

Protect yourself from cancer with food

Since ancient times the once rare disease (until the last 100 years) we call cancer was considered a deficiency disease. A major reason why cancer rates are increasing is because many people are living on dead foods such as sugar, high fructose corn syrup, white flour, processed oils, denatured (pasteurized/processed) dairy products, bizarre chemicals added to our foods, and fruits and vegetables that are low in essential minerals. In addition, many nutritionists say that people overeat because they are starving for essential nutrients that are lacking in modern packaged foods.

At http://www.westonaprice.org/moderndiseases/cancer_broch.html

(The Weston Price Foundation) you'll learn which foods may protect us from cancer and which substances in our diet are linked to cancer. This is lifesaving information, please share it with others.

Cholesterol myths

Did you know that cholesterol is not a deadly poison, but a substance vital to the cells of all mammals? That your body produces three to four times more cholesterol than you eat? That this production increases when you eat only small amounts of cholesterol and decreases when you eat large amounts? That many of the cholesterol-lowering drugs are dangerous to your health and may shorten your life?

Pain Relief Naturally

Woodville Chiropractic
421 West Main Street
Woodville, Ohio 43469
Telephone: 419-849-2414
www.woodvillechiropractic.co

Nitschke Chiropractic
2150 Hayes Avenue
Fremont, Ohio 43420
Phone: 419-332-7666
www.naturalhealthohio.com



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...

Natural Health Center

Dr. Lon Nitschke, DC
Nichole Nitschke, LPCC
Email: drlhn@woodville.net
Online: www.naturalhealthohio.com



Dear Patients,
Friends &
Neighbors,

Please note: Vacation first week in December...**Leaving Saturday, Nov 28 and back in Fremont Office Monday Dec 7th. Woodville following Afternoon, the 8th.** Subsequent travel plans will be posted in the next newsletter.

Did you know Avacados are touted as one of the healthiest foods on the planet? Just google Health Benefits of Avacados for an extensive rundown. Be sure to check Dr. Mercola's article:

<http://articles.mercola.com/sites/articles/archive/2013/01/17/avocado-benefits.aspx>
Tired or Toxic??

Most, or at least many are. Great book by [Sherry Rodgers, MD](#). Clear, simple explanations of why and what to do. Phase I and Phase II detoxification explained. The was published in 1990, and it is many times worse 25 years later.

Dr. Nitschke is available in
Fremont : On-call, No set hours.
Woodville: Tues. & Thurs. afternoons,
& some Saturday mornings.
Call: 419 332-7666 to schedule!
For information about our services,
consult our website:
www.naturalhealthohio.com



What Our Patients Say—

BEFORE: In the Fall of 2014 I had enough of the symptoms I was experiencing: acid-reflux, raw esophagus, sweating after meals, depression/anxiety,

heart palpitations. My family doctor prescribed an acid-blocker for reflux diagnosed me with GERD. I took those for 4 months and my health deteriorated. I lost 35 lbs. in 2 months from lack of nutrition because I couldn't eat solid food because my throat was so raw and stomach burned so bad. The Gastroenterologist did an endoscope and claimed I only had minor irritation and that most people had that, and he didn't know why I was so sick, miserable. I made trips to see 4 different Doctors and 3 different Emergency Rooms, begging them to help me, admit me. I was so sick I thought I was going to die. **I finally went to see Dr. Nitschke and he said that "MOLD" was what was making me sick—"Toxic Mold Syndrome".**

I didn't believe him at first because I didn't see any mold in my house. I had a mold company come and they tested. and revealed I did have a mold problem directly below my bedroom in the crawlspace. Little did I know, the lack of moisture barrier created a serious mold problem and it had been leaching up through the wood flooring.

I had lived in my house 20 yrs. and with that constant exposure my body wasn't able to detox fast enough.

NOW: I started eating 'clean' and taking supplements to aid my condition. I am healing slowly, but Dr. Nitschke explained that with 20 years of mold exposure, its going to take awhile to detox this from my body/organs.

Even though this illness has been horrifying, I am grateful I have Dr. Nitschke on my side, he is the only doctor that was able to help my condition. Thank You Dr. Nitschke for what you do now, I tell everyone, "I Love My Chiropractor!"

Trish Koppus

NOW: Hi there! I just wanted to let you know that you were right on about something I apparently am sensitive to. I don't know if you remember last year, the first time I saw you, you did the muscle testing on me at the farmer's market in Fremont. **One of the things I reacted poorly to was dairy. I thought for sure that the raw dairy I was using was perfectly fine for me and caused no problems.**

BEFORE: Well, this eczema patch has been on my hand now for over a year, and it frequently itches very intensely. I remembered what you had said last year, and thought I may as well cut out dairy and see if it does anything. (I'm a daily yogurt eater).

NOW: I'm both happy (and sad) to report that after two days without it, it's clearing up and looks better than I've seen it in a very long time, with almost no itching. Just wanted to say thanks for putting that little nugget in my brain that I should be careful of it. I'm pretty stubborn about having to change sometimes, but apparently this may be for the best for my body.

Brianne Markley

From our September, 2015 Issue on Formaldehyde Testing on Norah!

http://naturalhealthohio.com/data/documents/Sept_2015_Newsletter.pdf

p.s. Norah is still doing fabulous! Thank you so much for your help with her!



HUMOR

"I hate to have to tell you this", said the Doctor in a sad compassionate voice, "but you have been unfortunately been diagnosed with a highly contagious disease, we will have to quarantine you and you'll only be fed cheese and bologna." "That's terrible!" Said the distraught young man, quickly sitting down before he could faint. "I don't know if I could handle being in quarantine...and the cheese and bologna diet... What's with the cheese and bologna diet anyway? I've never of such a diet before?!" "It's not exactly a diet", responded the Doctor matter of factly, "it's just the only food that will fit under the door!"

A lady came in for a routine physical at the doctor's office. "Here", said the nurse, handing her a urine specimen container. "The bathroom is over there on your right. The doctor will be with you in a few minutes." A few minutes later the lady came out of the bathroom with an empty container and a relieved look on her face. "Thanks! But they had a toilet in there, so I didn't need this after all!"

Due to a job transfer, Brian moved from his hometown to New York City. Being that he had a very comprehensive health history, he brought along all of his medical paperwork, when it came time for his first check up with his new Doctor. After browsing through the extensive medical history, the Doctor stared at Brian for a few moments and said, "Well there's one thing I can say for certain, you sure look better in person than you do on paper!"

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.