



Pain Relief Naturally

Natural Health Center

n Nitschke, DC • Nichole Nitschke, LPCC • Tracy Harrison, CNHP
421 West Main Street
Woodville, Ohio 43469

Telephone: **Woodville:** 419-849-2414 • **Fremont:** 419-332-7666
Email: drlhn@woodville.net • **Website:** www.naturalhealthohio.com

Our Mission Statement:

To assist everyone & anyone desiring optimum health through natural and alternative health care, to avoid the negative side-effects of drug prescriptions and surgery.

Enjoy the benefits of chiropractic – the largest natural, drug-free, surgery-free, expressive healthcare system in the world.



More and more families are discovering that periodic chiropractic checkups and adjustments promote health and healing without drugs and dangerous medical treatments.

More and more people are turning away from symptom treatment and choosing natural ways of achieving and maintaining health.

Tired of taking drugs and foolish health advice? Welcome to the world of chiropractic – discover how natural health can be.

*For a long time it had seemed to me that life was about to begin ...
But there was always some obstacle in the way, something to be gotten
through first, some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned
on me that these obstacles were my life. – Alfred Souza*

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'tis the reason

What's the reason to have a long, healthy, happy life? It's our nature. It's our natural state. Did you ever see a bored, depressed newborn or baby?

Stress – you need it



Yes, you do. What? Shouldn't we avoid stress? First of all, that is impossible. To be alive is to be under stress – from gravity to feeling and relating to others stress is always with us.

Doesn't stress wear us down? Doesn't stress exhaust us?

Not necessarily. It's all in the balance. We may push ourselves to uncomfortable limits (stressful) to grow, but without stress your heart, mind, brain and muscles will slowly but surely wither. But even very late in life that withering can be reversed.

What practice could you add to your life to regularly push beyond your comfort zone — and renew? Increasing the amplitude of your wave — from intense effort to deep renewal — is the surest path to a more fully realized life.

Did you know?

Macadamia nuts are toxic to dogs (don't try this at home).

'Stewardesses' is the longest word that is typed with only the left hand.

Is cholesterol screening necessary?

Save your money. Some doctors consider cholesterol screening to be one of the best predictors of heart attack. If your cholesterol levels are even the slightest bit high, they pull out the prescription pad and write up a prescription for a statin – despite the fact that nearly 75% of people who have heart attacks have normal cholesterol. Actually almost all of your cholesterol is made by your body and is needed for the function of your brain, cell membranes and healthy sexual hormones (and other hormones). People on low-cholesterol (statin) drugs have higher rates of mental, muscle and other problems. Don't follow the herd; herds go over cliffs. (1)

Researching Chiropractic



Chiropractic clinical case histories have been a regular feature of our patient newsletter since it's inception and have included papers published in various bio-medical and chiropractic journals.

There seems to be no end to the conditions that respond to chiropractic care – physical as well as psychological conditions.

That is because chiropractic does not “treat” a particular condition. Chiropractic care “corrects” a serious structural interference to brain, nervous system and energy function known as the subluxation.

No matter what condition you or a loved one may have, you will always function better when free from subluxations. Chiropractors are uniquely trained to locate and correct subluxations. Enjoy this month's cases and see more next month.

Breech presentation. A 35-year-old woman, during the 30th week of her second pregnancy, was told by her doula that the fetus was in breech position. She was evaluated via Webster Technique and a sacral subluxation and trigger points along the round ligament were found.

After four adjustments the fetus was determined to have turned from transverse breech to vertex position by ultrasound analysis. The mother had a successful vaginal birth and a cesarean section was avoided. (2)

Andrew Wakefield, MD rebuttal

Is it against the law to care for your patients and tell the truth? It is when the issue is whether vaccines can cause autism or have been properly tested. Dr. Andrew Wakefield responds to attacks to his controversial *British Medical Journal* article discussing vaccinations and autism. See it here:

<http://www.youtube.com/watch?v=N3fxHvvibsU>

Words of wisdom



A problem is a chance for you to do your best.
– Duke Ellington

When you make a mistake, admit it. If you don't you only make matters worse.

– Ward Cleaver, Leave it to Beaver

Humor

Holy Humor

Sunday after church, a Mom asked her young daughter what the lesson was about. The daughter answered, "Don't be scared, you'll get your quilt." The Mom was perplexed. She asked the pastor what the Sunday school lesson was about. He said, "Be not afraid, thy comforter is coming."

The minister was preoccupied with thoughts of how he was going to ask the congregation to come up with more money than they were expecting for repairs to the church building. Therefore, he was annoyed to find that the regular organist was sick and a substitute had been brought in at the last minute. The substitute wanted to know what to play.

"Here's a copy of the service," he said impatiently. "But, you'll have to think of something to play after I make the announcement about the finances."

During the service, the minister said, "Brothers and Sisters, we are in great difficulty; the roof repairs cost twice as much as we expected and we need \$4,000 more. Any of you who can pledge \$100 or more, please stand up." At that moment, the substitute organist played "The Star Spangled Banner." And that is how the substitute became the regular organist!



Bye!!!

Please write or stop by and give us your feedback. Are there any subjects you'd like to hear about? Anything you dislike? Feedback is always important to us. And, of course, if you'd like hard copies of this newsletter stop by the office and we'll give you some for your friends and relatives. If they have email, have them write to us and we'll add them to our subscriber list.

References

1. Jeanclos E et al. Shortened telomere length in white blood cells. *Diabetes*.1998;47(3):482-486.
2. Ferguson K, Kulesza G. Resolution of breech presentation after application of Webster Technique in a 35 year-old-female: a case study. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2012;4:113-117.

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