



# Natural Health Center

**Pain Relief Naturally**



## Woodville Chiropractic

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Phone: 419-332-7666  
[www.woodvillechiropractic.com](http://www.woodvillechiropractic.com)

## Nichole L. Nitschke, LPCC

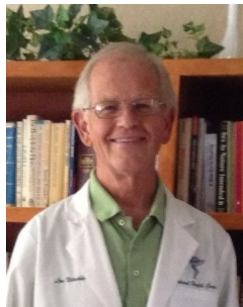
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## Nitschke Chiropractic

**Dr. Lon H. Nitschke**  
2150 Hayes Avenue  
Fremont, Ohio 43420  
Phone: 419-332-7666

Fall, 2019

**Dear Patients, Friends & Neighbors,**



## Services at Nitschke & Woodville Chiropractic Include:

Laboratory (blood, hair, urine) testing service that 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 this service.**



**With schools open parents were being told (threatened in some cases) that their child will not be allowed to attend unless vaccinated. NOT TRUE! Exemptions still apply in Ohio & most states.** Note that ANY previous reaction to vaccines, or sensitivity to any ingredient calls for a medical exemption, religious & philosophical reasons also apply.

**And are you aware of the ingredients? SCARY! Get educated before you vaccinate. After may be to late. Sources: NVIC (<http://www.nvic.org/>) VAERS: Vaccine Adverse Event Reporting System HPV Gardasil Victims (if considering HPV shots)**

Did you know a vaccinated person is contagious after the vaccination for a time. Its called shedding. And did you know most of the measles cases at Disney were already vaccinated for measles. Guess that worked?



## Our Upcoming Travel/Vacation Schedule

We are planning to be gone the first week in October. As usual my phone will be on if you need to call. **Leave a message and I will return your call”.**

## FREE Evaluation??

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

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.



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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  
Email: [drlhn@woodville.net](mailto:drlhn@woodville.net)

### Fremont Office

**All other times on-call**  
2150 Hayes Avenue  
Fremont, Ohio 43420  
Call or Text: 419-332-7666  
Email: [drlhn@woodville.net](mailto:drlhn@woodville.net)

## What Our Patients Say . . .

**BEFORE:** Dr. Nitschke is an amazing clinician. I was suffering with nausea and vomiting for 15 years, so intense that I was using a medication designed for chemo therapy patients without result, and have undergone several surgeries to correct the problem. At my initial visit, Dr. Nitschke determined that I was sensitive to many foods as well as having increased levels of formaldehyde in my system from years of consuming diet colas to help relieve the nausea. Many of you may remember your parents giving you Coca-Cola syrup as a remedy for nausea; diet colas became my medication of choice. I was also suffering from 20 years of insomnia and nightmares. The medication that I was taking for the insomnia wasn't helping and when I was able to fall asleep, the nightmares began.

**AFTER:** After eliminating the foods that I was sensitive to from my diet, using an herbal remedy suggested by Nitschke to aid with digestion and support my immune system, decrease my consumption of diet colas, and add more whole foods to my menu plan, I have completely eliminated the need for the chemo therapy medication, the medication for sleep, and am now sleeping four-to-six hours of collective sleep each night and am free of nausea. What a blessing on so many levels! To say that Dr. Nitschke is an excellent physician with phenomenal diagnostic skills is an understatement as he is also a kind, sensitive and wonderful person. I am very grateful for him as I feel as though my overall wellness has increased significantly as result of his care.

**Susan Perry**

**More Online at [Naturalhealthohio.com](http://Naturalhealthohio.com)**

## Shameful! Big Pharma BULLYING Seniors into Statins

Check out this article...at

[www.livingwelldaily.com](http://www.livingwelldaily.com)

It's been Big Pharma's unofficial motto for years – if you can't convince 'em, try to terrify 'em instead. We know now that cholesterol-lowering statins are absolute POISON for your body... they can cause everything from muscle damage to diabetes.

Now, a recent study in the *Annals of Internal Medicine* is claiming that stopping statins could cause everything from heart attacks to strokes.

The only problem? It's all nonsense and propaganda meant to bully you into taking dangerous drugs. And it's based on a MAJOR misunderstanding of cholesterol that could be a disaster for your health.



## Another Case: Class Action Lawsuit filed against Gardasil in Columbia

The Reconstruando Esperanza Association, made up of victims of the Human Papillomavirus HPV vaccine, will sue the pharmaceutical multinational Merck Sharp & Dohme for "the damages caused to the life and health" of hundreds of women and girls. The class action lawsuit against the multinational Merck Sharp & Dohme, which produces the drug Gardasil, warns that the amount of damages caused is 490 billion pesos (approximately \$30.5 million). Mónica León del Río, representative of the association, said that "the approximate group of victims of Gardasil that make up the demand is 700 girls, adolescents and Colombian women, affected by the recombinant quadrivalent vaccine against the Human Papilloma Virus, Types 6, 11, 16 and 18, Gardasil." The association is calling for compensation for the damage allegedly due to the vaccine, mainly symptoms that affect the immune and neurologic systems, and also is calling for a declaration that the vaccine is unsafe.



[Read More...](#) (It will take more time to download, but it's worth the wait!)

**We cannot sue the Vaccine Maker, Big Pharma. We have to apply through the Vaccine compensation government plan. Even IF you win your case, it takes 7-15 years to get your money. So do you want to roll the dice?? Get educated before you vaccinate!**



## 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...





Enjoy the benefits of chiropractic – the largest natural, drug-free, surgery-free, expressive healthcare system in the world.

More and more families are discovering that periodic chiropractic check-ups and adjustments promote health and healing without drugs and dangerous medical treatments.

More and more people are turning away from symptom treatment and choosing natural ways of achieving and maintaining health.

Tired of taking drugs and the medical runaround? Welcome to the world of chiropractic – discover how natural health can be.

*Work as if you were to live a hundred years, pray as if you were to die tomorrow.*

**Benjamin Franklin**



## Football, Sports and Chiropractic

On the left is a photo of Roger Craig, three-time Super Bowl champion who when asked about chiropractic said, “Do I believe in chiropractic? Let me answer it this way: I’ve sent over 30 of my teammates, including All-Pro quarterback Joe Montana, to the chiropractor and, because of chiropractic, I never missed a game in 8 years! We won four Super Bowls in the 1980’s with chiropractic. It must be doing something right.”

Since we’re more active in the summer time follow the example of professional football and baseball players and see your chiropractor. Not only will chiropractic care help you run faster, jump higher and have better coordination but you’ll heal faster if you are injured.

## Traditional Eating

### Good News: Butter Consumption Rising

Americans are eating more butter—consumption has risen 25 percent in the last decade. Americans now eat 5.6 pounds of butter per person per year, up from a low of 4.1 pounds in 1997. This is a far cry from the 18 pounds per person per year Americans consumed as late as 1934, before the Great Depression, World War II and the advent of margarine changed the nation’s eating habits.



A report in the *Los Angeles Times* (January 7, 2014) credits butter’s growing popularity with “more understanding about the health hazards of its processed counterparts” namely margarines containing *trans* fats. But the *Times* report states as fact that “it’s not a health food. In a word, butter is fat—and not the good kind. It’s loaded with saturated fat, which has been linked to heart disease.”

Fortunately, more and more Americans are rejecting this kind of propaganda. Food manufacturers “are working hard to take advantage of [the new] demand by labeling their cookies and frozen pies as ‘made with real butter.’” Even “healthier” margarine is struggling to stand out in a nation “increasingly captivated by foodie culture. Butter has become a symbol of America’s growing appreciation of authentic cooking. (2)



## Words of Wisdom

The natural progress of things is for liberty to yield and government to gain—

**Thomas Jefferson**

## **Another Reason Why Families Need Chiropractic Care Over 1 Million 0-5 Year-Olds Prescribed Psychiatric Drugs!**

The data, as reported by IMS Health, the largest and most credible source of prescribing data in the United States, is staggering: 274,804 babies, 370,778 toddlers and 500,948 preschoolers have been prescribed psychiatric drugs so powerful that they carry 386 international drug regulatory warnings. In total, the number of 0-5 year olds prescribed dangerous and life-threatening psychiatric drugs is 1,080,168, all before most have ever entered kindergarten.

See more at <http://www.healthfreedom.org/disturbing-us-fact-over-1-million-0-5-year-olds-prescribed-psychiatric-drugs/>  
**Breaking news**

**Medical doctor explains why he no longer vaccinates:**

<http://vaccineimpact.com/2017/medical-doctor-who-escaped-vietnam-as-a-child-in-the-1970s-explains-why-he-no-longer-vaccinates/>

## **Glaucoma, carpal tunnel, hand numbness and chiropractic care.**

A 40-year-old woman suffering from numbness in her arms and hands, and other problems such as neck and shoulder pain, dizziness, headaches, migraines, vertigo, anxiety, low back pain, right hip pain and clicking, numbness in the bottom of her feet, chronic fatigue, and cervical and lumbar intervertebral disc “problems” began chiropractic care.



Subluxations were located in her sphenoid (cranial bone), occiput (base of skull), neck (C1, C2, C5, C7), sacrum and coccyx (tailbone). The patient reported moderate improvement in low back pain and headaches, much improvement in neck pain, shoulder pain, hip pain and clicking, and dizziness, and resolved numbness in both her hands and feet. By the 15<sup>th</sup> visit she reported a 90% overall improvement and decided to cancel scheduled carpal tunnel syndrome (CTS) surgery.

She had also been diagnosed with borderline glaucoma that was steadily worsening. Glaucoma is increased pressure inside the eyeball (intraocular) and is the second leading cause of blindness. By her 15<sup>th</sup> visit her intraocular pressure had dropped and her ophthalmologist felt that medical intervention was no longer necessary. (1)

## **Humor**

### **Did You Ever Wonder?**

- Why is it that when you're driving and looking for an address, you turn down the volume on the radio?
- Why is lemon juice made with artificial flavor and dishwashing liquid made with real lemons?
- Are part-time band leaders semi-conductors?
- Can you buy an entire chess set in a pawn shop?
- Daylight savings time – why are they saving it and where do they keep it?
- Did Noah keep his bees in archives?
- Do jellyfish get gas from eating jellybeans?
- Do pilots take crash-courses?
- Do stars clean themselves with meteor showers?
- Do you think that when they asked George Washington for ID that he just whipped out a quarter?
- Have you ever imagined a world with no hypothetical situations?
- Have you ever seen a toad on a toadstool?
- How can there be self-help "groups"?
- How do you get off a non-stop flight?
- How do you write zero in Roman numerals?
- How many weeks are there in a light year?
- If a jogger runs at the speed of sound, can he still hear his Walkman?



**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.*

*If the world did not need you and you did not need this world, you would never have come here. God does not cast His precious child into the pain of this journey without purpose.*

## **BONUS**

*You read this far down – you deserve a bonus. This is one we hope you'll never need.*

## **Hospital Self-Defense – Have Someone Stay with You**

If you ever do find yourself in a hospital there are things you can do to ensure you will survive your stay and be treated better. Charles Inlander, president of People's Medical Society says, "Hospital patients are often too ill to look after themselves – and some are too passive to question the treatment they get. So, have a friend or family member stay with you 24 hours a day – to call the nurse if there's trouble and to ask about medication or treatments. Visiting hours don't matter. You are entitled to have someone with you all the time as long as that person does not interfere with your care. Courts have upheld challenges to this. *Bottom Line Personal*. April 1, 2002;11.

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