

# Natural Health Center

## SPRING



**Woodville Chiropractic**  
**Dr. Lon H. Nitschke**  
**Nichole L. Nitschke, LPCC**  
421 West Main Street  
Woodville, Ohio 43469  
Phone: 419-332-7666  
[www.woodvillechiropractic.com](http://www.woodvillechiropractic.com)

**Nichole L. Nitschke, LPCC**  
**Counseling & Hypnosis**  
308 Jackson Street  
Fremont, OH 43420  
Phone: 419-552-4374  
nichole@counselinghypnosis.net  
[www.counselingandhypnosis.net](http://www.counselingandhypnosis.net)

**Nitschke Chiropractic**  
**Dr. Lon H. Nitschke**  
2150 Hayes Avenue  
Fremont, Ohio 43420  
Phone: 419-332-7666

**May, 2018**

**Dear Patients, Friends & Neighbors,**  
**YES!!! SPRING!**

**Finally warmer temperatures And sunshine!** We, and many if not most, are full-swing into yard, Landscaping, garden, cleaning up, clearing out, purging from the winter, and another year, or 2, or 5... of accumulation of "stuff." We do collect things.



Things we put into closets, attic, basement, garage, on the tables, counter, desktop, shelves, any flat surface and some not so flat. **Soon we are PhDs. Piled higher and Deeper with stuff. Time to PURGE!** Sometimes we even need a dumpster.

There are books, articles and websites on purging, reasons to Let go. That also applies to mental and emotional baggage.

**This is another area we are equipped to provide help. NET Certified, (Neuro-Emotional Technique) & Emotion Code. NET** is what got me...us through grieving and loss of a loved one, and helped avoid sinking into the depths of depression, and keeps us optimistic and thankful for what we do have.

We are profuse readers, and several books are worth mentioning for their contribution to a positive optimistic and productive attitude. "Magic", by Rhonda Byrnes, is one such book, on being thankful. Also, re-reading Norman Vincent Peal's "Power of Positive Thinking," and "The Law of Attraction." Well, you get the idea, **Time to purge, To clean out, to let go, and Need I say, prayer helps!! Travel into the future with a lighted load!!**



**50% off Nutrition/Allergy Consultation**

**Sneezing? Nose running? Eyes itchy/watery??**

**Bring this in for a NUTRITION/ALLERGY Evaluation!**

**See if we can help or pass it on-family/friend...**

### **Our Mission Statement**

*To assist everyone & anyone desiring optimum health through natural and alternative health care, to avoid the negative side-effects of drug prescriptions and surgery.*

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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

### Fremont Office

**All other times on-call**  
2150 Hayes Avenue  
Fremont, Ohio 43420  
Call or Text: 419-332-7666  
Email: [dr1hn@woodville.net](mailto:dr1hn@woodville.net)  
[www.naturalhealthohio.com](http://www.naturalhealthohio.com)

## Science Based Nutrition Services Now Available



We are offering a new Laboratory (blood, hair, saliva, urine) from SBN (**Science Based Nutrition**). SBN 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.**

## Patient Testimonials from use of SBN

Here are just a few of the many issues that SBN has been able to determine nutritional deficiencies and toxic overload. These are some conditions that can be helped: *Advanced Skin Rash/GERD, Alzheimer's Disease, Ankylosing Spondylitis, Anxiety & Poor Concentration, Breast Cancer, Crohns Disease, Diabetes and High Blood Pressure, Fibromyalgia/Chronic Fatigue, Gout and Poor Memory, Kidney Cancer, Liver Cancer, Lung Cancer, Menopause and Insomnia, Methicillin Resistant Staphylococcus Aureus (MRSA), Multiple Sclerosis, Parkinson's Disease, Parasites, PSA/High Cholesterol Rosacea, Chronic Fatigue & Poor Digestion, Viral Warts.* **MORE Testimonials available at [www.naturalhealthohio.com](http://www.naturalhealthohio.com)**

### Advanced Skin Rash/GERD

*Things like rashes, acne or discolorations are a sign of greater problems. Don't just apply a cream and forget it. Pay attention to your body and address the real issue!"*  
-Dr. Van D. Merkle

### Alzheimer's Disease

**The brain: Use it or lose it! Just like the rest of our body, our brains change as we age, but serious memory loss, confusion or personality changes could be signs of cellular damage. Initial Symptoms:** Diagnosed With Alzheimer's 6 Months. Ago, Drivers License Was Revoked Due To Alzheimer's, Lost job/Unable To Work, Personality Changes, Depressed/Stressed, Taking Aricept And Zoloft.

**In just 4 months-Improvements Across The Board:** Memory Improving, Sense Of Humor Returning, Anxiety/Stress Reduced, No Longer Depressed, Able to Concentrate, More Animated "More than 5 million Americans suffer from Alzheimer's and it remains the seventh leading cause of death in the nation. Sadly, this disease is often as emotionally debilitating for family members and loved ones as the patient themselves." -Dr. Van D. Merkle

## Has Spring Really Sprung? Don't Ask.

Remember when the weather was just about the weather? Now it's become a political hot potato. So, don't ask us about Spring. We'd rather not discuss politics in this newsletter. Still, hasn't this year been ... trying?

## How Can You Tell if Your Child Has a Subluxation?

- There are many simple things that can tell you. Let us count the ways....
- Does one foot turn out or turn in when she walks?
- Does he have trouble concentrating?
- When she is laying face up (supine) does one leg appear longer than the other?
- Is one shoulder higher than the other?
- Does one arm appear longer than the other when touching palms together and placing hands in front of the body?
- Is he fidgety? Clumsy? Unable to stay still?
- When she stands on one foot for a few seconds, then switches her feet, does she have trouble balancing?



But there's much more to consider too; children exhibiting any neurological or immunological condition need to be checked by a chiropractor for subluxations (and adjusted if any are found). Subluxations relate to allergies, asthma, ASD, ADD, poor immune function, headaches, even cancer (see below), colds, heart conditions, eye/vision problems, ear/hearing problems, digestive problems, poor energy, and much, much more. Got it? Your children get their eyes, teeth, etc. checked – how about their spines? All children need to be checked for subluxations. Bring in the whole family.

## The Crown Jewel

The human body is the crown jewel of God's creations, crafted in His image. It is a masterpiece of perfection that operates without flaw when given the proper environment to be healthy. There are no "accidents" in structure or function. Every survival process (symptom) has a specific reason for occurring, even cancer. If the body can create it, the body can heal it.

The goal of chiropractic is to enhance your body's natural healing ability. For that reason, every person needs chiropractic care.

## This Has Gone Viral: The "Crazy Mother"

<https://www.facebook.com/hillary.simpson.98/videos/10155458025635893/>

In line with the above "Crazy Mother," boys who received three doses of the thimerosal (mercury)-containing Hepatitis B vaccine had over nine times the need for special education services compared to boys receiving no doses of the vaccine.

This could mean that almost 1.3 million US boys born from 1994-2000 received special education services because they received the Hepatitis B vaccine (cost: \$180 billion). (1)



## Nourishing Traditions

### Raw milk is healthier and safer

Raw milk is completely fresh and unprocessed (not pasteurized). Raw milk has more nutrients, enzymes and minerals than pasteurized milk where the heating process damages vitamins and enzymes. Raw milk promotes health.

Studies show that raw milk protects against asthma, allergies, eczema and respiratory infections. Reports gathered by the Weston A. Price Foundation indicate that you are at least thirty-five times more likely to contract illness from other foods than from raw milk. There has never been a confirmed death from raw milk, but there have been more than 70 deaths from pasteurized milk and pasteurized milk products.

Pasteurized milk is much more dangerous than raw milk. Even more significant is that higher mortality rates in men and women, with a higher fracture incidence, were found in those using pasteurized as opposed to raw milk. (2)

For more information about nutrition go to [www.westonaprice.org](http://www.westonaprice.org) and put “raw,” “pasteurized,” “milk,” etc. in the search engine and see what you find.



### Words of Wisdom

*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*

*The only thing worse than being blind is having sight but no vision. Helen Keller*

*Against your will you are formed, against your will you are born, against your will you live, against your will you die...\_Rabbi Elazar HaKapor, Ethics of the Fathers, 4:22*

## Breakthrough or Just Hot Air?

Every week we hear headlines about another “medical breakthrough” whether it be for cancer, the common cold or hangnails. But then a funny thing happens – we don’t hear about these great breakthroughs anymore. Our lives go on and so do the diseases. What happens to these amazing discoveries that would save us from suffering, extend our lives and make us healthy, wealthy, wise and give us better singing voices (OK, at least healthy)?



These “breakthroughs” are fake news (to coin a phrase) but they sell. Many of these so-called “breakthroughs” are produced by professional advertising agencies who give it to the media and they just run with it. After all, it does sell. Who doesn’t hope that *they* (whoever they are) will finally cure (fill in the blank)? We read all about it.

No one remembers the stories that have disappeared. We won’t ever read or hear, “News flash, remember that exciting breast cancer cure from last month? Well, never mind.” Or at best it’ll be buried on page 39 near the obituaries (where it would belong).

What we need is for media reporters to perform an unnatural act: report on past medical breakthroughs. Recently some researchers did just that and did follow-ups of the so-called cures.

## Breakthrough or Just Hot Air?

Continued from page 4.

What did they find? The majority of the medical breakthroughs were found to be just so much hot air. They couldn't be replicated by other scientists. (6)

In an interview, lead author, Dumas-Mallet advises: "When a study is an initial study, even if it's very exciting and amazing ... it still needs to be confirmed." (7)

This seems like a good time to remember Ronald Reagan's famous dictum, "Trust, but verify."

## Humor



### The HMO story

**Q:** What does HMO stand for?

**A:** This is actually a variation of the phrase "HEY MOE." Its roots go back to a concept pioneered by Moe of "The Three Stooges," who discovered that a patient could be made to forget about the pain in his foot if he was poked hard enough in the eye.

**Q:** I just joined an HMO. How difficult will it be to choose the doctor I want?

**A:** Just slightly more difficult than choosing your parents. Your insurer will provide you with a book listing all the doctors in the plan. These doctors basically fall into two categories -- those who are no longer accepting new patients, and those who will

see you but are no longer participating in the plan. But don't worry; the remaining doctor who is still in the plan and accepting new patients has an office just a half-day's drive away and received his training in Bombay.

**Q:** Do all diagnostic procedures require pre-certification?

**A:** No. Only those you need.

**Q:** Can I get coverage for my preexisting conditions?

**A:** Certainly, as long as they don't require any treatment.

**Q:** My pharmacy plan only covers generic drugs, but I need the name brand. I tried the generic medication, but it gave me a stomach ache. What should I do?

**A:** Poke yourself in the eye.

**Q:** What if I'm away from home and I get sick?

**A:** You really shouldn't do that.

**Q:** I think I need to see a specialist, but my doctor insists he can handle my problem. Can a General Practitioner (or his Physician's Assistant, if he's not free) really perform a heart transplant right in his office?

**A:** Hard to say but considering that all you're risking is the \$20 co-payment, there's no harm in giving him a shot at it.

**Q:** Will health care be different in the next century?

**A:** No. But if you call right now, you might get an appointment by then.



**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.

## References

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