



Natural Health Center

Pain Relief Naturally



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Dear Patients, Clients, Friends & Neighbors,

We are sorry to say good-bye to Dr. Bob Spain. Dr. Bob will be pursuing opportunities in the greater Toledo area with the Community Health Center and teaching. I will miss conferring with Dr. Bob.

This being the season for pushing vaccines, with current emphasis on flu & shingles, I urge you to **“Educate before you vaccinate!”** The National Vaccine Information Center (NVIC) is a great non-bias source that most people are not aware exists, due to media generously supported by pharmaceutical advertising. Only a small percentage of vaccine-related adverse events are reported due to public unawareness of these procedures. Vaccine Adverse Event Reporting System (VAERS) is available to anyone. Complete Information is available online, including why and when to report. To learn more, search NVIC and/or VAERS. Dr. John Bergman has an excellent you-tube video on the Shingles vaccine I found while reading Dr Mercola’s October 4th newsletter, which you also may find most informative on alternative and natural health issues at www.mercola.com.

Hope to see you soon, Dr. Lon



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...



Dr. Lon’s Office Hours—Woodville Monday & Wednesday - (Noon-7 p.m.)

Friday or Saturday - by Request Only

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Halloween



It's a magical time: lots of cute kids wearing masks (you can't see their faces but we'll assume they are cute) and lots of weird costumes. They run around the neighborhood demanding free stuff from us or they play a "trick." It's an obvious extortion racket. In some neighborhoods even the police and firemen join in the fun (maybe it's to make sure the "tricks" aren't too dangerous).

But there's a downside. The kids are often given lots of sugar and refined junk. This year why not give the kids something a little more, well, healthy? Or perhaps some fun things to play with?

Speaking of magic – what could be more magical than your body? It's filled with all kinds of chemical and electrical energies energizing all your body parts and turning matter into life.

And isn't chiropractic care magical? After all, we locate where there's a blockage in the flow of your life energies (nerve interference) and we release the nerve stress so your body can work closer to its potential.

Now that's a great treat (and there's no trick connected to it.)

Come to us for your Halloween chiropractic visit – we specialize in adjusting ghosts, monsters, ghouls and the most frightening creatures of all: teenagers.



You are far healthier than you think you are

The wisdom that created your marvelous body in a mere nine months did not leave you after your birth. It is still beating your heart, flowing through your vessels and energizing your being. It is repairing your tissues, patrolling your nooks and crannies and guarding you from illness.

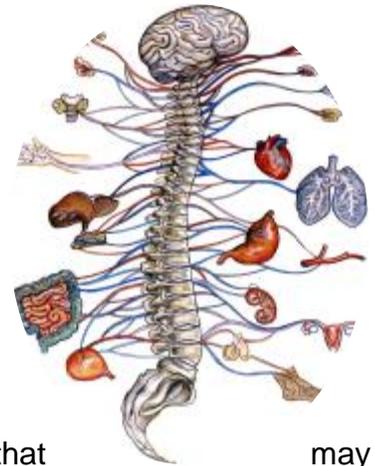
Your potential is incredible. You have the potential to heal nearly every disease and condition.

You are physically, emotionally and spiritually much healthier than you think you are. The dark clouds of depression, fear, despair, weakness and illness that arise are tiny specks compared to the vast ocean of strength, love, excitement, joy and happiness you are swimming in. An old saying says it best: "We live and breathe on the precipice of exhilaration."

You are closer to health, wholeness, happiness and healing than you realize. Your healing potential is always there no matter how difficult or painful things may be right now.

Chiropractic is a marvelous way to help you to reconnect to your wonderful healing potential. There are no incurable diseases, only incurable people.

No matter what illness you or your loved ones may be suffering from, please come in for a chiropractic checkup and adjustment. You never know the potential of subluxation correction unless you try it.



Did you know?

- Did you know apples are more effective at waking you up in the morning than coffee?
- Did you know the hyoid bone in your throat is the only bone in your body not attached to any other?
- Did you know a cat has 32 muscles in each ear?
- Did you know cats spend 66% of their life asleep?
- Did you know lightning strikes the Earth 6,000 times every minute?
- Did you know hummingbirds are the only bird that can fly backwards?

Eternal honey

It can last for “millennia,” according to the Smithsonian Institute. This is because of honey’s acidic nature, and because it is “hygroscopic,” which is a fancy way of saying it contains little moisture.

How long can it last? How about edible pots of honey found near 5,000-year-old mummies?



Honey has amazing uses. It can be used to treat wounds and burns. Honey has antibacterial and anti-inflammatory properties and may reduce swelling and scarring. A review of 19 studies showed it can speed the healing of moderate burns by up to four days. (1)

Exciting salt



Chiropractic is a natural healing art that respects the wisdom of nature. Respecting the wisdom of nature can be applied to nutrition and that is why we should only eat natural, organic and unprocessed foods.

That includes natural salt. As salt researcher Jacques De Langre (author of *Seasalt's Hidden Powers*) writes:

When harvested with dedication and care, the oceans give us a natural sea salt with the most exquisite taste and physiologically vital mineral mix. Today, every common table salt is artificial and pales beside the real sea salt. Out of the richest spectrum of 92 essential minerals found in the ocean, the industrial refined variety retains only two! Debased white table salt deserves its bad name and all the misdeeds as charged. (2)

Note: For a good source of sea salt go to the Grain and Salt Society’s website at www.grainandsaltsociety.com.

Hepatitis B vaccine causes chronic fatigue syndrome



Nearly \$3 billion has been paid by the US government to children (and families) injured by vaccination. (3)

Recently the US Court of Federal Claims has ruled that the hepatitis B vaccination caused chronic fatigue syndrome and \$1.1 million was awarded for medical and ongoing lifetime care expenses.

Please be aware that the hepatitis B vaccine is often given to pregnant women and to their newborn babies within hours of birth (without asking permission). The Merck VARIVAX hepatitis B vaccine package insert adverse reactions section lists fatigue along with multiple sclerosis, seizure, encephalitis, lupus and arthritis. (4)

Whooping cough in the vaccinated

There was a 24% increase in the US in 2013 in pertussis or whooping cough (nearly 10,000 cases) over the same period of time in 2012. (5) The vaccine is a failure. The journal *Clinical Infectious Diseases* revealed that of all the patients who were diagnosed with pertussis, 81% were fully vaccinated (!), and that about 20% of all children with a persistent cough had pertussis (and they were vaccinated).

Pertussis can still be found in a fifth of school age children who present in primary care with persistent cough and can cause clinically significant cough in fully vaccinated children. (6)

The pertussis vaccine is not simply ineffective at preventing pertussis, it has caused the death of many children as well as seizures and other forms of brain injury such as autism. The vaccine is deliberately used to cause encephalomyelitis in lab animals but when a child contracts encephalomyelitis, the child's parents are told it's a "coincidence."

There is no proof that the assumed benefits of the vaccine outweigh the risks and parents can be given no proof that the vaccine is safe.

Please consider that when pediatricians tell parents with a new baby that they need to give the child a pertussis (DTP or DTaP) shot.

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.

Urinary incontinence. A 63-year-old woman was suffering from urinary incontinence and pain. On X-ray her neck curve was found to be abnormal and she held her head slightly forwards as she walked.

Over a 54-day period, she had twenty-two chiropractic visits. Throughout care there was a complete resolution of urinary incontinence and almost a complete resolution of pain. (7)



High blood pressure. Twenty people were randomly selected to go into a placebo (control) group or a chiropractic group. The chiropractic group received spinal care while the others received a sham adjustment. Blood pressure was recorded for each participant before the study, at one week, two weeks, four weeks and six weeks.



The chiropractic group had significant lowering of both their systolic and diastolic blood pressure with improvements continuing during the entire study period (six weeks).

The control group had no statistically significant differences detected in the systolic or diastolic values. (8)

Seizures. A 14 year-old girl suffering from 30-40 seizure-like events every month began chiropractic care. She had a series of chiropractic adjustments for the correction of subluxations over a five-month period.

During this time period the patient experienced a dramatic decrease in symptoms and frequency of seizures. Improvements were noted on the static and thermal surface EMG's over the course of the patient's care. The patient remains under chiropractic care at the time of this report, and has been seizure free for seven months. (9)



Words of wisdom

Tact is the ability to tell someone to go to hell in such a way that they look forward to the trip. Winston Churchill

When something good happens it's a miracle and you should wonder what God is saving up for you later. Marshall Brickman

Humor

- I planted some birdseed. A bird came up. Now I don't know what to feed it.
- I had amnesia once - or twice.
- I went to San Francisco. I found someone's heart. Now what?
- Protons have mass? I didn't even know they were Catholic.
- All I ask is a chance to prove that money can't make me happy.
- They told me I was gullible ... and I believed them.

- Teach a child to be polite and courteous in the home and, when he grows up, he'll never be able to merge his car onto a freeway.
- Two can live as cheaply as one, for half as long.
- One nice thing about egotists: They don't talk about other people.
- When the only tool you own is a hammer, every problem begins to look like a nail.
- I used to be indecisive. Now I'm not sure.
- The cost of living hasn't affected its popularity.

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Special bonus for reading this far down

English is a crazy language

- There is neither egg in eggplant nor ham in hamburger; neither apple nor pine in pineapple.
- English muffins weren't invented in England or French fries in France.
- Sweetmeats are candies while sweetbreads, which aren't sweet, are meat.
- We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig.
- And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham?
- If the plural of tooth is teeth, why isn't the plural of booth beeth?
- One goose, 2 geese . So one moose, 2 meese? One index, 2 indices?
- Doesn't it seem crazy that you can make amends but not one amend.
- If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?
- If a vegetarian eats vegetables, what does a humanitarian eat?

- If teachers taught, why didn't preachers praught?

Sometimes I think all the English speakers should be committed to an asylum for the verbally insane. In what other language do people recite at a play and play at a recital? Ship by truck and send cargo by ship? Have noses that run and feet that smell? How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which an alarm goes off by going on.

English was invented by people, not computers, and it reflects the creativity of the human race, which, of course, is not a race at all.

That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.

PS. Why doesn't "Buick" rhyme with "quick".....



What Our Patients Say

Before: I was suffering from vertigo for several months. Tracy Harrison and Dr. Nitschke discovered, through muscle testing, that I was extremely sensitive to dairy and food preservatives. These were the cause of my vertigo.

After: Since I have eliminated both from my diet, I have been vertigo free for 10 months. During the later part of this past August, I woke up one morning with some light headedness. Dr. Nitschke discovered it was caused by pollen and enhanced by an emotional factor. He desensitized the pollen and cleared the emotion factor and within minutes my head was clear. No cat scans or prescription drugs needed! It is a fact the techniques used at the Natural Health Center work!

Wid Hesselbart

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, Dr. Spain, Nichole, Tracy, and the Staff!

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