



Natural Health Center

Pain Relief Naturally



Woodville Chiropractic

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Dear Patients, Friends & Neighbors,

Spring, 2019

I'm back! A month in the Florida sun, Rejuvenating!! And we were greeted by snow on our re-entry into Ohio a week ago, Sunday March 17. It was SNOW from Dayton , Ohio to Fremont!

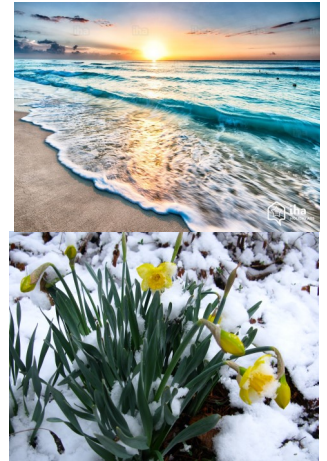
A patient, glad to see me back, called this morning complaining that her natural remedies were not helping her cold. The immune system check revealed FLU VIRUS. "Did you get the flu shot?" I asked. She said, "Absolutely NOT!" "Were you around anyone who did?" "YES!"

Most people do not realize the flu shot recipient is contagious by "shedding" the viruses for up to 3 weeks and longer in some cases. So WHO is infecting WHO?? Adding *Immuplex* (a natural immune support) will increase the immune resistance to all viruses. This scenario reminded me of the April, 2017 Natural Health Newsletter greeting below:

Do You have children, or know someone who does. For their safety and your own mental health, you should be aware vaccines are not as safe as the government, or your doctor, would have you believe. No it is not on public media since most advertising is paid for by drug companies. And the CDC & FDA are funded by same source. Conflict of interest?? Why do I care? After my research, I believe my son was a victim of a vaccine adverse event. He died of cancer 9 years ago. We, as most parents and most doctors, were and are, ignorant of the cancer vaccine connection. Or the MMR autism connection covered up by the CDC and FDA. Or the correlation of vaccines and SIDS, which the most cited reason has been coincidence, or idiopathic. **Details are on the links. The information is out there, but you have to be aware and look for it.**

So if you are at all interested, or concerned, www.vaccinesrevealed.com And/or check out the link below. **Learn about the autism epidemic. Is there an epidemic? With the increasing vaccine schedules, in 1970 there was one in 10,000. Now, one in 68 children and one in 48 boys are autistic. What do you think??**

Most of you know I focus on nutrition, food and chemical sensitivities, and environmental illness 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. Conventional medical tests do not address them. These therapies are natural, producing NO profits for Pharma. For those with or suspected Leaky Gut, check out **GAPS**, www.gapsdiet.com. And finally on the subject of vaccine safety, Robert F. Kennedy Jr., pointed out: **"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."**



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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

Fremont Office

All other times on-call
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Our Travel Plans

Now, about our up-coming travel schedule: **We will be leaving April 27th until May 3rd and planning a 3-week trip in August to visit Mt. Rushmore and Yellowstone.** We're never been west yet and yes, we're traveling more in my 80th year on this planet...I will keep you posted!



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

SBN Testing determines nutritional deficiencies and toxic overload. Here are some of the conditions that have been 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**



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...



Lifelong Exercisers Have Bodies “Thirty Years Younger”

A new study from Ball State University, testing the cardiovascular health and muscles of people in their 70s that exercised steadily for decades, found that the muscles of these men and women were indistinguishable in many ways from those of healthy 25-year-olds, with as many capillaries and enzymes.

Those active septuagenarians essentially had the cardiovascular health of people 30 years younger. The researchers summarized that what we now consider to be normal physical deterioration with aging “may not be normal or inevitable.” (2)

What Connects All Your Parts?

We like to divide the body into separate organs, glands, blood vessels, joints, muscles, bones and so much more, yet these parts are not entirely independent. They are connected by a special tissue that wraps around all our body parts, appropriately called connective tissue. It connects all parts of the body.

From a chiropractic perspective that means that a subluxation in one part of the body can affect any other part of the body. A subluxation in one vertebra can affect organs, glands and joints that *appear* to be disconnected. That’s why making sure your spine is aligned and free of subluxations is so very important.

You are connected in many wondrous and mysterious ways. Some known, some unknown. (3)

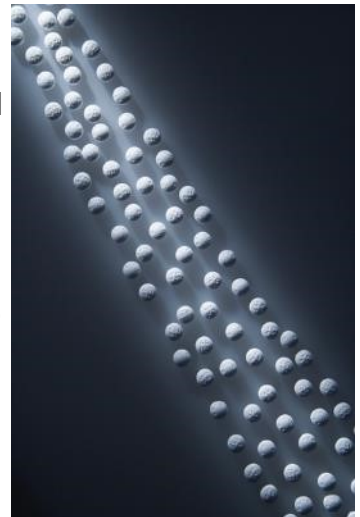
Killer Flu or Killer Aspirin?

People are scared into getting a flu shot because a “killer flu” that happened a century ago might be coming back. Why was it such a killer while other flu epidemics came and went without much mortality? The answer is apparently the medical care of its day.

Aspirin was a new drug in 1918. MDs did not fully understand how to use it safely and its potential dangers. When the flu hit, patients’ families demanded the doctor “do something.” He prescribed the latest wonder drug that lowered fever and helped get rid of symptoms such as aches and pains.

But there was a massive downside. Aspirin was new and poorly understood. MDs prescribed it to patients in massive amounts. People were told to swallow aspirin by the handful. This overdosing prevented the patient from generating a fever; as a result, bacteria multiplied and the infection went deeper. Autopsies from those flu victims exhibited what are known as “wet” or hemorrhagic” lungs as well as pulmonary edema. They didn’t know that aspirin “thins” the blood and that the lungs develop dangerous buildup of fluid – a perfect medium for germs to grow in. The result was massive mortality – a “killer pandemic.” According to Dr. Karen M. Starko (MD), an infectious disease specialist:

In 1918, the US Surgeon General, the US Navy, and the *Journal of the American Medical Association* recommended use of aspirin just *before* the October death spike. If these recommendations were followed, and if pulmonary edema occurred in 3% of persons, a significant proportion of the deaths may be attributable to aspirin. (4)



Killer Flu or Killer Aspirin? Cont'd.

Got the flu? Get a chiropractic adjustment! It's natural! Chiropractic works with your body to support healing so any cold, flu or infection will leave a stronger, healthier, cleaner you in its wake.

Irony: NY Senator Peralta dies after receiving the flu shot he was promoting.

Please avoid this dangerous procedure. The flu shot is ineffective and deadly. Here's the incredible story:

<https://saynotovaccines.org/2018/11/24/a-memorial-for-senator-peralta-of-ny-yet-another-tragedy-of-stupidity-brainwashing/>

Nourishing Foods

Only 27% of Americans cook on a daily basis even though 98% say they prefer meals prepared at home. Home cooking is the best because you have control over the ingredients.

Eating at restaurants means you are often eating GMO grains, rancid oils (such as canola, corn and other cheap vegetable oils) and weird chemicals such as artificial sweeteners and MSG.

At home we can have real sourdough bread, good oils and healthy fats (French fries cooked in duck fat are beneficial). At home we can use eggs from happy chickens, raw milk, butter and cream from contented cows and other great ingredients that will deeply nourish us.

We recommend you make it a habit to come home a few minutes earlier to prepare real foods for yourself and your family. Use a cookbook that respects traditional foods. One of the best cookbooks is *Nourishing Traditions* by Sally Fallon and Mary Enig. Go to www.westonaprice.org to find recipes as well.

You can often find great ingredients at local farmers markets or organic farms in your area. Many of them deliver!

And don't forget to invite your favorite chiropractor over.

Words of Wisdom

I want to know God's thoughts; the rest are details. – Albert Einstein

If liberty means anything at all, it means the right to tell people what they do not want to hear. – George Orwell

Check these: [Vaccines Revealed](#); [Silent Epidemic-The Untold Story](#); [Death By Medicine](#); [The Greater Good](#); [Bought](#); [Dr. Sherry Tenpenny DO—Just Say No to Vaccines](#); And that is just a start . . . So Get EDUCATED. Stand up to the intimidation.

www.vaccinedecisions.net/lobbygroups This page presents the strategies used by lobby groups, many being fronts for industry, that are promoting vaccines to the public and hindering public debate by using ridicule, abuse, and misinformation to prevent individuals from expressing their concern and the science that questions the current immunization policy.



Humor

From Church Bulletins (they could have used a better proofreader)

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

At the evening service tonight, the sermon topic will be "What Is Hell?" Come early and listen to our choir practice.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

Please place your donation in the envelope along with the deceased person you want remembered.

The church will host an evening of fine dining, super entertainment and gracious hostility.



The Simpsons

If you've ever noticed, when Bart Simpson is writing something 100,000 times on the chalkboard as a punishment in the opening sequence of the Simpsons, he is always writing something different -- and often quite hilarious. These are some of the collected writings of Bart Simpson from the chalkboard exercises during the opening credits.

I am not a dentist.
I will not cut corners.
I will not sell land in Florida.
I will not sell school property.
I will not grease the monkey bars.
I will not belch the National Anthem.
I will not do anything bad ever again.
I will not sleep through my education.
I will not get very far with this attitude.
I will not hide behind the Fifth Amendment.





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.

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