



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.

Study Shows Acupuncture Can Reduce Methadone Dose, Opioid Craving

For individuals with opioid use disorder receiving methadone maintenance treatment (MMT), eight weeks of acupuncture is superior to sham acupuncture for reducing methadone dose and opioid craving, according to a study published online July 9 in the *Annals of Internal Medicine*.



Liming Lu, M.D., from the Guangzhou University of Chinese Medicine in China, and colleagues examined the efficacy of acupuncture versus sham acupuncture on methadone dose reduction in a multicenter, randomized controlled trial conducted in six MMT clinics in China.

Participants were aged 65 years or younger with opioid use disorder, had been using MMT for at least six weeks, and were randomly assigned to receive acupuncture or sham acupuncture three times per week for eight weeks (60 and 58 participants, respectively).

The researchers found that more patients reduced their methadone dose 20 percent or more with acupuncture than sham acupuncture at week eight (62 versus 29 percent). In addition, compared with sham acupuncture, acupuncture was more effective for reducing opioid craving, with a mean difference of -11.7 mm on the visual analog scale.

****This means that any craving may be helped with Acupuncture. Give it a try! Call the office for an appointment today!!**

Did you know...



The human nose can detect over one trillion different scents, which is more than previously thought.

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



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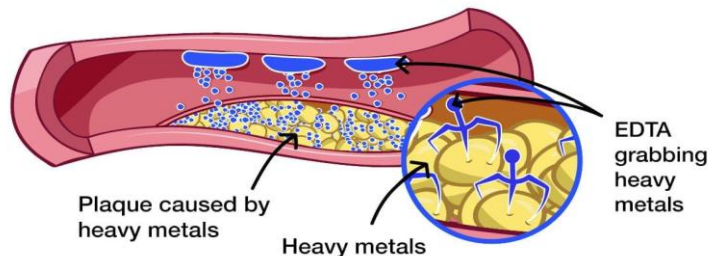
News from the I.V. Department

Chelation Therapy

IV nutritional therapy uses either Calcium EDTA or DiSodium EDTA to remove heavy metals, improve blood flow, and remove artery-damaging chemicals from the blood vessels. Some of the health conditions that may benefit from chelation therapy include:

- hypertension
- heart disease
- memory decline
- autism
- diabetic complications
- erections
- and many others

How EDTA works:



CHIROPRACTIC

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

4 Things Chiropractic Care Can Heal

Chiropractic care can help whether you are struggling with a long-term illness, or you are experiencing pain after an accident that will not go away. The good news is that chiropractic treatment can help with so many different ailments, which is why it is such a crucial type of treatment. Here are four things that your chiropractor can help you with.

1. Chiropractic Care Can Improve Motion

Perhaps you feel excessively stiff when you wake up in the morning, or you are no longer able to exercise in the way that you did before. This could be part of a deeper problem that you do not even know about. Luckily, chiropractic treatment can help our body's posture and flexibility, which results in improved motion.

2. Chiropractic Care Can Improve Your Immune System

Tired of getting the flu every winter? Feeling unwell is something that we accept as part of life, especially if it only happens one or two times a year. But did you know that a chiropractic treatment can help with your immune system? The treatment helps free up your immune system, which leaves it in a better position to protect your body from various viruses and bacteria.



3. Chiropractic Care Can Lower Your Blood Pressure

You may not even realize that you are suffering from higher than normal blood pressure. Many refer to hypertension as the silent killer, as it often comes with no symptoms. If you are worried about your health in general, you will be delighted to know that a chiropractic treatment is going to help immensely with your blood pressure issues. One chiropractic adjustment has the same positive impact on blood pressure as two blood-pressure lowering drugs.

4. Chiropractic Care Can Increase Mental Clarity

Whether you experience headaches, migraines, mental fog or dizziness, it may impact how you can think and live. Chiropractic adjustments can help clear your mind!

Dr. Gallagher's Custom Formulas

BROM-PAP

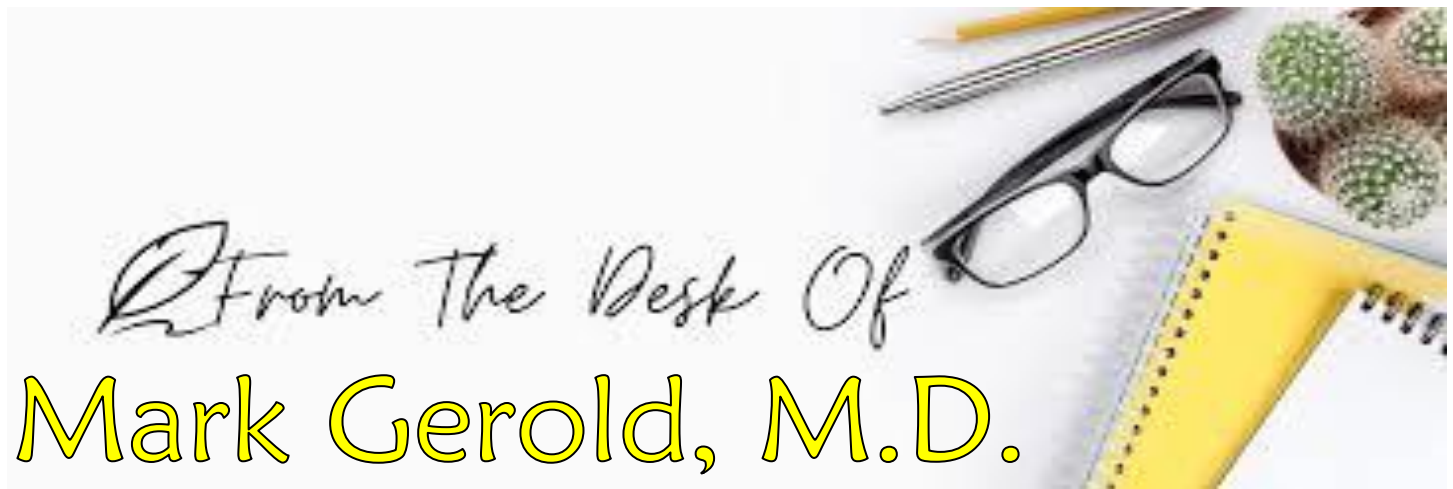
Bromelain and Papain are Papaya Enzymes. Bromelain is derived from the pineapple stem, while Papain is derived from the fruit of the papaya. Bromelain and Papain are useful for treating bronchial and pneumonia

symptoms. As Brom-Pap Capsules contain both Bromelain and Papain, when taken between meals, on an empty stomach, they exert an anti-inflammatory effect on swollen sinus or joint tissue.



In addition, Papaya Enzymes that are derived from the papaya fruit provide Protease activity if taken after eating. This activity is largely responsible for keeping the small intestine free from parasites (including yeast, protozoa, and intestinal worms). A lack of proteases greatly increases the risk of intestinal infection, including overgrowth of the yeast *Candida Albicans*.

Brom-Pap Capsules provide 12,000 USP units of Protease activity. If taken immediately after eating, Brom-Pap Capsules are an effective digestive aid.



[Antibiotics Harm the Lung during Viral Infections](#)

Gut bacteria are our first-line defense against pathogens such as viruses, yeast, food allergens, parasites and other irritants. There is a tendency in medicine to give antibiotics for upper respiratory infections. This is a flawed approach. More than 80-90 percent of upper respiratory infections are caused by viruses. Antibiotics are not needed for upper respiratory infections. Research shows that when mice with healthy bacteria in their gut are infected with the flu virus, they survive 80 percent of the time, but if antibiotics are given to the mice who were also infected with the flu virus, only 30 percent of them survived. Antibiotics destroy the flu fighting barrier in the gut. Many argue that mice and people are not the same. They are right. However, the MxA gene in humans is the same gene that is suppressed in mice called gene Mx1 when antibiotics exposure occurs. This is an antiviral gene. The gut activates it with viral exposure and when there are healthy bacteria in the gut. When virus exposure occurs, bacteria give a signal to the lung lining to create a resistance to stop the growth of the virus inside us. When the bacteria were transplanted back into the mice that were given antibiotics and had lost their flu resistance, the Mx1 gene activity was normalized and viral suppression was restored. If we are feeling that we are coming down with a viral syndrome, we need to be proactive and add more probiotics and other supplements to allow the signal to maximize our protection.

[Request Our Viral Protocol Today! 1-800-834-4325 or 724-523-5505](#)

Konrad C. Bradley, Katja Finsterbusch, Daniel Schnepf, Stefania Crotta, Miriam Llorian, Sophia Davidson, Serge Y. Fuchs, Peter Staeheli, Andreas Wack. Microbiota-Driven Tonic Interferon Signals in Lung Stromal Cells Protect from Influenza Virus Infection. Cell Reports, 2019; 28 (1): 245

[Gerold Medical Wellness have supplements that can help:](#)

HMF probiotics 1 packet daily or

Mega-Probiotic 2 cap am and pm

Defense Factors 2 cap every 2 hours

C1000 1 every hour until bowel tolerance

Brom-Pap 2 every 2 hours

ACS spray 10 sprays every 8 hours

Fire Cider cough syrup 1 tablespoons as needed

Oscillocochinum 1 Vial every 4-6 hours.

[In office treatments may include:](#)

IV treatments of High Dose Vitamin C

Nebulizer with hydrogen peroxide and silver

ENT Ozone

Chiropractor Manipulation

Acupuncture



Ozone Therapy

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

What is a "Sweet Nasal"?

The Sweet Nasal is a non-drug, non-invasive procedure developed by John Lyftogt, MD of New Zealand, for the relief of:

- Headaches
- Sinus issues
- Migraines
- Facial pain
- Trigeminal neuralgia
- Dental pain
- Other related conditions



The area treated is the Sphenopalatine Ganglion (SPG), a group of nerve cells linked to the trigeminal nerve, which is primarily involved in headaches. The SPG, located behind the nose, is responsible for sensation (including pain) and plays a role in autonomic functions such as tearing and nasal congestion.

What is involved in the procedure?

The Sweet Nasal is an in-office procedure, lasting about 10 minutes.

1. You will lie comfortably on your back with your neck extended.
2. The MD will drip a non-toxic form of dextrose into each nostril.
3. You will hold it with your mouth open for 5 minutes.

Dextrose has a pain-modulating effect on nerves and the SPG.

What is the frequency of treatment?

The frequency depends on the severity of your condition and ranges from 1-2 treatments per week for up to 12 sessions.

What do I need to do before and after the procedure?

- Blow your nose before the procedure.
- Avoid all nasal sprays for 24 hours before and after the procedure.

What about side effects and complications?

There are minimal side effects. Other than nasal congestion or temporary irritation, no complications have been reported. Since no drugs are used, local irritation is the most common effect.

Winter Potato-Leek Soup

Ingredients

- 2 leeks (white parts only), cut into ¼-inch pieces (2 cups)
- ½ small onion, diced (½ cup)
- 6 cloves garlic, minced
- 6 medium potatoes (any variety), peeled and cut into ½-inch dice (2 lb.)
- 3½ to 4 cups vegetable broth
- 1 bay leaf
- 1 sprig thyme
- 1 cup unsweetened, unflavored plant-based milk
- 1 tablespoon white wine vinegar
- 1 tablespoon nutritional yeast
- Sea salt and freshly ground black pepper, to taste
- 1 tablespoon chopped fresh parsley
- ¼ cup roasted chestnuts, chopped



Instructions

1. In a large stock pot, cook leeks, onion, garlic, and ¼ cup of water over medium 10 minutes or until leeks and onion are tender, stirring frequently and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking.
 2. Add potatoes, 3½ cups broth, the bay leaf, and thyme to stock pot. Bring to boiling; then reduce heat. Simmer over medium 10 minutes, until potatoes are tender.
 3. Remove bay leaf and thyme. Add the milk, vinegar, and nutritional yeast. Using a hand blender, or carefully transferring soup to a blender in batches, blend to a creamy texture. Add additional stock to thin to desired consistency. Return soup to pot if necessary. Heat over medium until warmed through.
 4. Season with salt and pepper to taste. Garnish with parsley and chestnuts just before serving.
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Cooking and Oils

At some point in our lives, we started with some oil in a pan, and then we forgot about it, and it start to smoke. The fire alarm was set off. The smoke has harmful agents in it that are toxic to our bodies. If the color of the oil is changing color without the smoke that is also a sign that the phytonutrients are starting to degrade. It is key to pick a cooking oil that has a high smoke point. The smoke-point is the point when the oil starts to break down and cause oxidants that are harmful to our longevity. Walnut oil and olive oil will start to smoke at 325 degrees F, but other oils like Grapeseed oil or Avocado oil will smoke at 475 degrees or more. It is best to cook with Avocado oil or Walnut oil. Do not throw the extra virgin olive oil. It is very important. We can use it for vegetable dressings and/or for condiments. Be vigilant and hesitant of refined seed oils such as corn, soy, sunflower(safflower) oils because when heated they produce HNE which is a free radical. These are agents that accelerate our aging. Please do not reuse the oils. I realize that restaurants frequently do this, but they are allowing the HNE compound to be produced in higher quantity. This spells bad news for our detox system. It then has to work overtime to clear our body of this harmful agent. The more time that an oil sits increases its chance to go rancid. It is better to have olive oil and or coconut oil on hand because they have lower amounts of polyunsaturated fats. It is fine to store these types of oils in a cool place like your pantry.

For high-heat cooking, pick oils that have a high smoke point and low polyunsaturated fats. These include ghee, coconut oil, and/or avocado oil.

For medium-heat cooking such as sauté, stewing, baking, any of the above would also work fine.

No heat cooking, I would recommend extra virgin olive oil or Walnut oil.

