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ACU-News

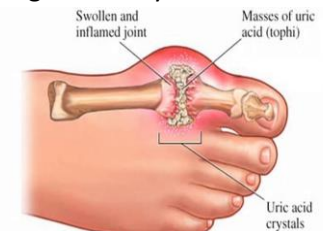
Procedure Performed at Gerold Medical Wellness by Mark Gerold, M.D. & Martin Gallagher, D.C., M.D.

GOUT AND ACUPUNCTURE

We do not eat appropriately sometimes, and there is an imbalance in our body. Gout flares may occur, and acupuncture is a scientifically proven approach to address this with additional modalities. **Acupuncture is more effective than a popular drug for gout.**

Researchers compared acupuncture to indomethacin (a pharmaceutical used to treat inflammation). Acupuncture was more effective than the pharmaceutical approach in treating pain, swelling and redness. Researchers monitored uric acid, subjective pain reduction and interleukin-8 (marker for inflammation). Of the total 92 patients in the study with gouty arthritis, the drug group had 41 males and 5 females with an average age of 49.7 years. The acupuncture group comprised of 42 males and 4 females with an average age of 48.6 years.

The drug group received 75 mg of indomethacin every 12 hours for 10 days. The acupuncture group received the following points: Stomach 36 (ST 36), Spleen 6 (SP 6), Spleen 9 (SP 9), Large Intestine 11 (LI 11) and Ashi Points. Ashi points are points of maximal tenderness. Ashi points were given on affected side only, but the other points were given bilaterally,



Results:

Interleukin-8 levels were 38 ug/L in both groups and the IL 8 dropped in both groups equally to 26 ug/L. Temperature of affected joints dropped equally from 34 degrees Celsius to 31 degrees Celsius in both groups.

Adverse reactions were 11 more in the drug group, but 1 in the acupuncture group. The incidence of side effects was 23 percent compared to 2 percent in the acupuncture group.

Patients were identified as improved if their symptoms and uric acid levels decreased. Recovered was identified as resolved symptoms and uric acid levels normalized. In the drug group, 9 patients recovered, and 23 patients

improved, while 12 patients recovered, and 28 patients improved in the acupuncture group. The drug group showed a 69 percent effective rate, but the acupuncture group showed an 86 percent effective rate.

The study shows that acupuncture offers an effective and well tolerated alternative to pharmaceuticals for treatment of gout.

Chen Zhenfeng(2019) "Clinical Observation on Acupuncture Treatment of Acute Gout Arthritis" Chinese Medicine Research Vol. 16(3) pp.75-78

Did you know...



apples are more effective at waking you up in the morning than coffee

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

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newalternativestomedicine@gmail.com

News from the I.V. Department

INTRAVENOUS DMSO (DIMETHYLSULFOXIDE)

DMSO is a prescription medicine and dietary supplement. It can be taken by mouth, applied to the skin (used topically), or injected into the veins (used intravenously or by IV).

Intravenously, DMSO is used to lower abnormally high blood pressure in the brain. It is also given intravenously to treat bladder infections (interstitial cystitis) and chronic inflammatory bladder disease. The U.S. Food and Drug Administration (FDA) has approved certain DMSO products for placement inside the bladder to treat symptoms of chronic inflammatory bladder disease. DMSO is sometimes placed inside bile ducts with other medications to treat bile duct stones.



DMSO is taken by mouth, used topically, or given intravenously for the management of amyloidosis and related symptoms. Amyloidosis is a condition in which certain proteins are deposited abnormally in organs and tissues.

DMSO is used topically to decrease pain and speed the healing of wounds, burns, and muscle and skeletal injuries. DMSO is also used topically to treat painful conditions such as headache, inflammation, osteoarthritis, rheumatoid arthritis, and severe facial pain called tic douloureux. It is used topically for eye conditions including cataracts, glaucoma, and problems with the retina; for foot conditions including bunions, calluses, and fungus on toenails; and for skin conditions including keloid scars and scleroderma. It is sometimes used topically to treat skin and tissue damage caused by chemotherapy when it leaks from the IV that is used to deliver it. DMSO is used either alone or in combination with a drug called idoxuridine to treat pain associated with shingles (herpes zoster infection).

How does it work?

DMSO helps medicines get through the skin and can affect proteins, carbohydrates, fats, and water in the body.

Reference: WebMD

CHIROPRACTIC

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

Top Chiropractic Research from 2022

Medline contains more than 28 million references, with over one million new citations added each year. Keeping up is tough, but the ChiroUp research team makes it easier by scouring

and summarizing freshly published literature to mine out fresh chiropractic clinical pearls and *best practice* data. The following up-to-date chiropractic research review offers ten new studies impacting our patients and practices.

1. CHIROPRACTIC PATIENTS USE FEWER OPIOIDS

"IN THIS STUDY [OF 40,929 LOW BACK PAIN PATIENTS], WE FOUND THAT RECEIPT OF CHIROPRACTIC CARE, THOUGH NOT PHYSICAL THERAPY, MAY HAVE DISRUPTED THE NEED FOR OPIOIDS AND, IN PARTICULAR, LONG-TERM OPIOID USE IN NEWLY DIAGNOSED LBP."

THIS CONCURS WITH SEVERAL OTHER RECENT STUDIES SHOWING THAT CHIROPRACTIC PATIENTS HAVE A LOWER RISK OF DRUG USE AND ASSOCIATED SIDE EFFECTS.

ACHARYA M, CHOPRA D, SMITH AM, FRITZ JM, MARTIN BC. ASSOCIATIONS BETWEEN EARLY CHIROPRACTIC CARE AND PHYSICAL THERAPY ON SUBSEQUENT OPIOID USE AMONG PERSONS WITH LOW BACK PAIN IN ARKANSAS. JOURNAL OF CHIROPRACTIC MEDICINE. 2022 MAY 21.

2. SMT DOES NOT INCREASE STROKE RISK (AGAIN)

"AMONG [53 MILLION PATIENTS] AGED 65 AND OLDER WHO RECEIVED CERVICAL SPINAL MANIPULATION, THE RISK OF CERVICAL ARTERY DISSECTION IS NO GREATER."

THIS FOLLOWS A 2022 JMMT STUDY SHOWING VERTEBRAL ARTERIES "WERE NOT STRETCHED" DURING HVLA.

WHEDON JM, PETERSEN CL, LI Z, SCHOELKOPF WJ, HALDEMAN S, MACKENZIE TA, LURIE JD. ASSOCIATION BETWEEN CERVICAL ARTERY DISSECTION AND SPINAL MANIPULATIVE THERAPY—A MEDICARE CLAIMS ANALYSIS. BMC GERIATRICS. 2022 DEC;22(1):1-9.

3. SMT DECREASES DISC SURGERY ODDS

"OUR FINDINGS SUGGEST RECEIVING CHIROPRACTIC SPINAL MANIPULATIVE THERAPY COMPARED WITH OTHER CARE FOR NEWLY DIAGNOSED LUMBAR DISC HERNIATION AND LUMBOSACRAL RADICULOPATHY IS ASSOCIATED WITH SIGNIFICANTLY REDUCED ODDS OF DISCECTOMY OVER 2-YEAR FOLLOW-UP."

TRAGER RJ, DANIELS CJ, PEREZ JA, CASSELBERRY RM, DUSEK JA. ASSOCIATION BETWEEN CHIROPRACTIC SPINAL MANIPULATION AND LUMBAR DISCECTOMY IN ADULTS WITH LUMBAR DISC HERNIATION AND RADICULOPATHY: RETROSPECTIVE COHORT STUDY USING UNITED STATES' DATA. BMJ OPEN. 2022 DEC 1;12(12):e068262.

4. NERVE MOBILIZATION HELPS SCIATICA

"NEURAL MOBILISATIONS SEEM BENEFICIAL TO REDUCE PAIN AND DISABILITY IN SPINALLY REFERRED LEG PAIN INDEPENDENT OF THE CRITERIA USED TO INTERPRET NEURODYNAMIC TESTS."

MURAPE T, AINSLIE TR, BASSON CA, SCHMID AB. DOES THE EFFICACY OF NEURODYNAMIC TREATMENTS DEPEND ON THE PRESENCE AND TYPE OF CRITERIA USED TO DEFINE NEURAL MECHANOSENSITIVITY IN SPINALLY-REFERRED LEG PAIN? A SYSTEMATIC REVIEW AND META-ANALYSIS. THE SOUTH AFRICAN JOURNAL OF PHYSIOTHERAPY. 2022;78(1).

5. SMT BEATS PRESCRIPTION DRUG THERAPY

"RECIPIENTS OF [CHIROPRACTIC] SMT WERE MORE LIKELY TO BE VERY SATISFIED WITH THEIR CARE (84%) THAN RECIPIENTS OF PRESCRIPTION DRUG THERAPY (50%). THE SMT COHORT SELF-REPORTED SIGNIFICANTLY HIGHER HEALTH-RELATED QUALITY OF LIFE COMPARED TO THE PRESCRIPTION DRUG THERAPY COHORT. THE SMT COHORT HAD A LOWER DEGREE OF CONCERN REGARDING CHIROPRACTIC CARE FOR THEIR BACK PAIN COMPARED TO THE PRESCRIPTION DRUG THERAPY COHORT'S REPORTED CONCERN ABOUT PRESCRIPTION DRUG THERAPY."

KIZHAKKEVEETIL A, BEZDJIAN S, HURWITZ EL, TOLER AW, ROSSI D, UPTMOR S, SAGESTER K, BANGASH M, MACKENZIE TA, LURIE JD, COULTER I. SPINAL MANIPULATION VS PRESCRIPTION DRUG THERAPY FOR CHRONIC LOW BACK PAIN: BELIEFS, SATISFACTION WITH CARE, AND QUALITY OF LIFE AMONG OLDER MEDICARE BENEFICIARIES. JOURNAL OF MANIPULATIVE AND PHYSIOLOGICAL THERAPEUTICS. 2022 MAR 26.

6. SMT IS EFFECTIVE FOR HEADACHES

"THIS REVIEW STUDY DEMONSTRATES THE BENEFITS [SPINAL MANIPULATION] HAS ON DECREASING HEADACHE FREQUENCY, INTENSITY, AND DURATION IN TENSION-TYPE HEADACHE AND MIGRAINES. [SPINAL MANIPULATION] HAS SHOWN TO BE BENEFICIAL, ESPECIALLY FOR PATIENTS SEEKING ALTERNATIVE NON-PHARMACEUTICAL AND NON-INVASIVE TREATMENTS."

7. NEW TEST IS 92% SENSITIVE FOR ROTATOR CUFF PATHOLOGY

"OUR RESULTS DEMONSTRATE THAT THE INTERNAL ROTATION AND SHIFT-TEST IS A RELIABLE AND VALID TOOL FOR ASSESSING SUPERIOR ROTATOR CUFF PATHOLOGY. WITH GOOD-TO-EXCELLENT INTRA-RATER AND INTER-RATER RELIABILITY AND STRONG SENSITIVITY [92%] AND SPECIFICITY [67%], THIS TEST SHOULD BE CONSIDERED A VALUABLE ADDITION TO CLINICIANS' CADRE OF CLINICAL EVALUATION TOOLS."

FIESELER G, LAUDNER K, SENDLER J, CORNELIUS J, SCHULZE S, LEHMANN W, HERMASSI S, DELANK KS, SCHWESIG R. THE INTERNAL ROTATION AND SHIFT-TEST FOR THE DETECTION OF SUPERIOR LESIONS OF THE ROTATOR CUFF: RELIABILITY AND CLINICAL PERFORMANCE. JSES INTERNATIONAL. 2022 FEB 18.

8. NEURODYNAMICS IS EFFECTIVE FOR CTS (AGAIN)

"CARPAL TUNNEL SYNDROME (CTS) IS THE MOST COMMON ENTRAPMENT NEUROPATHY OF THE UPPER EXTREMITY. NEURAL MOBILIZATIONS CAN AID IN THE REDUCTION OF NEURAL EDEMA, NEURAL MOBILITY, AND NEURAL ADHESION WHILE IMPROVING NERVE CONDUCTION. SPLINTING IS ONLY EFFECTIVE WHEN COMBINED WITH NEURODYNAMICS."

WISE S, BETTLEYON J. NEURODYNAMICS IS AN EFFECTIVE INTERVENTION FOR CARPAL TUNNEL SYNDROME. JOURNAL OF SPORT REHABILITATION. 2022 DEC 30;1(AOP):1-4.

9. CHIROPRACTIC RX FOR THE BEST MATTRESS

EXISTING LITERATURE DOES NOT PROVIDE A DEFINITIVE EVIDENCE-BASED ANSWER TO "WHAT TYPE OF MATTRESS IS BEST?" SO, YOUR CHIROPRACTIC TEAM LAUNCHED ITS OWN RESEARCH SURVEY TO ANSWER THAT QUESTION AND FOUND THAT INDIVIDUAL CHIROPRACTORS ENDORSE DIFFERENT "BEST" MATTRESSES FOR THEIR PATIENTS.

	Adjustable Air	Memory Foam	Coil Spring	Hybrid/Other	Waterbed
Recommended	23	33	26	18	0
Discouraged	10	21	20	13	74
Net Endorsement	13	12	6	5	-74

Assessing the survey responses by subtracting the percent of discouraged (detractors) from the percent of recommended (promoters) generates a net endorsement score for each type of mattress with a possible range of -100 to +100. Not surprisingly, the scores are relatively similar, except for waterbeds which are strongly discouraged by chiropractors.

10. PCPS IGNORE LBP GUIDELINES TO RX SMT

"LOW BACK PAIN (LBP) CLINICAL PRACTICE GUIDELINES RECOMMEND REFERRAL FOR PATIENTS WITH PERSISTENT LBP HOWEVER, DISCORDANCE PERSISTS BETWEEN RECOMMENDED CARE AND IMPLEMENTATION IN PRACTICE. REFERRAL PATHWAYS THAT ALIGN TO CLINICAL GUIDELINE RECOMMENDATIONS FOR NON-SURGICAL MANAGEMENT REMAIN UNDERDEVELOPED."

BOYLE EM, EVANS K, COATES S, FARY RE, BENNELL K, STERLING M, REBBECK T, BEALES DJ. PATIENT EXPERIENCES OF REFERRAL PRACTICES AND PRIMARY CARE PHYSIOTHERAPY FOR CHRONIC NONSPECIFIC LOW BACK PAIN. PHYSIOTHERAPY THEORY AND PRACTICE. 2022 NOV 5:1-7.



Dr. Gallagher's Custom Formulas

Allergy Factors

DESCRIPTION

Allergy Factors, available exclusively from Professional Supplies, Inc., is a synergistic blend of vitamins, herbs and other nutrients designed to support the body's healthy response to allergens.

FUNCTIONS

An allergic reaction is an abnormal response by a hyperactive immune system. While the immune system usually protects against harmful organisms (bacteria, viruses, molds, etc.), it can perceive a generally harmless substance to be harmful and react to it by releasing histamine, the principal inflammatory mediator in allergic reactions. The release of histamine then can cause several physiological reactions to occur inside the body, thus causing the allergic reaction. Allergic rhinitis is a specific type of allergic reaction caused by a variety of allergens (including dust, mold, pollen, pets, food, etc.), is often characterized by nasal congestion, sneezing and sinus infections. It can occur seasonally or on a constant basis. Risk factors for allergies include: exposure to one or more allergens, genetic susceptibility, a history of repetitive antibiotics, frequent use of steroids, prolonged chemical exposure and abuse of tobacco, alcohol or drugs.

Allergy Factors is a synergistic blend of vitamins, plant extracts, minerals and herbal medicines that are designed to help alleviate the symptoms of allergies, including allergic rhinitis.

- **Vitamin C** has shown in some studies to prevent the production of histamine, a major component in the allergic response (swelling, inflammation and pain.) In addition, decreased blood levels of Vitamin C have been linked to increased amounts of histamine in the blood.
 - Probiotics such as **Lactobacillus acidophilus** provide "friendly flora" to the gastrointestinal system, which can have important immune and anti-inflammatory properties.
 - **Pantothenic acid** (Vitamin B-5) has been used to aid in alleviating nasal congestion, especially during an allergic reaction.
 - **Quercetin**, and **lemon bioflavonoids** are potent antioxidants that have anti-inflammatory properties. Quercetin has also shown to prevent the production of histamine. It can naturally help to dilate the bronchial and nasal passages in allergic reactions and asthma.
 - Derived from the lower stems of the pineapple plant, **bromelain** is a proteolytic enzyme that also has anti-inflammatory properties that can be beneficial for the alleviation of allergy symptoms. **Papain** derived from papaya fruit, is also an important enzyme with anti-inflammatory properties.
 - **Silymarin**, a potent constituent of milk thistle, has shown to have both liver protective and anti-inflammatory properties.
 - **Sage** and **Nettles** are herbs used traditionally for their supportive roles in inflammation and respiratory health.
-

Ozone Therapy

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

OZONE BLADDER INSUFFLATION

What is Ozone Bladder Insufflation?

Bladder Ozone is the application of Medical Ozone into the urethra and bladder.

What are the Indications for Bladder Ozone?

- Chronic Bladder Infections
- Chronic Prostatitis
- Chronic Urethral Infections
- Fungal (yeast) infections affecting the urethra and bladder
- Interstitial Cystitis
- Post Surgical or Post Chemo Bladder Problems
- Urge Incontinence

How is Bladder Ozone performed?

After wiping the opening of the urethra with an antiseptic, a small bladder catheter is inserted into the bladder through the urethra. Then a small amount of procaine and a homeopathic anti-inflammatory is administered. After 5 to 10 minutes, about 60cc's of medical grade ozone (two ounces) is administered through the tube. The patient refrains from voiding for the next ½ hour.

Is Bladder Ozone painful?

Patients usually report that the procedure is painless.

Can I receive other oxidative therapies on the same day?

Yes

What is the frequency of the treatment? How many will I need?

The frequency of the treatment varies from daily to several times per week. The number depends on the severity of the problem, age, and other health problems.

<https://www.medicalwellnessassociates.com/ozone-bladder-insufflation.html>



From The Desk Of
Mark Gerold, M.D.

Swimmer Ear Prevention

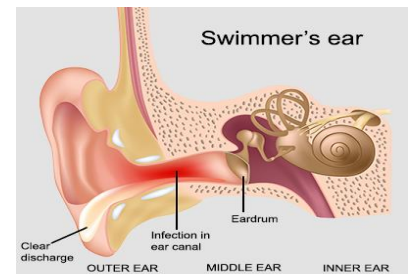
As we are in the swing of Summer, we will be swimming in lakes and pools. Swimmer's ear can develop very easily. Swimmer's ear is a condition when dirt or water settles in the ear canal and causes an infection. Prevention is key. One such remedy can help.

¼ cup of alcohol

¼ cup of white vinegar

Mix the two ingredients and pour into a bottle that has a dropper top.

Use 2-3 drops or more if needed into each ear after water exposure.



Chilled Blueberry Soup

INGREDIENTS:

- 4 fresh oranges
- 2 cups fresh or frozen blueberries
- 1 cup unsweetened apple juice
- ½ cup pure maple syrup
- Pinch ground cloves
- 1 cup plain unsweetened vegan yogurt

INSTRUCTIONS:

Remove zest from one of the oranges. Squeeze juice from all of the oranges.

In a large saucepan combine orange juice and zest, blueberries, apple juice, maple syrup, cloves, and ½ cup water. Bring to boiling over medium-high;



reduce heat to medium. Cook until berries have released their juices and the soup has thickened slightly. Remove from heat and cool completely, about 1 hour.

Transfer cooled soup to a blender. Cover and blend until smooth. Strain soup through a fine-mesh sieve. Cover and chill at least 90 minutes. If the soup seems too thick, stir in a little water to reach desired consistency. Pour soup into bowls and swirl in the yogurt just before serving.

New Major Review: 20 Years of Studies Link Plant-Based Diets to Lower Rates of Heart Disease, Cancer

A major new review of the past 20 years of scientific research presents some of the strongest evidence yet that plant-based diets can help prevent the two leading causes of death worldwide: cardiovascular disease and cancer.

A joint undertaking between researchers at the University of Bologna in Italy and the Stanford University School of Medicine, the comprehensive review, published last week in *PLOS One*, looked at meta-analyses from 2000 to 2023 to evaluate the impact of vegetarian and vegan diets on the risk of cancer and cardiometabolic diseases. After pooling data from 48 meta-analyses involving hundreds of thousands of participants across a range of demographics (including children), the researchers noted some overarching trends: Vegetarians and vegans were significantly less likely to develop cardiovascular disease and cancer. They also tended to have better cardiometabolic health overall, with less inflammation, lower blood pressure, lower cholesterol, and leaner BMIs than people who ate meat.

“Overall, vegetarian and vegan diets are significantly associated with better lipid profile, glycemic control, body weight/BMI, inflammation, and lower risk of ischemic heart disease and cancer,” the authors wrote.

Plant-based diets appeared especially beneficial for preventing prostate and gastrointestinal cancers. Among omnivores, those who ate a lot of red processed meats saw a higher risk of gastrointestinal cancers. “Our umbrella review seems consistent with other primary evidence that links the consumption of red processed meats to an increased risk of cancers of the gastrointestinal tract,” the authors noted.

WHAT MAKES THIS REVIEW SO SIGNIFICANT?

While a number of studies have linked plant-based diets with improved health outcomes, the new *PLOS One* report is particularly compelling because it’s an umbrella review. Primary research, such as observational studies and randomized clinical trials, gather essential data. Meta-analyses synthesize previously published studies to identify meaningful associations. Umbrella reviews go a step further, synthesizing meta-analyses to offer a comprehensive summary of available evidence.

The authors acknowledge the review’s limitations, such as potential confounding variables within the observational studies. “It should be remarked that, in the majority of the cases, people adopting plant-based diets are more prone to engage in healthy lifestyles that include regular physical activity, reduction/avoidance of sugar-sweetened beverages, alcohol and tobacco,” they noted.

Still, based on their findings, they conclude that plant-based diets are “one of the effective preventive strategies for the two most impactful chronic diseases on human health in the 21st century.”

www.forksoverknives.com/wellness/new-major-review-20-years-of-studies-link-plant-based-diets-to-lower-rates-of-heart-disease-cancer/?utm_source=Klaviyo&utm_medium=email&utm_campaign=5.28.2024%20GC&utm_id=01HYHJ2M2H0FSH0W5BKY1CQSJT&utm_term=READ%20THE%20STORY&_kx=o4Un8etvwCkbKa_pG0MG0-w2y7hqxyAbzrbu8xWGH3zT8qjDeFQlmwrBY6FE_F2.KCHNEa