



Natural Health Center

Pain Relief Naturally



Woodville Chiropractic
Dr. Lon H. Nitschke
Nichole L. Nitschke, LPCC
Tracy Harrison, CNHP
421 West Main Street
Woodville, Ohio 43469
Phone: 419-849-2414
www.woodvillechiropractic.com

Nichole L. Nitschke, LPCC
Counseling & Hypnosis
900 Croghan Street
Fremont, OH 43420
Phone: 419-552-4374
Email: nichole@counselinghypnosis.net
www.counselingandhypnosis.net

Nitschke Chiropractic
Dr. Lon H. Nitschke
2150 Hayes Avenue
Fremont, Ohio 43420
Phone: 419-332-7666
Email: drlhn@woodville.net
www.naturalhealthohio.com

December, 2014

Dear Patients, Clients, Friends & Neighbors,

Quite the adventure tonight...

Saw Dr. Nitschke, our chiropractor, tonight and he told me (John) that he detected Carbon Monoxide in my system through kinesiology, aka: muscle testing . . . so, thanks to the Lord's intervention in our lives and Dr. Nitschke, we checked our Carbon Monoxide levels in the house. Let's just say that the EMS Squad and Fire Dept. just left an hour ago...we had very elevated levels in the house apparently due to our new gas stove. We had to leave by the firemen's direction tonight. The firemen told us that had we gone to bed tonight, we would have at the very least been very sick and would have had a hard time waking up...**if we would have woke up at all!** The level of carbon monoxide in our house was at 45+ and they told us that they tell people to leave their homes if its 15!

God truly did intervene in our lives tonight! He looks after His children! We're feeling very thankful tonight, and **also there are two firemen in Ballville Fire Dept. tonight who each have their very own copy of the movie 'Fireproof'!** We just "happened" to have two brand new copies sitting in our house! There is NO doubt that was what the Holy Spirit had intended for these firemen to receive Fireproof. He is so amazing!!! Please pray for these firemen and their families!

Philippians 1:12 "Now I want you to know, brethren, that my circumstances have turned out for the greater progress of the gospel."

Psalm 91:9-11 New American Standard Bible (NASB)

9 [a] For you have made the Lord, my refuge, Even the Most High, your dwelling place. 10 No evil will befall you, Nor will any plague come near your [b]tent. 11 For He will give His angels charge concerning you, To guard you in all your ways. **Friends, ensure that your carbon dioxide detectors do work!**

Our First Alert CO / smoke combo Wal-Mart alarm detectors that were brand new did not sense the danger!

I am buying two new 'Nighthawk' CO detectors tomorrow - more money but they are reliable and worth the cost to save a life.

We are also grateful to Dr. Nitschke and his skill in kinesiology! It may seem to be a peculiar practice, but we cannot argue with the results!

John & Barb Fehl

More From Our Patients—



John's Carbon Monoxide (CO) experience reminded me that he was my fourth CO case in the last 20 years. First one was a furnace malfunction. Two teenagers were pretty sick as a result. The Second was an automotive exhaust system causing headaches. And just last winter, **Kim Collins**, a Woodville patient was complaining of fatigue, no energy, headaches, dizzy, confusion, sickness & nausea. When I found CO, she said her husband had just put in a vent-less gas heater to supplement heat. They also called the fire department and found the CO level from that heater to be dangerous. They got rid of it in time. **This is the season to be aware. Carbon Monoxide is odorless. You don't even know you are being asphyxiated.**

Barb says,

BEFORE: I came in: Inability to sleep; lethargic; not enough energy to exercise”.

NOW: sleeping better than I have in six years. Energy to make it through the day and exercise as well.

Barb Henderson

And from Lisa Aldrich . . .

BEFORE: I started seeing Dr. Nitschke, I was or felt like a Zombie. I was always tired, sleep deprived, and it seemed as if sugar (candy) was the only thing keeping me energized for a short while until crashing. I always knew eating right would help but couldn't get motivated to buy the right foods. I basically felt like A slug!

NOW: I have been seeing Dr. Nitschke for about a month and I have never felt so good. My energy sky rocketed. I feel like a different person. Just in my first few visits he has helped and gives wonderful advice. I would recommend him to everyone. If you want to see a new you, go see Dr. Nitschke, and stick with him.

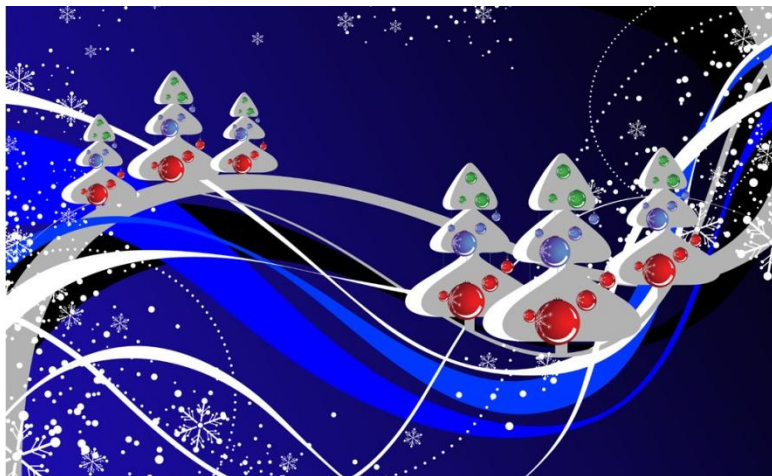
*That pretty well sums up what we have done, are doing and able to do at
Natural Health Centers in Fremont & Woodville.*

More Info. Online at: www.naturalhealthohio.com

Stop by or give us a call at: 419-332-7666 or 419-849-2414 to make an appointment.

Have a Happy Holiday Season!

Sincerely Dr Lon, Nichole, Tracy & Cecilia



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? Welcome to the world of chiropractic – discover how natural health can be.

I once wanted to become an atheist but I gave up. They have no holidays. – Henny Youngman

Welcome to our patient newsletter

This issue's table of contents

- Quite An Adventure Tonight
- More From Our Patients
- Happy, Merry, Happy: Happy Chanukah, Merry Christmas, Happy New Year
- A chiropractic Chanukah and Christmas?
- A holiday adjustment
- What to avoid this holiday season
- Who wants to keep you in the dark?
- Flu shot
- Vaccination/autism cover-up revealed
- Nurses and hospital workers refuse the flu shot
- Did you know?
- Researching chiropractic
- Honey for infections?
- Words of wisdom
- Humor
- References



Happy, Merry, Happy: Happy Chanukah, Merry Christmas, Happy New Year

Holiday comes from the words holy and day. But what does holy mean? Words have power and it's important to understand their meanings. The word holy comes from the Hebrew word ka-dosh, to separate. A holy day is one that is separated or distinct from our day-to-day actions, thoughts and work.

A holy day is a special time. We can use it to reflect, heal, recharge, meditate, in order to better understand ourselves, our lives and our purpose in life.

And yes, we get together with family and friends and celebrate. That's important. But with all the celebrating let's not forget the deeper meaning of our holiday, so we may benefit from the healing, peace, love, harmony and humility that are the foundation of our celebrations.

During this holiday season may we learn to appreciate all we have and to deepen our gratitude—one of the most powerful healing emotions. May we forgive ourselves for our mistakes and may we forgive others for their mistakes.

A chiropractic Chanukah and Christmas?



Chanukah comes a little before Christmas this year. Actually both are on the 25th of the month. But not exactly! You see the Hebrew calendar changes from year to year when compared to the Christian (Western) calendar. Christmas is celebrated on the 25th of December while Chanukah is celebrated the 25th of the Hebrew month of Kislev. Chanukah is celebrated for eight days and this year it goes from December 16th- 24th of the Christian calendar.

Have a wonderful time celebrating as much as you can, just don't overdue it too much—we want you around in 2015!

Speaking of overdoing it, let's not forget the words of Joe E. Lewis who said,

I went on a diet, swore off drinking and heavy eating, and in fourteen days I had lost exactly two weeks.

A holiday adjustment

Don't forget your holiday adjustment. It'll help relieve some of the holiday stress.

What to avoid this holiday season

Maybe some of your relatives? OK, that was a joke (don't send us angry calls and letters).

What we recommend avoiding is unhealthy food. Of course, if you're a guest there's not much you can do; we suggest you eat graciously and selectively from what's served. But if you're doing the cooking it's a lot easier. We recommend you use food from organic sources and get healthy, organic meats, poultry and dairy products from free range, grass-fed, organic-feed sources. Fish should not be farmed but wild caught. Avoid unhealthy oils such as canola, corn and other vegetable oils and use coconut, butter, lard, tallow, chicken fat and other traditional oils. To find a good list of healthy oils go to www.westonaprice.org.

You can even find organic whiskey, scotch, wines and beers. That might help you enjoy the company of certain relatives. Oh wait, that was another joke.

Who wants to keep you in the dark?

Oregon and Colorado had ballot initiatives to require mandatory labeling of foods containing genetically modified organisms (GMOs). Junk food and chemical corporations are spending million\$ to fight these laws to prevent you from knowing whether or not your food contains GMOs. Sadly, the right-to-know people were outspent and the initiatives failed in Colorado but as of this writing the Oregon vote is too close to call. Who are the companies fighting to prevent you from knowing if foods are GMO?



Below is a list and a breakdown of what they spent in Colorado and Oregon respectively. (1)

Colorado/Oregon

- Monsanto: \$4.7/\$4.8 million
- DuPont/Pioneer (Oregon only): \$3.04 million
- Pepsi: \$1.65/\$1.4 million
- Coca-Cola: \$1.1/\$.7 million
- Kraft Foods: \$1.03/\$.87 million
- General Mills: \$820,000/\$695,000
- The Hershey Co.: \$380,000/\$320,000
- J.M. Smucker Co.: \$345,000/\$295,000
- Dow Agrosiences, a Dow Chemical Company: \$300,000/\$368,000
- Kellogg Co.: \$250,000/\$250,000
- Conagra Foods: \$250,000/\$250,000
- Flowers Food Inc. (Oregon only): \$250,000
- Smithfield Foods (Oregon only): \$200,000
- Land O'Lakes (Oregon only): \$760,000

There is presently a boycott of the above companies as they try to prevent you from knowing if your food contains GMOs. Please join it.

For a list of companies who contributed for and against labeling laws go to:

<http://www.inspirationgreen.com/index.php?q=vote-yes-on-37.html>

Flu shot

The flu shot is dangerous. A 10-year-old Florida girl is still paralyzed one year after receiving her flu shot. Read the full story here:

<http://vaccineliberationarmy.com/2014/11/04/flu-shot-10-year-old-florida-gal-still-paralyzed-one-year-receiving-flu-shot/>



Vaccination/autism cover-up revealed

On October 14, researchers Brian Hooker, PhD and Andrew Wakefield, MD filed an official complaint to the US government about scientific misconduct in a 2004 CDC study that claimed the MMR vaccine doesn't cause autism. What fueled this complaint was Dr. William Thompson, a CDC scientist and whistleblower, who admitted that he and others committed fraud and covered up the vaccine-autism connection.

What was covered up was data showing there was a 340% increase in autism if a child got the vaccine before 36 months of age compared with getting the shot after 36 months of age. This information was in the raw data but intentionally omitted from the study statistics.

Thompson's conscience caught up with him. He said: "Oh my God ... I cannot believe we did what we did ... [bury the data on these children]... It's all there. I have handwritten notes ... I have a boss who's asking me to lie.... Higher ups wanted to do certain things and I went along with it."

Thompson named executives at the CDC—Director of the Immunization Safety Office (Destefano) and Director of the National Center on Birth Defects and Developmental Disabilities (Boyle)—as taking part of the cover-up.

Nurses and hospital workers refuse the flu shot

According to Ingri Cassel, the director of Vaccination Liberation and the websites Vaclib.org and VaccineTruth.com:

No one can threaten your job unless you allow them to—especially for an injection that the company does not warranty for safety, cannot guarantee effectiveness and can cause disability and death.

On <http://vaclib.org/exemption.htm> click on a red oval with the words 'Your Choice'? for links to Vaccination Legal Notice for employees/contractors.

The Vaccination Legal Notice states that after you review the package inserts you will take it ONLY if the company signs a statement accepting medical liability. They won't do that and they will allow you to work without the shot.

Religious accommodation can be requested. Scroll down further onto the same page to Employer Mandates. There is a sample letter there that was used in Pennsylvania successfully.

Did you know?

The star on the Macy's logo was taken from founder R. H. Macy's hand?



Your brain is the most complex and most unknown organ of all. Your brain only weighs 3 pounds (or about 2% of your weight), yet it uses 20% of your oxygen and calories for energy. In newborns the brain uses 65% of the body's energy.

One nerve cell in your brain can have up to 12,000 connections to other nerve cells, and some can have 80,000 different connections (synapses) firing at any moment. (2)

Researching chiropractic



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 interference to brain, nervous system and energy function known as the subluxation.

No matter what condition you or a loved one may have, you and they 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.

Low back pain, headaches and fibromyalgia. A 31-year-old female with low back pain, headaches and fibromyalgia began chiropractic care; she was seeking an alternative to pharmacological pain medications.



Spinal analysis established the location of the patient's subluxations and she received five specific adjustments in the span of 18 months. The patient reported a decrease in fibromyalgia symptoms after two months of care and recently reported that she is no longer taking any medications. (3)

Chiropractic and ADHD, depression and learning disabilities. An eight-year-old

boy was brought into the chiropractor's office for care. The child was diagnosed with ADHD (inattentive type) and learning disability regarding working memory and processing speed. The patient's mother said that his medications were ineffective, causing nausea, heart palpitations and low appetite. She brought him in for chiropractic care for an alternative treatment plan to managing these concerns.

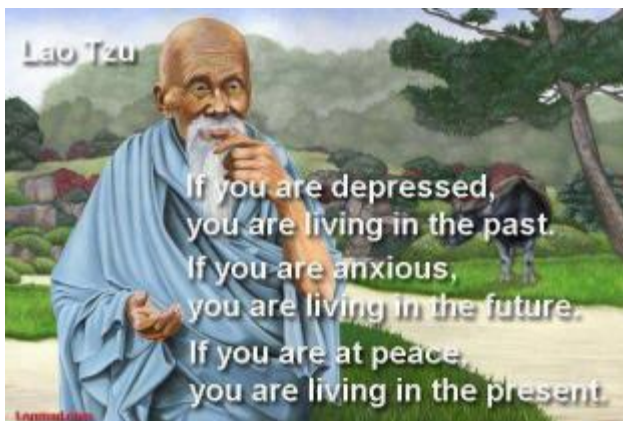
The child was analyzed for subluxations and care was initiated to reduce and correct them using spinal and cranial techniques. He had significant improvements in irritability, mood swings, social interaction, temper, energy, memory and immune function. After eight months of care he continued to progress as evidenced by positive reports from his teachers and parents. (4)



Honey for infections?

It's a natural substance that has been used for thousands of years. Bacteria can't grow in it. People have used it for skin ulcers and to heal many skins conditions. But in this study of 100 children (2-18 years old) with upper respiratory infections, honey was found to help. The children were given either buckwheat honey, dextromethorphan or nothing. The results—the children had the most relief from honey. (5)

Words of wisdom

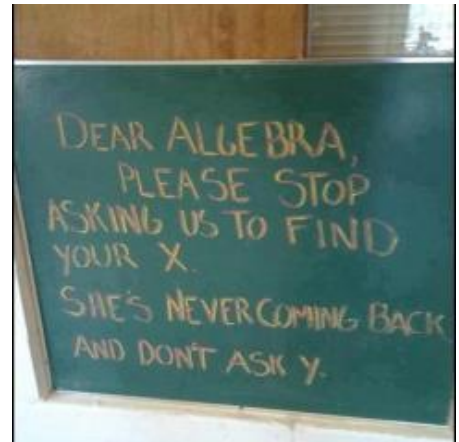


Consult not your fears but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do.

– Pope John XXIII

Humor

- *I'll always remember the last words of my grandfather, "A truck!"* – Emo Philips
- *There are worse things in life than death. Have you ever spent an evening with an insurance salesman?*
– Woody Allen
- *I told my wife I wanted to be cremated. She's planning a barbeque.* – Rodney Dangerfield
- *I have kleptomania, but when it gets bad, I take something for it.* – Robert Benchley
- *After two days in a hospital I took a turn for the nurse.*
– W.C. Fields
- *The morning after I had my heart bypass, the doctor called and said, "Soon you'll be able to have sex." I said, "I've heard that for years."* – David Letterman
- *Everywhere is within walking distance if you have the time.* – Steven Wright



A 2014 Holiday Dinner Party

Is this really what holiday dinners are coming to? Pity the poor chef. <http://www.youtube.com/embed/TX9EAavxrus>



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.

References

1. <http://www.inspirationgreen.com/index.php?q=vote-yes-on-37.html>
2. Beck R. *Functional Neurology* (2nd Ed). Amsterdam, Netherlands: Churchill Livingstone (Elsevier);2011.
3. Soriano W, Apatiga A. Resolution of fibromyalgia & polypharmacy concomitant with increased cervical curve & improved quality of life following reduction of upper cervical subluxation: a case study. *Journal of Upper Cervical Chiropractic Research*. October 21, 2014:61-67.
4. Zielinski BA, Mankal K. An epidemiological approach to the effects of subluxation-based chiropractic care on the management of ADHD, depression and learning disabilities in an 8-year old: a case study. *Annals of Vertebral Subluxation Research*. September 15, 2014:153-160.
5. Paul IM, Beiler J, McMonagle A et al. Effect of honey, dextromethorphan and no treatment on nocturnal cough and sleep quality for coughing children. *Arch Pediatr Adolesc Med*. 2007;161(12):1140-1146.