



Natural Health Center



Pain Relief Naturally

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Spring, 2015

Dear Patients, Friends & Neighbors,

Another hard winter but looks like we may have an early spring. At least the last few days have been a major change from just a couple weeks ago. We did squeeze in a couple weeks in WARMER weather. Time to check in with people we haven't seen for a while. So look for a call, text or email to check in & update any changes.

We were pleased to help a number of patients with colds, flu, and even mold and multiple chemical sensitivities over the winter.

Remember an early spring may bring a surge of allergy symptoms for many. Sneezing, watery eyes, runny/dripping nose to list a few. (Mold can cause that too) We have helped many over the years to avoid shots & the side effects of drugs, both OTC and prescription. Our non-invasive approach is desensitization by homeopathy and/or energy therapies like our high-tech laser treatments. Check our website at <http://naturalhealthohio.com> and newsletter archives for more information.

A few comments from happy patients follow. Looking forward to reconnecting, And thank you for giving us the opportunity to help,
Dr Lon

PS. Be sure to check out the letter from *Rima E. Laibow, MD* regarding **vaccine exemptions** at <http://drmatruthreports.com/vaccine-exemptions-fear-and-loathing-in-the-medical-profession/> and Mercola.com for more information on alternative health and wellness options!



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...



From Our Patients—

Before: I was taking Blood Pressure medicine for about a month and noticed I had started coughing a lot. I didn't have a cold or any congestion. I called my doctor. She suggested I change my med to a different kind. I did. Still coughing. While at work a co-worker heard me coughing and ask if I had a cold. No I don't. It's the Blood Pressure medicine my doctor prescribed. She said Karen go to Dr. Nitschke. I had never heard of him. She said he will have that cough stopped in no time. I was so excited I called him that day. I arrived at his office the next day not sure of how he was going to cure this cough that was driving me crazy. I was given a questioner that had questions on it no doctor had ever addressed. I checked off all the symptoms I had. High Blood Pressure, rash on my nose, not sleeping at night, hot flashes, bloating, and the list went on.

After: Dr. Nitschke gave me three different supplements and said I was allergic to wheat and milk. I faithfully take my supplements and have cut out all dairy and wheat. I stopped taking my Blood Pressure medicine the first visit to Dr. Nitschke. I no longer have high blood pressure. My nose is healed unless I decide to drink regular milk or have pizza. Which I do have pizza every once in a while. I sleep all night and everything that I was complaining of having is gone. The coughing stopped within a couple days of seeing Dr. Nitschke. I have more energy than I have had in years! I lost seven pounds also!! All my symptoms stopped within a couple of days of seeing Dr. Lon. **Thank you so much Dr. Nitschke for all you have done for me.**

Karen Blair

Before: Before I came to see Dr. Nitschke, I couldn't pick up my head or focus, or lie on a pillow with sharp burning pain going up my entire head. If I was doing anything, I had to stop and sit still.

Now: After seeing Dr. Nitschke, I was able to focus and see without dizziness. I was able to lay my head on a pillow without the burning pain. **Dr. Nitschke has made a big difference in my life resuming my activities without the pain I was having!**

Joanne Stahl

Before:

When I first saw Dr. Lon Nitschke, we chatted for awhile, and I realized he could help me. I have been searching for an answer about my lower back. I have had pain for years and suddenly wanted to feel normal again.

Now: I am so happy to say Dr. Nitschke has brought me so much peace of mind. I feel he has brought so much positive to my life. I love his approach to a happy, healthy pain-free life. The adjustment he did for me was incredible. I could barely walk into the office, but I was standing up straight when I left.

Thank you from the bottom of my heart!

Susan Ottney

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

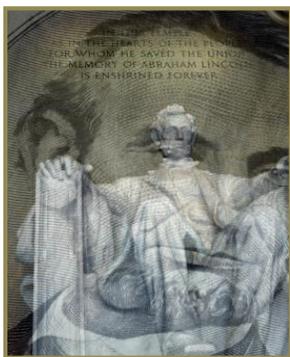
Findlay: (1-day per month call for schedule)

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

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.

I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live up to what light I have. — Abraham Lincoln

Welcome to our patient newsletter

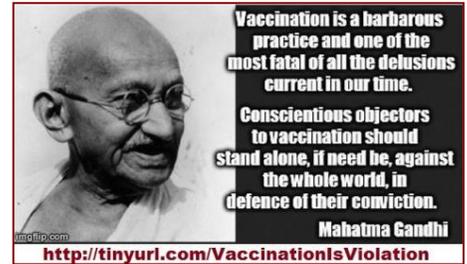
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Measles epidemic?

What an interesting coincidence: the US government admits that this year's flu vaccine is worthless (later they said it's nearly worthless with an effectiveness rate of 23%). Even that was a powerful admission. So the pharmaceutical companies are looking at \$billions in potential profits down the drain. Suddenly there's a measles epidemic!



Maybe we're wrong but then again, how many epidemic scares have we seen in the past few years, all of them never turning into an epidemic? Let's see: there was heterosexual AIDS that was going to kill a quarter of the population. Never happened. There were the swine flu, SARS, bird flu, H1N1 flu, then Ebola a few months ago (even disappeared in Africa). And this is only a partial list! As George Carlin once said, "Americans scare easily."

But who can blame them when the "experts" tell us all these terrible things are going to happen if we don't get vaccinated? The fact that they've been wrong every time doesn't matter; people freak out.

So let's discuss measles. In this nation of over 300 million how many cases of measles have been reported? A little over a hundred! No deaths. Some epidemic.

But how do we know it was really measles these kids had? Were the cases laboratory confirmed? If laboratory confirmed, was the measles wild-type or from the vaccine?

These are very important questions because in one study of thousands of kids diagnosed with measles only about 1 in 40 really had measles. The rest had conditions that looked like measles but weren't: "97.5% of the time doctors diagnose measles they are wrong." That's right, the MDs were wrong 97.5% of the time. (1)

Surprise! As of this writing we have no idea if the measles cases were laboratory confirmed. There is suspicion that if the kids got measles it was from recently vaccinated children shedding measles virus.

How dangerous is measles? Most adults today who were born before 1965 got measles and have lifelong immunity as a result. Measles is a relatively benign (i.e. mild and harmless) disease that has been found to leave a stronger, healthier child in its wake.

How dangerous is the measles shot? It's been linked to autism, allergies, asthma, ADD, ADHD, immune system disorders, encephalitis and many other serious health problems. In fact, more children have died from the measles shot than from the measles. When properly managed measles is no more than a few days off from school.

A logical person would take a chance with the measles and avoid the shot. But with vaccination we're usually dealing with emotion, not logic. Hence, the media mania about this mild condition that is really good for you.

Shining your light with chiropractic

Chiropractors correct subluxations that are distortions in the body that interfere with the nervous system and stress the entire body. Another way of defining subluxations is as follows: sub - less than, lux - light. Subluxations give us less light.

See your chiropractor to correct your subluxations so you may radiate your light as strongly as you can.

Did you know?

... the surface of your gut is approximately 200-300 square meters – about the size of a tennis court. It is through the gut that our inner world comes into the most contact with the outside world?

... the average woman is 5 inches shorter than the average man?

Cholesterol – doesn't cause heart disease but ...



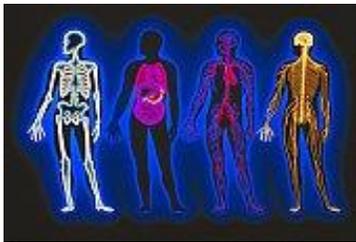
Cholesterol doesn't cause heart disease; over half of all people who have heart attacks have normal or low cholesterol. Cholesterol is anti-inflammatory – it fights inflammation, which is the real cause of cancer, heart disease and other chronic diseases. (2)

In fact, higher cholesterol later in life is a predictor of a healthier brain. Higher cholesterol has been linked to better cognitive performance and resistance to dementia in the elderly. (3-4)

Check out this article – “Why cholesterol might not be as bad as you think” – and consider adding eggs, butter, cream and meat to your diet. <http://www.vox.com/2015/2/11/8020169/cholesterol-guidelines-change>

The advisory panel for nutrition guidelines in the US might drop its warning about eating cholesterol-heavy food, something Americans have been warned about for decades.

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.



Juvenile idiopathic arthritis & improved immune function. A sixteen-year-old girl was medically diagnosed with Juvenile Idiopathic Arthritis. Medical care consisted solely of symptomatic relief with prescription drugs that had little effect.

She entered a chiropractic clinic for care. Her chief complaint was joint pain. The patient's spine was analyzed and vertebral subluxations were found at spinal levels C1, C5, T4, L5 and sacrum. Cervical segments were adjusted using various chiropractic techniques. After six weeks of chiropractic care, the patient was considered in remission and taken off of her medications by her rheumatologist. (5)

Words of Wisdom

The only reason they say 'Women and children first' is to test the strength of the lifeboats. Jean Kerr

You know you're a redneck if your home has wheels and your car doesn't. Jeff Foxworthy

So many are doing this

Almost 70% of Americans are on at least one prescription drug and more than half take two. 20% of patients are on 5 or more prescription medications. The most commonly prescribed are antibiotics, antidepressants and pain-killing opioids. (6)

Chiropractic care teaches that your body is the world's greatest drugstore and that you make every drug and chemical you need to be healthy – if your body is working properly.

Humor

Adult truths

1. There's nothing worse than that moment during an argument when you realize you're wrong.
2. I totally take back all those times I didn't want to nap when I was younger.
3. How the hell are you supposed to fold a fitted sheet?
4. Was learning cursive really necessary?
5. Obituaries would be a lot more interesting if they told you how the person died.
6. Bad decisions make good stories.
7. You never know when it will strike, but there comes a moment when you know that you just aren't going to do anything productive for the rest of the day.

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.

1. <http://www.vaccinationnews.org/DailyNews/March2002/PHLSMeaslesUK.htm>
2. http://www.cbn.com/health/NaturalHealth/drsears_heartattack.aspx
3. Reitz C, Luchsinger J, Tang Mx et al. Impact of plasma lipids and time on memory performance in healthy elderly without dementia. *Neurology*. 2005;64(8):1378-1383.
4. Elias PK, Elias MF, D'Agostino RB et al. Serum cholesterol and cognitive performance in the Framingham Heart Study. *Psychosomatic Medicine*. 2005;67(1):24-30.
5. Basso E, Potrzebowski S. Resolution of juvenile idiopathic arthritis & improved immune function in a 16-year-old undergoing chiropractic care: a case study. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2014;4:65-69.
6. Campbell AW. Pharmaceutical drugs – the good and the not so good: together we can make it better. *Alternative Therapies*. 2014;20(1):9.

Special bonus for reading this far down

The models for Grant Wood's American Gothic (the artist's sister and their dentist) pose by the painting

