



Natural Health Center



Pain Relief Naturally

Woodville Chiropractic

Dr. Lon H. Nitschke

Nichole L. Nitschke, LPCC

421 West Main Street

Woodville, Ohio 43469

Phone: 419-849-2414

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

Nitschke Chiropractic

Dr. Lon H. Nitschke

2150 Hayes Avenue

Fremont, Ohio 43420

Phone: 419-332-7666

Email: drlhn@woodville.net

www.naturalhealthohio.com

May 1, 2016

Dear Patients, Friends & Neighbors,

We are back and available on our regular schedule at least until September.

Yes, it was good getting away 6 weeks, spread over last 5 months. Missed some good, and some bad (13 inches of snow), weather here, but got out of Texas just in time. It's also good to be back. Spring yard work doesn't get done by itself.

Please note, **we now have D-Mannose in stock, and at a reduced price. For UTI sufferers.**

Also **Oreganol P73** from *North American Herb and Spice*. Does that work? Check out the case study below.

Case Study: A previously healthy, active 76 year-old-male. Chief Complaint: Arthritic signs and symptoms of joint pain and stiffness, muscle weakness and fatigue following a course of antibiotics (Cipro) for a urinary tract infection last May, 2015. Cipro cleared up the UTI in just 4 days, but triggered an immediate onset of these arthritic symptoms. Research revealed multiple possible mitigating causes. Food sensitivities, chemical and environmental toxicity and heavy metal toxicity. Mercury from amalgam fillings determined to be a contributing factor. These factors were addressed including chelating agents, gluten and nightshade avoidance and daily

Far Infra-Red Saunas which gave relief for the day but next morning brought same degree of misery. One alternative practitioner found virus to be present, and an MD specializing in and writing books on the subject suggested a micro plasma bacterium to be at cause.

Therapy: All the above were continued with temporary daily partial relief. Then **Oreganol P73** with 2 drops under the tongue twice daily gave noticeable relief. 10 days later Oreganol pearls were added and 50% improvement reported in 5 days, and 90% improvement in 10 days, with comfort and strength returned.

—TABLE OF CONTENTS—

- From Our Patients
- Our Office Schedule
- Happy Mother's Day
- Why should I return (especially if I'm feeling fine?)
- Traditional eating
- Words of wisdom
- Researching Chiropractic
- Italy and Austria banning GMO agriculture
- And now for something completely different
- Tylenol can be deadly if your child has a fever
- Humor



Natural Health Center's Current Office Hours

Woodville Office

Woodville Office--Tuesdays & Thursdays

421 West Main Street
Woodville, Ohio 43469
Phone: 419-849-2414

Email: drlhn@woodville.net

www.woodvillechiropractic.com

Fremont Office

Fremont Office —Monday, Wednesday, Friday

2150 Hayes Avenue
Fremont, Ohio 43420
Phone: 419-332-7666

Email: drlhn@woodville.net

www.naturalhealthohio.com



FREE Evaluation!!

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

Now with Spring fast approaching, 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 .

www.naturalhealthohio.com/testimonials/



Happy Mother's Day

In this world of cloning and genetically-modified foods, motherhood is still universal. So Happy Mother's Day to all the moms in our office!

We hope you get lots of calls, cards, flowers and enjoy being with your family. We hope everyone enjoys a nice meal together (make sure mom doesn't do the cooking).

Why should I return (especially if I'm feeling fine)?

Delays have dangerous ends. – William Shakespeare

You entered our office feeling terrible and now you feel great. So why does your chiropractor suggest coming in again? "Why can't I return when I'm feeling bad?" you may ask.

"I Feel Fine" Health Care

We've all seen people looking like death warmed over who say they "feel fine." Yet they have no energy, sleep poorly, are tired, depressed, have aches and pains, headaches or backaches. Too many people who "feel fine" have a sudden heart attack, stroke, debilitating pain or are diagnosed with a serious disease.

Sadly, too many people have lost touch with how they really feel. They've lost sensitivity or ignore their body's subtle signs of dis-ease. Don't make that mistake!

Why More Visits?

Most people first visit our office after they've had years of long-standing subluxations. By that time "gunk" (scar tissue or fibrosis) builds up around the spinal discs, nerves and joints and prevents complete healing. That's one reason why 86% of those in automobile accidents still have symptoms ten years later. (1)



Posture

Long-standing subluxations also cause postural changes and tender muscle areas (trigger or tender spots). (2) You may “feel fine” but when someone touches a “hot spot”, you jump! Scar tissue may require months or years of adjustments before your spine is strong again. (3) The longer you wait, the more scar tissue “gunk” builds up. (4)

Because of that there’s a good chance that you’ll be back in our office in the not-too-distant future with symptoms that may take longer to go away (“I don’t understand it doc, the last time I felt better after a couple of visits...”).



Why settle for less?

Many people visit chiropractors only when they’re sick or in pain. That’s a lot better than using drugs or surgery, but chiropractic has so much more to offer. Keep your body free of subluxations so it may continue healing; so that it may promote a healthier body, with less stress, more energy and greater resistance to disease.

Why be content to be merely free from pain when you can also ensure better health, vitality, and strength for yourself and your entire family for their entire lives?

Are you and your family carrying the silent killer, the subluxation? Only a chiropractic checkup can tell; come in for a checkup – and bring the family too!

Questions and answers about chiropractic

Question: How old is chiropractic?



Answer: Chiropractic was discovered (or really rediscovered) in 1895 in Davenport, Iowa by Dr. D.D. Palmer. Dr. Palmer learned that the owner of the janitorial service in his office building had been deaf for many years after an accident. Dr. Palmer analyzed the man’s spine and located a displaced vertebra. He laid him down on a bench and gave him the world’s first chiropractic adjustment. The man’s hearing returned.

Dr. Palmer thought he had discovered the cure for deafness but shortly thereafter Dr. Palmer had a patient suffering from heart trouble. He found a spinal distortion (subluxation) in the man’s spine, corrected it, and the heart trouble was relieved.

How could two conditions so different as deafness and heart trouble be helped by spinal adjustments? So began the birth of chiropractic. Dr. Palmer’s successes attracted people from far and wide and in time he opened the world’s first chiropractic school – The Palmer College of Chiropractic – which is in existence today.

Traditional eating

Question: What's the #1 nutrition mistake?

Answer: **Not eating nutrient dense foods.** Some foods give you an abundance of life-sustaining nutrients – these are known as “nutrient dense” foods. Other so-called “foods” have no nutritional value or even negative nutritional value – they drain you of nutrients. These are processed “junk foods” manufactured with sugar, high fructose corn syrup, hydrogenated or partially hydrogenated vegetable oil and white flour. Soda (pop), margarine, canola oil are toxic and artificial sweeteners such as NutraSweet™ (aspartame), Splenda™ and Equal™ are linked to brain tumors, memory loss and vision damage. (5)

GM or genetically-modified foods are to be avoided. Soy is especially unhealthy because it is often genetically modified, difficult to digest and affects the thyroid and hormones. Exceptions are fermented soy products such as soy sauce, natto, tempeh and miso.

Nutrient dense foods include healthy fats and oils (olive oil, coconut oil, butter, tallow, duck fat, lard), grass-fed beef and non-pasteurized raw milk and raw milk products. Bone and chicken broths are excellent sources of minerals and trace elements. Also make sure your food is certified organic. Organic foods have far less toxic pesticides, fungicides and herbicides than conventional foods.

Words of wisdom

There is nothing more whole than a broken heart.
– Chasidic saying



Italy and Austria banning GMO agriculture

European nations are leading the world in rejecting genetically modified organisms in food and crops, with two more countries recently joining the list: Italy and Austria.

Other European nations that have opted out of growing GM crops thus far are Latvia, France, Cyprus, Lithuania, the Netherlands, Scotland, Northern Ireland, Poland, Germany, Greece, Croatia, Hungary and Slovenia.

Learn more at: <http://>

www.naturalnews.com/051573_GMO_ban_food_supply_agriculture.html#ixzz3ofUp0WSE

And now for something completely different



Can you do this? where a heart machine is located. Do you know what is in them and how to use it? Pay close attention if you answered no.

Look at the short and sweet video game below. If you pick wrong the man dies. Choose wisely. Knowing this may save lives (maybe yours or someone you love)! Just follow the prompts. <http://www.heartrescuenow.com/>

Did you know?

- . . . The smallest bones in the human body are found in your ear?
- . . . Money is the number one thing that couples argue about?
- . . . The longest street in the world is Yonge Street in Toronto,
- . . . Canada measuring 1,896 km (1,178 miles)?
- . . . Honey is the only natural food which never spoils?
- . . . The average person falls asleep in 7 minutes?



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.

Difficulties in concentration, stomach pain and abdominal migraines. A 6-year-old girl was suffering from difficulties in concentration and learning since beginning school over a year prior. She also suffered from severe stomach pain for over two months that was diagnosed as “abdominal migraines”. She received weekly care over a period of six weeks.



Improvements were seen in concentration and learning along with a complete resolution of her “abdominal migraines”. The results documented in this case suggest comorbidity between difficulties in concentration, learning and abdominal migraines. (6)

Disc protrusion. A 43-year-old man complaining of left-sided low back pain that radiated down to the left leg, down the lateral calf, to the foot and heel came in for chiropractic care. He rated the pain as 8 out of 10. He was unable to work or sleep through the night.

An MRI revealed a left lower spine (L4-L5) disc protrusion. To make things worse, a disc fragment was extruding out of the spine. MDs recommended an epidural block or low back surgery.

The patient had received treatment via prescription drugs prior to the office visit. The patient had been prescribed Advil 200 mg, Percocet 5 mg-325 mg, Valium 5 mg and Tramadol; none of which took away the pain.

Upon a friend’s recommendation, the patient decided to visit a chiropractor. The patient was cared for with spinal adjustments over the course of 15 visits over 5 weeks. By that time he was able to work 12-hour days feeling slightly stiff and was able to sleep through the night without pain. He was also able to sit and lay down without any pain. His slight remaining pain at the one-month point of care was rated as only a 2 out of 10, and his muscle strength and movement were greatly improved. (7)

Meniere’s Disease and chiropractic. A 63-year-old woman suffered for 10-years with right sided Meniere’s Disease with tinnitus, severe hearing loss and vertigo. Her chiropractor found a vertebral subluxation complex of the first cervical vertebra (atlas or C1). The patient came one year after surgeons cut her vestibular nerve in an unsuccessful attempt to cure her. After her atlas vertebra was adjusted her Meniere’s symptoms reduced. She will probably not heal completely because of the surgical cutting of the vestibular nerve. (8)

Tylenol can be deadly if your child has a fever

Tylenol™ depletes glutathione, which is a crucial ingredient for immunity and for detoxification (necessary for removal of mercury). Consequently, an overdose of acetaminophen can cause severe depletion of glutathione and land a person in the hospital. "Acetaminophen toxicity is the number one cause of hospital admission for liver failure in the United States," according to Dr. David D. Moore, professor of molecular and cell biology at Baylor College of Medicine. (9)

When parents give Tylenol™ (usually at the suggestion of their pediatrician or nurse) to a child who is having a vaccination reaction the result could be catastrophic because the child is less able to handle the vaccine toxicity. For more on the dangers of Tylenol™ go to http://whale.to/vaccine/tylenol_depletes_glutathione.html.

Humor

Tech Support in Marriage

The young woman who submitted the tech support message below (about her relationship to her husband) presumably did it as a joke. Then she got a reply which was way too good to keep to herself. The tech support people's love advice was hilarious and genius!

Dear Tech Support,

Last year I upgraded from Boyfriend 5.0 to Husband 1.0 and noticed a distinct slowdown in overall system performance, particularly in the flower and jewelry applications, which operated flawlessly under Boyfriend 5.0.

In addition, Husband 1.0 uninstalled many other valuable programs, such as Romance 9.5 and Personal Attention 6.5, and then installed undesirable programs such as: NBA 5.0, NFL 3.0 and Golf Clubs 4.1.

Conversation 8.0 no longer runs, and House cleaning 2.6 simply crashes the system. Please note that I have tried running Nagging 5.3 to fix these problems, but to no avail.

What can I do? **Signed, Desperate**

Dear Desperate,

First keep in mind, Boyfriend 5.0 is an Entertainment Package, while Husband 1.0 is an operating system. Please enter command: I thought you loved me.html and try to download Tears 6.2. Do not forget to install the Guilt 3.0 update.

If that application works as designed, Husband 1.0 should then automatically run the applications Jewelry 2.0 and Flowers 3.5. However, remember, overuse of the above application can cause Husband 1.0 to default to Grumpy Silence 2.5, Happy Hour 7.0, or Beer 6.1. Please note that Beer 6.1 is a very bad program that will download the Farting and Snoring Loudly Beta version.

Whatever you do, DO NOT, under any circumstances, install Mother-In-Law 1.0 as it runs a virus in the background that will eventually seize control of all your system resources. In addition, please, do not attempt to re-install the Boyfriend 5.0 program. These are unsupported applications and will crash Husband 1.0.

In summary, Husband 1.0 is a great program, but it does have limited memory and cannot learn new applications quickly. You might consider buying additional software to improve memory and performance.

We recommend: Cooking 3.0.



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!

Call 419-332-7666 for Saturdays.

No set hours in Fremont, Call ahead for availability!

I'm available rest of the summer!

Check out our re-designed website at www.naturalhealthohio.com!

References

1. Watkinson A et al. Prognostic factors in soft tissue injuries of the cervical spine. *British Journal of Accident Surgery*. 1991;22(4):307-309.
2. Hiemeyer K et al. Dependence of tender points upon posture – a key to the understanding of fibromyalgia syndrome. *Journal of Manual Medicine*. 1990;5:169-174.
3. Dishman R. Review of the literature supporting a scientific basis for the chiropractic subluxation complex. *JMPT*. 1985;8:163-174.
4. Kelman Cohen I et al. *Wound healing, biochemical and clinical aspects*. New York: W.B. Saunders Co., 1992:110.
5. <http://articles.mercola.com/sites/articles/archive/2009/10/13/artificial-sweeteners-more-dangerous-than-you-ever-imagined.aspx>
6. Lucks C, Lucks L. Resolution of abdominal migraines & improvements in concentration & learning in a 6-year-old girl following Network Spinal Analysis care: a case study. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2015;4:140-148.
7. Murphy J, Morrison T, Floyd R, Alcantara J. Improvement in a patient with disc protrusion and extruded fragment following subluxation based chiropractic care: a case study & selective review of the literature. *Annals of Vertebral Subluxation Research*. November 19, 2015:178-183.
8. Pennington D, Miller JD. Successful Chiropractic management of a patient with Meniere's Disease post vestibular nerve section: a case report. *Journal of Upper Cervical Chiropractic Research*. November 30, 2015:34-40.
9. <https://www.sciencedaily.com/releases/2002/10/021014072451.htm>