



Pain Relief Naturally

Natural Health Center

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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.

December 2012

Merry Christmas & a Happy Holiday to our patients, friends & neighbors!

I trust you are enjoying this mild pre-holiday weather. Of course that could all change by the time you get this. We are Not taking any chances, (Gloria & I) are "getting out of town." Leaving Thursday, December 27th— **I will be back in the office Monday, January 7th.** Cecilia, Nichole, & Tracy will still be available, so plan accordingly! BTW we will have one more seminar this year on **Belly Fat & Balancing Hormones, Monday evening, December 17th at 6:30 p.m. in Woodville.** Remember where you can get **PAIN RELIEF NATURALLY—the Natural Health Center.**

Hope to see you soon, Dr Lon



Why is chiropractic so popular? Why do millions of people visit their neighborhood Doctor of Chiropractic? Why are the numbers growing?

It's because Doctors of Chiropractic can locate and correct subluxations, small distortions in your spine and structural system that can cause tremendous health damage if not corrected.

Tired of being sick and tired? Welcome to the world of chiropractic ~ discovers how natural health can be.

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Have a heart that never hardens, a temper that never tires, a touch that never hurts. – Charles Dickens



Have a wonderful holy-day

We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.

T.S. Eliot, *Four Quartets*

May this be a time for renewal, health, healing, peace and insight. Thank you for joining our practice and letting us introduce you, your friends and family to the wonders of chiropractic and the world of natural healthcare. If we haven't seen you in a while please stop by for a checkup. Your body will thank you.

Happy-merry ...

And so much more ... that's the message of a holiday (holy-day) – that life is so much more. As we tackle the worries and cares of life, we create a gap or "holy-day" to remind us we are more than all our day-to-day worries. From that Source our energies flow and the more we respect that power deep within us, and nurture it through silence, peace, prayer, worship and feelings of gratitude and love – the happier and healthier we are.

We hope you enjoy our holiday newsletter. Please share this information with others. If you have any questions or comments, please write to us. Feel free to send this to your friends and relatives and if you'd like a hard (printed) copy, stop by the office.

Don't forget to stop by the office



We adjust spines while you wait!

What part of your body does this?

They are your natural shock absorbers. They take the pounding of walking, running and even standing. They are flexible and elastic and give you strength. They are like a golf ball or a jelly donut – lots of wrappings that surround a gel-like center.

They thicken during the nighttime and thin out as you walk and sit. That's why you're a little taller in the morning than you are at night.

If they are stressed they might become brittle and tear.

What are they?

If you said, “intervertebral discs,” go to the head of the class. Discs are like pads that fit between your vertebrae. They help give your spine its curves. Except for the top vertebrae under your skull (your atlas), every spinal bone has a disc underneath it connecting it to and separating it from its vertebra neighbor.

The tough wrappings on the outside are called the annulus fibrosis and the inner gel-like center is called the nucleus pulposus.

If your intervertebral discs are damaged your entire spine can be thrown off-center, your nerves can become inflamed and you won’t have flexibility, strength and comfort. You may experience back pain, leg pain, sciatica and weakness.

Bone spurs and degenerative arthritis of the lumbar spine can develop and this is called degenerative disc disease (DDD). It doesn’t have to be part of growing older. To prevent DDD you need to keep yourself hydrated, stay physically active, and see your chiropractor to keep your discs free from stress!

Don’t assume you need disc surgery merely because an MRI shows your discs are not well. Many people who have “normal” backs have MRIs that show disc herniations, degenerative changes and narrowed spinal canals. Just because you have symptoms doesn’t mean your disc is causing the problem.

Don’t just jump into surgery – always get other opinions – especially from a chiropractor or two.

In conclusion - get regular chiropractic adjustments to help keep your discs healthy.

Researching Chiropractic

Chiropractic clinical case histories have been a regular feature of our patient newsletter since its 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.

That is because chiropractic does not “treat” a particular condition. Chiropractic care “treats” or, more accurately, “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 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.

Chronic constipation in a child.

A 7-year-old-boy presented for care headaches and neck pain. The boy had three. At age 5, MDs prescribed only temporary relief. By age 6, stool prescribed. Three to four weeks prior to of once per week.



with complaints of chronic constipation, suffered from constipation since the age of enemas (three times per week) but this gave softeners and the laxative MiraLAX® were chiropractic care, the boy had bowel movements

Over the course of 6 weeks, the child had 10 adjustments. The mother reported that her son had bowel movements of 5-6 times per week without the need for laxatives. (6)

Curing autism - GAPS

In our Researching Chiropractic section care for children with autism. Autism is a doesn’t have to be forever in many cases. autism but she was able to cure him and she do it? Find out about GAPS (Gut and can help cure autism by going to: You can also locate information on GAPS search engine.



(above) we discussed the success of chiropractic devastating disorder that ruins many lives. But it Natasha McBride, MD’s child was diagnosed with now he is a normal, healthy 15-year-old. How did Psychology Syndrome) and the special diet that <http://www.westonaprice.org/childrens-health/gaps>. by going to youtube.com and typing in GAPS in the

Cholesterol doesn’t cause heart disease

Did you know that there has never been a direct, proven link between high cholesterol and heart disease, heart attack or stroke? All of the hype was, at best, based on conjecture (the fancy term for guessing) and, at worst, a conspiracy to get people to take expensive prescription drugs!

If you're one of the millions of people who believe these "facts" about cholesterol, get ready for an education. Take this True or False quiz to see if you can separate fact from myth about cholesterol.

- Cholesterol is a vital substance necessary for good health. T / F
- The lower your cholesterol, the healthier you will be. T / F
- Having cholesterol levels of less than 150 significantly reduces your risk of dying from heart disease. T / F
- The lower your cholesterol levels are the greater your risk of dying from cancer. T / F
- Cholesterol plays a role in helping to protect the body against environmental toxins. T / F
- Cholesterol is important in maintaining fertility and sex drive. T / F
- Eating foods high in fat will raise cholesterol levels. T / F
- The use of statin drugs has lowered the incidence of heart disease. T / F
- Oxidative stress and inflammation are the root cause of cardiovascular disease. T / F
- High insulin levels are a greater risk factor for cardiovascular disease than high cholesterol. T / F

See the answers below the References section.

Words of wisdom

Even when I'm sick and depressed, I love life.

– Artur Rubenstein

Humor



Southern Law

Questions asked in a courtroom can be very revealing ... especially in the South. Even of an old, sweet lady many would be happy to call grandma.

In a trial in the heart of the South, a prosecuting attorney called his first witness, a grandmotherly woman he had known since childhood, to the stand.

He approached her and asked, "Mrs. Whitaker, do you know me?"

She responded, "Why, yes, I do know you, Mr. Coolidge. I've known you since you were a young boy, and frankly, you've been a big disappointment to me. You lie, cheat, manipulate people, and talk about them behind their backs. You think you're a big shot when you haven't the brains to realize you never will amount to anything more than a two-bit lawyer. Yes, I know you."

The lawyer was stunned! Not knowing what else to do, he pointed across the room and asked, "Mrs. Whitaker, do you know the defense attorney?"

She again replied, "Of course, I do. I've known Mr. Johnson since he was a youngster, too. He's lazy, he's bigoted, and he has a drinking problem. He can't build a normal relationship with anyone and his law practice is one of the worst in the entire state. Yes, I know him."

The defense attorney turned red with embarrassment.

The judge upon hearing the questions and answers thus far asked both counselors to approach the bench. In a very quiet voice he said, "If either of you asks her if she knows me, I'll throw you in jail for contempt."

References

6. Davis J, Alcantara J. Resolution of chronic constipation in a 7-year-old male undergoing subluxation based chiropractic care: a case report. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2011;4:98-105.

Answers: 1. True 2. False 3. False 4. True 5. True 6. True 7. False 8. False 9. True 10. True

In Pain? Bring this coupon in for a FREE Exam...See if we can help or pass it on-family/friend...

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Grief & Loss/Immune resistance to Colds/Flue/Allergies/Food & Chemical Sensitivities...*

Pain Relief Is Our Product!



Case Summary: 72year old Male

Chief Complaint: Open seeping sore (clear water like fluid) Approx. 2-3 inch diameter, lower right leg with swelling. Hives outbreak, itchy rash starting on lower extremities & progressing to arms and shoulders.

Condition started slowly last winter as a rash on front of ankle, expanding and becoming an open sore in September. **History:** Patient admits to high sugar intake mostly fruits, juices, & alcohol, plus desserts & snacks, over the last several years. **Dx:** Pancreatic stress plus heavy metal toxicity causing a histamine reaction stressing the liver.

Therapy: Zinc Oxide (Desitin, commonly used for diaper rash), twice daily. A heavy nutritional detoxification (to much, to fast) triggered the hives outbreak. **The major healing effect:** stop intake of fruits, sugar and alcohol and stopping the detox program.

Result: Within 10 days, sore dried up. Hives subsiding, swelling reducing.

Conclusion: Lifestyle, sugar and alcohol use contribute to and or cause health problems. Nutritional support for effected organs accelerate healing.

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.

All information published in this newsletter is put out as a public service and not intended as medical advice or treatment. The reliability of the sources are checked and assumed to be true and accurate. Please consult your physician for medical advice and/or treatment.

Dr. Lon's Current Office Hours

Woodville:

Monday & Wednesday —1- 6 p.m.

Friday or Saturday - 10 a.m.-2 p.m.

Available in Fremont:

All other times, please call

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

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