

## HUMOR

- My doctor took one look at my gut and refused to believe that I work out. So I listed the exercises I do every day: jump to conclusions, climb the walls, drag my heels, push my luck, make mountains out of molehills, bend over backward, run around in circles, put my foot in my mouth, go over the edge, and beat around the bush.

### 5 lies job seekers tell:

Gilding the lily is a job seeker's birthright. Here are a few doozies, where the applicant claimed

- to be a former CEO of the company to which he was applying.
- to be fluent in two languages—one of which was pig Latin.
- to be a Nobel Prize winner.
- to have worked in a jail when he was really in there serving time.
- he was fired "on accident."

### An Ocean of Dumb

A man called, furious about an Orlando, Florida, vacation package we had booked for him: He was expecting an ocean-view hotel room. I explained that was not possible, since Orlando is in the middle of the state. "Don't lie to me," he said. "I looked on the map, and Florida is a very thin state."

Dr. Nitschke is available in  
**Fremont** : On-call, No set hours.  
**Woodville**: Tues. & Thurs. afternoons,  
& some Saturday mornings.  
**Call: 419 332-7666** to schedule!  
For information about our services,  
consult our website:  
[www.naturalhealthohio.com](http://www.naturalhealthohio.com)

## Pain Relief Naturally

**Woodville Chiropractic**  
421 West Main Street  
Woodville, Ohio 43469  
Telephone: 419-849-2414  
[www.woodvillechiropractic.co](http://www.woodvillechiropractic.co)

**Nitschke Chiropractic**  
2150 Hayes Avenue  
Fremont, Ohio 43420  
Phone: 419-332-7666  
[www.naturalhealthohio.com](http://www.naturalhealthohio.com)



Sneezing? Nose running? Eyes itchy/  
watery?? Bring this in for a **FREE**  
**ALLERGY Evaluation!** See if we can help or  
pass it on-family/friend...

## Natural Health Center

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## Dear Patients, Friends & Neighbors,



Sliding into the New Year, NW Ohio fits. If you are from or living here you know what That means. As Dustin said last week, "If you don't like the weather, stick around. It'll change."

We, Gloria & I, had decided to leave for warmer climates a couple weeks each month this winter. **Next escape Thursday, January 28<sup>th</sup>** for the Carolinas and on down to Florida to visit friends and relatives. We'll be back **February 14<sup>th</sup>**.

Easing past our mid-seventies, we are quite active. **On NO prescription or OTC drugs.** However I did have A problem starting last spring. Had to do 4 days on an antibiotic when natural didn't work. Problem fixed. Side effects however caused arthritic symptoms. I used to think when patients complained of arthritic pain & stiffness, not able to touch their toes, "you just don't stretch or exercise enough." I've changed my thoughts.

The side effects got me researching. **E.I. Syndrome**, (stands for environmental illness) by Dr Sherry Rodgers, MD, Plus 2 more of her books, **Tired or Toxic and Pain Free in 6 Weeks** gave me the answers.

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I was very toxic. Mercury in silver fillings, Food and chemical sensitivities, and dehydration were major triggers for my arthritic condition. I just got relief after a daily **Far Infra Red sauna** the last 3 weeks, plus **Increasing my water intake, and adjusting my diet with a detoxification program.**

... So after 7 months of pain & stiffness I am empathetic with my Patients arthritic complaints. **But now I have an answer when asked**, "What can I do?" But one thing is for sure, keep on doing what you've been doing, and you will keep on getting what you've been getting. Your choice, but **drugs are not the answer. Ask me! Been there! Done that! HAVE A GREAT 2016. We are!**

## SP Purification Program

We have been having good results with the **SP Purification Program**, a 21-day eating plan designed for detoxification. A side-benefit has been weight reduction.

**First the benefits of detox.** A common complaint is muscle and joint pain, and stiffness. (Arthritis) AKA fibromyalgia. Medical treatment of choice is drugs and side-effects being more dangerous than the condition, even lethal. (Witness Vioxx, et. Al). It is well-known and researched that every day toxic exposure accumulates in the body causing inflammation and swelling, resulting in the arthritic pain and stiffness. From Where??

\*References and additional Newsletter articles and patient comments at:  
<http://www.naturalhealthohio.com>

The Air you breathe, food you eat, drinks, personal care products, dental products, health products, i.e., prescriptions, synthetic vitamins and more...**READ LABELS.**



## Now some comments from patients:

**Sue Perry says: "I truly enjoyed the SP Purification Program! Done Monday, 11 lbs off-to-date. Yahoo!! Never thought I'd enjoy veggies. Roasting cauliflower and broccoli with a dash of olive oil and garlic, YUM!!"**

## And last year Sue said about her Natural Health experience:

**Before:** Dr. Nitschke is an amazing clinician. I was suffering with nausea and vomiting for 15 years that so intense that I was using a medication designed for chemo therapy patients without result, and have undergone several surgeries to correct the problem. At my initial visit, Dr. Nitschke determined that I was sensitive to many foods as well as having increased levels of formaldehyde in my system from years of consuming diet colas to help relieve the nausea. Many of you may remember your parents giving you Coca-Cola syrup as a remedy for nausea; diet colas became my medication of choice. I was also suffering from 20 years of insomnia and nightmares. The medication that I was taking for the insomnia wasn't helping and when I was able to fall asleep, the nightmares began.

**After:** After eliminating the foods that I was sensitive to from my diet, using an herbal remedy suggested by Nitschke to aid with digestion and support my immune system,

decrease my consumption of diet colas, and add more whole foods to my menu plan, I have completely eliminated the need for the chemo therapy medication, the medication for sleep and am now sleeping four to six hours of collective sleep each night and am free of nausea. What a blessing on so many levels! To say that Dr. Nitschke is an excellent physician with phenomenal diagnostic skills is an understatement as he is also a kind, sensitive and wonderful person. I am very grateful for him as I feel as though my overall wellness has increased significantly as result of his care. **Sue Perry**

## And Jane Witmer Reported:

**BEFORE:** Last Fall (2015), when I first came to see Dr. Nitschke, I had been suffering a long time with very tight muscles in my upper back and shoulder area. It was affecting my neck and causing frequent headaches. I also talked with him about feeling tired and stressed.

**AFTER:** After 2 or 3 adjustments the problem with my shoulders was almost completely gone. He gave me a quick maintenance adjustment last week and I left feeling very comfortable. After talking with Dr. Nitschke and having him do some simple muscle testing, he suggested some supplements might help with my other symptoms. We also talked about the benefits of following a 21-day cleanse program. I chose to do the cleanse, and to my amazement I really started to feel better overall, and lost 11 lbs. while really enjoying the "real food" that I was eating. It's been 3 months now, and I am planning to do another cleanse!

**Jane Whitmer**