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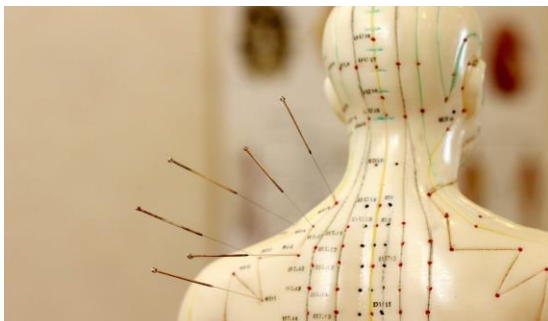
ACU-News

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

WHAT IS ACUPUNTURE?

Acupuncture is a form of alternative medicine in which thin needles are inserted into the body. It is a key component of traditional Chinese medicine (TCM). Acupuncture is a pseudoscience because the theories and practices of TCM are not based on scientific knowledge. There is a diverse range of acupuncture variants originating in different philosophies, and techniques vary depending on the country in which it is performed. The method of acupuncture codified under Mao Zedong and used in TCM is probably the most widespread in the United States. It is most often used to attempt pain relief, though it is also recommended by acupuncturists for a wide range of other conditions. Acupuncture is generally used only in combination with other forms of treatment.

The conclusions of numerous trials and systematic reviews of acupuncture are largely



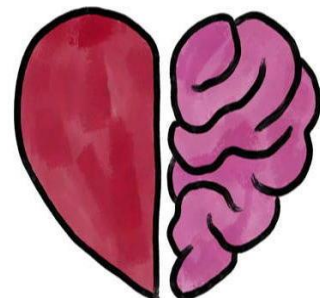
inconsistent, which suggests that it is not effective. An overview of Cochrane reviews found that acupuncture is not effective for a wide range of conditions. A systematic review conducted by medical scientists at the Universities of Exeter and Plymouth found little evidence of acupuncture's effectiveness in treating pain. Overall, the evidence suggests that short-term treatment with acupuncture does not produce long-term benefits. Some research results suggest that

acupuncture can alleviate some forms of pain, though the majority of research suggests that acupuncture's apparent effects are not caused by the treatment itself. A systematic review concluded that the analgesic effect of acupuncture seemed to lack clinical relevance and could not be clearly distinguished from bias. One meta-analysis found that acupuncture for chronic low back pain was cost-effective as an adjunct to standard care, while a separate systematic review found insufficient evidence for the cost-effectiveness of acupuncture in the treatment of chronic low back pain.

Acupuncture is generally safe when done by appropriately trained practitioners using clean needle technique and single-use needles. When properly delivered, it has a low rate of mostly minor adverse effects. Accidents and infections do occur, though, and are associated with neglect on the part of the practitioner, particularly in the application of sterile techniques. A review conducted in 2013 stated that reports of infection transmission increased significantly in the preceding decade. The most frequently reported adverse events were pneumothorax and infections. Since serious adverse events continue to be reported, it is recommended that acupuncturists be trained sufficiently to reduce the risk. Scientific investigation has not found any histological or physiological evidence for traditional Chinese concepts such as *qi*, meridians, and acupuncture points, and many modern practitioners no longer support the existence of life force energy (*qi*) flowing through meridians, which was a major part of early belief systems. Acupuncture is believed to have originated around 100 BC in China, around the time *The Yellow Emperor's Classic of Internal Medicine* (Huangdi Neijing) was published, though some experts suggest it could have been practiced earlier. Over time, conflicting claims and belief systems emerged about the effect of lunar, celestial and earthly cycles, yin and yang energies, and a body's "rhythm" on the effectiveness of treatment. Acupuncture fluctuated in popularity in China due to changes in the country's political leadership and the preferential use of rationalism or Western medicine. Acupuncture spread first to Korea in the 6th century AD, then to Japan through medical missionaries, and then to Europe, beginning with France. In the 20th century, as it spread to the United States and Western countries, spiritual elements of acupuncture that conflict with Western beliefs were sometimes abandoned in favor of simply tapping needles into acupuncture points.

Did you know...

Why does the heart symbolize love? Probably because of the pitter-patter you feel in your chest when Cupid's arrow strikes. (But in truth, your brain controls love--but that would make for a lousy Valentine's Day symbol.)



News from the I.V. Department

I.V. Glutathione

Glutathione is a protein called a tripeptide - a molecule composed of three amino acids. It is a potent antioxidant and quenches dangerous free radicals. It also binds to dangerous toxins through a process called "conjugation" so that they can be safely eliminated.

IV Glutathione Shows Promise in Treating Parkinson's Disease and Multiple Sclerosis (MS)

In Parkinson's Disease, dopamine-producing neurons in an area of the brain called the substantia nigra die-off as a result of free radical-based oxidative damage. Researchers observed that a high proportion of Parkinson's patients are deficient in glutathione. Glutathione protects against oxidation by free radicals. Clinical studies now clearly demonstrate that IV glutathione significantly improves Parkinson's symptoms and may very well retard progression of the disease.

Multiple sclerosis is a chronic neurodegenerative disease in which the neurons are stripped of their myelin. This inflammatory process leaves lesions called plaques throughout the neurons in the spinal cord and brain. The inflammation is also thought to be caused by free radicals. A wealth of experimental evidence shows that glutathione is severely depleted in the brains of MS patients, making repletion with IV glutathione a rational therapeutic approach.

Which conditions may benefit from IV glutathione treatment?

- ✚ Neurodegenerative diseases
 - Parkinson's disease
 - Multiple sclerosis
- ✚ Stroke
- ✚ Chronic Fatigue
- ✚ Lyme's Disease
- ✚ Short Term Memory Loss
- ✚ Arthritis
- ✚ Depression
- ✚ Athletic performance enhancement
- ✚ Asthma
- ✚ Liver diseases (hepatitis, fatty liver, cirrhosis)



Listen to Dr. Mark Gerold's Radio Program

Saturdays 9:00 AM to 11:00 AM (LIVE)

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Call 1(412)825-6262 or 1(888)766-4657 or email
your health questions to:



newalternativestomedicine@gmail.com

CHIROPRACTIC

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

Headache Relief With Regular Chiropractic Care

Nobody likes headaches. They can strike with little warning and cause debilitating pain -- especially cervicogenic headaches (HA), which are defined as pain that originates in the cervical spine, or neck area, and refers up to the head.

Researchers investigated the effect of chiropractic treatment on HA in 20 randomized patients, specifically focusing on the relationship between the number of chiropractic treatments and pain relief. Participants were assigned to one of three treatment groups for comparison: Group one received a total of three office visits, one visit per week, for chiropractic manipulation; group two received a total of nine office visits, three visits per week, for chiropractic manipulation; and group three received 12 total visits, four visits per week.

Researchers discovered a correlation between the number of chiropractic visits and positive outcome in headache patients. "For HA pain, substantial differences were found between participants receiving 1 treatment per week and those receiving either 3 or 4 treatments per week," the researchers wrote. The researchers indicated that a larger clinical trial testing the relationship of HA and chiropractic treatment is warranted, and concluded that there are benefits to "9 to 12 [chiropractic] visits over 3 weeks for the treatment of HA/neck pain and disability. A larger number of visits than 12 in 3 weeks may be required for maximum relief and durability of outcomes."

If you suffer from headaches, your doctor of chiropractic can help. Make an appointment, with Dr. Steinhauser, D.C., for a chiropractic evaluation today.

Reference: Haas M, Group E, Aickin M, et al. Dose response for chiropractic care of chronic cervicogenic headache and associated neck pain: a randomized pilot study. *JMPT* 2004;27(9):547-553.

Dr. Gallagher's Custom Formulas

Circulation Factors

DESCRIPTION

Circulation Factors, exclusively from Professional Supplies, Inc., is a natural oral chelating agent that improves circulation, lowers blood pressure, and strengthens the heart and muscles.

FUNCTIONS

Vitamin C is very beneficial in lowering blood pressure, lowering total cholesterol, strengthening collagen structures of the arteries, raising HDL cholesterol levels and inhibiting platelet aggregation. Vitamin B6 lowers blood pressure and helps to maintain the level of pyridoxal-5-phosphate levels in the blood. This decreases homocysteine levels, a causative factor of heart attacks.



Niacin is necessary in production of energy. It reduces the risk of coronary heart disease by lowering cholesterol levels. Magnesium is critical to many cellular functions, including energy production, protein formation and cell function. Potassium, an important electrolyte, is necessary for proper heart function; it maintains the electrical charge within a cell and is also essential to the conversion of blood sugar into glycogen, which is necessary for energy. It also helps to lower blood pressure.

N-Acetyl-L-Cysteine is an important antioxidant useful in reducing stress. L-Taurine is an essential amino acid that is important to liver detoxification. It is also important to metabolism.

Hawthorne helps to dilate peripheral and coronary blood vessels because it is rich in flavonoids. It also helps to lower blood pressure, spasm of the arteries, and irregular heartbeats.

Ginkgo Biloba is useful in increasing blood flow to the brain as it inhibits red blood cell clumping; therefore, enhancing the fluidity of the blood for better circulation in the body. It is recommended for its numerous nutritional benefits for the brain and circulatory system.

Dandelion promotes health circulation, blood vessels cleanser, and strengthener. Bearberry is helpful for urinary tract infections. Horsetail provides silicon, which is important to bone calcification. It strengthens bones and connective tissues.

Dimethylglycine is an antioxidant involved in converting glycine to creatine, which is used by the muscle tissue and the central nervous system. L-Carnitine is essential for breakdown of fats into energy. It also allows heart muscle to use oxygen more efficiently and aids in recovery from heart attacks.

Chondroitin Sulfate is a cartilage extract effective in treatment of osteoarthritis.

Coenzyme Q10 is used for treating cardiovascular disease such as congestive heart failure, high blood pressure, angina, mitral valve prolapsed, diabetes, immune deficiency, weight loss aid, muscular dystrophy, and as a performance enhancing agent in athletes.

INDICATIONS

Circulation Factors is a dietary supplement that may be useful in lowering blood pressure, improving circulation, and strengthening the heart and muscles.

FORMULA

Three capsules of CIRCULATION FACTORS contain:
Vitamin C (ascorbic acid).....100mg
Niacin.....100 mg

Vitamin B6 (as Pyridoxal-5-Phosphate).....25 mg
 Magnesium (from Magnesium Aspartate/Oxide
 Complex).....50 mg
 Potassium (from potassium Aspartate/Chloride
 Complex).....99 mg
 N-Acetyl-L-Cysteine.....200 mg
 L-Taurine.....150 mg
 Hawthorne (Crataegus oxycantha) (berries)...500 mg
 Ginkgo Biloba (leaf).....100 mg
 Dandelion (Taraxacum officinate) (leaf).....100 mg
 Bearberry (uva ursi) (leaf).....100 mg
 Horsetail (Equisetum arvense) (entire plant).....100 mg
 Dimethylglycine.....100 mg

L-Carnitine.....300 mg
 Chondroitin Sulfate.....100 mg
 Coenzyme Q10..... 15 mg

SUGGESTED USE

As a dietary supplement, adults take 1 or 2 capsules, 3 times daily or as directed by physician. **** Must be taken on a full stomach to alleviate the “Niacin Flush” (feel warm with red, blotchy, itchy skin).**

OZONE THERAPY

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

Prolozone & Hemozone

What is PROLOZONE therapy?

Prolozone is a unique form of therapy that incorporates classical prolotherapy injections in conjunction with Medical Grade Ozone injections.

After having performed numerous standard prolotherapy injections for the past 10 years, we have found that the addition of ozone to the injections have greatly augmented the effect of the therapy. The ozone appears to have both an immune modulatory effect as well as a general healing regenerative effect. For example, when injected into the knee joint, the patient has far less subsequent soreness and better and deeper healing.

Also because it has anti-bacterial effects, it can reduce pain associated with local soft tissue, joint disorders and dental problems.

What is HEMOZONE Therapy?

HEMOZONE therapy is classical PRP (platelet rich plasma) injections, along with the addition of medical grade Ozone injections.

What is PROLOZONE therapy?

- Scars (scars block the flow of acupuncture meridians)
- Spinal Arthritis

- Spinal Stenosis
- Failed surgical back syndrome
- Spinal disc bulging or herniation
- Chronic neck or back pain
- Chronic rib pain
- chest wall pain
- Serreo-clavicular joint arthritis or pain
- TMJ
- Chronic Jaw pain or Jaw Popping
- Shoulder Arthritis
- Rotator cuff tears
- AC joint separation or arthritis
- Chronic Shoulder Pain/tendinopathy
- Hip Arthritis
- Hip Labrum Teear
- Hip Bursitis
- Failed surgical hip pain
- Knee Arthritis
- Knee "bone on bone"
- Knee meniscus tears
- Muscle or Fascial Tears (hamstring, groin, arm, back, calf, etc.)
- Patella-Femoral Syndrome
- Baker's Cyst
- ACI Tear
- Post-surgical shoulder failures
- Shoulder, Knee, Hip post-surgical replacement pain
- Post Herpetic Neuralgia
- Carpal Tunnel Syndrome
- Wrist and finger arthritis
- TFCC wrist tear or arthritis
- Basilar thumb arthritis
- Flexor/extensor finger partial tears
- Trigger finger
- Chronic ankle sprain and pain
- Ankle instability and/or arthritis
- Achilles' tendinopathy
- Partial Achilles' tear
- Great toe arthritis
- Plantar Fasciitis
- Arthritis toe(s)
- Dropped and/or painful arch
- Heel spurs
- Morton's Neuroma
- Partial tears of any tendon/ligament in the body



Can Prolozone be used for Dental Problems?

Yes, Dental infections and local dental trauma often respond to Prolozone.

Each tooth is connected to a nerve and acupuncture meridian. Dental stress from amalgams, resins, non-compatible materials, cavities, and abscesses can cause local dental problems and remote diseases.

Unexplained dental pain, facial pain despite normal dental exams.

- Tooth pain caused by an underlying infection can be treated with a short series of local ozone injections into the involved tooth area.
- Old dental scars from old root canal surgeries, wisdom tooth extractions, loose teeth, and other tooth extractions can be effectively treated.

How often and how many treatments do I need?

That varies from patient to patient and the body part being treated, age, and your general health. Usually, a series of 4-12 treatments 2-4 weeks apart is a common treatment plan.

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Cold and Flu Home Remedies

There is no cure for a cold or the flu, but a bowl of chicken soup or a cup of hot ginger tea with honey can help manage the symptoms. Some home remedies — such as vitamin C — may slightly reduce the length of time you are sick.

Body aches, fever, chills, and nasal congestion can make you feel miserable.

While home remedies can't cure a cold or the flu, they can help relieve symptoms — such as body aches, fever, chills, nasal congestion — during your recovery.

But, if symptoms don't improve or you have trouble breathing, rapid heartbeat, faintness, or any severe symptoms, it's best to seek medical help.

Here, find out what cold and flu remedies you can try at home.

1. Chicken Noodle Soup

There is no scientific proof that chicken soup can cure a cold or flu or speed up recovery, but its ingredients (chicken, carrots, onions, celery) contain nutrients that support your immune system. It's also a comforting food that provides hydration and may help you feel better overall.

There is also some evidence that the nutrients in chicken soup may slow the movement of neutrophils in your body.

Neutrophils are a type of white blood cell that helps protect your body from infection.

2. **Ginger**

Ginger has antioxidant, antimicrobial, and anti-inflammatory properties. Uses include reducing muscle pain and managing nausea.

3. **Honey**

Honey has a variety of antibacterial and antimicrobial properties. Drinking honey in tea with lemon can ease sore throat pain. Research suggests it may also act as a cough suppressant.

***You should never give honey to a child younger than 12 months, as it may contain botulinum spores.*

4. **Garlic**

Garlic contains the compound allicin, which has antimicrobial and possibly antiviral properties.

5. **Echinacea**

Native Americans have long used the herb and root of the echinacea plant for medicinal purposes. Its active ingredients include flavonoids, chemicals that have many therapeutic effects on the body. For example, flavonoids can boost your immune system and reduce inflammation.

6. **Vitamin C**

Vitamin C is an antioxidant that plays many important roles in your body, including supporting the immune system.

Good dietary sources of vitamin C include:

- citrus fruits
- red peppers
- green leafy vegetables, such as broccoli

Adding fresh lemon juice to hot tea with honey may reduce phlegm when you're sick. Drinking hot or cold lemonade may also help.

7. **Probiotics**

Probiotics are "friendly" bacteria and yeast that are present in your body, some foods, and supplements. They can help keep your gut and immune system healthy and may reduce your chance of getting sick with an upper respiratory infection, as well as how long the infection lasts.

8. **Salt water gargle**

Gargling with salt water may help prevent upper respiratory infections. It may also decrease the severity of cold symptoms, for instance, by easing sore throat pain and nasal congestion.

A saltwater gargle can reduce and loosen mucus, which contains bacteria and allergens.

To try this remedy at home:

- Dissolve 1 teaspoon of salt in a full glass of water.
- Swish it around your mouth and throat.
- Spit it out.

9. Saline nasal irrigation

Using a saline spray or a neti pot may help relieve nasal congestion with a cold, and it might help with some symptoms of an upper respiratory tract infection.

However, be sure to use only distilled, sterile, or previously boiled and cooled water and to wash a neti pot thoroughly between uses. Not doing so could introduce microbes that could lead to potentially serious *infections*.

10. Topical ointments

Ointments containing camphor, eucalyptus oil, and menthol may reduce a nighttime cough. One or two dabs before bed can help open air passages and help improve:

- congestion
- sleep
- coughing

11. Essential oils

Some essential oils can help manage the symptoms of a cold, flu, and other respiratory conditions. This is due to their microbial, pain-relieving, or anti-inflammatory properties.

Examples include:

- eucalyptus
- peppermint (menthol)
- Frankincense
- thyme
- tea tree

Use a diffuser or add a few drops of essential oil to a warm bath.

12. Humidity

Increased humidity may help reduce dryness and inflammation in the nose and throat.

A humidifier in your bedroom or elsewhere in your home may help you feel more comfortable. Adding a few drops of eucalyptus oil might also help relieve congestion.

13. Elderberry

Some studies suggest that elderberry supplements may help relieve the symptoms of upper respiratory tract infections and flu.

14. Warm baths

Sometimes, you can reduce a child's fever by giving them a warm — but not hot — sponge bath. Warm baths may also help reduce cold and flu symptoms in adults.

Adding Epsom salt and baking soda to the water may reduce body aches.

15. Boost your immune system

Boosting your immune system probably won't help if you already have the flu, but it can protect you from other bouts and more severe symptoms in the long term.

Tips include:

- getting at least 7 hours of sleep at night
- following a varied and nutritious diet
- getting regular exercise
- follow guidelines for Seasonal Immune Booster



From The Desk Of
Mark Gerold, M.D.

The Benefits of Blueberries

We don't love the idea of good foods and bad foods because there's no way we could label something like kaiserschmarrn (Arnold's favorite food) as bad. But, some foods do have more nutritional benefits than others.

If you want to boost your brain and heart health, adding more blueberries to your diet could go a long way.

Research suggests that eating blueberries could lower your risk of cardiovascular disease and type-2 diabetes, protect your brain from neurodegeneration, boost short-term memory, and support weight loss and maintenance.



And that's not all. **As you age**, a recent study suggests **blueberries protect the health of your blood vessels, which means improved blood flow, less calcification, a healthier heart, and a lower likelihood of suffering a heart attack.**

Research suggests you'll achieve most of the benefits by eating about 1.25 cups per day. You can throw blueberries in a smoothie, add them to yogurt, enjoy them as a side dish, or be like Arnold and toss them into a bowl of oatmeal.