



# Natural Health Center



## Woodville Chiropractic

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## Nitschke Chiropractic

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Phone: 419-332-7666

**Dear Patients, Friends & Neighbors,**

**Fall 2018**



**Summer's over! Hello fall and cooler temperatures.**

### Vacation Travel plans:

Nothing exotic planned, just a couple road trips: Leaving **Friday, October 19th** back, **Saturday, October 27th**. And again a week later leaving **Saturday, November 3rd** and back **November 10th**. I can be reached by text or phone at **(419 332 7666)** to handle questions. *Leave a message*

### Office Schedule Reminder:

There are **No set office hours for Fremont or Woodville**, where I still do **Tuesday and Thursday afternoons, and an occasional Saturday**. I take referrals by appointment.

**If you can reach me by phone, and I am in the area, I will take care of you!**

Most of you know I focus on nutrition, food and chemical sensitivities and environmental illnesses caused by nutritional deficiency and toxins (poisons), plus applicable emotional problems. I have experienced and recommend the therapeutic alkalizing benefits of lemon water with ACV, and Baking Soda. Also Cilantro/Coriander as a heavy metal and chemical detox. Most people do not realize toxins cause their problems. **Too much bad stuff in** (poisons), and **not enough good stuff in** (nutrition). Organic-raised whole food, Non-GMO, Grass-fed, Free-Range, as Mother Nature intended Without Spraying **"Roundup."** (By now you've probably heard about **"Roundup"** causing Cancer. Currently there is a \$289 Million Dollar settlement. Google **Monsanto** and click on *lawsuit* for details. There are about 8,000 more cases lining up to sue Monsanto!

**TRUTH IS STRANGER THAN FICTION...** You have heard that before.

Books and movies, supposedly fiction-based on actual cases: **"The Fugitive"**, starring Harrison Ford (pharmaceutical company changing research to get a drug approved; **"Erin Brockovitch"**, starring Julia Roberts (chemical company dumping toxic waste into waterways; **"The Insider"**, Russell Crow and Robert DeNiro (tobacco industry denying addiction and links to lung cancer); **"The Rainmaker"**, Matt Damon (corrupt insurance company) these are just a few examples.

There are numerous documentaries, many related to the vaccine industry deception, lack of supporting safety research, denying the now-proven connection of MMR and autism: **"Vaccines Revealed"**, **"The Truth About Vaccines"**, **"Bought; VAXXED"**, **"Seeds of Deception"**, **"Truth About GMOs"**, to name just a few.

**And the mysterious deaths of Alternative doctors. Look for doctors: Bradtreet, Gonzalez, Gaynor, Mouldren, Siever, Hedendal, Riley, Holt, to name 9 out of 50 plus, Very Suspicious!! Also check suspicious deaths of Whistle Blowers, Not On the News?!? Over 70% of media advertising revenues is paid by Big Medicine.**

## This issue's Table of Contents

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## Natural Health Center's Schedule

### Woodville Office

Tuesday & Thursday Afternoons,  
Some Sat. Mornings—  
Please call ahead,  
Drop-ins ok when I'm there.  
421 West Main Street  
Woodville, Ohio 43469  
Call or Text: 419-332-7666

### Fremont Office

All other times on-call  
2150 Hayes Avenue  
Fremont, Ohio 43420  
Call or Text: 419-332-7666  
Email: [drIhn@woodville.net](mailto:drIhn@woodville.net)  
[www.naturalhealthohio.com](http://www.naturalhealthohio.com)

## 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 is one 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](http://www.naturalhealthohio.com)**

## Is It Really Low Thyroid?

Thyroid medication topped the list of prescription drugs dispensed in the United States in 2015. For many, symptoms are not improving when put on thyroid medication by their doctor; however, most of these people still affirm that they are tired, exhausted, and have trouble getting motivated.<sup>1</sup>

The prevalence of hypothyroid symptoms can be vague and non-specific. This is one reason why so many people are placed on medication. If you are taking medication for your thyroid, but aren't feeling better, then you may need to look a bit deeper.

*"It's a strong signal that this is an overused medication," said Dr. Juan Brito, an endocrinologist at the Mayo Clinic. "Some people really need this medicine, but not the vast majority of people who are taking it."*

Many people relate weight gain to low thyroid. But there are a number of signs and symptoms that low thyroid can cause: Depression, Fatigue, Chronic Fatigue Syndrome, Fibromyalgia, Anemia, Infertility, High Cholesterol, Accelerated aging, Muscle weakness and stiffness. These are just to name a few.

## Chiropractic and Stress

Life is full of ups and downs that are stressful. Even good events such as marriage, the birth of a child, buying a home, family reunions, vacations and many other joyful activities register quite high on the stress meter – as high in stress as when really bad things happen.



The difference is whether you hold on to your physical and emotional stress or you let your stress go once the event is over. If you had a bad event (getting fired, losing a big game, a bad relationship) it's totally understandable that you experienced a lot of stress. But if you always carry around the hurt (stress) then it's chronic stress and that ultimately wears you down.

If only the good feelings, the happy events, the exciting times stayed! But we're not supposed to be high all the time, that too would be draining! We're not meant to be on highs and lows all the time.

Many people are walking around with lots of painful memories – layers and layers of emotional and physical traumas they don't need to hold on to anymore. One of the powerful miracles of chiropractic care is that it interrupts painful stress responses. Sometimes a chiropractic adjustment is referred to as a "pattern interrupt." That is, the memory may continue to exist but it doesn't eat you up inside. Technically speaking, you are no longer somaticizing your emotional stress. This frees up energy for healing and happiness.

When chiropractors address your body for subluxations, they are locating and ultimately releasing deep mind-body stress that can have powerful healing repercussions. The emotional benefits of chiropractic are so powerful that in the US alone many mental institutions were founded that used chiropractic care.

For that reason alone, everyone should have a periodic chiropractic checkup (and adjustment) in order to release stress that's burdening them and affecting their physical and mental health.

## Nourishing Traditions

### Eat Like Your Great Grandparents

Well, we're sure you don't know *exactly* how your great grandparents ate but we know a lot about the food that was available when people were alive over 100 years ago. We know they ate all organic food because, well, there was nothing else! No pesticides, no herbicides, no Roundup™, No GMO (genetically modified foods).



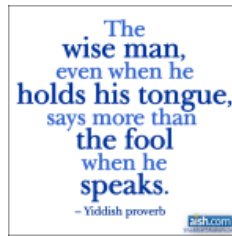
It's like the joke: what did they call organic food 100 years ago? Food!

Cancer and heart disease were rare 100 years ago. They started to rise as our food quality decreased – as people began to eat margarine, hydrogenated oils (i.e. Crisco) and dangerous vegetable oils such as canola, corn oil, soy oil, cottonseed oil and other seed oils. If we are going to have a healthier population we need to eat lots of butter and cream, cook with (and also eat) lots of healthy oils (coconut, olive, avocado) and use organic, pastured animal products. Animal fats such as chicken fat (schmaltz), tallow and lard were traditionally used for cooking.

Research shows that people eating lots of butter, eggs and animal fats have less heart disease and cancer than those eating corn flakes, breakfast cereals, muffins, margarine, and pasteurized and homogenized milk and milk products.

Want to know more? Some of the best research is collected by the Weston A. Price Foundation. Go to [www.westonaprice.org](http://www.westonaprice.org) and type in fats, oils, cancer, heart disease, etc. in the search engine.

## Words of Wisdom



## Gardasil Vaccine Causes Cervical Cancer!?

**We doubt if you'll see this on the evening news but the vaccine that was supposed to be preventing cervical cancer appears to cause it.**

A recent study published in the *Indian Journal of Medical Ethics* examined cervical cancer rates among women in Sweden. To their surprise, the researchers discovered a link between increased cervical cancer and increased HPV (Gardasil) vaccination. The authors write, "It is possible that the vaccination has facilitated the development of new or existing cervical cancer among women." (1) This study casts doubt on the efficacy of the HPV vaccine, and, in fact, links the vaccine to increased cancer rates.

Please let others know about this because it is highly unlikely you will read about this in the US mainstream media where nothing negative about vaccines appears.

## 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.**

**Autism.** A 10-year-old girl diagnosed with Autism Spectrum Disorder (ASD) complained of neck pain, low back pain and insomnia; in addition, she exhibited head banging and other uncontrolled behavior.

A total of 12 chiropractic adjustments were delivered to her occiput, C1, C2, sacrum, and coccyx over an eight-week period. When she first came to the clinic she held herself in a protective position: taut and rigid. However, after an adjustment she became much more relaxed, her outbursts ceased, she was calmer and her sleep improved. (2)

**Ankylosing Spondylitis in a 38-year-old.** A 38-year-old man entered a chiropractor's office complaining of upper back pain, neck pain, left groin and bilateral buttock pain, right patella and right medial heel pain. Ten years prior, the patient sought medical consultation with a rheumatologist and was diagnosed with Reiter's Syndrome, which was later amended to Ankylosing Spondylitis (AS). He was told he'd continue to deteriorate over the years.

Medical care consisted of Pamidronate and Alendronate (prescription medications) that he had discontinued on his own.

The patient reported relief of all his pain symptoms, increased mobility and improved posture. He had 16 appointments for care over a one-year period with constant improvement. He continues care on a periodic basis. (3)

## Did You Know?

Your brain has a special fluid circulating inside it called cerebrospinal fluid (CSF). Lots of veins and arteries in your brain are filled with blood yet there are special cavities and passageways in your brain and spinal cord filled with CSF.

What is CSF? It's like your blood plasma – that is, blood without the red blood cells. It does amazing things. For one thing the CSF helps your brain pulsate and that is reflected in the pulsing of your skull (cranial) bones that creates a wave-like motion 8-12 times per minute. (4)

### Other things your CSF does:

- Temperature control (brain anti-freeze)
- Waste removal
- Nutrition
- Creates cranial bone motion and brain (dural) tension
- Protective barrier against trauma
- Chemical buffer against toxins
- Gives the brain buoyancy, physical and chemical support
- Chiropractic adjustments, by releasing stress on the structural system, help promote the unobstructed flow of CSF through the brain and spinal cord.

## Humor

- Did you know that dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw fish to them?
- My therapist says I have a preoccupation with vengeance. We'll see about that.
- I think my neighbor is stalking me as she's been Googling my name on her computer. I saw it through my telescope last night.
- If you think nobody cares whether you're alive, try missing a couple of payments.
- My therapist said that my narcissism causes me to misread social situations. I'm pretty sure she was hitting on me.
- My 60-year kindergarten reunion is coming up soon and I'm worried about the 175 pounds I've gained since then.
- I just read that 4,153,237 people got married last year. Not to cause any trouble but shouldn't that be an even number?
- Today a man knocked on my door and asked for a small donation towards the local swimming pool. I gave him a glass of water.
- I want to die peacefully in my sleep, like my grandfather. Not screaming in terror like the passengers in his bus.
- If I had a dollar for every girl that found me unattractive, they would eventually find me attractive.
- I find it ironic that the colors red, white, and blue stand for freedom until they are flashing behind you.
- A recent study has found that women who carry a little extra weight, live longer than the men who mention it.



**50% off Nutrition/Allergy Consultation**

**Sneezing? Nose running? Eyes itchy/watery??**  
**Bring this in for a NUTRITION/ALLERGY Evaluation!**  
**See if we can help or pass it on-family/friend...**



**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.

## **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.*

## **References**

1. Andersson L. Increased incidence of cervical cancer in Sweden: possible link with HPV vaccination. *Indian Journal of Medical Ethics*. Published online: April 30, 2018. <http://ijme.in/articles/increased-incidence-of-cervical-cancer-in-sweden-possible-link-with-hpv-vaccination/?galley=html>
2. Pappicco M. Improved health outcomes & quality of life in a 10-year-old child with autism spectrum disorder following chiropractic care to reduce vertebral subluxation: a case study & selective review of the literature. *Journal of Pediatric, Maternal & Family Health, Chiropractic* ~ March 22, 2018:7-12.
3. Alcantara J, Alcantara J, Alcantara J. improvement in quality of life, posture, range of motion and pain following chiropractic care of a patient with ankylosing spondylitis. *Annals of Vertebral Subluxation Research*. April 12, 2018:68-76.

## **BONUS**

