



Natural Health Center

Pain Relief Naturally



Woodville Chiropractic

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September, 2016

Dear Patients, Friends & Neighbors,

Cooler weather at last! After a long, hot summer we are finally moving into fall weather. Along with Fall comes seasonal allergies. Those beautiful yellow flowers in the fields are not so beautiful when you have the sneezing, itchy eyes of “rag weed.” We can help alleviate your reactions to the side-effects of the changing seasons.



“Pollen from trees, weeds and grasses are the primary culprits behind seasonal allergies. Spring allergies are typically from tree pollen, whereas summer allergies usually come from grasses, and then weed pollens dominate the airways during late summer and fall. Without allergy testing, it's nearly impossible to determine which offenders are causing your wheezes and sneezes, but the time and season may give you some clues. If you've noticed your allergies seem to be getting worse lately, you're not the only one.” (See Dr. Mercola: <http://articles.mercola.com/sites/articles/archive/2011/08/24/allergy-season-hits-us-with-a-vengeance.aspx>) (12)

Natural Health Centers offer a non-invasive, non-drug remedy that enhances the immune resistance to allergies and sensitivities. It works on most people to reduce and sometimes even eliminate your misery. It is called; **Immune Response Conditioning, (IRC) With Laser Technology.** Details are available on our website: www.naturalhealthohio.com and click on services. A number of patients commented on their results in past newsletters and the [testimonial pages](#). **We offer a free evaluation to determine if you are a candidate.**

FREE Evaluation!!

For a FREE consult call 419 849-2414, or 419 332-7666, text or email.

Now with Summer in full swing, I want to remind you of our [Immune Response Conditioning with Laser Technology](#) to reduce and even eliminate allergy sensitivities.

We are offering a **FREE** evaluation to see if you are a candidate.

Check below for a satisfied patient's comments!

<http://woodvillechiropractic.com/testimonials/>



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Natural Health Center's Current Office Hours

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(Please call ahead,
Drop-ins ok when I'm there.)



Woodville Office
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(Tuesday & Thursday Afternoons—
Some Sat. mornings. Please call ahead,
Drop-ins ok when I'm there.)

What Our Patients Say



Before: I started treatment with Dr. Lon my allergies were bad. was sensitive to mold, pollen, animal fur, dust and grass. I never looked forward to spring and fall cause that is when I suffered the most. After treatment with the BAX Laser and regular adjustments I had a huge change. I was having headaches 3-to-4 times a week. Now: I am mostly headache free and my stuffy nose and sneezing are 90% better. I would say that this has helped me more than taking allergy medication or anything else tried in the past. Therefore, I continue to see Dr. Lon on a regular basis knowing I can get immediate relief to most problems. ~ *Dustin Dewey*



Before: "As a 21 year old guy I was never too concerned about my health, but something was definitely getting to me. Every Friday I could time my headaches by the clock. I tried everything from hot showers to pills, but the only thing that ever seemed to fully cure my pain was to go to bed. For a while I just put up with it, but then the headaches became more frequent. My family doctor attributed them to "stress" or possibly some type of MSG sensitivity from eating that college cafeteria food. Regardless, I was still in pain and it was ruining my evenings. As if that wasn't enough, allergy season was right around the corner and I had always had a time with hay, ragweed and cats. Once again, I'd tried it all Claritin to any other allergy medication but none truly prevailed. My girlfriend of five years and I could never fulfill her dream of attending the county fair together because of my terrible allergies. On top of that, Christmas at her grandma's house was always interesting with "Smokey" the cat. To put it simply, life wasn't bad but it certainly had some hiccups. Finally after some talking with my parents they suggested that I go to visit Dr. Nitschke and talk about some of these issues. Now: So I listened, and it has been one of the best things I've ever done. Since my treatment I have seldom had headaches, usually attributed to forgetting to eat lunch or not eating enough throughout the day. Now I can go out and enjoy my weekends and not have to worry about Friday at six when those headaches would arrive. However, the success doesn't stop there. He also gave me treatment for my allergies to hay, ragweed and cats. This year was an especially dry year and I was just cringing about the allergy season and how it would affect my summer. I am happy to report however, that for the first time in our five-year relationship, my girlfriend and I actually were able to attend the county fair. I got to see all of the animal showings and walk right through the barns without a problem." ~ *Matthew Hollis*

How do students benefit from chiropractic care?

School is coming. Want to give your children an edge in their grades and studies?

Let chiropractic be their (and your) secret weapon. Studies show that by releasing stress from the brain and nervous system, chiropractic adjustments may improve your child's concentration, attention span, grades and interpersonal behavior. (1-2)



Chiropractic has also been shown to increase IQ, help coordination, improve self-esteem and to get the body to function better. The great thing about chiropractic is that it is not a treatment for a particular disease or health condition – it is a way to make the entire body work better. That is why no matter what health problems a student may have, chiropractic will help your child heal naturally and do better in school. (3)

Zika virus – worth worrying about?

What's with the Zika virus? Should we be concerned about it? Hardly.

The Zika virus is nothing new. It was identified in the 1940s. It causes no symptoms in 80% of people and minor symptoms in nearly everyone else. It was never known to cause serious health problems such as microcephaly or other defects.

Freaking out pregnant women – and lots of others

“Oh my, I was bit by a mosquito. Will my baby be born with birth defects? What can I do? Should I get an abortion?”

Bad science is making pregnant women (and a lot of other people) incredibly nervous.



The fact is that previous epidemics of the Zika virus were never linked to microcephaly and fetal malformations. Also, even though Zika-carrying mosquitoes have spread across Brazil and infected untold millions of people, those infections never translated into neurodevelopmental birth defects (such as shrunken brains).

The “explosion” that didn't happen

According to a recent article in the Canadian newspaper, *The Globe and Mail*:

Brazil's Ministry of Health has launched an investigation into the cluster of babies born with brain defects linked to the Zika virus, after an expected “explosion” of cases across the country did not occur.

The bulk of the cases of congenital Zika syndrome – fetal brain defects that sometimes cause microcephaly, or abnormally small skulls – remain clustered in the northeast region of the country.

Fatima Marinho, coordinator of epidemiological analysis and information at the ministry said: *But we didn't find this in other states – even the [adjacent] states didn't see the same situation. ... We were preparing for an explosion and it didn't come.... So we started to think that in this central area maybe more than Zika is causing this intensity and severity.* (4)

of Upper Cervical Chiropractic Research. November 30, 2015:34-40.

Zika virus – worth worrying about? Cont'd.

So what's causing microcephaly (small heads, fetal brain defect)?

The northeast region of Brazil where the deformed babies were born had been, for the prior 18 months, heavily sprayed by plane with pyriproxyfen, a chemical larvicide. It was even added to the drinking water. This larvicide produces malformations in mosquitoes. (5)

A physician group from the area observed that Zika is apparently a red herring, a non-cause of fetal damage:

Previous Zika epidemics did not cause birth defects in newborns, despite infecting 75% of the population in those countries. Also, in other countries such as Colombia there are no records of microcephaly; however, there are plenty of Zika cases. (6)

Speaking about toxins and microcephaly

This is not the first report linking toxins to microcephaly. A report published by the US government showed that vaccine toxins could also affect the brains of newborns. (7)

For more information on The Great Zika Hoax:

<http://>

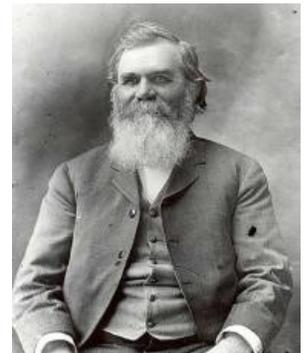
www.naturalnews.com/054882_Zika_hoax_brain_defects_larvicide_chemicals.html#ixzz4GPMGHvsb

Questions and answers about chiropractic

How was chiropractic discovered?

DD Palmer, a lifelong researcher and healthcare practitioner discovered chiropractic in 1895. Dr. Palmer was a follower of magnetic theory, an early form of energy medicine, also known as signal or informational healing.

His practice was extremely successful with people traveling from many states seeking his care. Yet in spite of his success Palmer continued to search for more effective ways of helping others.



One day he asked his deaf janitor, Harvey Lillard, how his deafness occurred. Lillard related that he had twisted his upper back and became deaf shortly thereafter and had remained so for 17 years. Palmer asked if he could examine him and was given permission.

Lillard apparently had a noticeably displaced vertebra, a subluxation, that Palmer was able to realign – the man's hearing returned almost immediately. DD Palmer began to check all his patients for these subluxations and found them to be very common – and correcting them would often cause dramatic healings.

Such was the birth of modern chiropractic – an ancient practice brought to modern times.

An entertaining YouTube about this discovery and history of chiropractic can be found at: <https://www.youtube.com/watch?v=cBe8-kfAHxY>

Enjoy it!

Traditional eating



It is very wise, when one eats grilled fish or meats, to eat them with whole grains or vegetables, as these provide natural antidotes to carcinogenic substances formed during grilling. (8)

Words of wisdom

When going through a tough time remember ...

Everything can – and will – change
You've overcome challenges before
It's a learning experience
Not getting what you want can be a blessing
Allow yourself to have some fun
Being kind to yourself is the best medicine
Other people's negativity isn't worth worrying about
You have lots of strengths as a person
Anything is possible
Great things take time
And there is always, always something to be thankful for.

Any fool can make a rule. – Henry David Thoreau

And now for something completely different

Do you use the TSA scanner when you fly? It's best to choose a manual pat-down so you minimize your radiation exposure and thus minimize the risk of developing cancer.

This doctor has done his research and always opts for a pat down. Find out why here:

<http://patch.com/new-jersey/ramsey-nj/are-airport-full-body-scanners-safe-0>

Our offer is on-going

“Some studies say that as many as 60% of us now get all our e-mail, our news and much of our entertainment right on our phones and don't even use a lap top or tablet any longer due to time and the convenience factor.”



“The trouble is, there are inherent dangers when using cell phones or any device that uses a cell signal and that danger is in the form of radiation.” Here is a link from one of the latest studies on some of these dangers that was printed on the front page in the Wall Street Journal: **[“U.S. Cellphone Study Fans Cancer Worries.”](#)**

While doing research my newsletter I came across this simple device that will help you eliminate 70% of the radiation that is present when using your cell phone by having it converted and dispersed as harmless light through the antenna and tiny LED that is attached... <http://www.r2l.com/>. Check out the R2L, it is as easy as putting a band aide on a cut, or sometimes easier, and you are protecting yourself and your family members from that extra radiation we don't need. (Natural Health Center is offering the R2L at \$25, a \$5 discount off Retail. Call, text, or email if interested.) (7) If you are interested, give me a call at 419 849-2414, or 419 332-7666.

Researching Chiropractic

Chiropractic clinical case histories have been a regular feature of our patient newsletter since its inception. There seems to be no limit to the health problems that respond to chiropractic care. How many people suffering, on drugs, facing a life of limitation could be helped by chiropractic care?

Probably most of them.



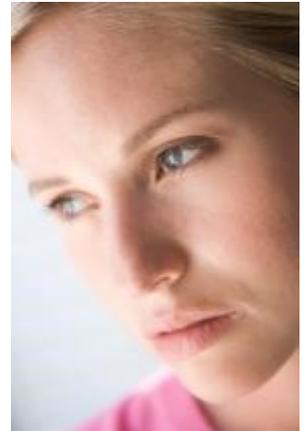
Shoulder pain and chiropractic. A 45-year-old woman and a 47-year-old man suffering from shoulder pain and dysfunction began chiropractic care. The woman injured her right shoulder following a fall. She did not receive medical care as her pain was tolerable. However, 2 months later she could not move her right shoulder due to pain, and was experiencing right-sided neck pain. Over-the-counter medication was ineffective. The male patient suffered from restricted shoulder motion following a motor vehicle collision 2 months prior. Physical therapy was ineffective.

Chiropractic adjustments were applied exclusively to the upper neck area (C0-C1). Shoulder range of motion improved significantly and pain rating showed significant improvements in both patients. (9)

Epileptic seizures. A 21-year-old female presented with epilepsy that had plagued her for over a year. She reported suffering from two to three seizures a week while on a high dose of an antiepileptic drug. She lost fifty pounds and developed depression, anxiety, migraines, allergies, severe fatigue and memory loss.

The patient underwent chiropractic adjustments to reduce her subluxations that were found using x-ray analysis and palpation. The patient reported a change in her symptoms after two months of care with a cessation of all seizures after six months of care. (10)

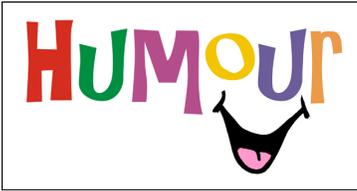
Meniere's disease. Prior to beginning chiropractic care, a 63-year-old woman with a ten-year history of Meniere's disease had undergone surgery to cut her right vestibular nerve. There was no improvement. She suffered from tinnitus (ringing in the ears), significant hearing loss, headaches and vertigo (dizziness). Analysis revealed that she had a vertebral subluxation complex of the first cervical vertebra. The subluxation was corrected and her Meniere's symptoms were reduced painlessly and non-surgically. (11)



Bug bite survival

Hornet sting? Spider bite? Reduce the swelling with ice. Then rub a paste of meat tenderizer or crushed aspirin onto the bite to break down the venom. Later, apply a paste of baking soda and water to ease the itching.





- ■ ■ Any room is a panic room if you've lost your phone in it.
- ■ ■ My goal for 2016 was to lose just 10 pounds. Only 15 to go.
- ■ ■ Ate salad for dinner! Mostly croutons & tomatoes. Really just one big, round crouton covered with tomato sauce. And cheese. FINE, it was a pizza. I ate a pizza.
- ■ ■ How to prepare tofu: 1. Throw it in the trash. 2. Grill some meat.
- ■ ■ I just did a week's worth of cardio after walking into a spider web.
- ■ ■ If whores, witches, ghosts and hobo's show up on my doorstep, I can only assume its Halloween because my family reunion was in July.
- ■ ■ I don't mean to brag but ... I finished my 14-day diet in 3 hours and 20 minutes.
- ■ ■ A recent study has found that women who carry a little extra weight live longer than men who mention it.
- ■ ■ Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.
- ■ ■ Senility has been a smooth transition for me.
- ■ ■ Remember back when we were kids and every time it was below zero out they closed school? Me neither.
- ■ ■ I may not be that funny or athletic or good looking or smart or talented ... I forgot where I was going with this.
- ■ ■ I love being over 65. I learn something new every day ... and forget 5 others.
- ■ ■ A thief broke into my house last night. He started searching for money so I woke up and searched with him.
- ■ ■ I think I'll just put an "Out of Order" sticker on my forehead and call it a day.
- ■ ■ PS: Sunday, March 13, 2016 was the beginning of Daylight Savings Time. If you have not already done so, set your bathroom scale back 10 pounds right now.
- ■ ■ After my recent prostate exam, which, I must say, was the most thorough and longest I've ever had, the doctor left and the nurse came in. As she shut the door, she asked me a question I didn't want to hear. She said, "Who was that guy?"
- ■ ■ Some people are such treasures that you just want to bury them.

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 and the Staff at Natural Health Center



Shakespeare in our daily lives

The following phrases are familiar enough to be considered common expressions, proverbs and/or clichés. All of them originated with or were popularized by Shakespeare.

Star-crossed lovers (*Romeo and Juliet*)

Parting is such sweet sorrow (*Romeo and Juliet*)

What's past is prologue (*The Tempest*)

[What] a piece of work [is man] (*Hamlet*)

Pitched battle (*Taming of the Shrew*)

A plague on both your houses (*Romeo and Juliet*)

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