



Natural Health Center

Pain Relief Naturally



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HAPPY NEW YEAR Patients, Clients, Friends & Neighbors,

2015 arrived with frigid temperatures, snow and a flu epidemic.

- ↪ **Our recommendations for a Happy New Year Include:** Avoid sugar, refined carbs, processed & fast foods, high fructose and artificial sweeteners, and GMOs. (How do you know?... Read labels, with healthy skepticism.)
- ↪ Drink purified or filtered, and/or reverse-osmosis water. Safe?... (Probably safer than tap water.) If in a plastic bottle?... Who knows?
- ↪ Get 5-10,000 units of vitamin D-3, unless you spend the winter in sunshine. Load up on vitamin C, and Echinacea, and use Colloidal Silver, a very effective anti-microbial.
- ↪ Exercise, sleep, and good hygiene (hand washing) prevail!
- ↪ **Other reliable sources of health advice include:**

www.mercola.com , **Dr Bruce West's, "Health Alert" Newsletter,**
Wheat Belly, book by Wm. Davis MD,
Grain Brain, (another MD book).

Natural and alternative health information is expanding with public awareness and acceptance of the fact that drugs and vaccines are many times not effective and not proven safe by nonbiased research.

Read the side effects, if you can. The side effects are sometimes worse than the symptoms being treated? Fever is the body's defense against GERMS.

We are anticipating a great year with more time traveling, starting with a 10-day trip visiting friends and relatives in a warmer climate (the last week in February). However, I'll be available for consult by phone, text, or email!

*In the spirit of the Season and the New Year,
Thank You for
Allowing Me the Opportunity to Make Your Life Better!*

From Our Patients—



Dear Dr Nitschke,

This has been too long in coming. **I'm writing to say THANK YOU SO MUCH!** I am so grateful that I was recommended to you by my daughter Jamie. **I had surgery that led to a frozen shoulder.** I thought I would get that darn shoulder to work again on my own, but I was wrong. I have to say I was skeptical about going to a chiropractor again. I had an unpleasant experience years ago and swore I would never see another. My daughter promised Dr. Nitschke could help, and was she ever right! **I am so grateful to have the use of my arm and shoulder back thanks to you. I am now able to use my arm again without the horrible pain I was experiencing and I no longer have to take OTC pain meds all the time.** I have not felt this hopeful or well in so long and it is all thanks to you and your special gift! Thank you again and I will be forever grateful!!

Sincerely, Lea Wonderly

BEFORE: I started going to a chiropractor a year ago because I had acid reflux really bad.

After just three weeks of adjustments, my acid reflux was gone. I threw my *Prilosec* away and have been symptom-free ever since.

About six months into my chiropractic treatments I started to have severe lower back pain. It felt like I'd been hit by a truck. I also noticed I felt worse after an adjustment. My chiropractor was baffled at my pain and didn't know what to tell me. His advice was yoga and stretch. Yoga, stretching or massage did nothing to relieve the pain. After three months of no relief, I went to my family doctor. He put me on a high dose of ibuprofen and sent me to physical therapy twice a week. This helped to just make the pain more tolerable. After three months of physical therapy the PT said they did not know what else to do and suggested an MRI. **While all this was going on my masseuse suggested I see Dr Nitschke for muscle testing for some other health issues I had going on.**

AFTER: I made the appointment for an evaluation and during my second visit my body was telling him about my back pain indicating the precise area where I hurt (Between my shoulder blades and lower back). He suggested an adjustment. I was hesitant, but something told me to do it. **It was totally different from my previous adjustments and my back pain was gone, Totally gone. I was so relieved and grateful!!**

I had just spent 6 months in pain, not to mention all the money spent trying to get relief. We even bought a new mattress thinking that could be causing it. **So now I am getting my adjustments from Dr Nitschke along with other procedures which are strange, but effective. Even after all I went through I still believe in chiropractic for a healthy life.**

Cary Ahten

That pretty well sums up some of what we are able to do at
Natural Health Centers in Fremont and Woodville

For more go to: www.naturalhealthohio.com and see how we found several potentially lethal carbon monoxide cases. So if you are having unexplained headaches, dizziness, confusion, fatigue, joint or other pains, it could be mold toxicity, (three cases recently) carbon monoxide poison, food or chemical sensitivities or allergies.

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

It may improve your health.



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.

Welcome to our patient newsletter

The quickest way to become an old dog is to stop learning new tricks. – John Rooney

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A word to the wise: This newsletter is going to have a lot more words of wisdom. Why? Because we can all use a lot of wisdom to make the near year happier and healthier.

Kids & Chiropractic

As perfect together as bees and honey

Throughout your children's lifetimes – from infancy into adulthood - chiropractic care can help ensure your child's physical and emotional health. Chiropractic is the healthcare choice for millions of parents and their children throughout the world.

What is Chiropractic?

Chiropractic is a natural healthcare system that respects the body's innate ability to heal itself. Your chiropractor's goal is to assist the body to regain optimal functioning by removing blockages and releasing stress so that balance and harmony can be restored.

The Earliest Years

You do so many things to ensure your baby's health: during pregnancy you eat right; you avoid cigarettes, alcohol and all drugs, breast-feed but what about spinal health?

Chiropractors have helped babies suffering from nearly every condition imaginable: colic, vomiting, sleeping problems, tonsillitis, vision and hearing problems and many, many others. (1-3)

It is not unusual to hear parents state that since starting chiropractic care their children get sick less frequently and less severely, have less (or no) ear infections and take less (or no) antibiotics and other drugs. (4-5) Many conditions such as asthma and allergies have responded to chiropractic care. (6-7)

In addition there are reports of chiropractic care helping children suffering from autism. Some of these children have been re-evaluated and later re-diagnosed as normal after chiropractic care. (8-9)



Academic Performance

For your child to reach his/her academic potential, he/she needs to be free from structural, brain and nervous system stress. Chiropractic care has been a blessing to many children (and their parents) who were experiencing learning problems.

Make sure your children start the new year as well and healthy as possible – call today to schedule a chiropractic checkup for them!

Happy New Year

Did you think we forgot? We just hid it a little farther down the newsletter.

If you keep only one resolution your entire year will be happier so let's talk about ...

Resolutions



OK, we've been down this road before. But now we're really going to make them stick – life is short, too many people depend on us and we can't fritter away that which money can never buy – time!

We're referring to New Years' resolutions. How about the first one being "I will keep my resolutions?"

A good way to help them stick is to write them out in your own hand and make a few copies and put one on the bathroom mirror, another on the refrigerator, another on the ceiling over your bed, in front of the toilet – well, you get the idea.

Another way to get them to work is to create a penalty as well as a reward, a stick as well as a carrot.

How about something like this: "If I don't lose 15 pounds by February 1 I will donate \$xx to a nasty charity/political group I hate." And if I do lose 15 pounds by February 1 I'll reward myself with ..."

It doesn't have to be about weight or exercise or eating better. It could be about anything you resolve to change, for example, quitting smoking, arguing with your spouse less, giving more to charity.

What matters most is you do it. Why is it so important? Because if you do one small thing then a slightly bigger thing is easier to do. Lose one pound this week, then another pound next week. It doesn't have to be all at once. Do one pushup today, two next week, etc.

Let's say you resolve to spend 30 minutes less watching TV or the surfing internet and use that freed-up time doing productive things like yoga or learning something [i.e. a musical instrument, cooking or how to use the TV remote control (hey, it's a small step)]. If that happens then you can do 45 minutes, then one hour, or two.

It's like that question, "How do you eat an elephant?" Answer: "Bite by bite."

Some sample resolutions:

I'll keep my appointments with my chiropractor (we had to throw that one in).

I'll learn a musical instrument/practice more.

I'll keep bad "foods" – high fructose corn syrup, artificial sweeteners and all GMO foods (like soy, corn, wheat and sugar beets) – out of my house.

I'll walk with my spouse every day after dinner (they used to call it a "constitutional" years ago – it was that common).

I'll chew my food more before swallowing.

I'll take a vacation and actually relax.

Just making a resolution is a good thing – it means you want to make your life better. What can be a better start than that?

Resolution: Don't get a flu shot

The CDC admits this year's flu shot doesn't work

The CDC (Centers for Disease Control and Prevention) says the flu vaccine won't work this year. There are many who question if it ever works at all. And of course the CDC does not acknowledge the harm done by the flu shot. For a peek into that, see the article below. Learn more on this year's flu shot at:

http://www.naturalnews.com/047890_flu_vaccines_CDC_apology_medical_fraud.html#ixzz3L2Qge0Ky

5 seniors die after flu shot at assisted care center

All the residents received flu vaccinations; all reportedly developed a fever immediately, and within one week, five of the residents died.

The facility is not saying they are related to the flu shot. Healthcare workers across the US fear to speak out against injuries due to vaccines, as it usually costs them their job. If you know anyone with family members at this facility near Atlanta, Georgia, please demand an investigation immediately.



The flu shot is the most dangerous and deadly vaccine in the United States due to payouts from the National Vaccine Compensation program for injuries and vaccine deaths. The US Vaccine Adverse Events Reporting System (VAERS) received 93,000 reports of adverse reactions including 1,080 deaths and 8,888 hospitalizations. The Fluzone® flu vaccine marketed to seniors last year revealed 23 seniors died during drug trial in its package insert. See more at:

<http://healthimpactnews.com/2014/6-seniors-die-after-flu-shot-at-assisted-care-center-in-georgia/#sthash.Yx58aiFI.dpuf>

Granny 86 years on parallel bars

What an inspiring few minutes. Let's all do this when we're 86.

<https://www.youtube.com/watch?v=z5YaxXkoJv8>

Did you know?

The football huddle was conceived by a deaf quarterback at Gallaudet University who used sign language to communicate. Not wanting the opposition to see his signals the team would bunch together to shield him.

Gluten intolerant or poison intolerant?



Why are some people who say they are “gluten intolerant” able to eat organic non-GMO wheat? It may be because of how the wheat is treated.

a
routine

For example, standard wheat harvest protocol in the United States is to first drench the wheat fields with the poisonous herbicide Roundup®; the dead plants are less taxing on the farm equipment. Pre-harvest application of Roundup® and other herbicides containing glyphosate to wheat and barley as desiccant was suggested as early as 1980. It has since become routine over the past 15 years and is used as a drying agent 7-10 days before harvest within the conventional farming community. See more at:

<http://www.theorganicprepper.ca/maybe-you-arent-actually-gluten-intolerant-maybe-youre-just-poison-intolerant-11152014#sthash.1m4WF1ss.qoRhtnKT.dpuf>

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 “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 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.

Parents’ satisfaction with pediatric chiropractic. This was a survey of all infants aged 0-36 weeks at a chiropractic clinic. Parents completed questionnaires, which rated their own and their infant’s characteristics prior to, and at the end of, a course of chiropractic care.

395 results were collected in this study and satisfaction scores of 10/10 (“completely satisfied”) were reported by 75.1% of the parents. The parents in this study appear to be satisfied with the care their infant received. (11)



Motor Tics, ADHD in a 10-year-old. A 10-year-old boy presented with ADHD (attention deficit hyperactivity disorder) along with involuntary motor tics. He was a twin born vaginally with the assistance of vacuum extraction. History revealed prior diagnoses of macrocephaly and underdevelopment of C2 at 4 months of age. The child was administered slow release stimulant medication for management of ADHD symptoms by a medical doctor since 8 years of age.

High velocity, low force adjustments (Toggle technique) were applied to the first cervical vertebra over 10 months of care along with passive cervical mechanical traction following each adjustment. After the first adjustment, the boy showed improvements in behavior and focus. He was able to cease use of medication after 2 months. Reduction in ADHD symptoms along with complete resolution of motor tics were also noted over the duration of care. Cervical curve as seen on x-ray improved 10 months from the start of care. (12)



“Breech” baby and chiropractic. A 28-year-old female presented at 36 weeks pregnant with her third child. A transverse position of the fetus was confirmed with ultrasound by the ob/gyn.

Through the use of Webster Technique protocol, the patient was found to have a sacral subluxation and taut fibers along the round ligament. After one Webster Technique adjustment, the fetus was confirmed to have moved from transverse position to vertex position via ultrasound. The patient was able to avoid a cesarean section and proceed with an uncomplicated vaginal delivery. (13)

Words of Wisdom

I have no special talent, I am only passionately curious. – Albert Einstein

The person who knows HOW will always have a job; the person who knows WHY will always be the boss. – John Maxwell

In times of change, learners inherit the earth, while the learned find themselves beautifully equipped to deal with a world that no longer exists. – Eric Hoffer

If a man empties his purse into his head, no one can take it away from him. An investment in knowledge always pays the best interest. – Benjamin Franklin

Shall I tell you a secret of a true scholar? It is this: every man I meet is my master in some point and in that I learn from him. – Ralph Waldo Emerson

Education is learning what you didn't even know you didn't know. – Daniel Boorstin

Don't let your learning lead to knowledge. Let your learning lead to action. – Jim Rohn

If a person will spend one hour a day on the same subject for five years, that person will be an expert on that subject. – Earl Nightingale

Unless you do something beyond what you've already mastered, you will never grow. – Ronald E. Osborne

The greatest enemy of learning is knowing. – John Maxwell

It's what you learn after you know it all that counts. – John Wooden

What is a college? An institute of learning. What is a business? An institute of learning. Life, itself, is an institute of learning. – Thomas Edison

That is what learning is. You suddenly understand something you've understood all your life, but in a new way. – Doris Lessing

There is nothing new under the sun, but there are lots of old things we don't know. – Ambrose Bierce





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.

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Special bonus for reading this far down....



**Practice safe
text, use
commas**

... and never miss a period.