

Pain Relief Naturally



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DEAR PATIENTS, FRIENDS AND NEIGHBORS:

This newsletter may look familiar to some of you. Note the date – August 2012 with the subfreezing weather for the last 2 months. A reminder of what is just 6 months away seems appropriate. Our next issue will be emailed around March 20th, hence the spring 2014 issue.



A Reminder of how or why you are receiving the NHC newsletter. You may have responded to an offer in the metro Press, requested information on the Migun Thermal Massage Free Demonstration, inquired about counseling or hypnosis. Visited our website, asked about our Immune Response Conditioning with cold laser, got information at one of the community events where we have volunteered i.e Woodville's Wellness day, garage sale, or 4th of July celebration, Lindsey or Fremont farm markets, Ottawa, Sandusky or Seneca County fairs, Craft shows or someone recommended you. **You may just as easily unsubscribe with a message.**

Mission Statement: *To assist everyone and anyone desiring optimum health through natural and alternative health care, to avoid the negative side-effects of drug prescriptions & surgery.*

Welcome to our cool patient newsletter

Take a break from the heat and enjoy our cool (hip, fun and interesting) newsletter that contains information you may not read anywhere else.

Chiropractic (actually all true healing) is based on free and unimpeded communication and energy between your brain, nervous system and every part of your body. Your energies need to flow; movement is flexibility and life, stagnation is rigidity and death.

Energy needs to flow to areas where it is deficient and flow from areas of congestion/stagnation. That is the goal of chiropractic.

And it is also true with relationships, including the doctor-patient relationship. So communicate with us, ask us questions, pick our brains. Can chiropractic help this or that person you know? Ask us. How does chiropractic work? Ask us.

Bring your loved ones, from infants to the elderly, in for chiropractic care so they may enjoy a summer free of subluxations (areas of blockage or interference). We always want to hear from you so don't be shy about writing or calling with any questions, comments, observations or ideas.

Chiropractors are fond of saying, "If the patients knew what we knew, they'd do what we do." And that means regular chiropractic checkups to keep your body free from subluxations that block, interfere with, or otherwise prevent you from achieving wellness.



The prostate PSA test – worthless and dangerous

On May 22, 2012, the *Wall Street Journal* headline read, “Blood Test From Prostate Cancer Test Gets a ‘D’ From Panel.” The grade should have been an “F.” Why? Because it has no or minimal benefit and can lead to great harm.



The U.S. Preventive Services Task Force (USPSTF) Recommendation Statement published in the *Annals of Internal Medicine* (on the same date) recommended that men should not be screened for prostate cancer with the prostate specific antigen (PSA) blood test. They reported that there was a “moderate or high certainty that the (PSA test) has no benefit or that harms outweigh the benefits” and “No studies show any benefit in overall death rates.”

Most men die with, not from, prostate cancer because prostate cancer usually grows very slowly and doesn’t spread. However, the harm from treatment of a condition that is largely benign – impotency, incontinence, emotional stress and other factors – vastly outweighs any slight benefit.

High PSA numbers could be good – your body is working extra hard to get rid of prostate cancer – therefore nourish and support your prostate and body with nutrition, chiropractic care, sunlight (shown to be effective against 14 kinds of cancers), nutrient-dense foods (www.westonaprice.org) and avoid toxins from drugs and vaccines as much as possible.

Especially avoid cholesterol-lowering (statin) drugs if you wish to stay cancer-free. Dr. Russell Blaylock, renowned neurosurgeon, says: “Statins are more likely to raise your risk of developing prostate cancer – or any cancer – because they are powerful immune suppressants. In fact one study ... found a significant increase in the incidence of aggressive prostate cancer in obese men who used statin drugs.” (2)

The legitimate powers of government extend to such acts only as are injurious to others. But it does me no injury for my neighbor to say there are twenty gods or no God. It neither picks my pocket nor breaks my leg. – Thomas Jefferson (1743-1826)

Researching Chiropractic

Chiropractic clinical case histories have been a regular feature of our patient newsletter since its inception and have included papers published in various bio-medical and chiropractic journals.



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 always function better when free from spinal misalignments. Chiropractors are uniquely trained to locate and correct subluxations. Enjoy this month’s cases and see more next month.

Fibromyalgia. The patient was a 64-year-old woman who had been diagnosed with fibromyalgia 6 years prior. Other complaints she had were sleep apnea, loss of coordination, glaucoma, degenerative disc disease and changes in bowel habits.

Chiropractic examination using x-rays, heat scanning and postural analysis revealed an upper cervical subluxation of atlas (C1).

The patient received care for three months and at the time of the study had 80 percent relief of symptoms and an improvement in energy level. (4)

Autism. A 9-year-old boy with chronic ear infections, difficulty with social interactions and impairment of communication presented for chiropractic care. The child was first diagnosed with Pervasive Developmental Disorder (PDD), and later, diagnosed with Autism. Diversified and toggle-recoil techniques were utilized in this case study. A nutritionist also administered digestive enzymes as part of care. Signs of improved social skills were apparent after the fourth visit, along with language development acknowledged on the seventh visit. The parent also reduced the boy’s use of medication. (5)

What Our Patients Are Saying About Us!

Last Tuesday I went to the emergency room suspecting food poisoning from sushi. I had extreme lower abdominal pain and vomiting.

By the time I was released they had convinced me it was heart related, prescribed 3 heart meds and scheduled a heart cath test

My blood pressure was running quite high. Next day I presented at the Natural Health Center feeling very weak, and a heavy feeling in my chest and heart.

NOW: Dr Nitschke determined it probably was food poisoning from the sushi causing the lower bowel problem and the body defense system was quite normal. Within an hour involving adjustments and Immune Response Conditioning with a cold laser treatment for the side-effects of the drugs, I was feeling back to my normal healthy self.

Thank you Dr Nitschke! Now I feel great. . . Mary A.

And...

What it was like before: I had about every problem on the list: Low energy, IBS, depression, migraine headaches, night sweats, (soaking wet in morning, sheets, blankets, pillow, my clothes, hair). Had to take sleeping pills, then tried natural sleep aids with no luck, would lay in bed 1-3 hours before falling asleep & would wake up in the morning tired. No energy during the day. Family doctor thought I had Chronic Fatigue Syndrome, Took medicine for it Had high cholesterol. Took at least 13 pills every day. And a leaky bladder.

NOW: I can fall asleep naturally with NO SLEEP AIDS. I fall asleep within 30 minutes, sleep all night, (7-9) hours except for 1 or 2 bathroom breaks and get up feeling awake—not sleepy or drowsy. Have had only one headache in last 3 months, and it went away on its own. I have a lot more energy, I am eating better and quit Pepsi. I am weaning myself off depression pills, and my night sweats are almost gone ... everything keeps getting better. . .Elaine C.

Humor From Steven Wright

1. I'd kill for a Nobel Peace Prize.
2. Borrow money from pessimists – they don't expect it back.
3. Half the people you know are below average.
4. 99% of lawyers give the rest a bad name.
5. 82.7% of all statistics are made up on the spot.
6. A conscience is what hurts when all your other parts feel so good.
7. A clear conscience is usually the sign of a bad memory.
8. If you want the rainbow, you got to put up with the rain.
9. All those who believe in psycho-kinesis, raise my hand.
10. The early bird may get the worm, but the second mouse gets the cheese.

All information published in this newsletter is put out as a public service and not intended as medical advice or treatment. The reliability of the sources are checked and assumed to be true and accurate. Please consult your physician for medical advice and/or treatment.



The Greater Good – new vaccination movie

This summer many parents will blindly follow their pediatrician's order and subject their children to injection with toxic chemicals risking their health and sometimes their lives.

They need to know the science and risks. Watch this interview of Leslie Manookian, writer and producer of The Greater Good, a powerful vaccination movie. Movie clips are included. Be amazed – and learn. We urge you to send this to your friends and relatives who have young children.

<http://therefusers.com/refusers-newsroom/a-look-at-the-greater-good-interview-with-leslie-manookian-writer-and-producer-of-the-greater-good/>

Trapping the CDC?



In 2004 scientist and father Brian Hooker, Ph.D. had had enough. His son was autistic and he wanted to know why. He researched the US

Center for Disease Control and Prevention (CDC)'s so-called "evidence" that thimerosal (mercury in vaccines) was "safe and effective." But he couldn't find any such proof.

He asked the CDC for the scientific studies on which they based their conclusions. The CDC refused to answer. Hooker and his team, to get the studies, set up a trap – and the CDC walked right into it. Read the rest at:

<http://tinyurl.com/7qtp82x>

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Words of wisdom

If the rich could hire other people to die for them, the poor could make a wonderful living. –

Yiddish Proverb

Humor

From John Grisham's book, *The Testament*

"When was the last time one of your members had a problem with adultery?"

"Couple of years ago. One of our younger members thought her husband had another woman in Baltimore. He traveled there once a week on business and she noticed that he returned home a different person. He had more energy, more enthusiasm for life. This would last for two or three days, then he was his usual cranky self again. She became convinced he had fallen in love."

"Cut to the chase....He was seeing a chiropractor."

Did you ever think of this?

A bicycle can't stand alone; ... it is two tired.

In a democracy it's your vote that counts; in feudalism it's your Count that votes.

When a clock is hungry ... it goes back four seconds.

***References and additional Newsletter articles ...**
available on [http: www.naturalhealthohio.com/Newsletters.html](http://www.naturalhealthohio.com/Newsletters.html)

Dr. Lon's Current Office Hours—Woodville:

Monday & Wednesday —1- 6 p.m.
Friday or Saturday - 10 a.m.-2 p.m.

Available in Fremont:

All other times, please call

Findlay: (1-day per month call for schedule)

Call: 419-332-7666 or 419-849-2414

Dr Auxier will be available Tuesday and Thursday afternoons, 2-6 p.m. and Saturdays, 9 a.m.-1 p.m. for consultations, adjustments or just to meet.

Humor— Kids answer serious life questions


How do you decide whom to marry? *You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming. Alan, age 10*

No person really decides

before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with. . .Kristen, age 10

What is the right age to get married?

Twenty-three is the best age because you know the person FOREVER by then. Camille, age 10



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 of Natural Health Center

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