



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

INSIDE THIS ISSUE

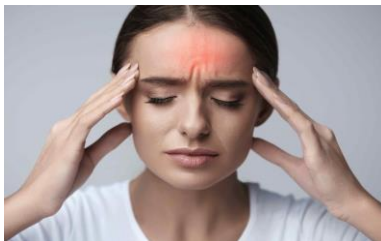
Acu-News	1
Did You Know	1
Listen to Dr Gerold on Radio	2
News from IV Dept	2
Organic vs. Non-Organic	2
Chiropractic	3
Dr Gallagher's Custom formulas	3-4
From the Desk of...	4-6
Ozone Therapy	6-7
Avocado Tuna Salad Recipe	7
The Magical/Mysterious Thyroid	8
Announcement	9

ACU-News

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

Helps Reduce Headaches and Migraines

In 2009, after researchers from the Center for Complementary Medicine at the University of Munich reviewed over 11 studies



involving 2,137 acupuncture patients, they concluded that acupuncture “could be a valuable non-pharmacological tool in patients with frequent chronic tension-type headaches.”

The review looked at multiple clinical trials comparing the effects of acupuncture sessions to “sham” (placebo-type of acupuncture) sessions and to receiving no treatment at all for the relief of migraine headache pain. In particular, both the group that had needles randomly placed and the group that had strategically placed needles experienced a reduction in headache symptoms. The control group did not experience any change.

However, in the follow-up survey, the group that had the real acupuncture treatment continued to have both a decrease in the number of headache days and headache pain intensity.

Did you know...

Eating dark chocolate can reduce stress and improve brain function.



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

Recorded Podcasts are available at medicalwellnessassociates.com under learn

News from the I.V. Department

Allergy/Asthma IV

IV Nutritional Therapy used for asthma, COPD, pneumonia, respiratory infections and allergies. IV nutrients include vitamin C, magnesium, pyridoxine, etc.



Organic or not Organic?

I did an experiment of eating. I purchased a bag of organic pistachios from Medical Wellness, and I purchased a bag of nonorganic pistachios from a local market. I ate an equal serving of both. After the nonorganic pistachios, I felt that I was not satiated, and the smell of the pistachios was bland. However, when I ate the organic pistachios from Medical Wellness, I ate a smaller portion, and the organic pistachios tasted fuller and the texture was more such that I salivated more when I consumed them. I have tried this experiment with other foods too. I reach the same result that organic is better for us. I realize that the cost of organic items is more expensive, and if it is cost prohibitive, start with perhaps one or two items on your shopping list and build to a fuller organic list as time progresses. When it is organic, one is not consuming pesticides such as glyphosates. Glyphosates have been known to cause cancer, affect the microbiome negatively, inhibit appropriate absorption of nutrients, and decrease appropriate neurotransmitters to name just a few reasons.

A study of 68,946 clients between 2009 and 2016 were evaluated as to what they ate. A higher frequency of organic food consumptions was associated with a reduced risk of cancer. Individuals who ate the most organic had a 25 percent lower risk of cancer diagnosis. I personally think that this number is too low. It did not distinguish between partial or full consumption of organic foods. It is true that those that eat organic have a tendency to be more physically active, more self-educated on nutrition, less likely to smoke and are disciplined to follow a whole food not processed nutrition plan.

Julia Baudry, Association of Frequency of Organic Food Consumptions with Cancer Risk, JAMA Internal Medicine, Dec 2018, Vol 178(12):1597-1606

CHIROPRACTIC

Performed at Gerold Medical Wellness by James Millen, D.C.
& Martin Gallagher, D.C., M.D.

Chiropractic care for pain relief

Spinal manipulation primary therapy, but treatment options are expanding.

Chiropractic is a system of therapy focused on the structure of the body, particularly the spine. Chiropractors manipulate the body's alignment to relieve pain and improve function and to help the body heal itself.



While the mainstay of chiropractic is spinal manipulation, chiropractic care may also include other treatments, including manual or manipulative therapies, postural and exercise education, and ergonomic training (how to walk, sit, and stand to limit back strain). Chiropractors today often work in conjunction with primary care doctors, pain experts, and surgeons to treat patients with pain.

The most positive research on chiropractic therapy has focused on spinal manipulation for low back pain. As one of the alternatives to pain-relieving drugs, the American College of Physicians low back pain guideline recommends spinal manipulation along with heat, massage, and acupuncture.

Chiropractic treatment may also help people with other musculoskeletal-related pains.

There have been reports of serious complications, including stroke, following spinal manipulation of the neck, although this is very rare.

"Spinal manipulation" is a generic term used for any kind of therapeutic movement of the spine. Most often it involves the application of quick but strong pressure on a joint between two vertebrae of the spine.

In addition to spinal manipulation, a chiropractor may advise you about changing your biomechanics and posture and suggest other treatments and techniques. The ultimate goal of chiropractic is to help relieve pain and help patients better manage their condition at home.

Dr. Gallagher's Custom Formulas

ALLERZYME

DESCRIPTION

Allerzyme, exclusively available from Professional Supplies, Inc., is a combination of powerful enzymes that helps break down food and counteract inflammation. Bromelain and Papain, two of its components, "digest" offending proteins that enter the body and trigger allergic reactions.

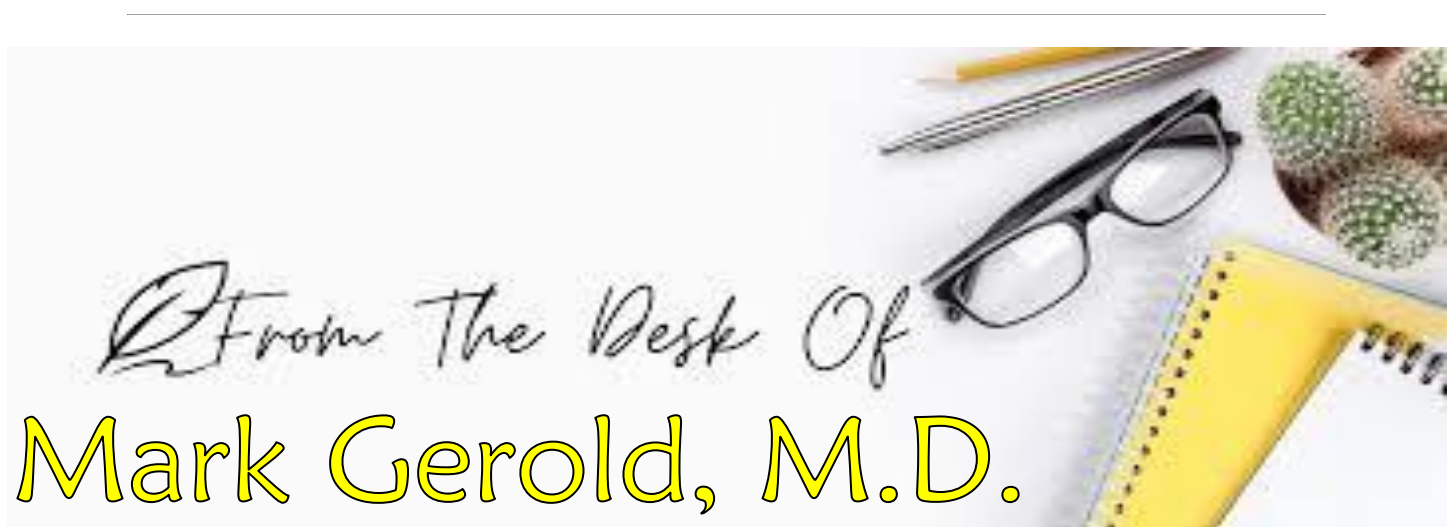
FUNCTIONS

The pancreas is a digestive organ located just below the stomach. Its primary job is to produce enzymes required for the digestion and absorption of food. Each day the pancreas secretes 1.5 quarts of pancreatic juice into the small intestine. These enzymes break down food by breaking the chemical bonds that hold food molecules together.

Allerzyme is used for impaired digestion due to either pancreatic insufficiency or a disease like cystic fibrosis. Digestive impairment, especially if it is caused by low hydrochloric acid (HCL) and pancreatic enzyme production, will often trigger allergic sinusitis and cause the immune system to work overtime. Improper digestion permits incompletely digested food proteins to enter the bloodstream where they are perceived by the body to be foreign invaders and become targets of antibody counterattacks.

Allerzyme is helpful in cases of incomplete digestion of proteins that can lead to other problems in the body, including the development of allergies and the formation of toxic substances produced during the breakdown of protein material by bacteria.

Each Allerzyme ingredient has a specific role. Protease breaks down protein molecules into single amino acids that are a critical to proper protein digestion. Amylase is helpful in the breakdown of starch molecules into smaller sugars. Lipase functions along with bile in the digestion of fats. Trypsin, a supplemental pancreatic enzyme, aids in digestion. This in turn reduces stress on the pancreas and allows the body to redirect energy to other areas. Bromelain, an anti-inflammatory and anti-pain agent, strengthens the blood cells and Papain is an anti-inflammatory enzyme.



Home Remedies for Bronchitis

Some natural remedies may help soothe the symptoms of bronchitis

1. Ginger

Some researchers have found evidence-[Trusted Source](#) that ginger can have an anti-inflammatory effect against respiratory infection.

You can take ginger in several ways:

- Chew dried, crystallized ginger.
- Use fresh ginger to make tea.
- Eat it raw or add it to food.
- Take it in capsule form as directed.

It's safest to use ginger in a natural form rather than in capsules or supplements. You may be sensitive to ginger, so take it in small amounts if you're not used to it. Eating occasional ginger is safe for everyone, but do not take ginger as a supplement or medication if you:

- are pregnant or breastfeeding
- have diabetes
- have heart problems
- have any type of blood disorder

2. Garlic

Garlic is believed to have a number of healing properties. Results of a 2016 study-Trusted Source show that garlic effectively inhibited the growth of infectious bronchitis virus. This finding suggests garlic can be used as a natural remedy for bronchitis.

Fresh garlic is best, but if you dislike the taste, you can get it in capsule form, too.

Use garlic with caution if you have a bleeding disorder. Always take it in small amounts to make sure it doesn't upset your stomach.

3. Turmeric

Turmeric is a spice that comes from the root of *Curcuma longa*.

A 2018 study found that turmeric has a number of properties that could make it useful in fighting bronchitis. Among these are antiviral, antibacterial, and anti-inflammatory effects.

Turmeric also increases antioxidant activity, meaning that it may help reduce irritation and boost your immunity.

To take turmeric:

- Add fresh turmeric to salads or use it to make pickles.
- Mix 1/2 teaspoon of powdered turmeric with 1 teaspoon of honey to make a paste. Consume the paste 1 to 3 times per day while symptoms last.
- Take turmeric in capsule form as directed.
- Use powdered or fresh turmeric to make tea.

Using turmeric as a spice in food is usually safe unless you are sensitive to it. Do not use turmeric as a medication if you have:

- stomach issues
- gallbladder issues
- bleeding or blood disorders
- hormone-sensitive conditions
- iron deficiency

If you're pregnant or nursing, don't take turmeric in large amounts.

4. Steam

A steam inhalation can help break up mucus so you can expel it more easily.

The easiest way to use steam is in the bath or shower. Make your shower as hot as you can handle, step in, then breathe deeply through your mouth and nose.

The hot water will also help relax muscles that may be tense from coughing. You can also visit a steam room at a gym or spa, if one's available and you have enough energy. It's best not to soak in a hot bath if you feel ill or short of breath.

Another steam option involves putting hot water in a bowl, covering your head with a towel, and inhaling the steam.

Some people add a mentholated vapor rub to the hot water to help with moving mucus.

Caution

Be careful to not make the water too hot when using the bowl and towel method, as the steam may burn your airways. Do not stay over the hot water for more than 1 or 2 minutes at a time, and don't continue to heat the water.

5. Saltwater

Gargling saltwater may help break up mucus and reduce pain in your throat.

Dissolve 1 teaspoon of salt into a glass of warm water. Sip small amounts of salt water and gargle at the back of your throat. Do not swallow the water. Instead, spit it out in the sink. Repeat as often as you like.

Afterward, you may want to rinse your mouth with plain water.

6. Sleep

Getting plenty of sleep will allow your body to rest and recover.

It may be difficult to sleep soundly while fighting a cough, but you can take care to avoid any unnecessary activity.



It is during the deep stages of sleep that you repair and enhance immune function so your body can better fight the inflammation.

7. Lifestyle changes

A healthy lifestyle goes hand in hand with the prevention of illnesses. It can help you recover faster when you're sick, too. A minor illness may even be your body's way of telling you to slow down and take it easy.

The following changes may help improve your recovery and reduce your risk of getting sick in the future:

- Quit smoking if you smoke and avoid places where you may inhale secondhand smoke.
- Avoid visiting places where pollution is high.
- Wear a surgical mask if you're exposed to pollution.
- Boost your immunity with a healthy diet.
- Get at least 150 minutes-[Trusted Source](#) of exercise per week.
- Wash your hands frequently to prevent the spread of infection.
- Use a humidifier and clean it regularly, following the manufacturer's guidelines.

8. Honey and lemons

A range of herbal treatments can help soothe dry coughs and sore throats.

Honey and lemon are popular remedies, either alone or in teas. Honey may help reduce-[Trusted Source](#) the duration of a cough due to its antimicrobial properties. However, more research is needed.

9. Pineapple

Pineapple juice contains bromelain, which has anti-inflammatory properties. The bromelain in pineapple may help break up and expel mucus due to bronchitis and other respiratory infections.

10. Thyme

Thyme is a herb that appears to have-[Trusted Source](#) anti-inflammatory, antioxidant, antimicrobial, and antiseptic properties.

In 2021, 730 people joined a study to look at the effect of a preparation containing essences of thyme and ivy. Of these, 87% of participants experienced clinically significant improvements in their cough symptoms, and 90% saw significant improvements in their quality of life.

You can look for over-the-counter (OTC) syrups containing thyme or use it to make an infusion.

Ozone Therapy

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

Ozonotherapy

Intravenous ozone therapy treatment consists of the use of medical grade oxygen and ozone gases safely injected into the vein. Ozone gas is a trivalent oxygen molecule lacking an electron. The extra "O" in the ozone molecule acts like a glue to "steal" an electron from anything in the body that cannot defend itself, including viruses, bacteria, fungus, yeast and molds. Healthy cells, which contain antioxidants, are not impacted, but all pathogens are destroyed.

Ozonotherapy is the basis of a type of therapy that's been used to help fight "incurable" diseases throughout the world. Administered intravenously (I.V.), this method was first used by doctors in France in 1951. Widely used in Europe, ozonotherapy was introduced into the United States in the early 1980's.

With anti-aging effects, ozonotherapy has been found useful in various diseases because it:

- Activates and boosts the immune system in infectious diseases. For those with auto-immune disorders, ozone will modulate the immune system to help to stop it from attacking healthy human cells.

- Improves the cellular utilization of oxygen that reduces ischemia in cardiovascular diseases, and in many of the infirmities of aging.
- Increases energy production in your cells.
- Causes the release of growth factors that stimulate damaged joints and degenerative discs to regenerate.
- Can dramatically reduce or even eliminate many cases of chronic pain through its action on pain receptors.
- Chelates metals from the body, such as lead, mercury, aluminum, arsenic, and so forth, by extracting them from blood, cells and nerve tissue.
- Makes red blood cells flow with less viscosity and become more flexible to flow through narrowed or clogged arteries.
- Reduces the level of acidity of your body.
- Increases the activity of your "anti-oxidant enzyme systems".
- Kills bacteria, viruses (and virtually all other disease-causing organisms) on contact.
- Has demonstrated its healing effects on interstitial cystitis, chronic hepatitis, herpes infections, dental infections, diabetes, and macular degeneration--as documented through published papers.

For more information, visit [The American Academy of Ozonotherapy](#) and [Oxygen Healing Therapies](#) websites.

Avocado-Tuna Salad Recipe

Ingredients

1 avocado

5 ounces (1 can) tuna

2 tablespoons SO-Delicious Coconut yogurt

1 Tablespoon chopped red onion

Lemon Juice

Salt and Pepper to taste



Instructions

1. Cut the avocado in half and scoop the middle of both avocado halves into a bowl, leaving about half of the avocado flesh.
2. Add avocado, coconut yogurt, onion, and lemon juice to a bowl and mash together. Add tuna, salt and pepper, and mix to combine.

Fill avocado shells with tuna salad and serve.

THE MAGICAL AND MYSTERIOUS THYROID AND ITS NEEDS

Hypothyroid is a very common condition that is linked to so many other conditions.

TSH(Thyroid Stimulating Hormone) is produced from the pituitary, a gland in the brain. The TSH then stimulates the thyroid to produce T4(Thyroxine). Thyroxine(T4) migrates to individual cells, and it is here where it is converted to T3(active thyroxine). T3 acts at the nuclear receptor in the DNA to optimize metabolism.

Hypothyroid can present with such symptoms as fatigue, weight gain, hair loss, dry skin, elevated cholesterol, and constipation. TSH needs appropriate protein and fat, but it also needs magnesium, vitamin B12 and zinc to be produced. T4 needs iodine, and 4 molecules of iodine for one t4 is needed. Vitamin B2 and Vitamin C are needed to produce T4 also. For T4 to be converted to T3, one needs selenium. If we do not have it, T4 cannot be converted to T3. This is very important because practitioner need to test for reverse T3 (RT3). RT3 increases if selenium is not present and or one has the other deficiencies. Even if T3 is normal, it does not mean all is well. Vitamin A and D are needed for the T3 to activate the nuclear receptor to activate metabolism.

In the end, our thyroid needs 10 nutrients to optimize its function. One can either take thyroid supplements such as Armour thyroid and also one can also take neutraceuticals that allow the thyroid to function optimally.



Gerold Medical Wellness has several products which optimize thyroid and these include:

Multi Factors	1-3 tab daily
Thyroid Support Complex	2 tabs every 12 hrs
Iodoral	1 tab daily
Phyto Green Caps	3 tab every 12 hrs
Super Liver Detox	2 tab every 12 hrs



Welcome to the Practice!

James S. Millen, DC

Dear patients and friends,

We are pleased to announce that James Millen, DC has joined Gerold Medical Wellness and Mark Gerold, MD, as an associate physician.

Dr. James S. Millen graduated Cum Laude from Palmer College of Chiropractic, where he earned admission into the National Chiropractic Honors Society, and received his Doctor of Chiropractic degree in 2000. Dr. Millen is certified in Chiropractic Adjunctive Procedures and is a member of the American Chiropractic Registry of Radiologic Technologists (ACRRT). He has been practicing Chiropractic for over 20 years, and has successfully treated thousands of patients, with a specialization in corrective care techniques which reduce reinjury while promoting permanent patient improvement.

Dr. Millen and his wife of 20 years, have one daughter, and as a family enjoy travel, hiking, and cheering on all Pittsburgh sports teams.

Dr. Millen will be working closely with Dr. Gerold and the rest of the staff at GMW to help patients recover their health with an Integrative Medicine approach to wellness.

Please welcome James Millen, DC to our staff.

Thank you,

Mark Gerold, MD