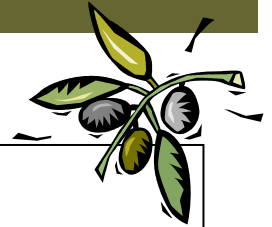


Gerold Medical Wellness, 6402 Route 30, Jeannette, PA 15644
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ACU-News

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

[Acupuncture Effectively Treats Pain in MS Patients](#)

In a study involving 20 patients with multiple sclerosis (MS) who received acupuncture and who were evaluated using a questionnaire assessing changes in pain relief, sleep pattern, mood improvement, energy levels, and mobility issues, 55% of patients reduced their use of analgesics and 3 stopped analgesic use completely, as a result of acupuncture treatment. Patients had come to the acupuncture clinic for pain relief and had been attending the clinic for between 3 to 24 months, and the majority were receiving acupuncture at six weekly intervals. Of the patients, 85% were female between the ages of 20 and 60 years, with a range of duration of diagnosis (1-29 years). Acupuncture treatment was associated with "some reduction in pain" in all 20 subjects, with 9 of the patients scoring pain relief as 8/10 or better, and 18 patients experiencing pain relief for four or more weeks. Furthermore, improvements in sleep



pattern, mood, energy levels and mobility were also found, though not as striking as the level of relief from pain. Of the 20 patients, 9 experienced a temporary increase in pain. The authors conclude, "This study indicates that we can more confidently suggest acupuncture as a treatment for pain, and other MS related symptoms, and reconfirms the value of performing larger studies into the efficacy of specific complementary therapies in the future."

Did you know...



There are over 2,500 different types of mushrooms



There are over 7,000 different types of apples



There are over 15,000 different types of rice

News from the I.V. Department

MAJOR AUTOHEMOTHERAPY (MAH)

Q. What is Major Autohemotherapy (MAH)?

A. MAH is an intravenous infusion of blood that has been treated outside the body with a mixture of medical oxygen (O₂) and medical ozone (O₃) before reinfusion. The blood is first withdrawn from your vein into a sterile IV bag. It is similar to giving blood. Then it is enriched with a defined quantity of ozone. The ozone reacts completely with the blood, red and white blood cells. After the blood and ozone are mixed together in the IV bag, the mixture is reinfused back into the vein. As a result, no ozone gas actually enters the bloodstream.

Q. What are the Indications for MAH?

A. Indications for MAH include:

- Chronic Fatigue and CFS
- Fibromyalgia
- Chemical Sensitivities
- Chronic Allergies
- LYME Disease
- Osteoarthritis



- Rheumatoid Arthritis
- Auto Immune Diseases
- Heart and vascular disease
- Peripheral Artery Disease (PAD)
- Dementia and Cerebral Vascular Disease
- Post Stroke
- Diabetic Circulatory Diseases
- Cancer (Integrative therapy 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)
- As complementary therapy in general fatigue, geriatric and environmental

Q. How does MAH work?

A. Medical ozone has highly pronounced **bactericidal, fungicidal and virostatic** properties, and is thus widely used in disinfecting infected wounds, as well as in infectious disease.

Medical ozone’s ability to stimulate the circulation is used in the treatment of circulatory disorders and makes it valuable in revitalizing organic function.

When administered at low concentrations, the recipient’s own resistance is mobilized, i.e. Medical ozone (re)activates the immune system. As a response to this activation through ozone, the body's immune cells produce special messengers called cytokins (including important mediators such as interferones or interleukins). These inform other immune cells, setting off a cascade of positive changes throughout the immune system, which is stimulated to resist diseases. This means that the application of medical ozone is extremely useful for immune activation in patients with a low immune status and/or immune deficit. Small quantities of ozone applied in what is called “major autohemotherapy” (external treatment of the patient's blood before reinfusion) consequently activate the body's own antioxidants and **radical scavengers**. This is why medical ozone is used in chronic inflammatory diseases.

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



CHIROPRACTIC

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

WORK-RELATED LOW BACK PAIN

Everyone's at risk. Thanks to a complex network of bones, joints, ligaments and muscles in your lower back, it doesn't take lifting a 40-pound bag of concrete to experience work-related low back pain. Even something as simple as reaching for a dropped pen during a meeting can cause painful results.

Why Chiropractic?

Compared with physicians and physical therapists, chiropractic care for work-related low back pain results in:

- Consistently better outcomes
- Lower recurrence of pain
- Fewer surgeries
- Less painkiller usage
- Lower medical cost

Chiropractic's aim is to provide high-quality care to relieve immediate pain while retaining your function, thus decreasing lost time from work. Patients are involved in shared decision making for alternative interventions as necessary. Chiropractic care has a long and consistent history of helping people suffering from work-related low back pain. Using methods like spinal manipulation – a hands-on approach used to adjust spinal structures and restore mobility – chiropractic care has been shown to get individuals back to work faster than other treatments, like medical care or physical therapy. In fact, research has shown chiropractic to not only be a more effective treatment approach while you're suffering from low back pain but also long after. While roughly ten percent of patients with work-related low back pain experience a second episode of pain, those who choose chiropractic care and complete their treatment are less likely to miss work (and wages) in the future.

COMMON CAUSES OF WORK-RELATED LOW BACK PAIN

Force

Lifting or moving heavy objects can overexert or strain the back muscles, especially when done repeatedly or with poor form. Instead, lift with your knees, contract your abdominal muscles, keep your head down and in-line with your back and avoid any twisting motions. And if it's too heavy, find a helper.

Repetition

Repeating certain movements puts an uneven load on your skeleton and muscles, especially from awkward or overstretched positions. Seek out ways to modify repetitive activities such as taking appropriate breaks between times of lifting or bending. This will allow your muscles to recover strength.

Posture

Slouching places undue stress on the back's natural curvature. When standing, keep your weight balanced on both feet. If you sit for long periods of time, switch positions and take short walk breaks around the office or stretch

GET the FACTS

Americans are estimated to spend at least \$85 billion each year on back pain.

Physical work-load factors constitute a risk for low back pain even in adolescents.

your muscles to relieve tension. One should consider the use of ergonomically designed standing workstations to provide opportunity to change static posture throughout the workday.

GET the FACTS

Chronic low back pain is the leading cause of work-related disability and missed work days.

Stress

Psychological and emotional stress at work can cause a distinct physical reaction – muscles that are tight, tense and prone to injury. When stress hits, use positive coping techniques to reduce tension such as a quick walk outside or a coffee break with a colleague.

[Work-Related-Low-Back-Pain_04-042.pdf \(chirocare.com\)](#)

Dr. Gallagher's Custom Formulas

Adrenoglan Chelate

Natural remedy for fatigue, exhaustion and stress

Fatigue, exhaustion, and chronic stress undermine and weaken the immune system.

Adrenoglan chelate, available exclusively at Professional Supplies, Inc., a concentrate of adrenal glandular tissue, helps build up ailing stress glands. It is used for hypoadrenalism and anti-stress nutritional factors. It also aids in low blood sugar, fatigue, exhaustion, and stress.

Vitamin C (ascorbic acid) is crucial to the immune function. It promotes the manufacture of collagen, the main protein substance of the human body and in blood sugar control.

Pantothenic Acid exerts a beneficial effect on utilization of fats and carbohydrates in energy production. It helps to prevent fatigue and listlessness.

Sodium and potassium are electrolytes. Sodium is necessary to maintain balance between calcium, a mineral needed for strong bones, and potassium, which helps to maintain normal heart action and equilibrium of the body. Potassium also assists in maintaining water balance and distribution, acid-base balance, muscle and nerve cell function, heart, kidney and adrenal functions.

Raw adrenal concentrate enhances adrenal functions in the way that the body deals with stress, fatigue, and exhaustion.

L-Leucine and L-Isoleucine are amino acids. L-Leucine is necessary for human metabolism or growth. It is needed by body tissue to make protein. L-Isoleucine boosts exercise performance and reduces protein and muscle breakdown.

Hesperdin Complex is helpful in increasing the strength of capillaries, while bioflavonoid complex

aids in anti-viral activity and aids in the body's absorption of vitamin C.

Chlorophyll, a fat-soluble astringent, stimulates the production of hemoglobin and red blood cells.

Parsley, which is used for low blood pressure and anemia, boosts energy. Alfalfa is an important source of calcium, potassium, iron, and phosphorus.

Ozone Therapy

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

DERMAZONE

What is DERMOZONE?

Dermozone refers to the method of isolating a body part by surrounding it with a medical wrap or "bag" (such as a hand, arm, leg, foot, torso, pelvis, but **NEVER** head), and introducing ozone to *promote wound healing*.

What is DERMOZONE used for?

- Bed sores
- Burns
- Diabetic Foot Ulcers
- Gangrene
- Resistant Skin Wounds
- Skin infections

How does the DERMOZONE work to heal the skin problem?

The ozone kills any bacteria, viruses, fungus, or molds infecting the open wound, increase blood flow to the wound, and stimulates the healing process. It has been documented that many body parts have been spared amputation through the application of ozone by this method.

How is the DERMOZONE applied?

The bag is placed around or over the affected area, the output tube from the ozone generator is placed through the top of the bag, and the top sealed as effectively as possible. Ozone at the desired concentration must first be humidified (bubbled through water) and then enters the bag; the ozone generator constantly runs during this treatment.

How long is the treatment time?

Treatment times vary depending on the type of wounds being treated but typically range from 10 - 30 minutes.

How many treatments and at what frequency will I need?

The number of treatments varies with the severity of your condition, age and other health problems. The treatment can be from daily to several times per week.

Can I receive other Oxidative therapies on the same day as DERMOZONE?

Yes, that is common. You may receive multiple oxidative therapies such as CHELOZONE, OZONE HYPERTHERMIA, etc. on the same day.

Does DERMOZONE hurt or burn?

No, there is no pain, burning or agitation of your condition during DERMOZONE therapy.

Is DERMOZONE safe?

Dermozone is safe and effective. It has a long history, particularly in Europe, of use for skin and wound healing, when correctly applied.

www.medicalwellness.com



What can I do to make my cough go away naturally?

A number of home remedies, such as honey and saltwater, may help a cough go away naturally. Allergies, infections, and acid reflux are just a few possible causes of a cough.

Some natural remedies may help relieve a cough. This article reviews natural remedies that may help treat a cough.

People who want to try natural remedies to treat their cough should consider researching sources and brands. Additionally, some herbs and supplements can interfere with medications, which may result in unwanted side effects.

It is best to consult a doctor before taking supplements.

12 natural cough remedies

People use a range of natural remedies to treat a persistent cough.

While they may help some people, it is important to note that some of the following remedies have limited evidence to support their use.

This means a person may or may not find that the remedies work for them.

1. HONEY

According to research, honey may relieve a cough.

In a 2021 review of studies, researchers looked at the effect of using honey to treat coughs in upper respiratory infections.

The researchers found that honey was superior to usual care, both in suppressing the cough and in helping prevent the need for antibiotics.

In another study, researchers compared honey with dextromethorphan, a common cough suppressant.

The researchers found that both honey and dextromethorphan worked to suppress coughs. They noted that honey scored slightly higher in one trial and on par with dextromethorphan in another.

A person can use this remedy by swallowing a spoonful of honey or adding it to a hot drink, such as an herbal tea.

2. Ginger

Ginger may ease a dry or asthmatic cough, as it has anti-inflammatory properties. It may also relieve nausea and pain.

Only a few older studies have looked at ginger's effect on coughs. A study from 2015 examined 10 different natural products used in traditional Asian medicines, including ginger.

The researchers found that ginger and other remedies, including honey, have played a continued role in traditional medicine.

While a long history of use can have valuable implications for a treatment's effectiveness, the researchers noted that their study may provide future researchers with a place to start when examining natural solutions to coughs.

People often add ginger to dishes or drink it in tea. However, in some cases, ginger tea can cause stomach upset or heartburn.

3. Hot fluids

While current research is lacking, an older study from 2008^{Trusted Source} showed that drinking liquids at room temperature may alleviate a cough, runny nose, and sneezing.

However, people with additional cold or flu symptoms may benefit from warming up their beverages. The same study reports that hot beverages alleviate even more symptoms, including a sore throat, chills, and fatigue.

The symptom relief was immediate and remained for a continued period after finishing the hot beverage.

Hot beverages that may be comforting include:

- clear broths
- herbal teas
- decaffeinated black tea
- warm water
- warm fruit juices

4. Steam

A wet cough, which is one that produces mucus or phlegm, may improve with steam.

To try this method, a person should take a hot shower or bath and allow the bathroom to fill with steam. They should stay in this steam for a few minutes until symptoms subside. They can drink a glass of water afterward to cool down and prevent dehydration.

Alternatively, people can make a steam bowl. A person can do this by:

1. filling a large bowl with hot water
2. adding herbs or essential oils, such as eucalyptus or rosemary, which may help relieve congestion
3. leaning over the bowl and placing a towel over the head, which traps the steam so the person can breathe it in
4. breathing in the steam for about 10–15 minutes

A person may find steaming helpful when done one to two times per day.

While many believe steam will help with cough and other symptoms, not all evidence supports this. For example, a 2017 study Trusted Source looking at the use of steam for common cold symptoms found that it did not noticeably improve a person's symptoms.

5. Marshmallow root

Marshmallow root is an herb with a long history of use as a treatment for coughs and sore throats.

The herb can ease irritation resulting from coughing because of its high mucilage content. Mucilage is a thick, gluey substance that coats the throat.

One older, small study found that an herbal cough syrup containing marshmallow root, along with thyme and ivy, effectively relieved coughs resulting from common colds and respiratory tract infections.

After 12 days of taking the syrup, 90% of the participants rated its effectiveness as good or very good.

In a 2020 in vitro study Trusted Source, researchers also noted the coating effect of marshmallow root extract.

They found that the root extract has antioxidative and anti-inflammatory properties and provided similar relief to diclofenac, a nonsteroidal anti-inflammatory medication.

Marshmallow root is also available as a dried herb or a bagged tea. A person should add hot water to either and then drink it immediately or allow it to cool first. The longer the marshmallow root steeps in the water, the more mucilage will be in the drink.

Side effects can include stomach upset, but it may be possible to counter this by drinking extra fluids.

Marshmallow root is available for purchase in health stores or online.

6. Saltwater gargle

People have used saltwater gargles for a long time to help alleviate sore throat and symptoms associated with the common cold. It may help loosen mucus and alleviate some pain.

However, it likely will not help reduce viral load.

In a 2021 study Trusted Source, researchers compared different antiseptic mouthwashes to help prevent the spread of COVID-19. They found that several commercial brands helped with reducing viral load, but a lab-made saltwater solution did not effectively kill the virus.

A person can make a saltwater gargle by:

1. stirring 1/2 teaspoon of salt into a cup of warm water until it dissolves
2. allowing the solution to cool slightly before using it to gargle
3. letting the mixture sit at the back of the throat for a few moments before spitting it out
4. doing this several times each day until the cough improves

Young children and people with high blood pressure should avoid using saltwater gargles

7. Bromelain

Bromelain is an enzyme that comes from pineapples. It is most plentiful in the core of the fruit.

It has anti-inflammatory properties and may also have mucolytic properties, which means it can break down mucus and remove it from the body.

Some people drink pineapple juice daily to reduce mucus in the throat and suppress coughing. However, there may not be enough bromelain in the juice to relieve symptoms.

Bromelain supplements are available and may be more effective at relieving coughs. However, it is best for a person to speak with a doctor before trying any new supplements.

Bromelain is a potential allergen, and the substance may also cause side effects and interact with medications. People who take blood thinners or specific antibiotics should not take bromelain.

8. Thyme

Thyme has both culinary and medicinal uses and is a commonly used remedy for a cough, sore throat, bronchitis, and digestive issues.

In a 2015 meta-analysis of several studies, researchers noted that strong evidence suggests that using thyme preparations helped alleviate people's cough symptoms.

However, they noted that additional studies are needed to demonstrate its overall effectiveness.

A more recent study in 2021 showed that people using a combination of thyme and ivy drops showed improvement in bronchitis symptoms, cough, and overall quality of life.

They also noted that people experienced few side effects using the drops.

To treat coughs using thyme, a person can look for a cough syrup that contains this herb.

9. Dietary changes for acid reflux

Acid reflux is a common cause of a cough. Avoiding foods that can trigger acid reflux is one of the best ways to manage this condition and reduce the cough that accompanies it.

Every individual may have different reflux triggers that they need to avoid. People who are unsure of what causes their reflux can begin by eliminating the most common triggers from their diet and monitoring their symptoms.

The foods and beverages that most commonly trigger acid reflux include:

- alcohol
- caffeine
- chocolate
- citrus foods
- fried and fatty foods
- garlic and onions
- mint
- spices and spicy foods
- tomatoes and tomato-based products



10. Slippery elm

Native Americans traditionally Trusted Source used slippery elm bark to treat coughing and digestive issues.

Slippery elm is similar to marshmallow root as it contains a high level of mucilage, which helps to soothe a sore throat and cough.

A person can make slippery elm tea by adding 1 teaspoon of the dried herb to a cup of hot water and allowing it to steep for at least 10 minutes before drinking.

It is important to note that slippery elm may interfere with the absorption of medications, so a person should talk with a doctor before making a tea or using another supplement.

Slippery elm is available in powder and capsule form in health stores and online.

11. N-acetylcysteine (NAC)

NAC is a supplement that comes from the amino acid L-cysteine. Taking a daily dose may lessen the frequency and severity of a wet cough by reducing mucus in the airways.

A meta-analysis of 13 studies Trusted Source suggests that NAC can significantly and consistently reduce symptoms in people with chronic bronchitis.

Chronic bronchitis is a prolonged inflammation of the airways that causes mucus buildup, a cough, and other symptoms.

The researchers suggest a daily dose of 600 milligrams (mg) of NAC for people without airway obstruction and up to 1,200 mg where there is an obstruction.

NAC can have severe side effects, including hives, swelling, fever, and difficulty breathing. Anyone considering this approach should speak with a doctor first.

12. Probiotics

Probiotics do not directly relieve a cough, but they may boost the immune system by balancing the bacteria in the gut.

A healthy immune system can help to fight off infections that may be causing the cough.

One type of probiotic, a bacteria called *Lactobacillus*, provides a modest benefit in helping prevent the common cold, according to an older study published in 2013 [Trusted Source](#).

Another meta-analysis published in 2016 [Trusted Source](#) found that taking probiotics helped reduce the number of times children came down with respiratory tract infections, which could indirectly reduce coughing.

Supplements containing *Lactobacillus* and other probiotics are available at health and drug stores.

Some foods are also naturally rich in probiotics, including:

- miso soup
- natural yogurt
- kimchi
- sauerkraut

However, the number and diversity of probiotic units in foods can vary greatly. It may be best to take probiotic supplements in addition to eating probiotic-rich foods.

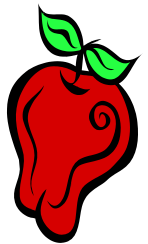
[12 home remedies for cough \(medicalnewstoday.com\)](http://medicalnewstoday.com)

Fire Cider

What is in Fire Cider? The base for Fire Cider is raw, **Certified Organic Apple Cider Vinegar** and **organic Honey**. Then we add the following **Organic ingredients**:

- Lemon Juice
- Horseradish
- Garlic
- Turmeric
- Thyme
- Rosemary
- Onions
- Ginger
- Habanero Peppers
- Hyssop
- Burdock Root
- Dandelion Root

Apple cider vinegar is an incredibly healthy food since it contains several beneficial acids plus beta-carotene, amino acid, bone building minerals, enzymes, magnesium, potassium, pectin and tannins. No wonder people have been using this super food since we figured out how to preserve apples in the form of vinegar!



Is Fire Cider raw? Yes, we use all raw honey, produce and vinegar. Fire Cider is never heated or refrigerated; it is a living, raw, whole foods tonic. Vinegar and honey are nature's preservatives so we never add anything but what's listed on the label!

Is Fire Cider organic? We use all organic produce, honey and vinegar.

Is Fire Cider spicy? We get asked this a lot and the answer is: it depends on your love of and tolerance for heat. Fire Cider can be enjoyably warming or wicked spicy! For those who are afraid of the heat, Fire Cider mixes deliciously with lemonade, tomato juice, orange juice, tea and more. It's still a health tonic, even if you mix it with something else.