



Natural Health Center

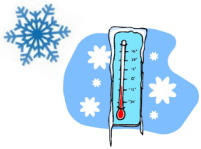


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January, 2018



New Year is here with a subzero COLD start, followed by thaw & rain, then heavy snow. All that in the first 2 weeks. Hint: Run your snow blower out of gas when done for winter. Cheaper than new carburetor from damage of stale gas.



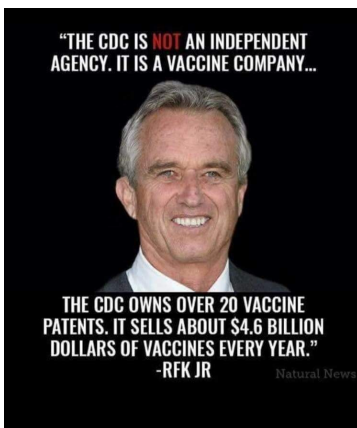
Travel plans: Leaving **Friday, February 16** for our annual visit with family in South Carolina and Florida. We'll return on or about **Saturday, March 10th**. **I can be reached by text or phone, (419 332 7666) to handle questions.** Leave a message. Ill call back.

Office schedule:

Even though in my 79th year on this earth, and 38th year in health care, **I still take care of patients and referrals by appointment. There are no set office hours for Fremont, or Woodville where I still do Tuesday and Thursday afternoons , and an occasional Saturday.** If you can reach me by phone, and in the area, I will take care of you!

Most of you know I focus on nutrition, food & chemical sensitivities, and environmental illness caused by nutritional deficiency and toxins (poisons). Plus applicable emotional problems. I have experienced and recommend the therapeutic alkalizing benefits of lemon water with ACV, and Baking soda. Also Cilantro/Coriander as a heavy metal and chemical detox. Most people do not realize toxins cause their problems. Conventional medical tests do not address them. These therapies are natural, producing NO profits for Pharma. For those with or suspected Leaky Gut, check out GAPS; www.gapsdiet.com

And finally on the subject of vaccine safety



Robert F Kennedy Jr pointed out; **“The CDC is NOT AN INDEPENDENT AGENCY. IT IS A VACCINE COMPANY.... THE CDC OWNSOVER 20 VACCINE PATENTS. IT SELLS ABOUT \$4.6 BILLION DOLLARS Of VACCINES EVERY YEAR”**

Read More about the effects of Aluminum in vaccinesat ...

<http://vaccineimpact.com/2018/a-lone-fda-scientist-could-end-the-autism-epidemic/>

(As an after thought here)

Ah, well, the Kennedy's are familiar with untimely/suspicious deaths.

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Natural Health Center's Schedule

Woodville Office

**Tuesday & Thursday Afternoons,
Some Sat. Mornings—
Please call ahead,
Drop-ins ok when I'm there.**
421 West Main Street
Woodville, Ohio 43469
Call or Text: 419-332-7666
Email: drlhn@woodville.net

Fremont Office

All other times on-call
2150 Hayes Avenue
Fremont, Ohio 43420
Call or Text: 419-332-7666
Email: drlhn@woodville.net
www.naturalhealthohio.com



New Service at Nitschke Chiropractic & Woodville Chiropractic

We are offering a new Laboratory (blood, hair, saliva, urine) testing service that is the Gold Standard of the medical model to act as a guide in recommending your nutritional solutions! **Just text or call Dr. Nitschke (Phone: 419-332-7666) To learn more about our new service.**

Have you seen the scientific evidence that genetically modified foods are 100% safe with no long term health related side effects? Unfortunately, neither have we. What started out to help world hunger, has unfortunately created damage to agriculture, wild life and human health.



How Does This Relate to Healthcare?

The more we give politicians, bureaucrats and "professionals" permission to control and manage our lives, the less free, the more dependent and the less capable we become.

As the Elders of the Oraibi Arizona Hopi Nation remind us: "We are the ones we've been waiting for."

The world-renowned sociologist Ivan Illich, Ph.D. applied this understanding to health in his famous book *Medical Nemesis*:

A world of optimal and widespread health is obviously a world of minimal and only occasional medical intervention. Healthy people are those who live in healthy homes on a healthy diet in an environment equally fit for birth, growth, work, healing, and dying; they are sustained by a culture that enhances the conscious acceptance of limits to population, of ageing, of incomplete recovery and ever-imminent death. Healthy people need minimal bureaucratic interference to mate, give birth, share the human condition, and die. (1)

May 2018 be a year of increased freedom from drugs and surgery, and from sickness, weakness and dependency. May 2018 be a year of ever-increasing physical, emotional and spiritual health and happiness for you and your loved ones.



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

This is sunset at the North Pole. The moon is at its closest point. A scene you will probably never get to see in person, so take a moment and enjoy.

This is the lesson: never give in, never give in, never, never, never, never – in nothing, great or small, large or petty – never give in except to convictions of honour and good sense. Never yield to force; never yield to the apparently overwhelming might of the enemy. – Winston Churchill

Some Wisdom for the New Year

⇒ **Lighten up**

If only we'd stop trying to be happy we'd have a pretty good time.

– Edith Wharton

⇒ **You don't need much**

All you need for happiness is a good gun, a good horse and a good wife.

– Daniel Boone

⇒ **Be humble**

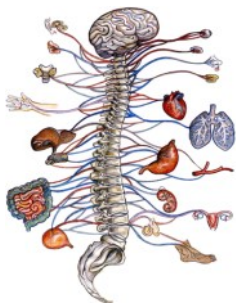
Never take top billing, you'll last longer that way. – Bing Crosby

⇒ **Look within**

Never believe in mirrors or newspapers. – Jon Osborne

Three Dumb ER Jokes You're Allowed to Laugh At

- “Patient in to ER at 0400 with no complaints: ‘I have been having chest pain for 4 months but I am not having chest pain now. The reason I’m here now is because I heard that 4am is the best time to come cause there are not that many people.’ ”
- “Had a woman call 911 because she ‘had déjà vu in the shower and got nervous.’ ”
- “Got a frantic call from a woman who claimed she had overdosed and needed help immediately. We arrive on scene, and she hands us an empty mint container, saying she took them all. That night she learned that you cannot overdose on mints.”



Questions and Answers About Chiropractic

Q: What Do Doctors of Chiropractic Do?

A: Doctors of chiropractic promote physical and emotional wellbeing. Chiropractic has become the largest natural, drug-free healthcare system in the US (and world) because chiropractors perform a unique service. Doctors of chiropractic are able to locate and correct subluxations, a condition that damages nerves, muscles, fascia, meninges and other tissues. Subluxations cause joints to “freeze” or lose normal movement, causing damage to the involved area.

Subluxations cause imbalance, weakness, pain, inflammation, abnormal body function – and much more.

Under chiropractic care your head is more balanced, your hips and shoulders are more level and stress is taken off the joints and muscles throughout your body. Because less of your energy goes into supporting an unbalanced spine and skeleton, you may immediately discover more energy, greater ease in movement and improved relaxation.

A healthy spine and structural system can make the difference between a life of pain, suffering and disability and one of ease, healing, happiness and freedom. Subluxations may be caused by stress that overwhelms us. For that reason, it is important to see your chiropractor to be “de-stressed” periodically. Why wait? Come in before it causes damage. And bring your family so everyone can enjoy a healthier holiday season and New Year.

Before You Get a Flu Shot, Watch This

Great Canadian video satire on the flu shot:

<https://www.youtube.com/watch?v=l88fDGPA7wM>



Frankincense for the Brain

Aromatherapy (the use of essential oils) has been employed for thousands of years in nearly every culture. Recently Israeli researchers have discovered that the incense known as frankincense can be a very effective mood-altering tool. It affects the same part of the brain as anti-anxiety and anti-depression drugs and increases oxygen to the brain by nearly 30%. (2)

Use of frankincense and other essential oils is ancient. Because of its amazing health benefits frankincense was more valuable than gold.

Essential oils have been used to change mood, improve the immune system, heal and promote wellness. Why not add some aromatherapy to your life?

Words of Wisdom

Our job in this life is not to shape ourselves into some ideal we imagine we ought to be, but to find out who we already are and become it. Steven Pressfield

The best way to predict your life is to create it. Abraham Lincoln



Researching Chiropractic

Chiropractic clinical case histories have been a regular feature of our patient newsletter since its inception. There seems to be no limit to the health problems that respond to chiropractic care. How many people suffering, on drugs, facing a life of limitation could be helped by chiropractic care?

Probably most of them.

Multiple Sclerosis (MS) and chiropractic. A 39-year-old wheelchair bound woman with a 20-year history of MS wished to begin chiropractic care. MRI confirmed her diagnosis revealing that she had multiple brain lesions. The patient had been under medical care and was experiencing increased disability with multiple movement and sensory deficits. She also had pain, visual loss and inability to walk.

Vertebral subluxations were located. X-ray and other analysis revealed C2 and C3 (upper neck) subluxations. Chiropractic adjustments were given only at the C2 vertebral segment level. The patient's care plan was over 18-36 months.

A follow-up MRI revealed no active plaques in her brain. Concurrently she experienced decreased multiple sclerosis symptoms. She had improved function that included the ability to walk. (36)



Breech delivery turned with chiropractic. A 38-year-old woman pregnant with twins began chiropractic care in her 30th week of pregnancy. The twins were breech, in a "footling" presentation.

Over a two-week period, she received five chiropractic visits that included correction of a sacral subluxation, following the principles of the Webster Technique. Both turned to normal vertex presentation and the woman was able to have a successful vaginal birth of the twins without medication. (4)

Did You Know?

- Switzerland has accidentally invaded Liechtenstein 3 times.
- In England, after the Norman invasion (11th century), English was considered a language of commoners"; the British elite spoke French.
- Until the Nazi party adopted it, the swastika was considered a symbol of goodness and luck, even featured in ads from Coca-Cola.

Humor

Oh my God, look at you. Anyone else hurt in the accident? – Don Rickels, comedian, to actor Ernest Borgnine (5)

FREE Evaluation!!

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

I want to remind you of our

[Immune Response Conditioning with Laser Technology](#) to reduce and even eliminate allergy sensitivities.

We are offering a **FREE** evaluation to see if you are a candidate.

Check our *testimonial page* for many satisfied comments .

<http://woodvillechiropractic.com/testimonials/>



Our Unique Heritage

America is a unique nation – founded on the recognition that all people have inalienable rights: life, liberty and the pursuit of happiness. But what does inalienable mean? It means that the government doesn't give us those rights; we have them by right of birth. Our founders understood that our rights are derived from our Creator; they are our natural rights.

Government, kings, potentates, parliaments, committees, politicians, dictators, etc. can take our natural rights away. History is replete with such abuses. The American government was founded to protect our inalienable rights. Government, laws and courts are created to protect those rights. Once our unique constitutional system was put into place, the definition of that principle, and its limits, needed to be understood by all.

For example, in his famous 1790 letter to the Jewish congregation in Newport, Rhode Island, President George Washington went out of his way to set up a critical distinction between a false type of tolerance – by which “one class of people” might condescendingly extend certain privileges to another, inferior class – and the American system, in which all enjoy “their inherent natural rights” equally, provided only that they “demean themselves as good citizens.”



Alzheimer's Disease (AD) Is Increasing. What Can Be Done?



Alzheimer's is now the third leading cause of death in the United States (after heart disease and cancer). Scientists have no idea why this condition, which was so rare it wasn't even noticed until 1911 (when it was first named), has exploded to epidemic proportions. Today nearly half of all people over 85 die from AD. Dr. Dale Bredesen, Director of Disease Research at the University of California, Los Angeles (UCLA) School of Medicine states:

It is a trillion-dollar global health problem. It was the sixth leading cause of death.... Now, it has become the third leading cause of death in the United States. This is something that's set to bankrupt Medicare... Many are walking around with early Alzheimer's without realizing it. (2)

Can anything prevent AD? Medical care is ineffective. However, researchers report that avoiding vaccines, especially the flu shot, will prevent toxic chemicals from affecting the brain, and diet appears to be essential for preventing AD. Avoid all artificial sweeteners such as NutraSweet, Splenda, Equal, etc., because they cause brain inflammation. Especially get on a high-fat/oil (ketogenic) diet because it improves brain function and body chemistry. The type of fats and oils are important: add lots of tallow, lard, coconut oil, avocado oil, olive oil, butter and ghee to your diet every day and especially avoid cheap, unnatural oils such as corn, cottonseed and canola oils. See below:

Canola oil linked to Alzheimer's complications in new study

Canola oil is inexpensive and is advertised as being healthy. However researchers at the Alzheimer's Center at Temple University's Lewis Katz School of Medicine discovered its potential dangers in this experiment: two groups of mice received either regular chow or chow supplemented with canola oil for 6 months. The mice on the canola diet showed a decline in their working memory capacities, less healthy brain chemistry and had gained much more weight than the non-canola oil group.

The authors write, “While more studies are needed, our data do not justify the current trend aimed at replacing olive oil with canola oil.” (3)

Also read more about the effects of Aluminum and Alzheimer's at:

<http://vaccineimpact.com/2018/a-lone-fda-scientist-could-end-the-autism-epidemic/>



Researching Chiropractic

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Resolution of blindness in an 18-year-old. An 18-year-old woman was complaining of migraines; seizures; mid-back, neck and low back pain; shoulder pain and numbness and tingling in both arms and into her left leg and foot. She had suffered a stroke four years prior and had brain surgery. Immediately following the surgery, she reported blurry vision and a loss of the lateral portion of the visual field of her left eye which continued to diminish before becoming completely blind. She suffered from migraines and seizures as well.

Immediately after the adjustment was given the patient reported seeing “sparkles” in the left eye. She was left to rest on the table. After approximately 15 minutes of rest, the patient experienced a full resolution of the vision loss in her left eye.

After 11 weeks care her eyesight was still intact and her migraines and seizures reduced in frequency and severity. Her neck and back pain resolved and her arm and foot symptoms continue to improve. (4)

Did You Know?

- US President Ronald Reagan was a life guard in high school. He has been credited for saving 77 lives.
- The *New York Daily Tribune* had a correspondent in Germany: Karl Marx.
- In the middle ages, people believed that sperm coming from the left testicle produced girls. Men who wanted sons only had it removed.



Bye, 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.

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