Dear Patients, Friends and Neighbors:

Thanks and congratulations to Karen Botzko on winning our first Email Us and Win drawing. Karen chose a free Immune Response Conditioning Cold Laser treatment proven to reduce symptoms of seasonal allergies and/or food sensitivities. See below

Email Us and Win!

We are still updating our patient files and our technology. To expedite this process we are offering everyone in our database an opportunity to win a $25 gas card, or a $50 value Allergy Evaluation & Cold Laser IRC treatment, or a $50 Nutrition/Toxicity or Chiropractic Evaluation & Treatment. One out of every 10 responses will win. Very good odds! Simply email us your choice at: drlonnhc@gmail.com Winners will be notified by return email. You or anyone you designate may win.

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

Why is chiropractic so popular? Why do millions of people visit their neighborhood Doctor of Chiropractic? Why are the numbers growing?

It’s because Doctors of Chiropractic can locate and correct subluxations, small distortions in your spine and structural system that can cause tremendous health damage if not corrected. Tired of being sick and tired? Welcome to the world of chiropractic ~ discover how natural health can be.

It’s springtime and a young man’s fancy turns to … baseball!

From little league to the majors, from hardball to softball and even T-ball for the little ones, guys (and girls) are on the diamond.

It may not surprise you that chiropractors’ offices often fill with kids and adults who need adjusting after the rough and tumble of a game. Too many people can trace the start of their ill health to a seemingly innocuous injury that “went away all by itself.” While the pain, bruises and cuts of an injury may disappear, the structural damage may never go away and can cause problems years later. That’s why everyone who is ever in a sports accident (or any other accident) needs a chiropractic checkup to ensure they are free of subluxations.

We’re happy to report that many athletes, from amateur to professional, visit their Doctor of Chiropractic for another reason – to perform better. Chiropractic helps every level of sports performance for every sport. Chiropractic care improves balance, coordination, speed, reaction time, reflexes and overall performance. And, just as important, chiropractic care can help prevent sports injuries or minimize their damage. (1)

Being in shape should include a chiropractic checkup to keep your body free of subluxations. It’ll help you perform better and prevent minor problems from becoming major ones.
Sunlight prevents cancers

Enjoy the sun – just don’t burn
It’s spring (for us in the Northern Hemisphere) and soon many of us will be heading out to the shore for long weekends, going to the mountains and laying by the pool or taking hikes and working more in the garden.

In other words we’ll be in the sun a lot. But … don’t grab that sunscreen. For one thing, it’s toxic and has been linked to cancer of the skin (melanomas being the most dangerous):

“Epidemiological studies suggest that sunscreen use is associated with an increased risk of melanoma skin cancer … high nevi (mole) count in adults is a strong predictor of melanoma … sunscreen use appears to be associated with development of nevi … sunscreen use may be involved in melanoma occurrence.” (2)

Sunlight is good for you. The very same sunlight that has bathed life since creation is suddenly getting a bad rap as a cancer causing radiation.

And yet research not funded by the sunscreen industry has shown that sunlight prevents 13 different malignancies (cancers) especially breast, colon, ovary and prostate cancer and non-Hodgkins lymphoma. (3)

New research emphasizes the benefits of sunlight to prostate cancer and indicates that you can help keep your prostate healthy and avoid medical treatments (drugs, surgeries and everything else) by giving yourself an essential nutrient – sunlight!

Researchers tracked more than 2,500 men for nearly two decades and found that high vitamin D levels slashed the risk of dying of prostate cancer by more than half: up to a 57% percent overall reduction in the risk of death. (4-6)

Reaching Chiropractic

Chiropractic

Chiropractic clinical case histories have been a regular feature of our patient newsletter since its inception and have included papers published in various bio-medical and chiropractic journals. 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, we always function better when free from subluxations. Chiropractors are uniquely trained to locate and correct subluxations. Enjoy this month’s case and see more next month.

Colic and reflux in a one-month-old infant. A one-month-old male infant previously diagnosed by his medical doctor with reflux and colic had been suffering symptoms since birth.

He was not responding to prescribed medication and continued to experience 12-18 reflux episodes per day. He was crying constantly, and he and his parents were sleep deprived.

The child received six chiropractic adjustments over a three-week period; the areas that were adjusted included C1, T4 and the sacrum.

After three weeks his reflux episodes were reduced to three per day. In addition, he began eating more per feeding, had eliminated his colic episodes and was sleeping six and a half hours per night. (7)

46-year-old male with diabetes. A 46-year-old male with type I insulin dependent diabetes presented for chiropractic care. His complaints included numbness in both arms and fingers of the left hand, and diabetic retinopathy with total loss of vision for the past five years.
Cost-Effectiveness and Clinical Outcomes of Chiropractic Care —from the Ohio State Chiropractic Association

1. The Alternative Medicine Integration Study was updated in 2007, covering the years of 2003-05. Results of the original study were confirmed. Chiropractic care patients demonstrated:
   ✓ 60% decrease in in-hospital admissions
   ✓ 59% decrease in hospital days
   ✓ 62% decrease in outpatient surgeries and procedures
   ✓ 85% decrease in pharmaceutical costs

2. In 1999, a large Chicago HMO began to utilize doctors of chiropractic (DCs) in a primary care provider role. During the 4-year study, this integrative medical approach, emphasizing a variety of complimentary and alternative medical (CAM) therapies, resulted in lower patient costs and improved clinical outcomes for patients.
   The patients who went to DCs as their primary care providers had:
   ✓ 43% decrease in hospital admissions
   ✓ 52% reductions in pharmaceutical costs
   ✓ 43% fewer outpatient surgeries and procedures

   ✓ Results indicate that chiropractic care could reduce Medicare costs.
   ✓ Average Medicare payment (all services) for beneficiaries who had chiropractic care: $4,426.
   ✓ Average Medicare payment (all services) for beneficiaries who had other types of care: $8,102.

4. Stano, Miron. The Economic Role of Chiropractic Further Analysis of Relative Insurance Costs for Low Back Care. Journal of the Neuromusculoskeletal System 1995; 3(3): 139-144. This retrospective study of 7,000+ patients compared costs of care for common low back conditions when a DC was used versus an MD as the first provider.
   ✓ Payments for inpatient procedures were higher for MD-initiated
   ✓ treatment, especially for episodes that lasted longer than one day.
   ✓ Outpatient payments were nearly 50% higher for MD-initiated treatments as well.
   ✓ The author concluded that chiropractic care could help to control health care spending.

   ✓ Prior studies have concluded that musculoskeletal medical education is inadequate; yet, musculoskeletal complaints are one of the most common reasons for seeking physician care.
   ✓ This study compared the results of 154 fourth-year chiropractic interns that completed the Basic Competency Examination in musculoskeletal medicine.
   ✓ Most interns passed the test with results that were considerably better than those of recent medical graduates and physical therapy doctorate students. The chiropractic intern scores were also higher than those of orthopedic staff physicians.
   ✓ The 51%-64% success rate of chiropractors was almost double the 20%-30% rate of medical students and doctors.
"I am 57 years old and I have been a steady smoker since the age of 15, so I smoked for over 40 years. I am impressed with how Hypnosis helped me to quit. A thought to smoke comes to mind and zap it is gone. I can drive and go outside now, things that I always associated with smoking, and not even think about it. And I don't even miss it. I am so happy. After two weeks I felt like I never even smoked at all. The way I feel at the moment there is nothing that could make me smoke. I am amazed!"

Danny K.

"I am hurtting really bad when I made the appointment. I thought I needed a chiropractic adjustment like I had gotten from Dr Nitschke numerous times five to ten years ago. This time I was in so much pain I could not walk any distance or stand for any length of time. Daily I tried to find some means to ease my torment, but nothing worked.

Now: At my first appointment it was pointed out that an adjustment would probably give no or little relief. Since last seeing Dr Nitschke about five years ago, several prescription drugs had been added which I take daily. One of which is a Statin drug. A common side-effect for some people is pain and for some stomach and digestive problems. Dr. Nitschke recommended digestive enzymes, B-vitamines with CoQ10. and a natural diuretic supplement. Within a week most of the pain was gone. Now just three weeks later I have no pain at all, able to walk and stand without the cane I was using before. And now I look closer at the list of side effects included with every prescription.

Paul R. Long

"Originally I came for shingles. I received an immune conditioning with a cold laser. And my care has evolved into chiropractic, nutrition, and even emotional issues. I was dealing with ongoing pain and feeling tired.

Now: My pain level is substantially reduced, thank you Dr Lon. I have more energy and feel better. It is very important to have my nutritional needs reassessed on an ongoing basis and adjusted as needed. What a surprise that the most urgent pain was emotionally related. I am so happy my friend told me about Dr Lon. The shingles are resolved and I use a holistic approach to continue remission. Thanks!

Ruby Fifer, DDS

I couldn’t go golfing or mow yard without sneezing, itchy watery eyes and being miserable. I can golf and mow my church yard without sneezing and being miserable.

Billy Hassinger

HUMOR (I couldn’t help myself)

A teacher of first-graders gave her students the first half of a well-known proverb, then asked them to compete the saying. What they came up with will make you smile, laugh and likely wonder at the wisdom that comes from the mouths of babes:

1. Don’t change horses ... until they stop running
2. Strike while the ... bug is close.
3. It’s always darkest before...Daylight Savings Time
4. Never underestimate the power of ... termites.
5. You can lead a horse to water but ... How?
6. Don’t bite the hand that ... looks dirty.
7. No news is ... impossible.
8. A miss is as good as a ... Mr.
9. You can’t teach an old dog new ... Math.
10. If you lie down with dogs, you’ll ... stink in the morning.
11. Love all, trust ... Me.
12. The pen is mightier than the ... pigs.
13. An idle mind is ... the best way to relax.
14. Where there’s smoke there’s ... pollution.
15. Happy the bride who ... gets all the presents.
16. A penny saved is ... not much.
17. Two’s company, three’s ... the Musketeers.
18. Don’t put off until tomorrow what ... you put on to go to bed.
19. Laugh and the whole world laughs with you, cry and ... you have to blow your nose.
20. There are none so blind as ... Stevie Wonder.
21. Children should be seen and not ... spanked or grounded.
22. If at first you don’t succeed..get new batteries.
After eight months of care, he reported seeing shapes and colors through his left eye for the first time in five years. He also reported a drop in intraocular pressure from an initial 50 mm Hg down to 18 mm Hg. (10)

68-year-old woman with fatigue, weakness, fast heart rate, high blood pressure. A 68-year-old woman presented herself at a chiropractic office with complaints of fatigue, weakness, dyspnea (difficulty breathing), tachycardia (racing heart) and hypertension. Her cardiologist had previously diagnosed her with paroxysmal atrial fibrillation (irregular heart beat) that caused her to be hospitalized.

She was prescribed flecainide, aspirin, an angiotensin receptor blocker (ARB), Benicar®, and metaprolol. Her blood pressure was 193/98 upon beginning care.

Her body revealed subluxations to the upper cervical (C1 or atlas vertebra) and she received chiropractic adjustments to correct these subluxations on four separate visits.

After her second adjustment she reported increased energy, and her heart rate variability readings showed signs of improvement suggesting improved nervous system balance. Her blood pressure dropped to 124/74 and her atrial fibrillation stopped. Her cardiologist discontinued her medications. (9)

The goal of chiropractic is to remove obstructions (subluxations) that block the flow of energy and information to every cell of your body. To promote balance, ease, peace, happiness and relaxation. To promote connection – to promote health.

Chiropractic should be a part of everyone’s lifestyle – everyone should get a chiropractic checkup on a periodic basis to ensure they are “connected.” DC usually stands for Doctor of Chiropractic but it can also mean Doctor of Connection.

Fluoride – beware
Fluoride has been removed from the water supply in many countries but it still lingers in parts of the US.

It may surprise you to learn that fluoride is a poison and should never have been added to anyone’s water supply even in highly dilute amounts.

Now new research links sodium fluoride to cardiovascular disease, specifically hardening of the arteries (atherosclerosis) – a condition that is also linked to dementia. Previous studies have linked fluoride to decreased IQ and infertility. We should avoid fluoride in our water and in our toothpaste. Neither is good for us (and fluoride doesn’t prevent cavities.)

In this new research, in the journal Nuclear Medicine Communications, the authors write:

“The coronary fluoride uptake value in patients with cardiovascular events was significantly higher than in patients without cardiovascular events.” (1)

*References and additional Newsletters articles ... available on http: www.naturalhealthohio.com/ Newsletters.html
Words of wisdom
Better put a strong fence around the top of the cliff than an ambulance down in the valley.
– Joseph Malins

Humor
Never argue with a woman

One morning, the husband returns the boat to their lakeside cottage after several hours of fishing and decides to take a nap.

Although not familiar with the lake, the wife decides to take the boat out. She motors out a short distance, anchors, puts her feet up, and begins to read her book. The peace and solitude are magnificent. Along comes a Fish and Game Warden in his boat. He pulls up alongside the woman and says, 'Good morning, Ma'am. What are you doing?'

'Reading a book,' she replies (thinking, 'isn’t that obvious?).

'You're in a Restricted Fishing Area,' he informs her.

'I'm sorry, officer, but I'm not fishing. I'm reading. Yes, but I see you have all the equipment. For all I know you could start at any moment. I'll have to take you in and write you up.'

'If you do that, I'll have to charge you with sexual assault,' says the woman.

'But I haven't even touched you,' says the Game Warden.

'That's true, but you have all the equipment. For all I know you could start at any moment

'Have a nice day ma'am.' And he left.

Did you know this?
Ever wonder why men’s clothes have buttons on the right while women’s clothes have buttons on the left?

It’s because when buttons were invented they were very expensive and worn primarily by the rich, and, because wealthy women were dressed by maids, dressmakers put the buttons on the maid’s right.

Since most people are right-handed, it is easier to push buttons on the right through holes on the left.

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.

Dr. Lon and the Staff of Natural Health Center
References

Words of wisdom
Nothing in life is to be feared. It is only to be understood. — Marie Curie

Innovation is a very difficult thing in the real world. — Richard P. Feynman, Ph.D.