

Pain Relief Naturally

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Dear Patients, Clients, Friends & Neighbors,

The “dog days” of **SUMMER** are here, signaling the end and back to school. Some would ask, “what summer?” It did seem to fly by, but when we’re very busy, especially with running the kids to all their various scheduled activities and seemingly compulsive events, it is hard, if not impossible to take care of ourselves.

Mothers always put others first. Remember what the airlines tell us, “Put your oxygen mask on first.” That is so that you will be conscious and able to help others. You might keep that in mind when back pain, or any pain is slowing you down or even keeping you from normal activities.

That brings us to the articles in this newsletter--**Chiropractic first and what it can do for you, Is Autism Connected to Vaccines?** (this about the risks associated with vaccines). The school, the medical doctor, the government, and especially drug companies are not going to inform or warn you about the risks. And no, **vaccinations are NOT mandatory to get into school**, there are exemptions (see Tracy our expert). The medical research article is also an eye opener. **Most Published Medical Findings False**--here are a few sources of unbiased research (not bought and paid for by pharmaceutical companies) from a growing number of rogue medical doctors producing their *alternative health* newsletters: www.mercola.com, (a free newsletter); **David Brownstein, MD** (specializes in thyroid issues); **Jonathon Wright, MD**, (FDA raided his medical clinic with a SWAT team for dispensing vitamins instead of drugs); **Al Sears MD**; **Wm. Campbell Douglas, MD**; **Dr. Bruce West**, (*Health Alert*). These are just a few of the many resources to help you. **Be sure to stop by and discuss any concern, as I will have a display at many of the local farm markets or county fairs, in addition to the office.**

Dr Lon Nitschke

Dr. Lon's Current Schedule

Woodville: Mon. & Wed. —1- 6 p.m.

Fri. Or Sat. - 10 a.m.-12 p.m.

Available in Fremont All Other Times

Call for an Appointment or Stop By

Findlay: (1-day per month call for schedule)

Telephone: 419-332-7666 or 419-849-2414

Dr. Bob Spain's Schedule

Woodville Chiropractic

Mon., Tues., Thurs., Friday—(9 a.m.-6 p.m.)

Wed.--1 p.m. to 6 p.m.

421 West Main Street

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Chiropractic Helps Put You Together

All your parts are connected. You touch your little toe and feel it because messages from your toe go up to your brain. All parts of your body are connected to your brain. Right now messages are whizzing around all over your body, most of them so deep and so complex that you have no idea it's happening.

Every second you are juggling hundreds of millions, even billions, of chemical reactions - all coordinated by your brain.

The role of the chiropractor is to make sure this communication system - brain, spinal cord and nerves - is not interfered with. **A common type of interference are subluxations** -- spinal distortions that stress, irritate, inflame and interfere with messages that travel through the nerves.

The role of the chiropractor is to check you for interferences in your spine and structural system and correct or release your interferences so you will function better and have improved healing, balance and energy.

Is Autism Connected to Vaccines?

For years attorney Alan Phillips, JD, has been defending parents who refuse to vaccinate their children. He now has a radio show and in this segment interviews a mother who cured her child of autism - **it was completely reversed** and she discusses how she did it.



Mr. Phillips' other guest is Suzanne Humphries, MD, co-author of "Dissolving Illusions: Disease, Vaccines and the Forgotten History" about topics including the tetanus vaccine, vitamin C and more.

Attorney Phillips also discusses whether or not private and religious schools have to accept vaccine religious exemptions.

Listen and send this link to your friends with children who are facing the question of vaccination:

<http://www.blogtalkradio.com/thevaccineagenda/2014/06/25/the-vaccine-agenda>

Too Busy to Die

Bernie Siegel, MD became famous for his book on exceptional cancer patients - those who survived their diagnosis. His study of them gives us this insight:



- *Ask 90 and 100-year-olds and many will tell you they are too busy to die or age. They don't try to avoid death but they do live meaningful lives. Our connections and relationships keep us alive.*
- *Nursing home studies have shown that residents who are given responsibility for the plants in their room live 5 to 7 years longer than those in the same nursing home who are given plants but no responsibility for their care.*
- *So if you want to live to be 120 find meaning in your life and work, exercise, have a sense of humor, play, express your love, ask for help when you need it, adopt a pet, pay attention to your feelings and heart wisdom, live an authentic life, and say no when you don't want to spend your life's time doing what you don't want to do. (1)*

Most Published Medical Research Findings Are False

It's tough being an MD today - so much of the research that the day-to-day practice of medicine is based on turns out to be false, incorrect and misleading. How comfortable can you feel if your source of information is dishonest?

It is sad that so much research suffers from bias/prejudice due to financial conflicts of interest. Researchers, who are often in the employ of drug companies, tend to ignore non-medical, natural approaches and never study them. Internationally known researcher John Loannidis found that:

It is more likely for a research claim to be false than true. Moreover, for many current scientific fields, claimed research findings may often be simply accurate measures of the prevailing bias. In this essay, I discuss the implications of these problems for the conduct and interpretation of research. (2)

Honey - The Magical Balm

All Chinese medicine doctors would give honey to treat dehydration, pain, fatigue and boost Chi Energy. Other folk and herbal medicine traditions used honey for coughs, bronchitis and immunity. Honey was also added to various medicinal and herbal preparations.

In a study of 100 children (2-18 years old) with upper respiratory infections who were given either buckwheat honey, dextromethorphan or nothing, those given honey found the most relief. (3)

Humor... Did I read that right?

Did I read that sign correctly?
Toilet out of order. Please use floor below.

In a laundromat:
Automatic washing machines: please remove all your clothes when the light goes out.

In a London department store:
Bargain basement upstairs

In an office:
Would the person who took the step ladder yesterday please bring it back or further steps will be taken.

Spotted in a safari park (I sure hope so):
Elephants please stay in your car

Seen during a conference:
For anyone who has children and doesn't know it, there is a day care on the 1st floor.

Message on a leaflet:
If you cannot read, this leaflet will tell you how to get lessons.

Notice in a farmer's field:
The farmer allows walkers to cross the field for free, but the bull charges.

In an office:
After tea break staff should empty the teapot and stand upside down on the draining board.

Outside a secondhand shop:
We exchange anything - bicycles, washing machines, etc. Why not bring your wife along and get a wonderful bargain?

On a repair shop door:
We can repair anything. (Please knock hard on the door - the bell doesn't work.)

Notice in health food shop window:
Closed due to illness



What Our Patients Say

Before: Before I came to see Dr. Nitschke, I couldn't pick up my head, focus or lie on a pillow without sharp, burning pain going up my entire head. If I was doing anything, I had to stop and sit still.

After: After seeing Dr. Nitschke, I was able to focus and see without dizziness. I was able to lay my head on a pillow without the burning pain. Dr. Nitschke has made a big difference in my life. I have been able to resume my activities without the pain I was having! -- **Joanne Stahl**

Researching Chiropractic

Attention Deficit Disorder. A 19-year-old man with attention deficit disorder (ADD) and chronic mid and low back pain was brought in for chiropractic care and found to have an atlas (C1) subluxation.

Immediate improvements were observed after his first chiropractic adjustment.

The patient's mother reported that in general he was doing better and behaving better. He was more cooperative and was better able to follow through and complete tasks such as chores at home, schoolwork and music related activities. He began taking classes at college.

His back, neck and head pain resolved, sleep improved and he no longer had a "clumsy" feeling. He was able to start playing his musical instrument again.

Brain wave activity tests and visual evoked responses were performed before and after each visit. The final assessment showed a perfect score in every category. (4)

Asthma in an 11-year-old girl. An 11-year-old girl suffering from chronic allergies, sinus problems, dry skin, leg cramps and asthma was under medical care with no results.

Within the first one and a half months of chiropractic care the girl no longer suffered from allergic symptoms, was able to breathe normally and discontinued her medications. Her sinus and skin problems and her leg cramps also resolved. As her body structure and subluxations improved, her body function improved. (5)

Parkinson's Disease. A 66-year-old woman was diagnosed with Parkinson's disease (PD) 1½ years prior to starting chiropractic care. Three years earlier she had fallen on her face doing the Cha-Cha while ballroom dancing. By the time she entered the chiropractor's office her symptoms were worsening and included a resting tremor in her left hand, fatigue, depression and rigidity throughout her extremities, especially in the third toe of both feet.

After receiving one specific chiropractic adjustment, the patient reported immediate symptomatic relief, which has persisted through the time this paper was written. (6).

Words of Wisdom

Even though you may want to move forward in your life, you may have one foot on the brakes. In order to be free, we must learn how to let go. Release the hurt. Release the fear. Refuse to entertain your old pain. The energy it takes to hang onto the past is holding you back from a new life. What is it you would let go of today? – Mary Manin Morrissey

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.

Dr. Lon, Dr. Bob, Nichole & Tracy!

