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## ACU-News

Procedure Performed at Gerold Medical Wellness by Mark Gerold, M.D.

### Treatment-Related Nausea and Vomiting in Cancer Patients

Experts generally agree that acupuncture is helpful for treatment-related nausea and vomiting in cancer patients, but this conclusion is based primarily on research conducted before current guidelines for treating these symptoms were adopted. It's uncertain whether acupuncture is beneficial when used in combination with current standard treatments for nausea and vomiting.



**Give it a try! Call the office for an appointment with Dr. Gerold today!!**

## Did you know...



*Did you know only 4 out of 20,000 species of bees produce honey!*

# Listen to Dr. Mark Gerold's Radio Program

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## News from the I.V. Department

### Meyer's Cocktail

**IV vitamin and mineral therapy developed in the 1970's by John Meyer, M.D., a physician at Johns Hopkins University. The "cocktail" is indicated for chronic fatigue, Fibromyalgia, Depression, muscle spasm, Asthma, hives, Congestive Heart Failure, Angina (chest pain), infections, and Senile Dementia.**

**Ask Dr. Gerold for I.V. trial of  
our Meyer's Cocktail!**



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## Dr. Gallagher's Custom Formulas

### Hair Nutri Factors

Vitamin C (ascorbic acid) has numerous biological functions. Foremost, it is essential for the synthesis of collagen and other molecules which are the building materials of all connective tissues, such as skin, blood vessels, tendons, joint cartilage and bone. Vitamin C is essential for normal wound healing and capillary health. Vitamin C is also one of the most powerful antioxidants in humans and animals, providing protection from free radical damage to the eyes, lungs, blood and the immune system.

Biotin, an essential B vitamin, pantothenic acid is a coenzyme essential for energy production from dietary fats, carbohydrates, and proteins. Biotin has also been shown to be very supportive in hair skin and nail health. While not truly vitamins, inositol, and para-aminobenzoic acid are important nutrients related to B vitamins. Inositol aids in the cellular response to hormonal signals, serves as a source of arachidonic acid, and is active in cellular membranes as phosphatidylinositol. Para-aminobenzoic acid has antioxidant properties. The amino acid L-cysteine can also support healthy hair growth.

## Massage Therapy

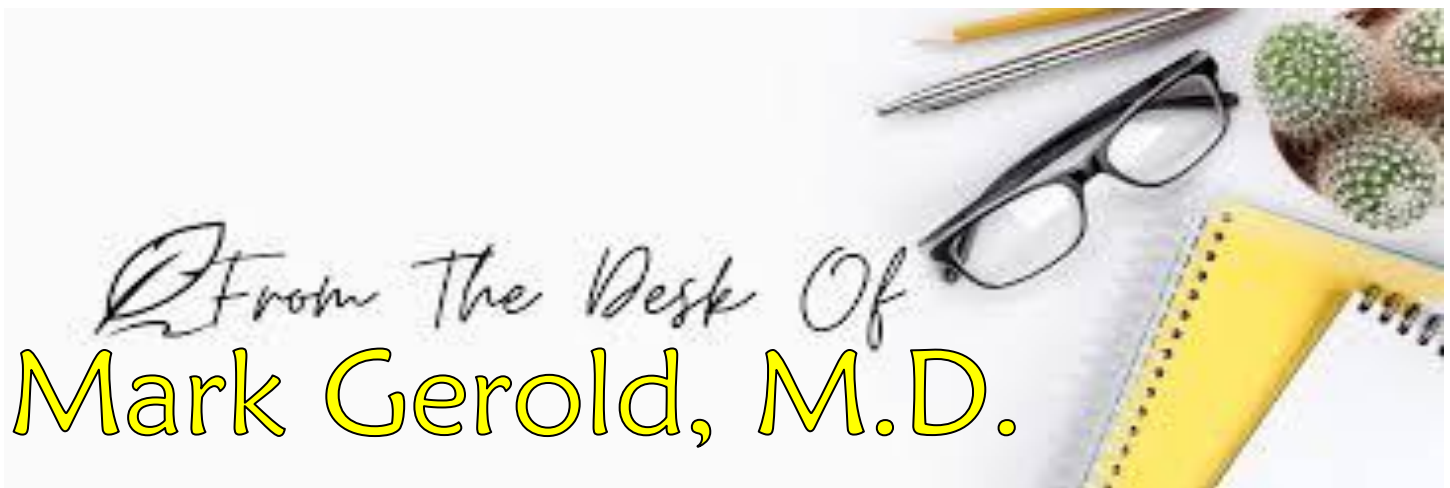
**Performed by Heather King, LMT**

*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!**

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### **Hugs Help Heal the Body and Spirit**

During family gatherings, I have observed that there are three types of individuals. Ones that hug everyone and are the happiest of everyone. Another group that hugs only on special occasions. The final group is that hugging is just plain uncomfortable. However, a study is showing that hugs inactivate the brain that deals with a threat. Therefore, the immune system is strengthened because there are less stress neurotransmitters like cortisol and norepinephrine produced. In



addition, when children are hugged more in early childhood, their future is brighter and involves less illness. A hug is a sign of love, and the love from a hug induces oxytocin which gives us peace and relaxation. A study of 59 women showed that when the women in the test group were hugged by their spouses for 20 seconds. This group had lower blood pressure and had more oxytocin and were happier. When you see your doctor, you may be getting a script for a hug a day. It can be picked up anywhere in the world.

Murphy MLM<sup>1</sup>, Janicki-Deverts D<sup>2</sup>, Cohen S<sup>1</sup>, PLoS One. Receiving a hug is associated with the attenuation of negative mood that occurs on days with interpersonal conflict. 2018 Oct 3;13(10)

Light KC<sup>1</sup>, Grewen KM, Amico JA., Biol Psychol. More frequent partner hugs and higher oxytocin levels are linked to lower blood pressure and heart rate in premenopausal women. 2005 Apr;69(1):5-21.

Judith E. Carroll, Tara L. Gruenewald, PNAS, Childhood abuse, parental warmth, and adult multisystem biological risk in the Coronary Artery Risk Development in Young Adults study, 2013 Sept,:1-5

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## Give me a D (Vitamin D)

It's a nutrient that determines so much of our health—and around 60 percent of us in the northern hemisphere have sub-optimal levels. It's not surprising. We don't get enough strong sunlight and, even when we do, we've been scared off by the 'safe sun' policies from our health guardians.

They tell us to stay covered up, never to go out in the midday sun, and use factor 50 at the very least. But few realize the policies are based on the strength and duration of the sun in Australia, which traditionally enjoys temperatures 10 degrees or more warmer than we do in the chillier north.

Recent research has established the policy is overly cautious and draconian, and we need to get out in the hot sun at least until our skin starts to redden. No, we shouldn't burn our skin, but redness demonstrates the process of transforming sunlight into pre-vitamin D3—which eventually becomes D3—has started.

It's so important. While we've been emphasizing the need to get outdoors, it's only relevant for a small part of the year when the northern sun is stronger. As for the rest of the year, we need to supplement, and it makes a big difference. One study found that regularly taking vitamin D supplements halves the risk of breast cancer. Vitamin D3 has anti-cancer properties, and seems to reduce the risk of other cancers, too, including colon, bladder, prostate and colorectal.

Its cancer-fighting qualities were emphasized in another study that found it reduces the risk of deadly cancers that spread, or metastasize, by up to 38 percent. The optimum dose is 5000 IUs (international units) a day, and the vitamin works best for people with a BMI of less than 25.

It also helps us live longer. People with low levels of this vitamin are 25 percent more likely to die prematurely from heart disease, cancer or respiratory complications.

**So, start topping up your D levels!!**

# Ozone Therapy

## What is VAGINAL OZONE THERAPY?

In vaginal ozone therapy, a cannula (thin tube) is used to introduce medical ozone gas into the vagina. It works because Medical Ozone has anti-bacterial, antiviral and antifungal effects on unhealthy cells associated with the problem

## What conditions benefit from Vaginal Ozone?

- Yeast, bacterial and viral vaginal infections
- Unexplained pain in or around the vagina
- Labia pain
- Pain with intercourse
- Pelvic Pain



## How frequent are the treatments?

Usually, 2-3 times per week until the problem abates.

## Is Vaginal Ozone Therapy painful?

No. There is no pain or pressure build-up with Ozone. If you experience any discomfort the doctor will lower your dose.

## How long does it take to perform?

Treatment time is usually 5 - 15 minutes.

**Schedule an appointment for a consultation with Dr. Gerold today!**

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## Cucumber Raspberry Spritzer

This alcohol-free drink is light and refreshing and a festive addition to any celebration. It's also high in fiber.

### Ingredients:

Makes 4 servings

- 1 cup raspberries
- 6 cups sparkling water
- 1 cucumber
- 2 limes



## Instructions:

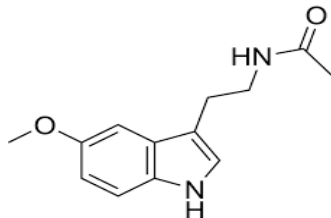
1. Step 1: Wash the cucumber and raspberries.
2. Step 2: Dice the cucumber.
3. Step 3: Slice and juice the limes.
4. Step 4: Combine the raspberries, lime juice, and cucumber into the bottom of a pitcher or large glass. Use the back of a spoon to muddle or crush the ingredients together.
5. Step 5: Add water and, if desired, ice. Serve in smaller glasses. Optional: Reserve whole raspberries to add to glasses as a garnish.

*Enjoy!*

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### Melatonin Fights Against Skeletal Muscle Damage Caused by 'Diabetes'

- Obesity and insulin resistance impair your mitochondrial function. This leads to muscle breakdown, reduced endurance, and worsening glucose control, which further fuels metabolic disease
- A recent study found that melatonin helps combat obesity-driven muscle deterioration by improving mitochondrial function, reducing oxidative stress, and restoring muscle fibers
- Research shows that melatonin boosts brown adipose tissue (BAT) function, which increases calories burned, improves metabolic flexibility, and protects mitochondria from oxidative damage in diabetes and obesity
- Melatonin makes muscles more resilient and efficient, as it optimizes energy expenditure, activates metabolic pathways that regulate energy production and fat oxidation, prevents fat accumulation and increases fatigue-resistant muscle fibers
- Boost your natural melatonin by getting morning sunlight, reducing digital screen use at night, making your bedroom completely dark and doing relaxing activities before bed



**Discuss with Dr. Gerold if Melatonin can help you!**

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### **How Kimchi Helps Your Immune System Work Smarter**

- Kimchi, a traditional Korean fermented vegetable dish, is rich in diverse lactic acid bacteria, bioactive compounds, and fibers that support gut integrity, microbial balance, immune signaling, and overall metabolic resilience



- A recent study published in npj Science of Food used single-cell RNA sequencing to map how daily kimchi intake influences immune cells, offering insight into food-driven changes in human immune regulation
- Their findings showed that kimchi strengthened key immune functions by helping cells recognize threats more effectively and supporting balanced T cell activity, without triggering overactive immune responses



- Beyond immune modulation, kimchi intake supports metabolic health, reduces body fat, improves cholesterol markers, nourishes the gut microbiome, strengthens the gut barrier, enhances digestion, and influences mood through gut-brain signaling
- Choosing raw, unpasteurized kimchi made with simple ingredients ensures you get the full benefit of its live cultures; homemade versions offer more control and better microbial

## Should We Have Lights on When We Sleep?

Some individuals use the television or lights to help them initiate sleep. Sleeping with a television on or light in the room has been associated with an 11 lb. gain over a five year period among women. We are experiencing an obesity epidemic. It is not just the foods that we put in our bodies that contribute to the retention of fat on our bodies. The study followed 34,722 women between the ages of 35 and 74. The women's sleeping habits were placed into four categories: no light, small nightlight in the room, light outside of the room, and light or television in the room. Women who had more than one type of artificial light were identified at the highest level of exposure.

Women who slept with a mask on or reported no light while sleeping were classified as experiencing no artificial light exposure. Each woman's sleeping habits, her weight and obesity risk over a five-year period was calculated. The Body Mass Index



(BMI) increased at least 10%, and there was a higher risk of being overweight or obese, compared with being exposed to no artificial light during sleep. Let's turn off the lights and digital media before bed.

*Yong-Moon Mark Park, Association of Exposure to Artificial Light at Night While Sleeping with Risk of Obesity in Women, JAMA Intern Med, June 10, 2019*

