



Pain Relief Naturally

Fall 2014



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Dear Patients, Clients, Friends & Neighbors,

Welcome to our Fall Newsletter! Signs of the changing season: *School buses at 7am; Turned off or removed AC; Turned up thermostat; 2-hour fog delay for schools; only a couple farm markets left; sinus, colds, flu; & changing colors, a pretty season in NW Ohio.*

You are receiving this newsletter because you had contact with us at sometime in the past, or someone suggested you receive it. You may opt out or add by replying.

I will continue to be available in Woodville: **Mon. & Wed. afternoons**, and occasionally, **Fri. or Sat. mornings**. **Dr. Bob is available Mon.-Sat., except Wed. mornings**. However, we do not sit in the office all day waiting, so it's best to call ahead! I'm available in Fremont all other times, but again, it's best to call ahead. Stop & visit at the farm markets, or **Apple Festival In Oak Harbor, or YMCA/Craft Shows**. We are at Most of them. Hope to see you,
Dr Lon, Dr. Bob, & staff



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 Current Office Hour--Woodville:
Monday & Wednesday —1- 6 p.m.
Friday or Saturday - By Appointment Only
Available in Fremont: 2150 Hayes Ave. Office
Stop by or call for an Appointment
Findlay: (1-day per month call for schedule)
Call: 419-332-7666 or 419-849-2414

Dr. Bob Spain's Office Hours--Woodville
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Labor Day

'To labor' refers to a struggle (as in "to labor over something"), or mental as well as physical work, or the effort a birthing woman exerts to deliver a baby – all in all, labor refers to productive activity.



Labor Day is celebrated on the same day in Canada but called Labour Day. Big difference, huh?

Why do we celebrate Labor Day by not working? Shouldn't we all work on Labor Day? How better to celebrate Labor Day than by going to work Monday morning and giving our job our all? "Look at me, I am some great laborer." Hmm, we don't hear a lot of cheering, applauding and stamping of feet for that idea (maybe some gnashing of teeth). OK, take the day off, but don't forget to come in Tuesday morning.

Actually, a lot of people work on Labor Day because it's such a big shopping day ("All those people off from work, let's sell them stuff.").

But what does Labor Day really signify to most of us? It signals the end of summer. Yes we can cling to a few more warm days (Indian Summer), but summer is definitely on its way out. Let's make a collective sigh and carry on. We always do.

Flu vaccine unproven

A Johns Hopkins scientist has issued a blistering report on influenza vaccines in the *British Medical Journal (BMJ)*. Peter Doshi, Ph.D., charges that although the vaccines are being pushed on the public in unprecedented numbers, they are less effective and cause more side effects than alleged by the Centers for Disease Control and Prevention (CDC). Doshi writes that the studies that underlie the CDC's policy of encouraging yearly flu shot are of low quality and do not substantiate the CDC's claims.



"It is assumed there must be solid research behind it [the flu shot]," says Doshi. Unfortunately, that's not the case," he says. (1)

Dr. Russell Blaylock, neurosurgeon and author of *The Blaylock Wellness Report* writes, "Not only is the vaccine not safe, it doesn't even work.... The flu vaccine is completely worthless, and the government knows it.... The vast number of people who get the flu vaccine aren't going to get any benefit, but they get all of the risks and complications," says Dr. Blaylock.

Read more at: <http://www.newsmaxhealth.com/Headline/influenza-virus-flu-vaccine-Peter-Doshi-Ph-D-/2013/05/16/id/504942/>

Bone of the month

Chiropractors are not “bone doctors.” But they do work on the bones because bone distortions or displacements cause nerve interference (vertebral subluxations). Certain nerves are usually associated with certain subluxations. For example, nerves that leave from the opening in the spine between C7 and T1 (the first thoracic vertebrae) go to the thyroid, bursa, elbows, arms, hands and upper extremities. We often find that when C7 (the 7th cervical or 7th neck vertebra) is subluxated the symptoms may include:

- Bursitis
- Numbness & Tingling Hands-Arms
- Shoulder/elbow pain
- Thyroid problems

Ebola

George Carlin once said, “Americans panic easily.” Certainly the media plays its part. And yet all these relatively recent “epidemics” – bird flu, swine flu, SARS, H1N1 and others – never came to pass. They just created a lot of panicked Americans. In each case people spent \$billions on drugs and vaccines and all for naught. Our next tempest in a teapot is Ebola. Is it really going to be bringing widespread illness and death? Michael Fumento, an attorney who has been writing about mass scares for over 25 years, says this:

Why Ebola’s nothing to worry about

By Michael Fumento

We’re now witnessing the worst Ebola epidemic ever — and on your list of worries it belongs .??. nowhere.

Here’s a rule of thumb about diseases: The rarer and less likely they are to kill you, the more hype they get. The New York Times ran more than 2,000 articles on SARS, which ultimately killed zero Americans.

This is only the deadliest outbreak of Ebola virus disease because past ones were so tiny. At this writing, there have been 1,603 reported cases in Africa and 887 deaths.

That’s too many. But every day about 600 sub-Saharan Africans die of tuberculosis, and contagious diarrhea claims the lives of 2,195 children, the vast majority of them in sub-Saharan Africa.

Malaria, syphilis, AIDS and probably dozens of other diseases each year kill Africans at higher rates than Ebola is killing right now.

And, should Ebola come to America, it’s vanishingly unlikely to “break out.”

Ebola is a lazy spreader. A cough, sneeze or sweat from an “active” case is harmless. Spreading the virus requires contact with large doses of bodily secretions such as blood or vomit.

In Africa, that makes the proportion of fatalities among health-care workers exceptionally high and thereby makes the illness seem more frightening. After all, they’re specialists.

But in the ramshackle clinics these heroic folks have to work in, they often lack the most basic protective equipment.

Consider: In over four months since the latest Ebola outbreak was identified in Guinea, it has spread to only three other countries — all in sub-Saharan Africa.

Flu can spread to three new countries in a day.

Let's worry less about greasing squeaky wheels, and more about prioritizing our reactions based not on films or bestsellers but on what poses the greatest threat to the greatest number.

Read the rest at:

<http://nypost.com/2014/08/05/why-ebolavirus-nothing-to-worry-about>

Did you know?

Did you know you have nerves going to every nook and cranny of your body? Most of your nerves travel from your brain, down your spine (as the spinal cord) and emanate throughout your body as spinal nerves. These spinal nerves connect to your organs, muscles, blood vessels and glands to keep you functioning at your peak.

Your nerves are your internal communications system keeping your brain and body connected so you can function at your optimum – with high resistance to disease, good digestion, elimination and respiration, lots of energy and radiant health.

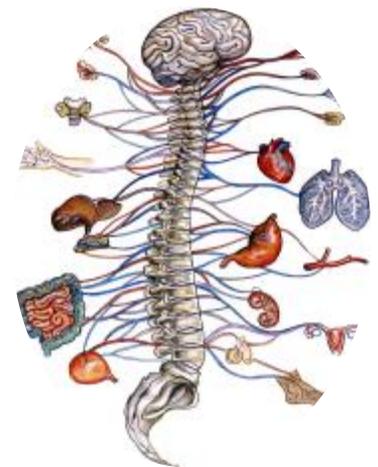
But what if there's a disconnect?

If there's a disconnection, information and energy cannot properly flow through your body and your parts won't work together at 100% efficiency; you have lowered resistance to disease, less energy, and less health.

How does a disconnection occur? If the nerves are cut, frozen, crushed, twisted or otherwise damaged they can't send and receive information properly. The cause of a common form of nerve interference is drugs – prescription, over-the-counter and recreational.

But the most common form of disconnection (nerve interference) is the subluxation – a structural distortion that causes stress to the nerves. Locating subluxations is the specialty of the Doctor of Chiropractic.

That's why it is so important to get a chiropractic checkup to locate (and then correct) subluxations. That is why we see infants, toddlers and children, pregnant women, athletes, the elderly – well, everyone – in our office. Everyone needs to see a Doctor of Chiropractic for a checkup to ensure they are free from subluxations; it can make the difference between a life of sickness and a life of health.



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.

Shoulder pain – adhesive capsulitis. Two men were suffering from shoulder pain and lack of motion of the shoulder. One was a 55-year-old man who had fallen from a 10-foot ladder, landing on his left shoulder 7 months prior. A few days later he developed right-sided shoulder pain with restriction in range of motion (ROM) that gradually became worse as time passed. His increasing pain led him to start taking over-the-counter painkillers, but they gave temporary rather than long-term relief.

The second patient was a 60-year-old man who restricted ROM in both shoulders. He had been He said he had no major falls or accidents and were caused by overuse due at his job as a

Both began chiropractic care and experienced range of motion and decreased pain. (2)

Ear infections, neck pain, headaches in a young presented to a chiropractic clinic with her mother possible care for chronic ear infections, neck pain



had shoulder pain and suffering for one year. suspected his problems professional chef.

improved shoulder

girl. A 9½-year-old girl for consultation and and headaches.



According to her mother, the girl was medically diagnosed with chronic otitis media and recently scheduled for tympanostomy tube surgery. Examination of the cervical spine revealed hypolordosis, hypertonicity of paraspinal musculature, lymphadenopathy, decreased ROM, positive orthopedic tests and chiropractic subluxations.

She came in 3 times per week for three weeks. Over the course of care, she no longer experienced episodes of headache and neck pain and her otolaryngologist reported a 95% improvement in her hearing loss. The surgery to place tubes in her ears was cancelled. (3)

Bernie Siegel, MD became famous for his book on exceptional cancer patients - those who survived their diagnosis. His study of them gives us this insight:

- ✓ *Ask 90 and 100-year-olds and many will tell you they are too busy to die or age. They don't try to avoid death but they do live meaningful lives. Our connections and relationships keep us alive.*
- ✓ *Nursing home studies have shown that residents who are given responsibility for the plants in their room live 5 to 7 years longer than those in the same nursing home who are given plants but no responsibility for their care.*
- ✓ *So if you want to live to be 120 find meaning in your life and work, exercise, have a sense of humor, play, express your love, ask for help when you need it, adopt a pet, pay attention to your feelings and heart wisdom, live an authentic life, and say no when you don't want to spend your life's time doing what you don't want to do. (1)*

Words of Wisdom

We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses. – Abraham Lincoln

We live in an age when pizza gets to your house before the police do. – Jeff Marder



What do Monsanto and Coke have in common?

Both companies have spent millions of dollars to keep us in the dark about the foods we buy. Coca-Cola contributed more than \$3.2 million to defeat the state initiatives to label genetically engineered (GE) foods in California and Washington, making the company one of the largest contributors to the defeat of state labeling efforts.

While you may choose to not purchase Coke, the company owns many brands that you might be purchasing, including Honest Tea, Honest Kids, Odwalla, Vitamin Water and Simply Orange. Please tell Coca-Cola to stop funding efforts to block GE food labeling. Go to:

http://salsa3.salsalabs.com/o/1881/p/dia/action3/common/public/?actionKEY=12553&sp_ref=49919582.65.1694.e.0.2

Humor

My friend is so into recycling she insists on marrying a man who's been married before. – Rita Rudner

My husband and I didn't sign a prenuptial agreement. We signed a mutual suicide pact. – Roseanne Barr

I have no self-confidence. When girls say yes, I tell them to think it over. – Rodney Dangerfield

I was on a date with this really hot model. Well it really wasn't a date date. We just ate dinner and saw a movie. Then the plane landed. – Dave Attell

More Humor

- I tried to catch some fog. I mist.
- When chemists die, they barium.
- Jokes about German sausage are the wurst.
- A soldier who survived mustard gas and pepper spray is now a seasoned veteran.
- I know a guy who's addicted to brake fluid. He says he can stop any time.
- How does Moses make his tea? Hebrews it.
- I stayed up all night to see where the sun went. Then it dawned on me.
- This girl said she recognized me from the vegetarian club, but I'd never met herbivore.
- I'm reading a book about anti-gravity. I can't put it down.
- I did a theatrical performance about puns. It was a play on words.
- They told me I had type A blood, but it was a type-O
- I tried to catch some fog. I mist.
- When chemists die, they barium.
- Jokes about German sausage are the wurst.



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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3. O'Connor K, Schneider G, Alcantara J. Resolution of otitis media, improvement in hearing & avoidance of myringotomy tubes following chiropractic care in a child: a case report & selective review of the literature. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2014;3:47-54.