



Natural Health Center



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Spring, 2018

Dear Patients, Friends & Neighbors,

& SPRING!!! . . . Welcome Back!

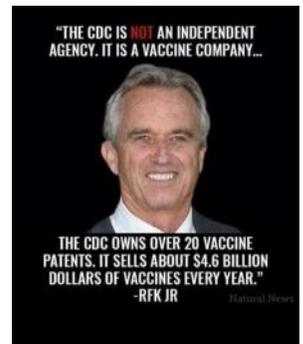
A far cry from the New Year Greeting with snow and subzero temperatures. I'm told it was snowing in Ohio into March. Sorry I missed it, NOT!!

We just returned from 30 days in sunshine with daily 72-85 degree temperatures, but it was not all play. I Worked on relatives in South Carolina and Florida, and on a number of patients by phone and remote energy, with good results. We attended a great seminar for entrepreneurs on time management in Orlando. We were educated, entertained and motivated. I also bought several books by Dan S. Kennedy's GKIC Organization. I am an avid reader, Dan is an avid writer with more than 30 books on his own and many more as co-or contributing authoring. **Dan is no relation to "The Hyannis Port, Massachusetts Kennedys."**

That reminds me of the quote by **Robert Kennedy, Jr.** in my last newsletter, worth stating it again for the impact it could have on your health and members of your family.

"The CDC* is NOT an independent agency, It is a vaccine company. The CDC owns over 20 Vaccine patents. It sells about \$4.6 Billion Dollars of Vaccines Every Year." Read More about the effects of Aluminum in vaccines at ...

<http://vaccineimpact.com/2018/a-lone-fda-scientist-could-end-the-autism-epidemic/>.



I urge you to read the articles in this newsletter, and re-read the last newsletter. It is in the archives at:

<http://woodvillechiropractic.com/wp-content/uploads/January-2018-Web-Newsletter.pdf>

I am currently working with a couple autistic children to repair the damages apparently done by the vaccines mandated by hospital policy dictated by CDC.*

That couldn't happen you say?? 3 questions: Do you trust the government? Do you trust the drug companies? Do you trust them together?? No one answered yes to any of these questions. So, should you trust vaccines? Several documentary films address these issues; Vaccines revealed; The Truth About Vaccines; VAXXED, and several others.

*Center for Disease Control and Prevention

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Natural Health Center's Schedule

Woodville Office

Tuesday & Thursday Afternoons,
Some Sat. Mornings—
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Drop-ins ok when I'm there.
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Science Based Nutrition Services Now Available



We are offering a new Laboratory (blood, hair, saliva, urine) from SBN (**Science Based Nutrition**). SBN is the Gold Standard of the medical model to act as a guide in recommending your nutritional solutions! **Just text or call Dr. Nitschke (Phone: 419-332-7666) To learn more about our new service.**

Patient Testimonials from use of SBN

Here are just a few of the many issues that SBN has been able to determine nutritional deficiencies and toxic overload. These are some conditions that can be helped: *Advanced Skin Rash/GERD, Alzheimer's Disease, Ankylosing Spondylitis, Anxiety & Poor Concentration, Breast Cancer, Crohns Disease, Diabetes and High Blood Pressure, Fibromyalgia/Chronic Fatigue, Gout and Poor Memory, Kidney Cancer, Liver Cancer, Lung Cancer, Menopause and Insomnia, Methicillin Resistant Staphylococcus Aureus (MRSA), Multiple Sclerosis, Parkinson's Disease, Parasites, PSA/High Cholesterol Rosacea, Chronic Fatigue & Poor Digestion, Viral Warts.* **MORE Testimonials available at www.naturalhealthohio.com**

Advanced Skin Rash/GERD

Things like rashes, acne or discolorations are a sign of greater problems. Don't just apply a cream and forget it. Pay attention to your body and address the real issue!"
-Dr. Van D. Merkle

Alzheimer's Disease

The brain: Use it or lose it! Just like the rest of our body, our brains change as we age, but serious memory loss, confusion or personality changes could be signs of cellular damage. Initial Symptoms: Diagnosed With Alzheimer's 6 Months. Ago, Drivers License Was Revoked Due To Alzheimer's, Lost job/Unable To Work, Personality Changes, Depressed/Stressed, Taking Aricept And Zoloft.

In just 4 months-Improvements Across The Board: Memory Improving, Sense Of Humor Returning, Anxiety/Stress Reduced, No Longer Depressed, Able to Concentrate, More Animated "More than 5 million Americans suffer from Alzheimer's and it remains the seventh leading cause of death in the nation. Sadly, this disease is often as emotionally debilitating for family members and loved ones as the patient themselves." -Dr. Van D. Merkle



Words of Wisdom

To conceal anything from those to whom I am attached, is not in my nature. I can never close my lips where I have opened my heart. Charles Dickens

The greatest part of our happiness or misery depends on our dispositions and not on our circumstances. Martha Washington

The mind is its own place, and in itself, can make heaven of Hell, and a hell of Heaven. John Milton

The last of the human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way. Viktor Frankl

Help! The Flu Vaccine is Coming . . . It's Here!

Once again, the media and medical organizations seem to be doing their best to scare people into getting a worthless, dangerous flu shot. For example, CBS This Morning had a special report "Why is this year's flu season so bad?" People like scary news telling us "The End is Near." But accurate headlines such as "This year's flu season no big deal" or "Few people get sick from the flu" or "Deaths from the flu are rare" don't sell newspapers, vaccines or drugs.

Most people (as much as 80% or more) who think they have the flu don't have the flu; they have an ILL – an "influenza-like illness." That's right, laboratory testing finds no "flu" virus in most people. Yes, they feel sick, have a fever, feel tired and achy and in a few days, are better. What they experienced was a badly needed natural detoxification, and they have a healthier body in the wake. Studies show that the more fevers and colds a person has throughout their lives, the less cancer they develop. (1)

The facts don't agree with anyone getting a flu shot. For example, when the percentage of the population getting flu shots jumps there is no change in pneumonia, death or hospitalization. For example, one study found that "Influenza vaccination was not associated with a significantly reduced risk of community-acquired pneumonia in people aged 65 and older." (2)

The flu vaccine contains 25,000 times more mercury than is legally allowed in drinking water (as established by the EPA). That is just one reason why more money is paid for damages from the flu shot than from any other vaccine. Among health problems after the flu shot are miscarriage, seizures and paralysis. Do yourself a favor, don't get a flu shot. A short common-sense video about the flu vaccine is available at http://thinktwice.com/flu_show.htm

Great Canadian video satire on the flu shot

<https://www.youtube.com/watch?v=l88fDGPA7wM>

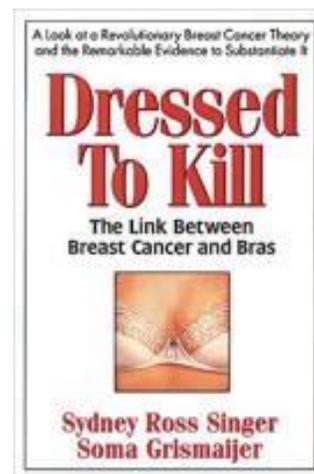
Did You Know?

- Coca-Cola originally contained cocaine?
- Toilets account for 35% of indoor water use?
- Your foot has 26 bones in it?
- The average human brain contains around 78% water?
- 1 nautical knot equates to 1.852 KPH (1.150 mph)?
- Every day is a holiday somewhere in the world?
- French fries are originally from Belgium?

Breast Cancer, Bras and Deodorants

Research continuously reveals that a major cause of cancer is toxicity. Toxins are deposited in fat tissue and the breast is mostly fat tissue. Tissue samples show that many toxic chemicals are found in breast tumors, especially parabens.

Parabens bind to estrogen-receptors and encourage cancer cell growth. They are found in thousands of cosmetics and drugs including deodorants. (3) In addition to being absorbed through intact skin, shaving the underarms creates tiny cuts, creating a direct pathway for the deodorant chemicals into the bloodstream and surrounding tissues. Additionally, there are reports that women who wear bras for long periods have more breast cancer. Underwire bras are especially constrictive and cause lymphatic pooling of toxins, leading to an increase in breast cancer. For example:



- Women who wore their bras 24 hours per day had a 3 out of 4 chance of developing breast cancer.
 - Women who wore bras more than 12 hours per day but not to bed had a 1 out of 7 risk.
 - Women who wore their bras less than 12 hours per day had a 1 out of 152 risk.
 - Women who wore bras rarely or never had a 1 out of 168 chance of getting breast cancer.
- The overall difference between 24 hours wearing and not at all was a 125-fold difference. (4)

Humor

From *The 776 Nastiest Things Ever Said* by Ross and Kathryn Petras (NY: Harper Perennial, 1995)

On kissing: *When you enter a room, you have to kiss his ring; I don't mind but he has it in his back pocket.* Comedian Don Rickles on Frank Sinatra's fame

On Hollywood: *Hollywood is a place where your best friend will plunge a knife in your back and then call the police and tell them that you're carrying a concealed weapon.* George Frazier, writer

On hitters: *He couldn't hit a curve ball with an ironing board.* Bob Feller, Hall of Fame Pitcher on basketball star Michael Jordan's bid to play for the Chicago White Sox.

From *The 776 Nastiest Things Ever Said* by Ross and Kathryn Petras (NY: Harper Perennial, 1995)

On hearing the boss is sick: *My God, I hope it's nothing trivial.* Irwin S. Cobb, journalist

On generosity: *When Billy Martin reaches for a bar tab, his arm shrinks six inches.* Tommy Lasorda, L.A. Dodgers manager

Migraine Headaches: Common Triggers and what to do in response



Migraine is one of the most common health conditions in the world—more prevalent than diabetes, epilepsy and asthma combined. A little less than 15 percent of the world's population suffer with migraines. An observational study recently found that people who get migraines have a different blood vessel structure in their brains compared to those who do not get migraines, causing greater asymmetry in hemispheric cerebral blood flow

Environmental factors appear to play a significant role in triggering a migraine attack. This includes certain foods and drinks, hormonal changes, stress, external stimuli like scents or lights, dehydration and changes in sleep cycle

Both aspartame and MSG are notorious for causing headaches and triggering migraines. Aspartame can also trigger other neurological symptoms such as visual disturbances and tingling in the extremities

Preventing migraines begins by avoiding the triggers. Most often this means eating healthy whole foods (avoiding most processed ones) and managing your stress effectively.

Migraine headaches are one of the most common health conditions in the world—more prevalent than diabetes, epilepsy and asthma combined.¹ Migraine headaches are also one of the top 20 causes of disability among adults. I wonder how we could change the world if all of these people received proper testing (blood analysis), food allergy testing (if needed), chiropractic evaluation and even acupuncture treatments. How many of them would get great symptomatic relief and truly get their lives back?

More than 37 million Americans suffer from migraines; nearly five million of them experiencing at least one migraine attack per month.² All in all, an estimated 13 percent of the world's population

suffer with migraines to a greater or lesser degree.

This condition is more prevalent among women, with about 15-18 percent of women worldwide getting them, compared to six to seven percent of men. About 60 percent of women affected have menstrual-related migraines, meaning they tend to coincide with their cycle.

Despite its prevalence, migraines are still one of the most poorly understood medical disorders out there. Part of the problem has been that the experiences of those suffering from migraines vary greatly and the lack of specific diagnostic testing used in mainstream medicine to make a definitive diagnosis.

Aside from throbbing, searing pain, which may be one-sided or distributed on both sides, some experience "auras" prior to onset, while others do not. There may also be nausea, vomiting, fever, chills, sweating, and/or sensitivity to light, sound, and smells.

Those who have never had a migraine before can be quite frightened by the neurological symptoms, which can simulate a stroke where one starts to have visual disturbances, even short term visual loss and/or seeing spots or wavy lines, and/or tingling in your arm or leg. These findings can sound like many other neurological conditions and be difficult to sum up.

[Are Food Allergies Causing Your Migraines?](#)

One randomized, double blind, cross-over study published in 2010 found that a six-week long diet restriction produced a statistically significant reduction in migraines in those diagnosed with migraine without aura.¹² Some of the top migraine-inducing foods identified include: wheat and gluten, cow's milk (yogurt and ice cream), sugar, yeast, corn, citrus fruits, eggs, aspartame, MSG and even grain based cereals.

Man Crippled by Flu Shot and “Life Ruined Forever” Speaks Out About His Experience with the Vaccine Court



by **Brian Shilhavy**
Editor, Health Impact News

Health Impact News may be the only news source currently publishing the quarterly Department of Justice (DOJ) reports on settlements for vaccine injuries and deaths in the Vaccine Court.

After publishing the most recent report, [U.S. Government Continues to Pay Out Millions to Victims Injured by the Flu Shot](#), one man who was crippled by the flu shot in 2013 spoke out on social media regarding his experience in trying to get compensation from the Vaccine Court:

Pay Outs are not as high as many people think.....

I thank you for your interest in learning about this. My vaccine injury happened in July 2013 – flu vaccine- I almost died and spent 3 weeks in the ICU and was temporarily paralyzed and my legs and arms were swollen 3 times their normal size. CDC doctors visited me every day and diagnosed me with [serum sickness](#)– a violent reaction to the toxins in the vaccine. I spent 2013 – 2015 in and out of the hospitals and ER and had 3 emergency surgeries and had physical therapy to learn to walk again twice.

I have irreversible damage to my joints and bones and am permanently disabled with inflammatory arthritis and degenerative bone disease; and live every day with excruciating debilitating chronic pain and chronic liver and kidney disease. My case is close to being settled in the vaccine injury court...Their initial offer for ruining my once healthy active outdoorsy lifestyle to being in a wheelchair and using a walker on my good days in the summer months ...

They offered me Are you sitting down? \$45,000!!! Because of my age .. The older you are the less you are awarded. Young girls who have been paralyzed by the HPV vaccines- awards can be between 200,000 to one 13 year old girl's family was awarded 11.8 million in 2017! But she is a quadruple paraplegic! When I feel hopeless about my life being ruined forever I see these other cases that are worse! Media will never talk about it because they're owned by Big Pharma!

I will never jog 3 miles a day again, or hike or play tennis or volleyball or ride jet skis or travel or simply walk up or down stairs again! NEVER again! I just want my life back- If there was a vaccine to undo the damage that they did to me – I would trade their \$45,000 settlement offer to be ME again.

Brett Maxwell explained how it was CDC doctors themselves, the same government agency that tells the public vaccines are safe and effective and that everyone should be vaccinated, that diagnosed his injury as a result of the toxins in the flu vaccine:

The CDC doctors diagnosed me with [serum sickness](#) (a violent reaction to the toxins in the vaccine) when I was in the ICU for over 2 weeks in 2013.

Man Crippled by Flu Shot and “Life Ruined Forever”

Speaks Out About His Experience with the Vaccine Court . . . *Continued*

Kaiser Permanente just put that CDC diagnoses in my medical records which was all we had for the vaccine injury court. My attorney paid for her Rheumatologist Expert to prove that my arthritis and degenerative bone disease was caused by the flu vaccine. He has given statements many times before in the vaccine injury court and my attorney had gotten good results.

Kaiser Permanente to this day refuses to admit to any guilt or that the vaccine has permanently disabled me. It took me 2 years to get them to get me a handicap placards and license plate for my car. It took 3 years to get disability! It wasn't until 2015 when I finally got a wheelchair, a walker with a seat and 2 walking canes.

I just got Medicare in September 2017! They still have my Medicare insurance messed up with a late enrollment fine- I call every single month to Kaiser Permanente Customer Service – call usually takes an hour and they claim it's been fixed. The next month same deduction happens and another letter is generated – same nightmare over again now for 4 months in a row! I went to the business office and they said they cannot help me – I must call the customer service number and ask for the Medicare Department – which is what I have been doing for 4 months in a row!

The entire system is a joke and it's severely broke! The entire system is a joke and it's severely broke!

Dehydration

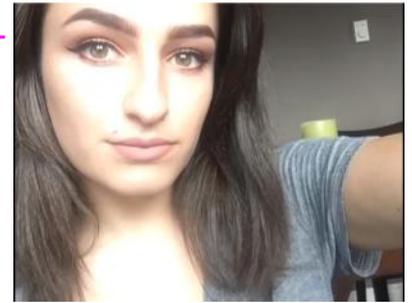


Why discuss dehydration in the dead of winter? We sweat more in summer but winter usually causes more dehydration. Why? Unless you live and work with hot water radiators for heat you are subjected to hot air and it's dehydrating. Our cars also use dry hot air.

Some of the symptoms of dehydration include dry mouth, headache, dark urine, hunger, dry skin, high blood pressure, aches and pains. People are often surprised that hunger is a sign of dehydration, but you'll find your hunger pangs will often disappear when you've had a glass or two of water. Keep yourself from dehydration this year.

Teen Girl Develops Leukemia After Gardasil Vaccine – Life Back to Near Normal After Mother Gives Her

by **Paul Fassa**
Health Impact News



Hayley Willard was one of the first to receive a Gardasil vaccination at 15 years of age in Newfoundland, Canada in 2010. Up until then, she was a very active extroverted person who was actively involved in figure skating competitions.

Her mother Dana explained that Hayley was a healthy, enthusiastic daughter until Gardasil came into her life, although she had minor short-lived adverse reaction from vaccinations before.

But after her Gardasil shot she was showing signs of autoimmune issues. Her energy level decreased, she was easily fatigued and looking pale. Then she became sluggishly lethargic with low energy, began gaining weight, was having migraines, and other symptoms. She complained that she was not feeling right and beside herself.

Her skating became erratic and she injured herself while practicing. Cysts were discovered in her ovaries, an area that was never an issue with Hayley before. She began having anxiety attacks that were unusual for her and inexplicable.

None of the doctors would even imply that the Gardasil vaccine had anything to do with her condition. They wanted to prescribe antidepressants instead.

But Dana was intuitively suspicious and began researching on the side effects of Gardasil and other vaccines. She soon began realizing it wasn't a coincidence that her health issues began immediately after Hayley's HPV vaccination. Her immune system had been compromised severely.

Many reported adverse events that Dana discovered from the HPV vaccine included what Hayley was experiencing, often even worse.

But the worst event occurred in 2013 when Hayley was diagnosed with leukemia.

Leukemia and other cancers have been reported as a consequence of Gardasil vaccines and other vaccinations. Dana discovered the news of a New Zealand toddler who was vaccinated by mistake with Gardasil. This led to his leukemia.

See: [Toddler Wrongly Injected with Gardasil Vaccine Develops Rare Form of Leukaemia](#)

Dana Felt There was No Option Outside of Chemo

In October of 2013, Hayley was subjected to intense chemotherapy. The first 10 days of which she was confined in the hospital with ongoing IV chemotherapy. Then her IV chemo sessions at the hospital were on an outpatient basis.

Teen Girl Develops Leukemia After Gardasil Vaccine – Life Back to Near Normal After Mother Gives Her Cannabis Oil. . .*Continued*

During that time, Dana said Hayley experienced every side effect possible. Intense vomiting, complete hair loss, sores in her mouth and throat, and increased weakness. Her saliva glands overproduced and she had to be fitted with a device similar to what dentists use to remove the excess saliva from her mouth.

Dana explained the “catalyst for questioning chemotherapy” occurred when in the processing of arranging the chemo bag in position to IV into Hayley’s chest port some of the “therapeutic” chemical spilled on her chest.

The nurse pressed a button for other hospital attendants to rush in and assist with ripping off Hayley’s t-shirt, other clothing, and the bed sheets. Dana was rushed out of the room and into the hallway as others rushed in to handle the emergency, which was explained to Dana after the drama was over.

The explanation was that IV chemo drugs are harmful to the skin if spilled and can cause cancer. The light went on in Dana’s mind that this whole conventional procedure is madness and at some point needed to be curtailed.

In addition to her IV and oral chemo pills, Hayley was prescribed several pharmaceutical drugs attempting to curb the chemo side effects. Hayley told her mom that she was aware of smoking marijuana to help with chemo’s side effects. Hayley had smoked it before occasionally.

Cannabis to the Rescue

After six weeks of intense chemotherapy, the doctors announced that Hayley’s leukemia was in remission. But they wanted to continue chemotherapy less intensely for three years to keep it from coming back! Dana decided this was a bit crazy. She felt strongly that Hayley’s will to live **made her survive chemo**, and it just “wasn’t her time” to pass on. But somehow there shouldn’t be chemo anymore.

So Dana did her due-diligence research again. This time with cannabis. She had held the propagandized Reefer Madness mindset until she started her own unbiased research. She discovered that cannabis oil is the solution not only for chemo side effects, but probably for cancer itself.

Dana had learned online through someone’s website how he cured himself of leukemia completely and without side effects using cannabis oil. Instead of ordering it online, she decided to make cannabis oil herself, using a magical butter machine shared by a friend of hers.



I LOVE THIS!!!! Please take a few minutes to read and know you are loved!!!

The Charles Schulz Philosophy

The following is the philosophy of Charles Schulz, the creator of the 'Peanuts' comic strip.

You don't have to actually answer the questions. Just ponder on them. Just read the e-mail straight through, and you'll get the point.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America pageant.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winners for best actor and actress.
6. Name the last decade's worth of World Series winners.

How did you do?

The point is, none of us remember the headliners of yesterday.

These are no second-rate achievers.

They are the best in their fields.

But the applause dies .. Awards tarnish ... Achievements are forgotten.

Accolades and certificates are buried with their owners.

Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.



Easier?

The lesson:

The people who make a difference in your life are not the ones with the most credentials, the most money ... or the most awards. They simply are the ones who care the most.



Pass this on to those people whom you keep close in your heart.

"Don't worry about the world coming to an end today.

It's already tomorrow in Australia !"



**"Be Yourself.
Everyone Else Is Taken!"**



Bye, 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.

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