

HUMOR—UP There is a two-letter word that perhaps has more meanings than any other two-letter word, and that word is "**UP**." It's easy to understand **UP**, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake **UP**? At a meeting, why does a topic come **UP**? Why do we speak **UP**, and why are the officers **UP** for election and why is it **UP** to the secretary to write **UP** a report? We call **UP** our friends and we use it to brighten **UP** a room, polish **UP** the silver, we warm **UP** the leftovers and clean **UP** the kitchen. We lock **UP** the house and some guys fix **UP** the old car. At other times the little word has a real special meaning. People stir **UP** trouble, line **UP** for tickets, work**UP** an appetite, and think **UP** excuses. To be dressed is one thing but to be dressed **UP** is special. And this **UP** is confusing: A drain must be opened **UP** because it is stopped **UP**. We open **UP** a store in the morning but we close it **UP** at night. We seem to be pretty mixed **UP** about**UP**! To be knowledgeable about the proper uses of **UP**, look the word **UP** in the dictionary. In a desk-sized dictionary, it takes **UP** almost 1/4 of the page and can add **UP** to about thirty definitions. If you are **UP** to it, you might try building **UP** a list of the many ways **UP** is used. It will take **UP** a lot of your time, but if you don't give **UP**, you may wind **UP** with a hundred or more. When it threatens to rain, we say it is clouding **UP**. When the sun comes out we say it is clearing **UP**. When it rains, it wets **UP** the earth. When it doesn't rain for awhile, things dry **UP**. One could go on & on, but I'll wrap it **UP**, for now my time is **UP**, so...Time to shut **UP**....! Oh...one more thing:!! What is the first thing you do in the morning & the last thing you do at night? **U P**

Rain Relief Naturally

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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



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September 2015

Dear Patients, Friends & Neighbors,

Please note: **Schedule Changes:**
Woodville Tues. & Thurs. 1-6 pm
And most Saturdays 10-1 pm
But we'll be on vacation Fri., Sept. 18-25.
Back & available Sat. 26th. Call/Text

Resuming above schedule following week. At least till next vacation. We'll be taking several this winter. Several unique cases are sited this issue. i.e., not usually checked by medical offices. **Mold:** Irritates brain & central nervous system causing a myriad of seemingly unrelated symptoms including but not limited to:

- Fatigue**
- Headaches**
- Twitching/Tremors**
- Brain Fog**
- Muscle Pain**
- Insomnia**
- Stomach Pain**
- Frequent illness**

Several different blood tests for diagnosis. More info at: www.SurvivingMold.com
Another case: **Formaldehyde** see "**What Our Patients say, Brianne Markley**"! Don't forget the **Carbon Monoxide** cases Sited last December. Plus we have witnessed several **VACCINE** Adverse events. Check last months Newsletter!



What Our Patients Say—

BEFORE: Our daughter Norah over the past few years had some very unnatural things going on with her lungs. She caught every cold that came by, which always would lodge in her lungs, and she would have a terrible, barking cough for days. We always used natural remedies, which would eventually clear it up, but it would always return, usually in less than a month. Sometimes as short as a few days. After last winter, we knew there was something going on that we couldn't put our finger on. She was the only one in our family that would get this sick, and have it affect her so terribly.

AFTER: Finally, we decided one day to take her to see Dr. Nitschke. She had just caught another terrible cough, and could barely go a minute without coughing. He checked her for a few things that she might be sensitive to, and her body reacted very poorly to formaldehyde. We never even thought that something like that could affect her, but it made sense. We lived in a new house that was only 2 years old, and after researching, we learned that there were a ton of areas where our house was remitting (or off-gassing) formaldehyde that could be affecting her. He treated her specifically for formaldehyde that day we saw him. Even though her symptoms didn't approve immediately, they did clear up over the course of the next couple of days.

We took her back for a follow up, and he treated her again. She continued improving slowly. After we saw Dr. Lon, we decided to get a homeopathic remedy for formaldehyde to keep on hand in case she got any more coughs. She went for quite a while (4-6 weeks), before getting another cough, and we used the homeopathic remedy right away. It stopped the cough dead in its tracks when she took it. The other problem we had noticed with her was she would cough and wheeze after she would run (asthma-like symptoms).

NOW: I am happy to say that while at a "field day" event, she ran 1/4 mile without stopping. There was no hint of coughing or wheezing! She played the entire day with her friends, running most every where she went. She was so happy that she was able to do it. We have also taken steps to reduce formaldehyde emitting products in our home (mainly carpet), and are confident that it is helping as well. **Without seeing Dr. Lon, we never would have been able to pinpoint exactly what was going on. I'm excited that we seem to have found the root of the cause, and that our daughter has been feeling so much better!**

Brianne Markley

The placebo (a true story)

A man brings his asthmatic child to the chiropractor. The child's breathing improves and the number and severity of attacks begins to diminish almost immediately. The father goes back to his MD. "Why didn't you tell me chiropractic could help my child's asthma?" "It's just placebo," his MD responded. "Why didn't you tell me chiropractic was such a good placebo for asthma?" the father said. (Note: Placebo is just another word for our ability to tap the natural healing ability, our inner doctor.)

More what Our Patients Say:

I cannot say enough good about Dr Nitschke and Nicole! I have been relieved of some pretty major issues by going to the Natural Health Center and more of a natural lifestyle including migranes, skeletal pain, and allergies (seasonal and food sensitivity). I have been in bed all day or sometimes for more than a day and left the office with the headache gone. If this was the only benefit I would keep going back for that alone but there are many more! **Dr. N helps you understand what is going on with your body and what some of your triggers may be. I have learned a lot by going to him in regard to self care.** I never thought I would be able to be hypnotized but Nicole made me fell very comfortable and I was able to "go under". Go see them and you will not regret it!

Chrissy Vail

Dr Lon was able to help me with a severe skin reaction to something that 3 MD's - 2 Primary care and 1 Dermatologist- could not figure out. I was in the hospital for 3 days and was discharged with very little improvement. I went to Dr Lon and he had me feeling 50% better within 12 hours and 100% within days. Now when I have a problem the first call I make is to Natural Health Center! **Dillon Vail**

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.