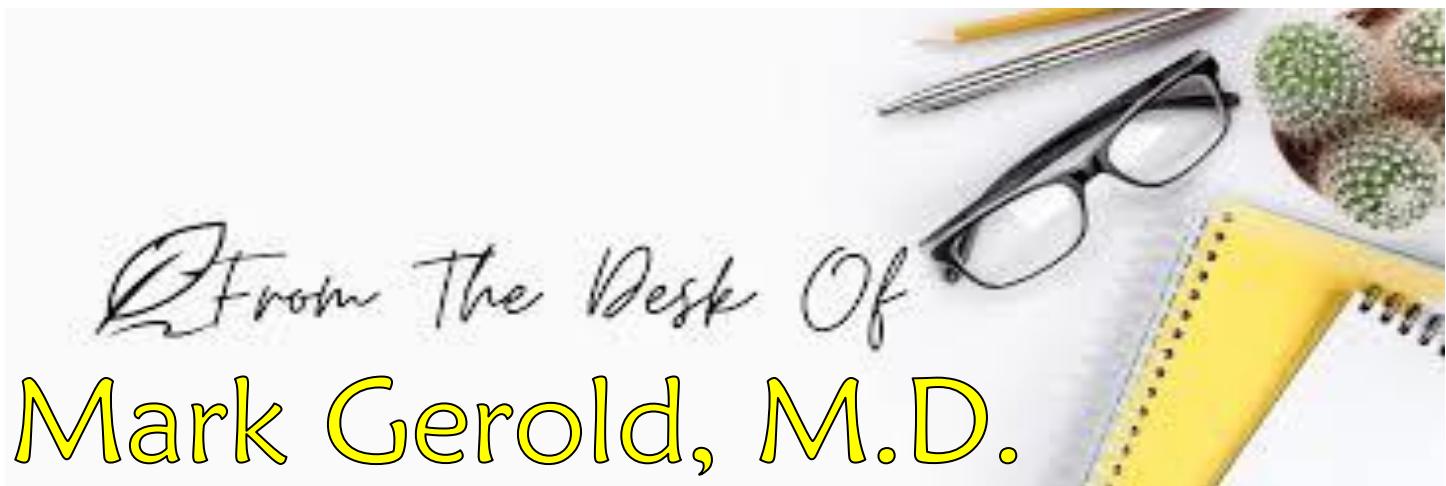
Ingredients include:

- ✚ Calcium and Magnesium, among their many other roles, calcium and magnesium are essential for proper muscle function and supporting the body's response to stress.
- ✚ Passionflower (*Passiflora incarnata*) has also been used for many years as a natural relaxant. Central American natives used it to soothe overactive nerves, as a treatment for insomnia and



hysteria. Some suggest its use for a variety of conditions, including insomnia, as well as dysmenorrhea and muscle spasms. Some have suggested that the two herbs, valerian and passionflower, may act synergistically, one to support normal sleep patterns and the other to support stress and healthy relaxation.

- ⊕ **Valerian Root** has been used since antiquity to relieve emotional stress associated with fear or anger. As a non-narcotic herbal relaxant, valerian root extract can act as an effective food supplement that promotes restful sleep. As a muscle relaxant, valerian root may be helpful in relieving the dysfunction that contributes to neck and shoulder tension, muscle spasms and menstrual discomfort.
- ⊕ **Chamomile** is a traditional calming and soothing herb used to support healthy relaxation.
- ⊕ **Inositol** is an important nutrient related to B vitamins. It is found in all animal tissues, with the highest concentration found in the brain and heart. It is a component of the outer lining of all cells in the body and contributes to healthy muscular and nerve function.



THE MAGICAL AND MYSTERIOUS THYROID AND ITS NEEDS

Hypothyroid is a very common condition that is linked to so many other conditions.

TSH (Thyroid Stimulating Hormone) is produced from the pituitary, a gland in the brain. The TSH then stimulates the thyroid to produce T4(Thyroxine). Thyroxine(T4) migrates to individual cells, and it is here where it is converted to T3(active thyroxine). T3 acts at the nuclear receptor in the DNA to optimize metabolism.

Hypothyroid can present with such symptoms as fatigue, weight gain, hair loss, dry skin, elevated cholesterol, and constipation. TSH needs appropriate protein and fat, but it also needs magnesium, vitamin B12 and zinc to be produced. T4 needs iodine, and 4 molecules of iodine for one t4 is needed. Vitamin B2 and Vitamin C are needed to produce T4 also. For T4 to be converted to T3, one needs selenium. If we do not have it, T4 cannot be converted to T3. This is very important because practitioners need to test for reverse T3 (RT3). RT3 increases if selenium is not present and or one has the other deficiencies. Even if T3 is normal, it does not mean all is well. Vitamin A and D are needed for the T3 to activate the nuclear receptor to activate metabolism.

In the end, our thyroid needs 10 nutrients to optimize its function. One can either take thyroid supplements such as Armour Thyroid and also one can also take nutraceuticals that allow the thyroid to function optimally.

Gerold Medical Wellness has several products which optimize thyroid and these include:

Multi Factors	1-3 capsules daily
Thyroid Support Complex	2 capsules, 2 x daily
Iodoral	1 tablet daily
Phyto Greens	3 capsules, 2 x daily
Super Liver Detox	2 capsules, 2 x daily



Ozone Therapy

Procedure Ordered at Gerold Medical Wellness by Dr. Mark Gerold, M.D.

EAR OZONE (ENT) - Frequently Asked Questions

What is ENT ozone?

It is a procedure in which ozone is exposed to the ear canal, entering the inner ear, sinuses, and brain.

What is ozone?

Ozone consists of three molecules of oxygen linked together.

Is ozone bad for you?

The amount used functions as an oxidative therapy that decreases inflammation and destroys fungus, viruses, and bacteria. The amount used is not harmful.

How long is the ENT ozone procedure?

3-5 minutes.



Are there side effects of ENT ozone?

Side effects are rare. Some patients may experience dryness in the ear canal and nasal passages.

What does ENT ozone treat?

It treats sinus infections, ear infections, tinnitus, vertigo, chronic allergies, and headaches.

How does the ENT ozone work?

Ozone is administered into both ears via a stethoscope for 3 minutes.

Is ENT ozone painful?

Pain is rare.

Can it bring immediate relief?

For some patients, yes, but for others, it may take a series of treatments.

How many treatments are needed?

One treatment per week for 6-12 weeks.

If I am better but not completely, do I get more treatments?

Yes, the physician will discuss a plan for further care.

I have tried ear insufflation, and my ears hurt. What do I do?

Stop until the pain resolves, then restart. The practitioner will treat for a shorter duration or extend the time between treatments to prevent pain.

My ears itch after ENT ozone; what do I do?

Continue the therapy and apply ozone cream from the Medical Wellness Apothecary every 12 hours to the ear canals to soothe itching. This is normal and usually resolves on its own.

I have Lyme disease; will ENT ozone help me?

It may help with some symptoms like brain fog, but more intense ozone therapy (e.g., major auto hemo therapy, or MAH) is likely needed for the full spectrum of symptoms.

[Schedule an appointment today!](#)

Mango Rice Salad Bowls

When you're craving Mexican food but are short on time, these colorful salad bowls come together in a flash. Start with a base of brown rice and black beans, and then pile on fresh ingredients such as crunchy bell peppers, sweet mangoes, and tangy red onion to create a rainbow feast. Choose a perfectly ripe avocado to make the fabulous creamy avocado-lime dressing that tops it all off.

**Note that this recipe calls for cooked brown rice, so be sure to have that ready to go.

- Prep-time: 20 MINUTES / Ready In: 20 MINUTES
- Makes 4 bowls

Ingredients

- $\frac{1}{2}$ of a small avocado, pitted and peeled
- $\frac{1}{3}$ cup unsweetened, unflavored plant-based milk, such as almond, soy, cashew, or rice
- 1 tablespoon lime juice
- 1 small clove garlic
- Sea salt, to taste
- 2 $\frac{1}{2}$ cups cooked brown rice (hot or cold)
- 2 fresh mangoes, halved, pitted, peeled, and cubed or sliced (2 cups)
- 1 15-oz. can no-salt-added black or pinto beans, rinsed and drained
- 1 cup chopped red or orange bell pepper
- $\frac{1}{4}$ cup chopped fresh cilantro or basil
- $\frac{1}{4}$ cup chopped red onion
- Thinly sliced fresh jalapeño chile (optional)
- Lime wedges



Instructions

1. For dressing, in a blender or small food processor combine the first five ingredients (through salt). Cover and blend until smooth.
2. In bowls, arrange rice, mangoes, beans, and bell pepper. Drizzle with avocado dressing. Top with cilantro, onion, and jalapeño (if using). Serve with lime wedges.

[Enjoy!](#)

Quinoa vs Brown Rice vs White Rice? Which one is better?

Rice has two forms. Brown rice undergoes hulling but is unprocessed. White rice is polished and milled which depletes its vitamin and mineral content. White rice has more calories than quinoa and brown rice, but brown rice has the least calories of the three. Glycemic Index (GI) is a marker for how quickly glucose elevates in our body with that food item. Foods with the highest GI are not optimal for decreasing inflammation in our bodies. White rice has the highest glycemic index score of 70, while quinoa has a GI of 53. Brown rice has the lowest GI score of 50. Quinoa has more minerals such as calcium, iron, magnesium, potassium and phosphorous, but it has the most sodium of the three items. Quinoa has the lowest carbohydrate and most fiber of the three items, but white rice has the most carbohydrates and least amount of fiber. Quinoa may promote weight loss because of its fiber intake and suppressing cravings, and it has anti-inflammatory features in the gut. Rice and Quinoa do not have gluten. The fiber in brown rice and quinoa helps resolve constipation. When cooking quinoa, it retains its nutritional value, but white and brown rice have a tendency to absorb heavy metals as it grows. Quinoa is ready in approximately 15 minutes, but rice takes 45 minutes for maximal tenderness. Phytic acid is present in brown rice but not in quinoa. Phytic acid is a bad ingredient because it prevents the absorption of zinc and iron from food. Brown and white rice have heavy metals such as arsenic in them.



The winner Is ????

QUINOA

It cooks faster, it does not have nutrient blockers and it does not lose nutrients as it is cooked.

Massage Therapy

Performed by Heather King, LMT

Introducing

Medical massage therapy is a specialized form of massage that focuses on treating specific health conditions diagnosed by a doctor. It aims to alleviate pain, improve function, and enhance recovery from injuries or illnesses through targeted techniques and assessments by a licensed massage therapist.

Call and make your appointment today!

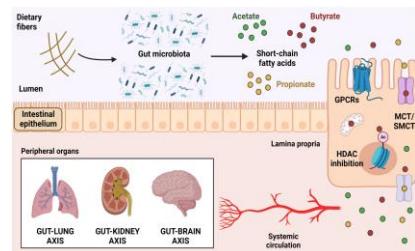
Butyrate — Fueling a Normal Gut Environment and Supporting Energy Production

You might have heard that fiber is good for your gut, and there is a straightforward reason for that advice: certain substances called short-chain fatty acids, or SCFAs. One SCFA in particular, butyrate, often appears in discussions about normal colon function and everyday energy metabolism in the cells that line your colon.

What Is Butyrate?

Butyrate, also known as butyric acid, forms in your colon (the lower part of your intestinal tract) when certain bacteria ferment dietary fiber. This process yields several SCFAs, including acetate, propionate and butyrate, which feed your gut microbes and play roles in everyday colon function. Researchers often place special emphasis on butyrate because it serves as a notable energy source for cells in your large intestine.¹

- **How butyrate is produced in the gut** — When you eat fiber-rich foods, say an apple or a serving of legumes, the bulk of the fiber in these foods passes intact through the upper part of your digestive tract. Once it reaches your colon, certain microbes — such as Roseburia or Faecalibacterium — begin to ferment that fiber, thereby generating SCFAs.²



- **Butyrate as a vital energy source for colon cells** — Colon cells, known as colonocytes, rely on SCFAs for their day-to-day energy needs. Butyrate is a key fuel for these cells. Colonocytes convert the butyrate into an energy carrier called acetyl-CoA, which then enters the Krebs cycle in the mitochondria, resulting in the production of ATP — the energy currency that cells use for just about everything.

- **The majority of colonocyte energy comes from butyrate** — Research suggests that colonocytes derive anywhere from 70% to 80% of their energy needs from butyrate alone. When colonocytes have a consistent, reliable source of fuel, they're better able to keep your gut functioning in a normal, efficient manner.

- **Butyrate supports vital gut functions** — Though there is variation across different populations and dietary patterns, researchers have noted that colonocytes often draw heavily from butyrate to support routine activities, such as fluid exchange with the bloodstream and the upkeep of the gut lining.

How Butyrate Supports Your Healthy Gut Barrier

Your intestines, especially the large intestine, have a barrier that helps regulate what passes from the digestive tract into the bloodstream. SCFAs influence molecules known as tight-junction proteins, which act as gatekeepers between cells in your intestinal lining.

- **Butyrate strengthens intestinal tight-junction proteins** — These proteins include zonula occludens (ZO-1), occludin and claudins, all of which appear in discussions about typical gut barrier function. According to studies, butyrate promotes the normal expression of those proteins, reinforcing intestinal integrity.³

- **Butyrate supports mucus production** — Scientists have also looked at butyrate's effect on the mucus layer that coats your colon. Colon cells that function in a normal way contribute to the production of mucus along the interior gut wall. This mucus eases the passage of waste and supports a balanced microbial environment.

- **Oxygen reduction and anaerobic bacteria balance** — As colonocytes metabolize butyrate, they also consume oxygen in the process, and this is a very good thing.

This process lowers the local oxygen levels in your colon, which in turn allows anaerobic bacteria — beneficial microbes that thrive in low-oxygen environments — to flourish. Some of these bacteria help produce even more SCFAs, creating a beneficial feedback loop that supports and balances your gut microbiome.

Butyrate has optimal nutritional support! Stop into the supplement department to purchase Butyrate today! Available in liquid or powder!