



*Gerold Medical Wellness, 6402 Route 30, Jeannette, PA 15644  
www.vitamincoach.com, 1-800-834-4325, 724-523-5505*

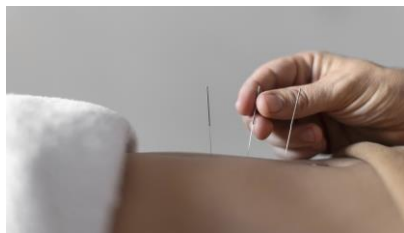
## ACU-News

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

### ACUPUNCTURE HELPS SUNBURN



Sunburn may happen, and so at our clinic. There are natural treatment modalities. One such modality is acupuncture. It involves dissipating the heat that is stored from the sunburn. Points that are used are Large Intestine-4 (LI-4), Gallbladder-40 (GB-40), Bladder-40 (BL-40). Auriculotherapy can also be used, which is acupuncture for the ear. The sites that are painful can have ASP needles inserted that stay in the ear on average for 6-8 days depending on how aggressive one is with how one sleeps and also how the ear is manipulated during the day.

When at home, brew up green tea and let cool down. Sip through the day. The flavonoids in green tea help heal the sunburn. Eat more pineapple, cucumber, honeydew, celery, mushrooms and peaches if there are no contraindications to those foods.

Aloe juice topically to the sunburn may also soothe the skin during the healing process. 99 % percent aloe is better, but gels that may have as low as 10 percent content may still provide benefit.

High Vitamin C dosing via IV therapy may also help the sunburn heal.

Peppermint essential oil, lavender essential oil, tea tree essential oil, geranium essential oil, chamomile essential oil and eucalyptus essential oil may also accelerate the skin healing.

A 2017 study that had two girls that had traumatic burn injuries. The girl who received the topical treatment of essential oils had one extra hospitalization, but the girl who did not receive the essential oil treatment had two infections and four hospital acquired infections.

Use of Essential Oils following Traumatic Burn Injury: A Case Study  
Journal of Pediatric Nursing, January 14, 2017, Kathleen Jopke

# Did you know...

Drinking green tea can lower the risk of heart disease and some types of cancer.



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

## News from the I.V. Department

### IV therapy may also accelerate the healing of sunburn



- Glutathione, a powerful antioxidant with anti-aging and anti-inflammatory properties
- Vitamin C 25 g IV to boost the immune system and repair the skin
- B-Complex IV immune drip to improve the texture and moisture retention of the skin
- Magnesium 2 grams IV to calm redness

# CHIROPRACTIC

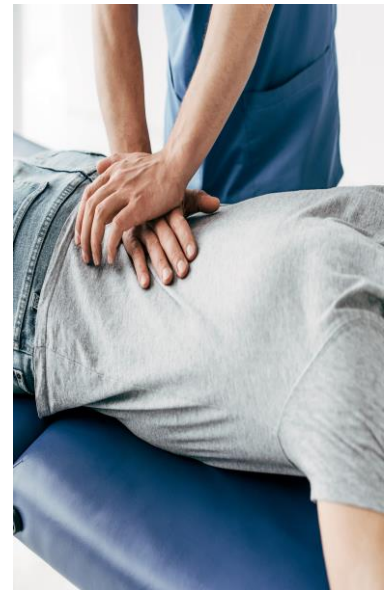
**Performed at Gerold Medical Wellness by Michael Steinhauser, D.C.  
& Martin Gallagher, D.C., M.D.**

## Chiropractic Adjustment

A chiropractic adjustment involves an application of controlled force to a joint in the spine in order to improve the motion of the spine and the overall physical function. During this procedure, a trained chiropractor will lay you in a position allowing them to work the affected areas.

With their hands, they will apply a quick and controlled force, pushing the joint out of its usual range of motion. Some patients hear a pop or crack at this point in the session. These sessions have been found to be very effective in treating lower back pain and neck pain, as well as other spine-related conditions and chronic headaches, without undergoing costly and complicated medical procedures or being tied to regular medication.

When is it a good time to go in for a chiropractic adjustment? Those suffering from chronic low back pain or neck pain or regular headaches with no definable cause can find relief and long-term well-being in a chiropractic adjustment.



## Spinal Decompression

Spinal decompression therapy is a non-invasive treatment to ease pain or irritation. This treatment addresses pain in the spine when it's compressed, which stops blood flow to the affected area, which in turn slows the oxygen to the area and limits the nutrients. Spinal decompression involved making space between the vertebrae, letting the oxygen and nutrients flow unobstructed to the spine and easing general pain, specific pain, and even migraines.

Your chiropractor will work you through a quick stretch and release of the spine, helping to reshape and re-hydrate the discs of your back, relieving any pinched nerves. Undergoing a series of decompression sessions creates a sort of vacuum effect within the discs, refreshing circulation and sending hydration to the area, and pushing it into a healthy shape.

What causes spinal compression? An injury to the back, a life of poor posture, or other health conditions can lead to damage in the discs, making them unable to cushion the spine and leading to severe and debilitating pain.

## Choosing the Best Option for You

Spinal decompression therapy makes the better choice for certain patients. Those who have tried

chiropractic care before, or undergone physical therapy for a long-lasting pain, had an epidural in the past, or had surgery or surgeries on their back without success. If an MRI shows herniated discs that are leading to nerve pressure, spinal decompression will likely be recommended by your chiropractor. Sciatica sufferers, or those with spinal stenosis, can benefit from this treatment. It's a safe and viable treatment option for those aged as young as 20 and as old as 90, but it not an option for those currently pregnant or for those with a mental implementation in their spines.

A chiropractic adjustment can be better for those newer to chiropractic therapy and can address a broad variety of complaints. Muscle, nerve, and joint pain can be addressed and alleviated with this type of therapy. Those suffering from high blood pressure, asthma, or at a high risk of a stroke should not receive an adjustment.

When deciding on the best benefits of chiropractic adjustment vs. spinal decompression, it's best to go in knowing the basic outline of the procedures and the differences. Contact your chiropractor today to get more information specific to you and to make an appointment at your earliest convenience.

[Adjustment vs Decompression | Fitness Chiropractic & Massage Therapy®](#)

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# Dr. Gallagher's Custom Formulas

## *Arthritis Formula*

### DESCRIPTION

Arthritis Formula, available exclusively from Professional Supplies, Inc., is a synergistic blend of vitamins, herbs and other nutrients designed to support joints and muscles.

### FUNCTIONS

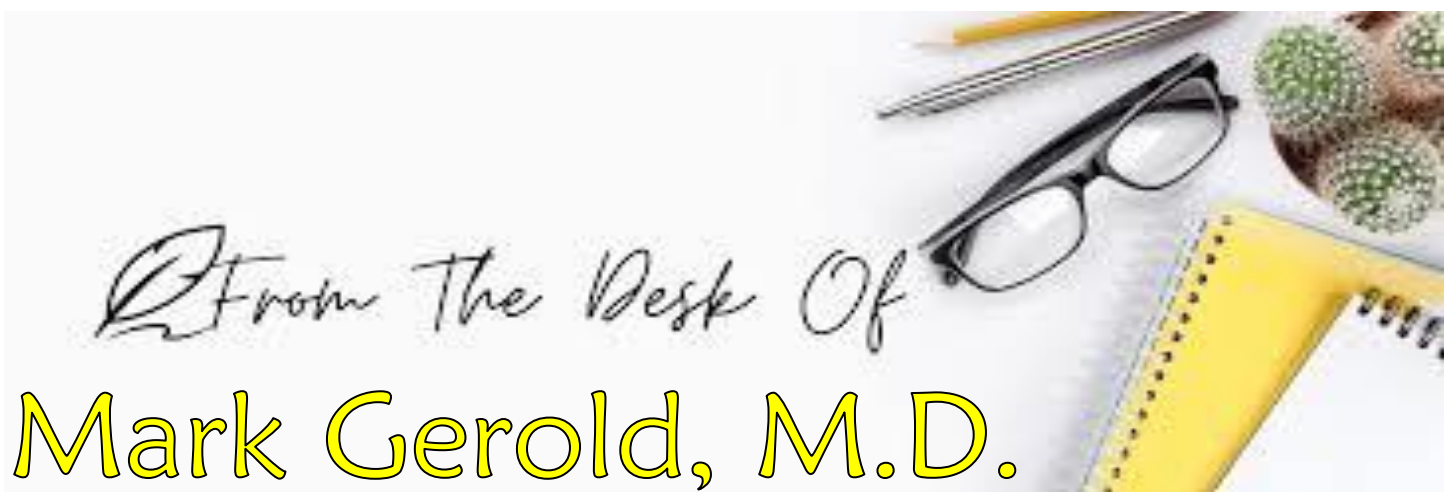
Arthritis is a disease of the joints, causing pain, swelling and inflammation. While there are many types of arthritis, one of the most common, osteoarthritis, afflicts many people as they get older. As joints age, degeneration of the cartilage and protective tissue can occur, causing pain and inflammation.

The ingredients in **Arthritis Formula** are designed to help the body maintain proper joint function and reduce inflammation in the body.

- **Vitamin C** is a powerful antioxidant that plays an essential role in the creation of collagen and glycosaminoglycans which are the building materials of all connective tissues, including skin, tendons, joint cartilage and bone.
- **Manganese** and **Copper** both plays essential roles in the creation of the antioxidant enzyme superoxide dismutase (SOD). SOD is a key antioxidant enzyme that destroys harmful free radicals. Both minerals also are essential for the creation of connective tissue.
- **Glucosamine** and **Chondroitin** are natural components of connective tissue that provide resiliency, load distribution, shock-absorbing, compressive and lubricating properties to aging and worn joints.
- Sulfur, the mineral found in **methylsulfonylmethane (MSM)**, is an indispensable element in human nutrition and is needed by the body for the structural integrity and function of almost every protein in the body, as well as playing crucial roles in joint and connective tissue function.
- **Astaxanthin**, a natural carotenoid, may play an important role in the moderation of inflammation. Human studies also have

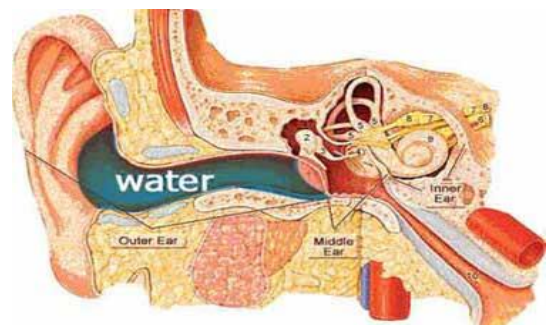
reported its usefulness in maintaining normal joint and connective tissue structure and function.

- **Hyaluronic acid** forms large, bulky molecular chains that allow joints to move smoothly and provides a cushion between aging joints.
- Resveratrol, from **Polygonum cuspidatum**, can help positively modify the body's inflammation process, playing a major role in joint health.
- Preparations of the **Boswellia** plant have been used in traditional Indian medicine for joint health for hundreds of years, with its usefulness attributed to helping reduce inflammation in the body.
- Curcumin is the yellow pigment contained in **turmeric** (*Curcuma longa*), a popular culinary spice from India. In addition to imparting a characteristic color and flavor to foods, curcumin has potent antioxidant properties and beneficial action on joint health.
- The tubers of **Devil's Claw** are rich in iridoid glycosides, in particular harpagosides. The harpagosides benefit connective tissue metabolism by supporting natural immune response to inflammation
- **Bromelain** is obtained from the lower stems of the pineapple plant. It is a combination of enzymes that have shown to support healthy inflammatory response. Its enzymatic activity may reduce the discomfort associated with injuries and aging joints.
- **Boron** is a trace element which influences calcium and magnesium metabolism and plays crucial roles in bone and joint health.



### Natural Swimmer's Ear Remedies

Swimmer's ear (otitis externa) occurs when dirt or sand or water gets trapped in the ear canal. When this happens, ear canal feels full, itchy and painful. The ear pain worsens with chewing or ear pulling. One can prevent swimmer's ear by making sure ears are dry after swimming or showering. Tilt your head or shake head back and forth to remove all the water. Running a hairdryer 5 inches from ear can accelerate to dry the ear canal. One can also make a 1:1 recipe of alcohol to vinegar and place 3-4 drops into each ear after swimming to prevent swimmer's ear from forming. Do not use cotton swabs, but if one wears ear plugs, this can prevent the ear canal from getting wet. One can use a swimmer's cap to block water flow, but it frequently opens up the ear canal as one is swimming. If you do experience this condition, stopping processed foods, and food allergens such as dairy gluten shrimp and peanuts can help matters. Eating veggies fish and healthy oils can help decrease the duration of this condition. Increase consumption of colostrum, garlic, turmeric, elderberry, resveratrol, omega-3 via foods and or supplementations.



**Supplements at Medical Wellness that heal infections are as follows:**

Super Critical EPA 2 cap am and pm or Super Critical DHA 2 cap am and pm

Super Zinc Picolinate 1 cap am and pm

Super C crystals 1 cap am and pm

Super D3 5000 1 cap am and pm

Multi Probiotic 1 cap am and pm

**With pain, there is anxiety, and Magnesium may help reduce anxiety.**

Magnesium Glycinate 1 cap am and pm

**There are natural approaches to concurrent supplementation treatment.**

**Garlic:**

Grate the onion and let the sieve drip into a bowl from lamb's wool cloth. Place 2 drops of it into ear canal every 12 hrs.

2 cloves of garlic chopped and ¼ cup of extra virgin organic non GMO oil. Simmer it for 3 minutes on oven and then strain it into dropper and cool. Do not put hot oil into ear. Place drops into affected ear canal every 12 hrs.

**Coconut oil:**

Place 3-5 drops into ear canal and rub gently along the canal.

**Apple Cider Vinegar:**

1 or 2 drops into ear and wait 5-15 minutes and repeat as needed when pain occurs.

**If it hurts, then wash ear canal out and dilute 1 drop of the apple cider vinegar and 1 drop of water to dilute the contents and repeat 1-2 drops into ear canal and wait 15 minutes.**

**Alcohol/Vinegar:**

Mix 1:1 ratio of alcohol to apple cider vinegar and apply 2 drops into affected ear and repeat twice a day. Keep in drops for 5 minutes and let drain after that or longer if no pain is worsened.

Surface tension is a concept that causes water to stick to the ear drum and ear canal. Alcohol in the above combination eliminates the surface tensions and allows the water to drain out and prevent an infection from occurring.

**Olive oil:**

5 drops to affected ear every 8 hours

(One may add garlic oil, calendula oil, lavender and vitamin e to the olive oil to accelerate its antimicrobial properties)

**Colloidal Silver drops from Medical Wellness**

3 drops every 12 hours as needed

**Medical Wellness Ozone infused olive oil**

3 drops to affected ear every 8 hours

**Tea tree essential oil with helichrysum essential oil:**

Place 1 drop of each into 1 tsp of carrier oil such as olive oil, almond oil and or coconut oil. Apply the mixture onto a cotton ball and apply to ear if permitted. Repeat daily.

**Onion Juice:**

Grate onion and then place in lamb's wool to sieve into a bowel. Then take 2 drops and place into ear canal for 5-10 minutes. Quercetin is highly concentrated flavonoid in onion that has anti-bacterial properties.

**Ozone Insufflation into ear canal daily for 4 days at 5 minutes duration at Medical Wellness**

**Chiropractic adjustments at C1-C2 has been shown to reduce ear pain in case studies.**

**Donald Murphy, Journal of Canadian Chiropractic Association. 2011 Mar; 55(1):40-46**

**Intravenous therapy via high dose vitamin C daily for 3 days may help boost the immune system to fight off the ear infection.**

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## Ozone Therapy

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

### **What is COLONOZONE & Rectal Ozone Insufflation?**

This is one of the earliest forms of application in ozone therapy (Aubourg 1936). Based on animal investigations and a comprehensive proctologic study (Knoch et al. 1987), rectal insufflation with an O3/O2 gas mixture is increasingly being used as a systemic therapeutic form, and is already being viewed as an alternative to **Major Autohemotherapy (MAH)**; it is the method of choice in pediatrics.

COLONOZONE Therapy is a combination of Colon Hydrotherapy followed by Rectal Ozone Insufflation with or without Implants (hi dose probiotics).

Rectal Ozone Insufflation is Insufflation of the ozone gas without a colonic beforehand.

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

- Anal fistula and Fissures
- Candidiasis
- Chronic Constipation
- Immunomodulation (complementary method in oncology)
- Hepatitis B and C
- Irritable Bowel Syndrome (IBS)
- Parasitic Infections
- Proctitis
- SIBO
- Ulcerative Colitis & Chron's Disease
- Unexplained Diarrhea



## How does the Ozone therapy treat Systemic Problems?

The Ozone gas is absorbed through the rectal veins and diffuses through the soft tissues of the lower colon. The ozone is taken up through the veins and transported to the liver and gradually to the entire circulation.

## Is COLONOZONE or Rectal ozone painful?

The application is painless, simple, and practically free of adverse reactions when dosages are strictly adhered to. Rectal insufflation is scientifically founded and is highly recommended. Rectal O3 insufflation is being increasingly used in pediatrics, sports medicine, geriatrics, and as a complementary method in oncology.

## Who performs the COLONOZONE Therapy?

Certified staff colon hydrotherapy nurses with additional training in ozone therapy and supervised by the medical staff.

## How many treatments will I need and at what frequency?

The number and frequency varies with the severity of your condition, age, and your overall health status. The frequency can be as often as daily to several times per week. Following a series of 12 treatments, the staff physicians will reassess your condition.

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## Apple-Raspberry Crisp

### Ingredients

- 8 medium sweet apples, such as Gala or Fuji, chopped (48 ounces)
- 1 pound frozen raspberries, thawed (4 cups)
- 2 cups oat flour (see tip, above)
- 2 cups rolled oats
- ½ cup pure maple syrup
- ¼ cup almond butter
- 2 teaspoons baking powder
- ¼ teaspoon sea salt



### Instructions

1. Preheat the oven to 425°F.
2. In a skillet over medium heat, cook chopped apples, stirring occasionally, until they begin to soften, 5 to 7 minutes. Add a bit of water if needed to keep apples from sticking. Transfer apples to an 11-inch square or 13x9-inch rectangular baking dish; top with raspberries.
3. In a bowl, combine oat flour, rolled oats, maple syrup, almond butter, baking powder, and salt; rub in with fingertips until mixture comes together in small clumps. Spread the crumble over the fruit. Bake until golden brown, about 20 minutes.
4. Serve warm.