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## ACU-News

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

### [Acupuncture Tinnitus Relief Confirmed](#)

Acupuncture is effective for the treatment of tinnitus induced by cervical spine disorders. Researchers at the Second Affiliated Hospital of Heilongjiang University of Traditional Chinese Medicine compared the efficacy of treating tinnitus with warm needle acupuncture following the Xunjing Yuanjin Quxue principle to standard manual acupuncture procedures. Warm needle acupuncture outperformed manual acupuncture with an 86.67% total effective rate, higher than that of the control group at 76.67%. [1]

Observational parameters included a visual analogue scale (VAS) score for level of tinnitus and a standardized scoring system for severity of tinnitus. Based on these measuring parameters, efficacy rate was categorized into four types:

- *Recovered: tinnitus and accompanying symptoms eliminated, no relapse within one month following treatment*
- *Significantly effective: severity of tinnitus decreased by over two levels*
- *Effective: severity of tinnitus decreased by over one level*
- *Ineffective: severity of tinnitus remained unchanged*

In the warm needle acupuncture group, five cases were “recovered,” 16 cases were “significantly effective,” and five cases were “effective,” yielding an 86.67% efficacy rate.

From November 2018–March 2020, 60 patients with tinnitus were recruited to partake in the investigation. They were randomized into a warm needle acupuncture group and a standard manual acupuncture, with 30 cases in each group. In the warm needle acupuncture group, 17 patients were male and 13 patients were female.

The mean age of the patients was  $44.73 \pm 9.896$  years. The average course of condition was  $6.40 \pm 2.541$  months, with 22 cases affected on bilateral ears and 8 affected unilaterally. In the control group, 16 patients were male and 14 patients were female. The mean age was  $43.60 \pm 9.612$  years. The average course of condition was  $7.17 \pm 2.561$  months, with 25 cases affected on bilateral ears and 5 affected unilaterally. The manual acupuncture control group received treatment at the following points:

- C2–C6 (Jiaji)
- SI19 (Tinggong)
- GB2 (Tinghui)
- TB21 (Ermen)
- TB17 (Yifeng)
- SI4 (Wangu)

The treatment was administered with patients in a seated or prone position. Needles used for Jiaji were 0.30 mm × 40 mm while those at the acupoints around the ear were 0.25 mm × 25 mm. A mild reinforcing and attenuating technique was applied upon obtaining deqi. Needles were manipulated every 10 minutes, and were retained for a total of 30 minutes. The treatment procedure was conducted daily, with six consecutive days and a one-day rest interval completing a treatment course. The entire treatment course consisted of two courses.

The acupoints for the warm needle acupuncture group were selected in accordance with the Xunjing Yuanjin Quxue principle. The principle specifies that the points at the affected local area as well as the distal points lining the relevant collaterals receive treatment. The added points were chosen along shaoyang collaterals. The points used were as follows:

- C2–C6 (Jiaji)
- SI19 (Tinggong)
- GB2 (Tinghui)
- TB21 (Ermen)
- TB17 (Yifeng)
- GB20 (Fengchi)
- TB5 (Waiguan)
- TB3 (Zhongzhu)

After achieving deqi, moxa (2 cm pieces) were connected to needles at Jiaji points. The needles were retained for 30 minutes. Patients underwent a complete treatment course of equal length to that of the control group.

The HealthCMi team of investigators finds both protocols consistent with jing-luo theory. This two-arm study had its strengths, including randomization of subjects. However, there were changes in too many variables between control and observation groups. A more consistent approach to research would be to isolate identical acupoints and use warm needle technique (moxibustion) on only one of the groups.

Despite this issue, the data appears accurate and finds both protocols effective, with the warm needle acupuncture protocol having a higher total effective rate in the treatment of this condition.

Reference:

[1] Luo Jiamin, Lao Jinxiong, *Clinical observation on treating cervical tinnitus with acupuncture at Jiaji points*, *Journal of Sichuan of Traditional Chinese Medicine*, Vol. 40, No. 7, 2022

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# Did you know...

*Eating eggs improves your reflexes*



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## News from the I.V. Department

### Alpha Lipoic Acid (ALA) IV:

#### What is ALA?

Alpha-lipoic acid is an antioxidant that is made by the body and is found in every cell, where it helps turn glucose into energy. Antioxidants are substances that attack "free radicals," waste products created when the body turns food into energy. Free radicals cause harmful chemical reactions that can damage cells in the body, making it harder for the body to fight off infections. They also damage organs and tissues.

Unlike other antioxidants, which work only in water (such as vitamin C) or fatty tissues (such as vitamin E), alpha-lipoic acid is both fat- and water-soluble. That means it can work throughout the body. In addition, antioxidants are depleted as they attack free radicals, but evidence suggests alpha-lipoic acid may help regenerate these other antioxidants and make them active again.



Orally, ALA is used for *diabetes, peripheral neuropathy, cardiac autonomic neuropathy, retinopathy, cataracts, and glaucoma*. *Alpha-lipoic acid is also used orally for dementia, chronic fatigue syndrome (CFS), HIV/AIDS, cancer, liver disease, Wilson's disease, cardiovascular disease, peripheral arterial disease (PAD), intermittent claudication, Lyme disease, and lactic acidosis caused by inborn errors of metabolism.*

## Diabetes

Alpha-lipoic acid can lower blood sugar levels, and its ability to kill free radicals may help reduce pain, burning, itching, tingling, and numbness in people who have nerve damage caused by diabetes (called peripheral neuropathy). Alpha-lipoic acid has been used for years for this purpose in Europe, and at least one study found that intravenous (IV) doses of alpha-lipoic acid helped reduce symptoms.

## Liver Disease

Alpha-lipoic acid has been proposed as a treatment for alcohol-related liver disease, but so far there is no evidence that it works. Alpha-lipoic acid has been administered by IV along with silymarin to treat people who have eaten the poisonous mushroom Amanita, which causes liver damage.

## Brain Function and Stroke

Because alpha-lipoic acid can pass easily into the brain, it has protective effects on brain and nerve tissue. Scientists are investigating it as a potential treatment for stroke and other brain disorders involving free radical damage. Animals treated with alpha-lipoic acid, for example, suffered less brain damage and had a four times greater survival rate after a stroke than animals who did not receive this supplement. More research is needed to understand whether this benefit applies to people as well.

## Other

High doses of alpha-lipoic acid are approved in Germany for the treatment of diabetic neuropathy.

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[newalternativestomedicine@gmail.com](mailto:newalternativestomedicine@gmail.com)

# CHIROPRACTIC

Performed at Gerold Medical Wellness by Michael Steinhauser, D.C.  
& Martin Gallagher, D.C., M.D.

## CHIROPRACTIC - Arterial Dissection, Cervical Manipulation

In a review of malpractice data from the Canadian Chiropractic Protective Association evaluating all claims of stroke following chiropractic care over a 10-year period between 1988 and 1997, the effective response rate was 77.8%. Multiplying the median number of visits in which a cervical manipulation was administered by the number of chiropractors in the survey group, and using a figure of 49.1 weeks of practice per year obtained from a previous survey, the extrapolated results suggest that approximately 134.5 million cervical manipulations were performed by chiropractors over this time period. There were 43 cases of neurological symptoms following cervical manipulation over this 10-year period. Twenty were minor and were not diagnosed as stroke by neurologists. Twenty-three cases of stroke or vertebral artery dissection following cervical manipulations were noted. With over 4,500 licensed chiropractors in Canada, the likelihood that a chiropractor would be made aware of an arterial dissection following cervical manipulation is approximately 1:8.06 million office visits, 1:5.85 million cervical manipulations, 1:1,430 chiropractic practice years, and 1:48 chiropractic practice careers. This is significantly less than the estimates of 1:500,000-1,000,000 cervical manipulations that have been calculated by surveys of neurologists. Characteristics of the 23 patients who developed vertebral artery dissections following cervical manipulations were: median age of 42.5 years, 26% male and 74% female, 17.4% with hypertension, 4.3% used oral contraceptives, 17.4% with migraine headache and 22% who smoked.

*"Arterial Dissections Following Cervical Manipulation: The Chiropractic Experience," Haldeman S, Carey P, Townsend M, Papadopoulos C, CMAJ, October 2, 2001;165(7):905-906.*

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## Dr. Gallagher's Custom Formulas

### DEFENSE FACTORS

Defense Factors, available exclusively from Professional Supplies, Inc., is a synergistic blend of ingredients specially designed to support optimal immune function.

Native Americans traditionally used echinacea to treat a variety of disorders, primarily where enhancement of the immune system was needed. Echinacea's therapeutic efficacy was recognized by Western medical science in the late 19th century. Today, echinacea is best known as a non-specific, immuno-supporting botanical.

Echinacea has no direct effects on infective agents themselves. Instead, echinacea works by supporting the body's own natural defense mechanisms.

Mushrooms have been an integral component of folk medicine worldwide for many centuries. Scientists are actively investigating the many healthful components of mushrooms, yet, several active constituents have already been identified. Polysaccharides, dietary fiber, lectins, and terpenoids have all been identified as beneficial components of certain mushroom species. Reishi is one beneficial type of medicinal mushroom used to support immune health.



Eleutherococcus has been used for centuries as a panacea in the traditional medicine of Russia, to maintain and stimulate the function of the body's various systems, including its immunological defenses. As an adaptogen, Eleutherococcus is thought to increase the body's resistance to biological and chemical stresses, and thus stimulate a person's general vitality, both physical and emotional.

Goldenseal and red clover also have been used traditionally to help provide support to the immune and upper respiratory systems. Proanthocyanidins are highly regarded for their strong antioxidant properties. Recent studies using elderberry and lactoferrin have indicated they both may have effective immuno-protective abilities. Arabinogalactan, a derivative of the Western Larch tree (*Larix occidentalis*) and the Eastern Larch tree (*Larix laricina*) is a polysaccharide composed of galactose and arabinose units. Arabinogalactan is added in this formula for the supportive role it plays in immune health.

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## OZONE THERAPY

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

### MAJOR AUTOHEMOTHERAPY

#### What is Major Autohemotherapy (MAH)?

MAH is similar to an IV vitamin drip. The difference is that your blood is first withdrawn from your vein into an IV bag, then medical ozone is infused into the bag. After your blood and ozone are mixed together in the bag, the mixture will be dripped back into your vein. As a result, no Ozone actually enters your bloodstream. Rather the biological byproduct of the external mixing of your blood with ozone (ozinides, etc.) are actually creating the healing effect.

### **I read online that Ozone should not be injected into the blood stream?**

That is correct. Ozone injected directly into a vein or artery can cause a gas embolus that is dangerous to your health. That is why MAH must be done under medical supervision and in the manner described above. It is both safe and effective, properly applied in a medical setting by trained personnel. See above.

### **What are the Indications for MAH?**

Chronic Fatigue and CFS

Fibromyalgia

Chemical Sensitivities

Chronic Allergies

LYME Disease

Osteo and Rheumatoid Arthritis

Auto Immune Diseases

Heart and vascular disease

Peripheral Artery Disease (PAD)

Dementia and Cerebral Vascular Disease

Post Stroke

Diabetic Circulatory Diseases

Cancer (Complementary concept in oncology)

Asthma and COPD

Hepatitis B and C

Herpes simplex and herpes zoster (shingles)

Eye diseases especially retinopathies

Infections (viral, bacterial, fungal)

Low Immunity

Acute hearing loss (vascular only)

Tinnitus (vascular only)

As complementary therapy in general fatigue, geriatric and environmental medicine

### **Who cannot receive MAH?**

Those with a Glucose-6-phosphate dehydrogenase deficiency (favism, acute hemolytic anemia). This is a rare condition pre-screened prior to treatment.

- Hyperthyroidism if not controlled
- The first 3 months of pregnancy
- MAH is not indicated in leukemia

### **How often and how many treatments are required?**

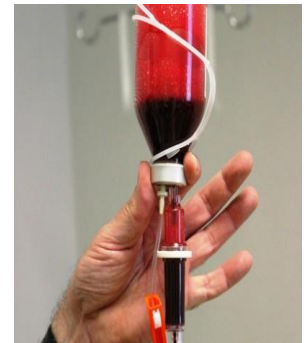
The frequency is usually 1-3 times per week. The number of treatments can be up to 20 depending on the severity of the condition, age, and associated health problems.

### **Are there any side effects associated with the treatment?**

You may experience slight detox symptoms especially if you have a viral, bacterial or fungal component to your illness. This is usually characterized by short term fatigue, hot and cold sensations, muscle or body aches (flu like symptoms).

### **What should I expect after a treatment?**

MAH is an extremely beneficial medical therapy that has a long history of use in the US and especially Europe. The reported benefits are increased energy, enhanced immune function, improved circulation, less pain, etc.





# From the desk

of...

Mark Gerold, M.D.



## SORE THROATS

As the cold season is above us, sore throats are becoming the norm of the season. However, there are many things that we can do naturally to combat this uncomfortable discomfort. Sore throats can be triggered by bacteria, but more likely than not, they are related to viruses. However, if you have a bad smell to breath, please get tested with a strep screen at your family doctor's office. Either way, sore throat can be contagious, and we can do many things to combat it. Things such as Defense factors, raw honey, broth vitamin C, licorice, zinc picolinate, probiotic, throat coat tea, elderberry syrup and silver spray can help this process.

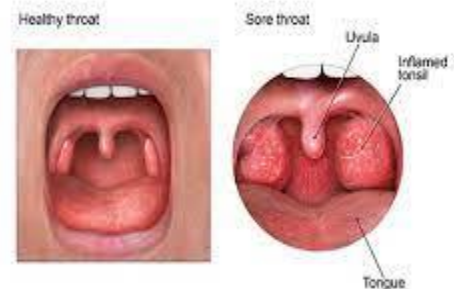
Defense Factors has been a proven method of herbs that combats us during our vulnerable time in winter. Defense Factors has herbs such as echinacea, goldenseal and mushroom extracts to help further combat these pests that invade us when we least inspect it. Defense Factors can be taken 2 every 2 hours when you are affected but it can also be taken 2 am and pm if you wish a simplified regimen.

Raw honey has ingredients that can kill 60 species of bacteria. Add 1 tablespoon of raw honey into a cup of warm or hot water and drink it two, three times a day.

Bone broth gives your gut a break from processing foods, but it also has many minerals and collagen to help support the immune system.

Garlic has allicin, and it also has antibacterial properties. It has antifungal, antiviral, and antibacterial properties. Take our garlic allicin, 1 tab am and pm.

Vitamin C boosts white blood cells and shortens the duration of upper respiratory infections. Take Liposomal Vitamin C 1 gram am and noon and pm.





Super Zinc picolinate speeds up the healing from the sore throat and prevents bacteria from building up in the nose and throat. Take Super Zinc Picolinate 50 mg daily.

Probiotics are something that we have been instructed to take for gut concerns, but when we have a sore throat, there is a dysfunction of the gut. Start Mega Probiotic 1 cap am and pm.

Sometimes we just need something gentle to soothe the throat discomfort with a herbal tea. Throat Coat tea has licorice in it, and this is recommended to drink 1 cup am and noon and pm. Elderberry syrup 2 teaspoon am and pm is an additional option if you wish to create variety in regimen.

ACS 200 Silver spray can also be sprayed into the throat 10 sprays am, noon and pm to accelerate the demise of viruses or bacteria in the throat.

*Let us combat the sore throats together naturally.*

*We can do it together.*

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## Antibiotics Increase Sepsis Risk

**Sepsis—the life-threatening condition that happens when the immune system over-reacts to an infection—has been linked to antibiotics. People who have taken the drug in the past year are 70 percent more likely to develop sepsis, and those who have taken four or more courses have triple the risk.**



The drugs interfere with the bacteria in the gut—the home of the immune system—and this could be affecting the body's response to bacterial infection, say researchers from the University of Manchester.

The researchers examined more than 224,000 cases of sepsis who were compared to 1.36 million healthy people. Although social deprivation was one of the prime factors in cases, the researchers discovered that a history of antibiotic use was also significant, and the risk increased with use.

One course raised the risk of sepsis by 70 percent, two or three courses doubled the risk, and four or more courses tripled the risk, and this risk was greater still in the first six weeks after taking the drugs.

Sepsis—also known as septicaemia or blood poisoning—is often a fatal condition, killing around 25 percent of people who develop it. It's an over-reaction to a bacterial infection by the immune system, which begins attacking tissues and organs.

Paradoxically, it is often treated with very high doses of antibiotics.