



Natural Health Center



Pain Relief Naturally

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Dear Patients, Friends & Neighbors,

Spring has sprung, and while many are enjoying warmer temperatures, others are in misery with watery, itchy eyes, sneezing and runny noses. The most common spring allergen is tree pollen followed by grass, flowers and weeds. Natural Health Centers offer a non-invasive, non-drug remedy that enhances the immune resistance to allergies and sensitivities. It works on most people to reduce and sometimes even eliminate your misery. It is called; **Immune Response Conditioning, (IRC) With Laser Technology**. Details are available on our website: www.naturalhealthohio.com and click on services. A number of patients commented on their results in past newsletters and the [testimonial pages](#). **We offer a free evaluation to determine if you are a candidate.**

Reminding you I will be on vacation first two weeks in April, 1st to 17th. Back in the office Monday, April 18th.



FREE Evaluation!!

For a FREE consult call 419 849-2414, or 419 332-7666, text or email.

Now with Spring fast approaching, I want to remind you of our **Immune Response Conditioning with Laser Technology** to reduce and even eliminate allergy sensitivities.

We are offering a **FREE** evaluation to see if you are a candidate.

Check our *testimonial page* for many satisfied comments .

www.naturalhealthohio.com/testimonials/



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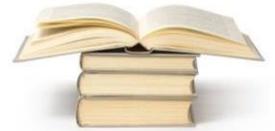
FROM OUR PATIENTS

BEFORE: “As a 21 year old guy I was never too concerned about my health, but something was definitely getting to me. Every Friday I could time my headaches by the clock.

I tried everything from hot showers to pills, but the only thing that ever seemed to fully cure my pain was to go to bed. For a while I just put up with it, but then the headaches became more frequent. My family doctor attributed them to “stress” or possibly some type of MSG sensitivity from eating that college cafeteria food. Regardless, I was still in pain and it was ruining my evenings. As if that wasn’t enough, allergy season was right around the corner and I had always had a time with hay, ragweed and cats. Once again, I’d tried it all Claritin to any other allergy medication but none truly prevailed. My girlfriend of five years and I could never fulfill her dream of attending the county fair together because of my terrible allergies. On top of that, Christmas at her grandma’s house was always interesting with “Smokey” the cat. To put it simply, life wasn’t bad but it certainly had some hiccups. Finally after some talking with my parents they suggested that I go to visit Dr. Nitschke and talk about some of these issues. Now: So I listened, and it has been one of the best things I’ve ever done.

AFTER: I have seldom had headaches, usually attributed to forgetting to eat lunch or not eating enough throughout the day. Now I can go out and enjoy my weekends and not have to worry about Friday at six when those headaches would arrive. However, the success doesn’t stop there. He also gave me treatment for my allergies to hay, ragweed and cats. This year was an especially dry year and I was just cringing about the allergy season and how it would affect my summer. I am happy to report however, that for the first time in our five-year relationship, my girlfriend and I actually were able to attend the county fair. I got to see all of the animal showings and walk right through the barns without a problem.” ~ *Matthew Hollis*

Questions and answers about chiropractic



Q: Where did chiropractic come from?

A: Chiropractic was rediscovered and named in 1895 in Davenport, Iowa by DD Palmer, a magnetic healer and teacher who performed the first chiropractic adjustment on his deaf janitor. When the man's hearing returned Palmer began to investigate the relationship between health and the spinal column.

Q: Why "rediscovered?"

A: Spinal healing had been practiced for thousands of years in nearly every civilization on earth. It has stood the test of time, having been a blessing to millions of people for millennia. But its ancient techniques and principles became lost as humanity became enthralled with drugs and surgery. Dr. Palmer revived and began to teach this old/new healing art.

Q: Was chiropractic accepted at first?

A: People flocked to the first chiropractors. Here was a non-drug, non-surgical approach to healthcare that was safe and effective. The number of Doctors of Chiropractic grew from one man in the American Midwest to thousands in a short time. Chiropractic especially grew in popularity during the 1919 flu pandemic when people under chiropractic care had almost no mortality while people under medical care suffered many deaths.

Q: Did the medical profession accept chiropractors?

A: The medical profession saw chiropractic's drug-free approach as a threat to their monopoly in healthcare and attacked chiropractors claiming they were practicing "medicine and surgery without a license." Many chiropractors were actually jailed, fined or imprisoned - but they refused to surrender. Eventually the laws were changed to permit more freedom for non-medical healthcare professionals.

Q: So there is peace now between the healing arts?

A: Not exactly. As more and more people turn to non-medical practitioners the medical profession is finally accepting competition. The medical monopoly is slowly but steadily breaking.

There are different philosophies of health and healing; chiropractic/natural healing approaches and medicine are on opposite sides of the spectrum and disagree strongly on many healthcare issues. The result is that people have access to more information from other perspectives, are often better informed and can make better decisions.



Pregnancy and chiropractic

If there's any class of patients that need chiropractic care the most it's pregnant women.

Pregnancy changes a woman's life in many ways. One way is a special chemical called "relaxin."

Relaxin is a hormone produced by the ovaries and the placenta that effects the female reproductive system especially during pregnancy. In preparation for childbirth, it relaxes the muscles, joints and ligaments in the pelvis, softens and widens the cervix and relaxes the smooth muscle in the uterus. It does even more by increasing heart and kidney blood output. In males relaxin enhances the motility of sperm in semen.

Sometimes there's a down side to *relaxin*. If the spine and pelvis are unbalanced or *subluxated* then the *relaxin* can make the subluxations and distortions worse! The result is spine and pelvic pain which is too common in pregnancy. Additionally, the unbalanced body needs more energy for walking, standing, sitting and moving causing fatigue and exhaustion.

Chiropractic can help ensure that the pregnant body is balanced and that the pelvis is relaxed and open to its maximum so the developing baby has the ideal amount of room in which to develop. That is why clinical reports reveal that breech presentations have been corrected, with the fetus turning into a healthy position, as a result of chiropractic adjusting procedures. Clinical reports show chiropractic also helps with breastfeeding and the return to a pre-pregnancy figure. (1-7)

The most beautiful birds in the world

It's hard to believe that these birds exist. The amazing thing is that they are only found in New Guinea in the deep rain forests - nowhere else in the world. It took years to locate and study them. You have to see them in this short video: [Birds-of-Paradise Project](#)

Traditional Eating

Spring is coming and soon it'll be the time to get one of the healthiest foods on the planet: spring butter. In some cultures, it is considered sacred.

What is spring butter?

Spring butter is different from regular butter because the cows in the spring cow eat new growing grass filled with healthy growth enzymes full of lots of minerals and vitamins. The butter looks different - golden yellow as opposed to pale yellow or straw colored you see in the supermarket. It also tastes much better.

Where can you get it?

Ideally you get it from a local farm where the cows spend their days in the fields eating the various plants that they are attracted to. The cows' milk is rich in butterfat and the butter is a nutrient dense "superfood."

"I Don't live near a farm? It would be worth traveling to one; the butter can stay in your freezer all year. You can also locate sources for spring butter by checking the Weston A. Price Foundation web site (www.westonaprice.org). Spring butter is available in some health food stores.



Here is a great article called Why Butter is Better. Send it to all your friends who are still using margarine (yes, there are a few out there).

<http://www.westonaprice.org/know-your-fats/why-butter-is-better/>

And now for something completely different

This is an eye opening video by the whistleblower that uncovered the CDC's corruption:

Dr. Brian Hooker's Full Keynote Speech: Navigating the Dangerous World of Vaccine Safety <https://www.youtube.com/watch?v=bsluDKWIPU>

In this video, Brian tells the story of how he came to be a key player in uncovering fraud in the Centers for Disease Control through his conversations with whistleblower Dr. William Thompson. He speaks about his son's vaccine damage, how he stood up for health freedom, and his perseverance to keep seeking the truth.

Words of wisdom

No less than two hours a day should be devoted to exercise. Thomas Jefferson

Researching Chiropractic

Chiropractic clinical case histories have been a regular feature of our patient newsletter since its inception. There seems to be no limit to the health problems that respond to chiropractic care. How many people suffering, on drugs, facing a life of limitation could be helped by chiropractic care? Probably most of them.



Erb's Palsy and chiropractic. Erb's Palsy is a paralysis of the arm caused by nerve damage (to the brachial plexus) in the neck. It is most often caused by obstetrical mistakes. These injured children grow into adults with permanent nerve and arm damage - a shorter and smaller arm - unless corrected. This is the story of one lucky baby.

In this case a 5-month-old girl diagnosed with right-sided Erb's Palsy was brought in for care to a chiropractic office. Under chiropractic care the infant's symptoms resolved within two months. (8)

Headache and neck pain in an eight-year-old girl. An 8-year-old girl was brought in for chiropractic care suffering from neck pain and headaches. According to the patient's mother, her daughter reported her headaches and neck pain had been going on for four months with approximately two episodes per week.



Medical examinations did not find any problem and the doctors recommended treating the neck and headache symptoms with Tylenol. Following four chiropractic visits, the child's neck pain and headaches completely resolved. (9)

Neurofibromatosis. A 3-year-old boy with a history of Neurofibromatosis Type I, asthma and ear infections was brought in for chiropractic care. His asthma attacks were so severe he required ER hospital visits two times per month.

He received chiropractic adjustments two to three times per week. Within one month after beginning care he no longer had violent exacerbations of his asthma and was able to sleep through the night. As of this writing he continues to improve and has decreased his inhaler usage. (10)

Can you say 'oops'?

Cholesterol-lowering drugs increase artery calcification

Here's another reason why taking cholesterol-lowering (statin) drugs are dangerous - they cause hardening of the arteries.

Atherosclerosis is the technical term for "hardening of the arteries." For years MDs believed that cholesterol reduction with statin drugs decreased atherosclerosis but to everyone's surprise (and no one knows how many deaths) research revealed the opposite: statins cause coronary artery calcification. Statins also impair heart muscle and blood vessel function, and damage mitochondria energy production.

Statin drugs inhibit the synthesis of vitamin K2. K2 protects arteries from calcification and may be a factor in congestive heart failure. The researchers write in the paper's abstract:

Thus, the epidemic of heart failure and atherosclerosis that plagues the modern world may paradoxically be aggravated by the pervasive use of statin drugs. We propose that current statin treatment guidelines be critically reevaluated. (11)

By the way, here is a list of statin drugs, the most prescribed drugs in America:

.osuvastatin (Crestor) .simvastatin (Zocor) .fluvastatin (Lescol)
.pitavastatin (Livalo) .lovastatin (Mevacor)
.atorvastatin (Lipitor) .pravastatin (Pravacol)



Humor

**Did you know a lot of non-living objects are actually either male or female?
Here are some examples:**

FREEZER BAGS - male: They are male, because they hold everything in, but you can see right through them.

PHOTOCOPIERS - female: These are female, because once turned off, it takes a while to warm them up again. They are an effective reproductive device if the right buttons are pushed, but can also wreak havoc if you push the wrong buttons.

TIRES - male: Tires are male, because they go bald easily and are often over inflated.

HOT AIR BALLOONS - male: Also a male object, because to get them to go anywhere, you have to light a fire under their butt.

SPONGES - female: These are female, because they are soft, squeezable and retain water.

WEB PAGES - female: Female, because they're constantly being looked at and frequently getting hit on.

TRAINS - male: Definitely male, because they always use the same old lines for picking up people.

EGG TIMERS - female: Egg timers are female because, over time, all the weight shifts to the bottom.

HAMMERS - male: Male, because in the last 5000 years, they've hardly changed at all, and are occasionally handy to have around.

THE REMOTE CONTROL - female: Ha! You probably thought it would be male, but consider this: It easily gives a man pleasure, he'd be lost without it, and while he doesn't always know which buttons to push, he just keeps trying.



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!

Please note our schedule: **We leave April 1 to the 17th.!**

Back in the office Monday the 18th.

Resuming normal schedule with Tuesday and Thursday afternoons in Woodville.

Call 419-332-7666 for Saturdays.

No set hours in Fremont, Call ahead for availability!

I'm available rest of the summer!

Check out our re-designed website at www.naturalhealthohio.com!



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BONUS

In this world of short attention span people who actually read this entire newsletter deserve an award. Here it is.

