



# Natural Health Center

Pain Relief Naturally



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November, 2014

## Dear Patients, Clients, Friends & Neighbors,

The rapidly approaching holidays signal the busiest time of the year for most people. We see it as a good time for a get-away. So a heads up on the December schedule:

**I will be on vacation Tues., December 2 -Sat., the 6. Back in Fremont, Monday, Dec. 8 for morning appointments and Woodville in the afternoon!** We are looking forward to a leisure trip to Williamsburg for the history, and a day visiting Virginia Beach & the A.R.E. Library, home of the readings & prophecies of Edgar Cayce, also known as "The Sleeping Prophet."

Now that we are back to Monday & Wednesday afternoons in Woodville, let me remind you I am available in Fremont by request most other times. **Just call or text my cell at 419 332-7666.** I have found many patients will put up with pain about 2 weeks & then call the day I leave. Just saying, plan accordingly. Tracy and Nichole will be returning calls and scheduling the next week. Cecilia will be filling in when she is available.

**Also, past newsletters and more patient comments available on the web at:**

[www.naturalhealthohio.com](http://www.naturalhealthohio.com), or [www.woodvillechiropractic.com](http://www.woodvillechiropractic.com) and on Facebook!

**We appreciate you sharing with your friends and family. Just phone, text or email to be added to or removed from our mail list!**

*Thank you, Sincerely, Dr. Lon, Nichole, and Tracy*

### Dr. Lon's Office Hours—Woodville Monday & Wednesday - (1-6 p.m.)

Friday or Saturday - by Request Only

#### Woodville Chiropractic

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**Sneezing? Nose running? Eyes itchy/watery??**  
Bring this in for a **FREE ALLERGY Evaluation!** ...  
or pass it on-family/friend...



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.

## Welcome to our patient newsletter

*Any intelligent fool can make things bigger and more complex. It takes a touch of genius – and a lot of courage to move in the opposite direction. – Albert Einstein*

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## Thanksgiving



Isn't it odd that ancient wisdom is constantly surfacing in modern research? There's an organization in California called HeartMath that studies Heart Rate Variability (HRV). HRV is a study of how the heart beats and if you have a healthy HRV you have protection against a wide variety of physical and mental conditions – a poor HRV means you are at greater risk.

So how do you develop healthy HRV? There's one emotion that is incredibly powerful and healing – that is the emotion of gratitude. Thinking of what you are grateful for – “counting your blessings” – is scientifically found to have powerful healing potential.

The holiday of Thanksgiving is all about gratitude. And Americans especially have so much to be grateful for – a land founded on the concepts of individual freedom and responsibility, limited government and protection of individual rights (among others).

Yes, there are problems. Yes, we can be miserable if we let our issues take us over. But there's an antidote, and you can practice it every day of the week and every hour of the day – not only on Thanksgiving Day – and you and your loved ones will benefit from it. (1)

## A Chiropractic Thanksgiving



How about a Chiropractic Thanksgiving? Bring in the family for a holiday adjustment. We won't be able to have a feast for you but you'll have a great time freeing your body from stress, freeing your mind from nerve pressure and freeing your heart from excess energies (and yes, chiropractic really does help HRV). (2)

## WHAT OUR PATIENTS SAY

**Before:** 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 ur-gent 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**

**Before:** I couldn't go golfing or mow yard without sneezing, itchy watery eyes and being miserable.

**Now: I can golf and mow my church yard without sneezing and being miserable. Billy Hassinger**

## Did you know?

Our heart beats about 3 billion times in our lifetime?

The number 1 cause of death in the US is heart disease (616,000 deaths annually), the number 2 cause of death is cancer and the third most common cause of death in the US is the medical system. (3)

## You need a little cholesterol in the night (and in the daytime too!)

If you are taking a cholesterol-lowering drug you are playing with fire. Right now one in four Americans over the age of 45 takes a cholesterol-lowering (statin) drug. In addition to wasting their money, these people are increasing their risk of serious health problems including cancer.



Think of it – cholesterol is found in all of your cells and is essential for many hormones and chemicals you need to live. It's necessary for brain function. That's one reason that at least 80% of your total cholesterol is made by your liver – why would your liver make a “mistake”? You need the cholesterol.

### So why is cholesterol considered dangerous?

Ancel Keys, PhD started the cholesterol mania. He was a researcher who collected data from many countries on the amount of saturated fat people consumed and the levels of cholesterol. From all his data he picked 7 countries, including the US, which showed a direct correlation between heart disease, cholesterol and saturated fat. (4)

However, another researcher, Malcolm Kendrick, MD looked at the same data and picked different countries and showed that the data could come to the opposite conclusion: people with the highest amount of cholesterol and saturated fat had less heart disease. (5) Why the difference? Keys “cherry picked” the data to reach a certain conclusion.

Sadly, certain special interest groups publicized this and lobbied the government to support the dietary conclusions (and recommendations) from Keys' poor and slanted interpretations of the data.

But there's no questioning this: there is no proof that eating lots of saturated fats, and having high cholesterol, causes heart disease.

### Cholesterol-lowering drugs cause health problems

However there is plenty of research that reveals that people taking drugs to lower cholesterol are having health problems. For example:

In a study of over 6600 individuals, statin use (cholesterol-lowering drugs such as Lipitor™ and Crestor™) was associated with increased coronary plaques. (6)

Whoa! Isn't coronary plaque what statin drugs are supposed to prevent?

Statin use is also associated with an increased risk of developing type 2 diabetes. (7)

Remember, about half the people who have fatal heart attacks have normal or low cholesterol.

And even more revealing is this (this is amazing!). When they finally did a large scale trial to see if statin drugs were good for you (the Excel Trial) the researchers found a three-fold (300%) increase in death from all causes in the statin group compared to the placebo group. That included cancer and heart disease. (8)

That's right, taking a statin drug (i.e. Lipitor™, Crestor™ or other cholesterol-lowering drugs) increases your chance of death. If you go to an MD who is pushing statins do yourself a favor, find an MD who understands nutrition and the real research.



## 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.**

**Plantar fasciitis.** Plantar fasciitis is a painful foot condition. This is the story of a 23-year-old woman who entered her chiropractor's office with bi-lateral (left and right) heel pain that her MDs had diagnosed as plantar fasciitis.

The medical care consisted of orthotics (foot inserts), stretching exercises of the feet and daily ingestion of ibuprofen for pain. These efforts were unsuccessful and she turned to chiropractic for help.

Under chiropractic care she received spinal and lower leg/feet adjustments to correct subluxations (areas of nerve stress, lack of proper motion and displacement of normal structures).

She received ten chiropractic adjustments over a four-month period and during that time she had significant improvement. Her response to care was based on subjective outcome measures (i.e., improved activities of daily living), the NRS (pain numerical rating scale) for heel pain and the use of the Lower Extremity Functionality Scale. (9)

**Concussion.** Anyone who has had a head trauma or concussion needs to see a Doctor of Chiropractic. It could make the difference between a lifetime of suffering and a healthy life. Head trauma has been associated with vision problems, concentration, and even problems such as MS and Parkinson's (probably from disruption of the blood-brain barrier).

In this study a fifteen-year-old girl came to her local chiropractor with constant pain on the top of her head, headache and difficulty concentrating after being hit on the head by the trunk door of a van. She was diagnosed with a concussion nine days after her initial injury. Two weeks after the diagnosis she sought out chiropractic care for her symptoms.

After 9 adjustments the patient showed improvement in her symptoms and was tested with the ImPACT concussion test. The patient's cognitive efficiency index improved from 0.28 (pre-injury) to 0.43. (10)



**Bipolar disorder and ADD.** A sixteen-year-old boy suffered with symptoms of Bipolar Disorder and Attention Deficit Disorder since six months of age. His mother reported that he was born with the umbilical cord around his neck and forceps were used to assist delivery. He was fully vaccinated. The medications he was taking included antipsychotics, as well as slow release stimulants for ADD and depression. They had limited effects and severe side effects. Upon examination, a subluxation was found in the upper cervical (upper neck) area of his spine using various procedures that included thermography (heat analysis) and radiographic (X-ray) analysis. The subluxation in his cervical spine was corrected and he was observed.

After seven weeks of care the patient's symptoms were eliminated or greatly diminished. He is no longer on any medications. The family is thrilled with his progress and wishes he were brought in for chiropractic care when he was six months old. (11)

## Words of wisdom

*Government is a broker in pillage, and every election is a sort of advance auction sale of stolen goods. – H.L. Mencken*

*He has erected a multitude of new offices, and sent hither swarms of officers to harass our people and eat out the substance. – US Declaration of Independence*

*Government is the only agency which can take a useful commodity like paper, slap some ink on it, and make it totally worthless. – Ludwig von Mises*



## Humor

This singer forgot how to hold the mic – please, no blond jokes (after all, one picture is worth a thousand words).



Will Rogers: I never met a man I didn't like.

Georgie Jessel: I once had a wife who felt the same way, and she turned out to be no bargain.

*If life were fair Elvis would still be alive today and all the impersonators would be dead.* – Johnny Carson

*I don't believe in astrology. I am a Sagittarius and we're very skeptical.* – Arthur C. Clarke

*Hollywood must be the only place on earth where you can be fired by a man wearing a Hawaiian shirt and a baseball cap.* – Steve Martin

*Home cooking. Where many a man thinks his wife is.* – Jimmy Durante

*America is so advanced that even the chairs are electric.* – Doug Hamwell

*The first piece of luggage on the carousel never belongs to anyone.* – George Roberts

*If God had intended us to fly he would have made it easier to get to the airport.*  
– Jonathan Winters

**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.**

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## Special bonus for reading this far down

### YOU KNOW YOU ARE LIVING IN 2014 when ...

- You haven't played solitaire with real cards in years.
- You have a list of 15 phone numbers to reach your family of three.
- You e-mail and text the person who works at the desk next to you.
- Your reason for not staying in touch with friends and family is that they don't have e-mail or text addresses.
- You pull up in your own driveway and use your cell phone to see if anyone is home to help you carry in the groceries.
- Every commercial on television has a web site at the bottom of the screen.
- Leaving the house without your cell phone, which you didn't even have the first 20 or 30 (or 60) years of your life, is now a cause for panic and you turn around to go and get it.
- You get up in the morning and go online before getting your coffee.
- You start tilting your head sideways to smile. :)

