

NATURAL MEDICAL SOLUTIONS WELLNESS CENTER

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We at Natural Medical Solutions Wellness Center are focused on treating the root of health issues within a person. We use various testing to come up with a treatment plan for the individual because no one person is going to be like someone else. We handle various kinds of health issues such as diabetes, autoimmune disorders, allergy testing, and even complementary treatments to cancer therapies. Schedule an appointment with us today to get set up and on the road to recovery.

MEET THE PRACTITIONER

DR. GAIL RAVELLO



Dr. Gail Ravello has a Ph.D of Alternative and Integrative Medicine (Ph.D-IMD) from Quantum University and is board Certified by the American Naturopathic Medical Certification Board (ANMCB).

She is a highly skilled Naturopath Doctor with over 29 years of experience in healthcare, working in both private practice and hospital outpatient care.

Gail is an active member of The American Academy of Anti-Aging Medicine (A4M), Certified Natural Health Professionals (CNHP), and the Institute of Women's Health and Integrative Medicine.

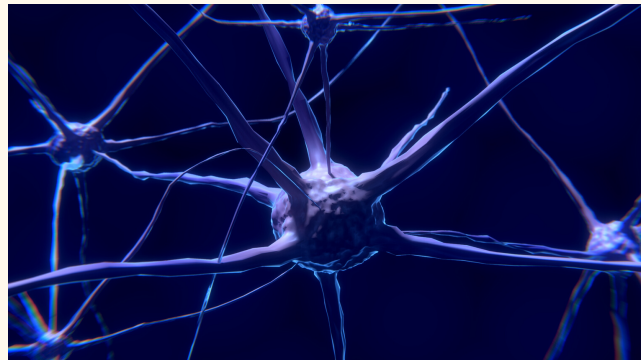


December 12th, 2019

Services we offer



- **Adrenal**
- **Food allergies**
- **Environmental allergies**
- **Autoimmune disorders**
- **Brain**
- **Diabetes**
- **Digestive health**
- **Disease prevention**
- **Heart health**
- **Heavy metals**
- **Hormones**
- **Nutrition and weight loss**
- **Thyroid**
- **Thermography**



- **Acupressure**
- **Colon hydrotherapy**
- **Craniosacral therapy**
- **Detoxification**
- **Homeopathic medicine**
- **Hyperbaric oxygen therapy**
- **Infrared therapy**
- **Integrative cancer treatments**
- **Integrative cardiology**
- **Mineral treatments**
- **Pain management**
- **Pediatric health care**
- **Physical medicine**
- **Therapeutic massage**
- **Women's integrative health**

Therapy of the week:

Hyperbaric Oxygen Therapy

Hyperbaric oxygen therapy is used in a variety of situations that require your body to be exposed to 100% pure oxygen. The chamber can either be an entire room or a tube within a room that the patient lays down in.

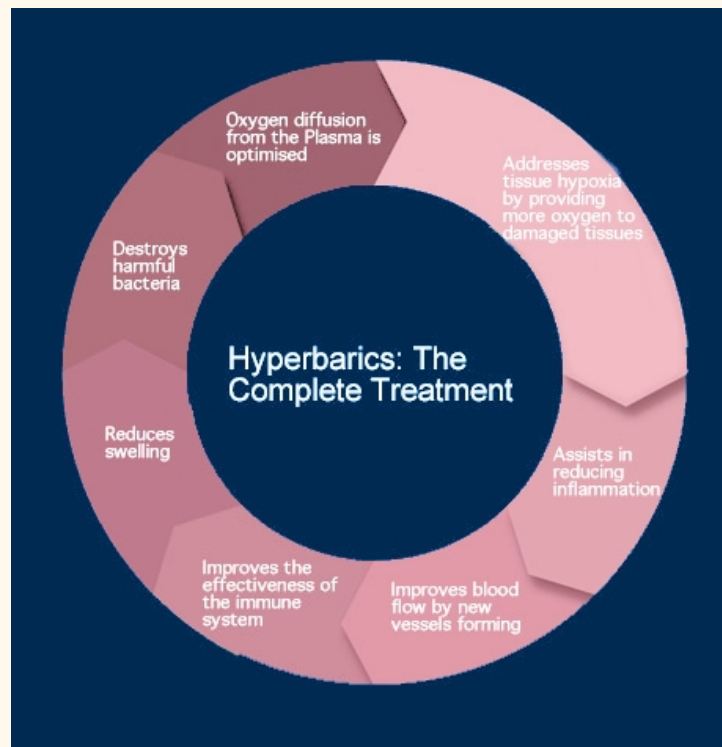
Hyperbaric oxygen chambers pressurize the air to **3** times the normal air pressure. This allows your lungs to breathe in more oxygen than your normally would be able to in a normal situation.



When your body is exposed to more oxygen, your blood can distribute it better around your body and fight infections, kill bacteria, and promote healing. Hyperbaric oxygen therapy can help a variety of situations and help your own body heal itself.

Hyperbaric oxygen therapy is used in our office to treat:

- Serious infections
- Air in the blood vessels
- Wounds that are not healing



Other uses of the hyperbaric chamber as recommended by the FDA:

- Air embolism
- Carbon monoxide poisoning
- Radiation injury, such as from cancer treatments
- Skin grafts
- Sinus infections

Contact Natural Medical Solutions to set up your consultation to determine if this kind of therapy is right for you.

(770) 674- 6311

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Allergens and their symptoms

Allergens can exist in many forms and you can come in contact with them in a variety of ways. Skin contact can come from poisonous plants, animal scratches, pollen, or latex. Injections typically happen from bee stings or other insects. You may ingest medication or food such as peanuts, shellfish, or milk. Inhalation can occur from pollen, dust, mold or mildew, and animal dander. It is important to note what you have been exposed to if you begin to experience symptoms. The following are symptoms of an allergic reaction if you have been exposed to:

Food

- Face swelling
- Hives
- Anaphylaxis

Drugs

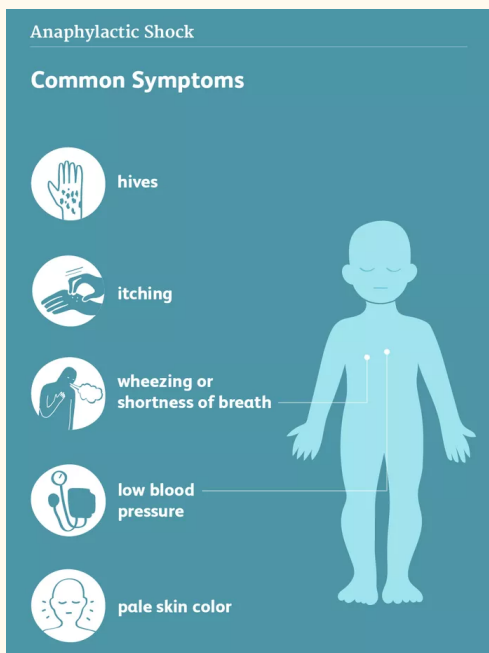
- Hives
- Rash
- Wheezing

Insect bites/stings

- Swelling at site
- Itching
- Hives
- Wheezing

When someone is having an allergic reaction, it can become so severe that it becomes what we know as anaphylactic shock. This reaction can be life threatening if not taken care of right away. It is important to treat the symptoms because the chances of them going away on their own is slim. Medical treatment is someone's best option when it comes to help.

Anaphylaxis symptoms



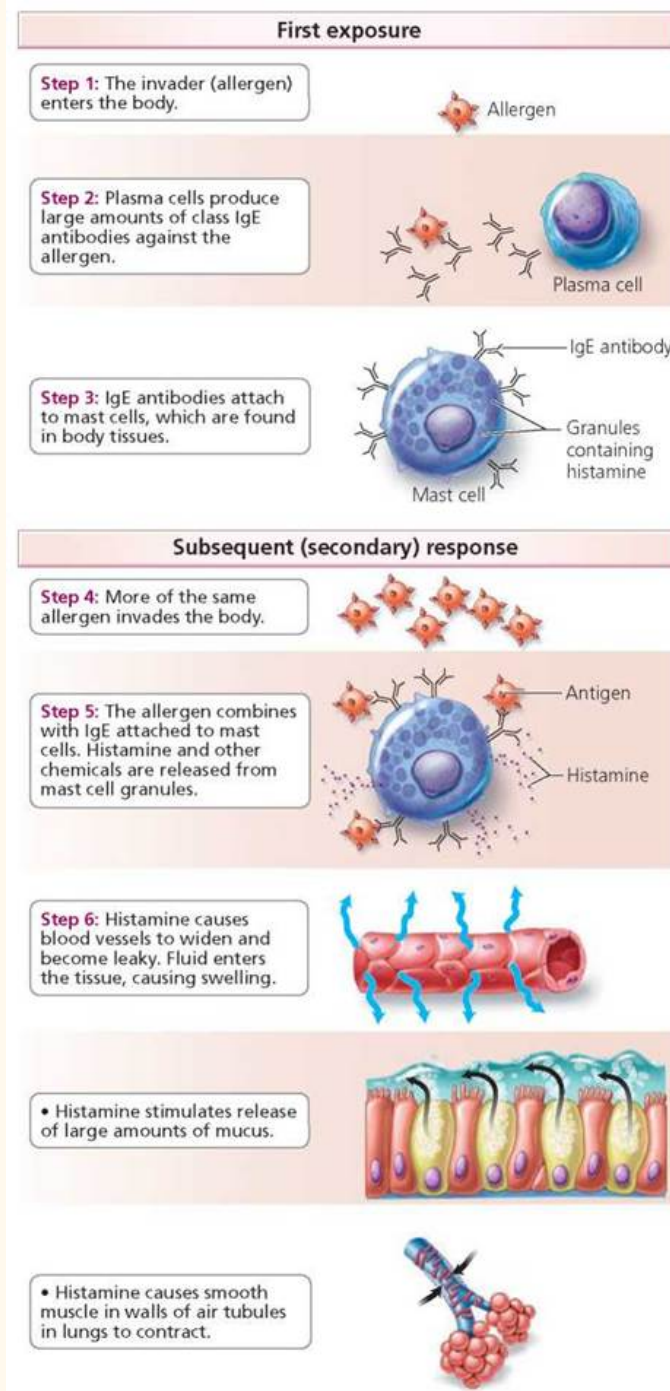
- Rash
- Weak pulse
- Nausea/vomiting
- Throat/face swelling
- Loss of consciousness
- Decreased blood pressure
- Shortness of breath
- Dizziness
- Anxiety
- Pale color in skin
- Weakness
- Unconsciousness

Anaphylaxis is treated by using an EpiPen if the person owns one and going to the emergency room for monitoring and/or treatment. It is important to seek medical help in order to prevent any further complications and they can prescribe more treatment if necessary.

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How allergic reactions happen

An allergic reaction ensues when mast cells release histamines after your body has been exposed to an allergen the first time.



The first stage in this process is sensitization.

When your body is first exposed to an allergen, the B cells make antibodies in order to combat the allergens because they are a foreign substance. Your body is now sensitized to this allergen and will either have an allergic reaction or not react to it.

The second stage is an allergic reaction.

The next time your body is exposed to the allergen, it binds to the antibodies on the mast cells. Histamines are then released from the mast cell and causes allergic symptoms,

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