



# Natural Health Center



*Pain Relief Naturally*

**Woodville Chiropractic**  
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Dear Patients, Friends & Neighbors

June , 2015

Our theme for this newsletter is, "ALLERGY RELIEF!" Why? It's spring. Usually the Most symptomatic season for the Most people. Reminding our readers of our success with relief without drugs, shots or prescriptions with their side-effects.



## From Our Patients—

**Before:** "As a 21 year old guy I was never too concerned about my health, but something was definitely getting to me. Every Friday I could time my headaches by the clock. I tried everything from hot showers to pills, but the only thing that ever seemed to fully cure my pain was to go to bed. For a while I just put up with it, but then the headaches became more frequent. My family doctor attributed them to "stress" or possibly some type of MSG sensitivity from eating that college cafeteria food. Regardless, I was still in pain and it was ruining my evenings. As if that wasn't enough, allergy season was right around the corner and I had always had a time with hay, ragweed and cats. Once again, I'd tried it all from Claritin to any other allergy medication but none truly prevailed. My girlfriend of five years and I could never fulfill her dream of attending the county fair together because of my terrible allergies. On top of that, Christmas at her grandma's house was always interesting with "Smokey" the cat. To put it simply, life wasn't bad but it certainly had some hiccups. Finally after some talking with my parents they suggested that I go to visit Dr. Nitschke and talk about some of these issues.

**Now:** So I listened, and it has been one of the best things I've ever done. Since my treatment I have seldom had headaches, usually attributed to forgetting to eat lunch or not eating enough throughout the day. Now I can go out and enjoy my weekends and not have to worry about Friday at six when those headaches would arrive. However, the success doesn't stop there. He also gave me treatment for my allergies to hay, ragweed and cats. This year was an especially dry year and I was just cringing about the allergy season and how it would affect my summer. I am happy to report however, that for the first time in our five-year relationship, my girlfriend and I actually were able to attend the county fair. I got to see all of the animal shows and walk right through the barns without a problem."

*Matthew Hollis*

**Before:** I started treatment with Dr. Lon my allergies were bad. was sensitive to mold, pollen, animal fur, dust and grass. I never looked forward to spring and fall cause that is when I suffered the most. After treatment with the BAX Laser and regular adjustments I had a huge change. I was having headaches 3-to-4 times a week.

**Now:** I am mostly headache free and my stuffy nose and sneezing are 90% better.

I would say that this has helped me more than taking allergy medication or anything else tried in the past. Therefore, I continue to see Dr. Lon on a regular basis knowing I can get immediate relief to most problems.

*Dustin Dewey*

## More From Our Patients



**Before:** I couldn't go golfing or mow yard without sneezing, itchy watery eyes and being miserable.

**Now:** I can golf and mow my church yard without sneezing and being miserable.

*Billy Hassinger*

**Before:** I had been dealing with a rash. Dermatologist gave me steroids. My blood pressure went to highest it had ever been. My eye was feeling odd with pressure. I applied many creams and lotions with no relief from itching and spreading of the rash.

**Now:** GONE! Not only is the rash gone, but I Feel the best I've felt in years. **Dr Lon treated my immune system & my allergies that bothered me for years improved. I can now clean the house and mow grass and not worry about headaches, runny nose, itchy eyes, or any other negative affect. Thank you Dr Lon!**

*Francis Goodwin*

**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** 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*

**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: 2150 Hayes Ave. Office**

**Please call for an Appointment**

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

**Call:** 419-332-7666 or 419-849-2414

## What We Do

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](http://www.naturalhealthohio.com) and see how we found several potentially lethal [carbon monoxide cases](#) by using kinesiology, aka: muscle testing.

Are you 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!**

## Immune Response Conditioning (IRC) With Laser Technology

Ground breaking treatments offered at the NHC are Unique in that there are no scratch tests, allergy shots, or drugs involved. Therefore no drug side effects or interactions. Computer technology coupled with cold laser therapy is applied to reprogram negative reactions to ordinarily harmless substances.

Muscle Response Testing, (MRT), A clinically friendly biofeedback method allows communication with the autonomic aka. the parasympathetic nervous system to determine sensitivities. Once identified, our system works to neutralize negative responses so that future exposure no longer triggers those irritating reactions. Many patients notice significant results with the first treatment. In fact preliminary results have shown near total relief in about 30% following a series of treatments, and significant reduction in symptoms in about 80% of the treated population. AS each treatment addresses one substance category, reactions to multiple substances require multiple treatments.

### (IRC) with Laser Technology Resulting in Relief of Allergy Symptoms:

Our assessments and treatments address a wide range of allergy symptoms such as:

Sneezing	Headaches
Runny Nose	Digestive Issues (bloating, cramps)
Congestion	Heartburn and Indigestion
Itchy and Watery Eyes Skin	Acid Reflux
Rashes and Irritations	Excessive Mucous and Phlegm ...
IBS (Irritable Bowel Syndrome)	<i>and more!</i>

**Our assessments and treatments are *non-invasive and require no medication!***

**Our unique system allows many patients to experience immediate results after a single visit.**

**There are no weekly shots ... no supplements ... and no medication.**

**IRC affect symptoms related to over 10,000 different allergens, including:**

Hay Fever & Seasonal Allergies	Dairy
Foods	Food Components
Animals (Cats, Dogs, etc.)"	Dust & Dust Mites
Grasses, Weeds & Trees	Fabrics & Upholstery
Metals	Insects
Sunlight	Coffee & Chocolate
Alcohol	Perfumes
Chemicals	Latex
Fruits & Vegetables	Molds & Fungus

**... and much, much more! Call to schedule a FREE EVALUATION.**

### Words of wisdom

*When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years. **James Allen***

*The only people with whom you should try to get even with are those who have helped you. **Mark Twain***

## 10 Rules for Being Human by Dr. Cherie Carter-Scott

from "If Life is a Game, these are the Rules" [10 Rules for being Human Being](http://www.simpletruths.com/inspirational-books/if-life-is-a-game-these-are-the-rules.html) 31/2 minute video  
<http://www.simpletruths.com/inspirational-books/if-life-is-a-game-these-are-the-rules.html>

- 1. You will receive a body.**  
You may love it or hate it, but it will be yours for the duration of your life on Earth.
- 2. You will be presented with lessons.**  
You are enrolled in a full-time informal school called 'life.' Each day in this school you will have the opportunity to learn lessons. You may like the lessons or hate them, but you have designed them as part of your curriculum.
- 3. There are no mistakes, only lessons.**  
Growth is a process of experimentation, a series of trials, errors, and occasional victories. The failed experiments are as much a part of the process as the experiments that work.
- 4. A lesson is repeated until learned.**  
Lessons will be repeated to you in various forms until you have learned them. When you have learned them, you can then go on to the next lesson.
- 5. Learning does not end.**  
There is no part of life that does not contain lessons. If you are alive, there are lessons to be learned.
- 6. 'There' is no better than 'here'.**  
When your 'there' has become a 'here,' you will simply obtain a 'there' that will look better to you than your present 'here'.
- 7. Others are only mirrors of you.** You cannot love or hate something about another person unless it reflects something you love or hate about yourself.
- 8. What you make of your life is up to you.** You have all the tools and resources you need. What you do with them is up to you.
- 9. Your answers lie inside of you.** All you need to do is look, listen, and trust.
- 10. You will forget all of this at birth.**  
You can remember it if you want by unravelling the double helix of inner knowing.

## Humor . . .

We don't know if this is too ridiculous for our newsletter

but ... **Student who obtained 0% on an exam.** Q1. In

which battle did Napoleon die? \* **His last battle**

Q2. Where was the Declaration of Independence

signed? \* **At the bottom of the page**

Q3. River Ravi flows in which state? \* **Liquid**

Q4. What is the main reason for divorce? \* **Marriage**

Q5. What is the main reason for failure? \* **Exams**

Q6. What can you never eat for breakfast?

\* **Lunch & dinner**

Q7. What looks like half an apple? \* **The other half**

Q8. If you throw a red stone into the blue sea what will it become? \* **It will simply become wet.**

Q9. How can a man go eight days without sleeping? \* **No problem, he sleeps at night.**

Q10. How can you lift an elephant with one hand?  
\* **You will never find an elephant that has only one hand.**

Q11. If you had three apples and four oranges in one hand and four apples and three oranges in other hand, what would you have? \* **Very large hands**



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