



# Natural Health Center



**Woodville Chiropractic**  
**Dr. Lon H. Nitschke**  
**Nichole L. Nitschke, LPCC**  
 421 West Main Street  
 Woodville, Ohio 43469  
 Phone: 419-332-7666  
[www.woodvillechiropractic.com](http://www.woodvillechiropractic.com)  
[www.theoldoc.com](http://www.theoldoc.com)

**Nichole L. Nitschke, LPCC**  
**Counseling & Hypnosis**  
**317 Birchard Avenue**  
 Fremont, OH 43420 &  
**421 West Main St.**  
 Woodville, Ohio 43469  
 Phone: 419-552-4374  
[nichole@inspiredflow.net](mailto:nichole@inspiredflow.net)  
[www.inspiredflow.net](http://www.inspiredflow.net)

**Nitschke Chiropractic**  
**Dr. Lon H. Nitschke**  
 2150 Hayes Avenue  
 Fremont, Ohio 43420  
 Phone: 419-332-7666  
**Email: [drlhn@woodville.net](mailto:drlhn@woodville.net)**  
[www.naturalhealthohio.com](http://www.naturalhealthohio.com)

**April 2023**

**Dear Patients, friends and neighbors,**

**WOW!! Spring has truly arrived, with 80 degree temps, sun and blue skies!**

We all know what that means. Yard, garden, spring cleaning. All good. Well, that depends, But—also, blooming flowers trees and weeds and pollen, causing sneezing, wheezing, watery eyes, dripping nose, all not so good. **However we have natural remedies to reduce these effects without drugs and their side effects: Modern laser technology, herbs and sprays to desensitize allergy and sensitivity reactions.** (See our offer for a free evaluation to see if we can help.)

A reminder, I focus on problems not routinely checked, or referred to specialists by MDs. Many patients had physical pain disappear when emotional issues were resolved, Or food, chemical, mold sensitivities or toxins eliminated. Or nutritional deficiencies corrected. To see what my patients have said, check [our website testimonials](#) from the last 20+ years. That is a small sample as I usually forget to ask. Problems? Give me a call, I can help.

As someone once said, “laughter is the best medicine” For a good dose, scroll down to the end of this newsletter. Read the book report by a 6<sup>th</sup> grader on the children’s bible.

**Wishing you a healthy, sneeze free SPRING!!**

**Dr Lon & Nichole Nitschke LLPC**



**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 checkups 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.**

## This issue’s table of contents

- How Will I Feel After Getting a Chiropractic Adjustment?
- Did You Know? Why it’s Important to Avoid Medical Care
- Questions and Answers
- Traditional Eating
- Pull out all the Stops
- Words of Wisdom
- Researching Chiropractic
- Humor
- References

## Natural Health Center's Schedule

### Woodville Office

Tuesday Afternoons,  
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)  
[www.woodvillechiropractic.com](http://www.woodvillechiropractic.com)

### 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)  
[www.naturalhealthohio.com](http://www.naturalhealthohio.com)

### Nichole L. Nitschke, LPCC

Counseling & Hypnosis  
317 Birchard Avenue  
Fremont, OH 43420 &  
421 West Main St.  
Woodville, Ohio 43469  
Office Hours:  
By Appointment only  
Phone: 419-552-4374  
[nichole@inspiredflow.net](mailto:nichole@inspiredflow.net)  
[www.inspiredflow.net](http://www.inspiredflow.net)



### What is Spiritual Counseling?

We are all physical, mental, emotional and spiritual beings. Nichole's approach to counseling for many years focused more on the mental and emotional while touching on the spiritual. She has switched that around and the focus of counseling is now predominately spiritual, infused with aspects of traditional talk therapies such as Cognitive Behavioral Therapy (CBT), Brief Solution Focused Therapy (SBFT), and Positive Psychology.

We all have a sixth sense and some people are good at using it while others tend to ignore it for more concrete guidance from a physical resource. Nichole's counseling style helps people to lean into their intuition and develop their sixth sense.

**Intuitive** means using the intuition, which is an automatic and immediate understanding of something that is independent from any rational or reasoning process. Information that is obtained intuitively is insightful, with a deeper understanding of why something has occurred. This helps give meaning to a situation that may be confusing and hard to comprehend or appear to be senseless.

**Spiritual** means that there is a non-physical or metaphysical facet to each of us. This is where our intuition comes from. It is what remains when we leave our body and this physical plane of existence.

**Holistic** means incorporating all aspects of what it means to be human: mental, emotional, physical and spiritual. All of these components are connected and influence each other and are not looked at as separate. We are beings that think (mental), as well as feel (emotional); with a body (physical); and a soul, which is non-physical and everlasting (spiritual).

**Cognitive Behavioral Therapy (CBT)** is a traditional talk therapy counseling technique that helps clients understand the thoughts and feelings that influence behaviors. CBT is commonly used to treat a wide range of disorders, including phobias, addiction, depression and anxiety. CBT is generally short-term and focused on helping clients deal with a very specific problem. During the course of treatment people learn how to identify and change destructive or disturbing thought patterns that have negative influences on behavior. One of the greatest benefits of CBT is that it helps clients develop coping skills that can be useful both now and in the future.

**Solution Focused Brief Therapy (SBFT)** is an evidenced-based, straightforward, result-driven approach to counseling that helps clients become "unstuck" by drawing on their already existing resources and personal strengths.

SBFT is a short-term method of treatment that typically lasts between five and eight sessions and is ideal for those who want to be more self-reliant and confident in their ability to help themselves. SBFT guides each client to focus on their ability to find healthy and positive solutions to any of their problems. It is effective treatment for anxiety, depression, grief and loss as well as relationship issues. SBFT guides each client to be resourceful and to trust that they can figure anything out while transforming their relationship with their problems, focusing on the end result (solutions) and not what created the issue.

**Positive Psychology** helps to increase a person's experience of positive emotions by helping with identifying and developing their strengths and unique talents. A major focus is enhancing a person's goal-setting and goal striving abilities which builds a sense of hope. Other results of this treatment approach include: cultivating a sense of happiness and well-being; nurturing a sense of appreciation and gratitude; building and maintaining healthy, positive relationships with self and others; and shifting perspective in order to learn to savor every positive experience.

### **Counseling Success Story:**

"All I can say is this: I've been waiting for someone like her and I know that she is already helping me even after the first session. Afterwards some things came to surface giving me the ability to see what it is that I need to do. She has a very strong connection to the spirit world and it makes me feel good that I'm not alone. Her cognitive therapy is superb. I have been to a lot of therapists around here in my lifetime and she is amazing!" – **Kimmie R**

## **Traditional Eating**



### **Plant based diets**

*Long-term vegetarianism, especially veganism, often results in deficiencies of complete protein the fat-soluble vitamins A, D, and K2; vitamin B12; and four key minerals: zinc, sulfur, iron, and calcium. On the other hand, plant foods like beans, nuts, and grains tend to be high in copper, and a high copper-to-zinc ratio can dispose one to electromagnetic sensitivity. (4)*

## **Did you know?**

Award winning schoolteacher (Teacher of the year NY State and teacher of the year NYC) and author, John Taylor Gatto was a big proponent of home schooling and a complete renovation of modern education? After teaching for nearly 30 years he retired, saying that public education was ultimately hurting families. He authored several books on modern education, criticizing its ideology, history, and consequences. His classic is [\*Dumbing Us Down: the Hidden Curriculum of Compulsory Schooling\*](#). Other books of his are [\*The Underground History of American Education: A Schoolteacher's Intimate Investigation Into the Problem of Modern Schooling\*](#).



Taylor says that before compulsory education, Americans were the most literate people in the world. In fact, compulsory schooling was so unpopular, it sometimes had to be enforced by gunpoint:

*Our form of compulsory schooling is an invention of the State of Massachusetts around 1850. It was resisted — sometimes with guns — by an estimated eighty percent of the Massachusetts population, the last outpost in Barnstable on Cape Cod not surrendering its children until the 1880s, when the area was seized by militia and children marched to school under guard...(1)*

Gatto promoted [homeschooling](#), and specifically [unschooling](#) and [open source learning](#), arguing that compulsory schooling damaged families by taking the role of education and authority from the parents to government employees using government approved textbooks teaching government approved syllabus. He advocated for a return to student-centered education:

*The day of the expert is over, we have seen the universe experts have given us and it is a bad place. Time to wake up. Time to trust ourselves. (2)*

## How Will I Feel After Getting a Chiropractic Adjustment?

Why is chiropractic the most popular non-surgical, non-drug healing art in the USA and world? Because it works! People feel better and get better under chiropractic care. The adjustment that is meant to correct subluxations (blockages/distortions/stress) can benefit your entire body, all your organs, even your brain and nervous system as well as body structure.

How do people feel after chiropractic care? It depends. Some feel an immediate difference, some feel different over time. Here are some common responses:

- \* I feel taller
- \* I feel lighter
- \* I feel more stable, more balanced
- \* Wow, walking is easier
- \* The pain is gone!
- \* I can take a deeper breath
- \* Some memory just came up
- \* Why do I feel like crying?
- \* Why do I feel like laughing?
- \* I can walk straighter
- \* I can sleep better
- \* I feel more peaceful
- \* I feel more connected
- \* The room seems brighter
- \* I feel more upright
- \* I feel like a weight just lifted from my body
- \* I just feel better
- \* Can I bring in my wife/husband/children?
- \* and the list goes on and on.



Sometimes healing doesn't always feel great – sometimes as you heal you release old injuries or detoxify to release poisons. You need that for complete healing (referred to as retracing). If you experience retracing, you may feel yucky (for a relatively short time). Be patient and as a general rule, do not take drugs to relieve symptoms because that may prevent a complete healing.

Uncomfortable symptoms may include the pain of old injuries finally healing completely, fever, diarrhea, skin eruptions, rashes, and even vomiting. If retracing does occur (usually on the initial visit) don't worry, it is good for you and don't worry, it is usually temporary.



### Words of Wisdom

- *When a stupid man is doing something he is ashamed of, he always declares that it is his duty. **George Bernard Shaw***
- *It is better to keep your mouth closed and let people think you are a fool than to open it and remove all doubt. **Mark Twain***
- *Wise men talk because they have something to say fools, because they have to say something. **Plato***
- *My creed is this: Happiness is the only good.  
The place to be happy is here.  
The time to be happy is now.  
The way to be happy is to make others so.*
- **Robert Ingersoll**

## HUMOR

### Subject: Book report on the entire Bible by a grade 6 child FUNNY. . .



For those of you who have never done a walk through the Bible, this is the kids' condensed version. I am glad that I did not need to grade this paper. The young man has real talent though. A little shaky on dates but good chronology. A sixth grade child was asked to write a book report on the entire Bible.

Here is what he wrote, **The Children's Bible in a Nutshell . . . In the beginning**, which occurred near the start, there was nothing but God, darkness, and some gas.

- The Bible says, "The Lord thy God is one," but I think He must be a lot older than that.
- Anyway, God said, "Give me a light!" and someone did. Then God made the world. He split Adam and made Eve. Adam and Eve were naked, but they weren't embarrassed because mirrors hadn't been invented yet. Adam and Eve disobeyed God by eating one bad apple, so they were driven from the Garden of Eden ... Not sure what they were driven in though, because they didn't have cars.
- Adam and Eve had a son, Cain, who hated his brother as long as he was Abel. Pretty soon all of the early people died off, except for Methuselah, who lived to be like a million or something.
- One of the next important people was Noah, who was a good guy, but one of his kids was kind of a Ham. Noah built a large boat and put his family and some animals on it. He asked some other people to join him, but they said they would have to take a rain check.
- After Noah came Abraham, Isaac, and Jacob. Jacob was more famous than his brother, Esau, because Esau sold Jacob his birthmark in exchange for some pot roast. Jacob had a son named Joseph who wore a really loud sports coat.
- Another important Bible guy is Moses, whose real name was Charlton Heston. Moses led the Israel Lights out of Egypt and away from the evil Pharaoh after God sent ten plagues on Pharaoh's people. These plagues included frogs, mice, lice, bowels, and no cable. God fed the Israel Lights every day with manicotti. Then he gave them His Top Ten Commandments. These include don't lie, cheat, smoke, dance, or covet your neighbor's stuff. Oh, yeah, I just thought of one more: Humor thy father and thy mother.
- One of Moses' best helpers was Joshua who was the first Bible guy to use spies. Joshua fought the battle of Geritol, and the fence fell over on the town.
- After Joshua came David. He got to be king by killing a giant with a slingshot. He had a son named Solomon who had about 300 wives and 500 porcupines. My teacher says he was wise, but that doesn't sound very wise to me.
- After Solomon there were a bunch of major league prophets. One of these was Jonah, who was swallowed by a big whale and then barfed up on the shore. There were also some minor league prophets, but I guess we don't have to worry about them.
- After the Old Testament came the New Testament. Jesus is the star of The New Testament. He was born in Bethlehem in a barn. (I wish I had been born in a barn too, because my mom is always saying to me, "Close the door! Were you born in a barn?" It would be nice to say, 'As a matter of fact, I was.')
- During His life, Jesus had many arguments with sinners like the Pharisees and the Republicans. Jesus also had twelve opossums. The worst one was Judas Asparagus. Judas was so evil that they named a terrible vegetable after him.
- Jesus was a great man. He healed many leopards and even preached to some Germans on the Mount. But the Democrats and all those guys put Jesus on trial before Pontius the Pilot. Pilot didn't stick up for Jesus. He just washed his hands instead.
- Anyways, Jesus died for our sins, then came back to life again. He went up to Heaven but will be back at the end of the Aluminum. His return is foretold in the book of Revolution.

**(Nothing bad will happen if you don't forward this, but if you do forward this delightful story you'll make someone LAUGH today, and they'll keep spreading the laughter by sending it on!!)**



## Questions and Answers

**Q. Do chiropractors go to medical school?**

**A. Chiropractors go to chiropractic school.** We all learn the same body (anatomy) and body function (physiology) and even body chemistry (biochemistry). And yet there is a world of difference between both approaches to life and health.

The medical model is based on the premise that the body function like a machine and it can be healed with drugs that suppress symptoms. This is referred to as the mechanistic or rationalistic model. Medical therapies and approaches are intellectually figured out in advance and then tried on people to see if they work.

Chiropractic care is based on a vitalistic/empirical model. The premise is that the body is naturally self-healing, acts intelligently in response to stress and that symptoms are an important part of the healing process and should in general not be suppressed with drugs. Chiropractic, along with other natural healing arts are not invented, they are *discovered* to work.

## Why it's Important to Avoid Medical Care

Because medical care is dangerous! That doesn't mean you should never go to a hospital or an MD but keep in mind that in general, the less medical care in your life, the safer and healthier you and your family will be.

The US medical system kills 225,000 Americans per year. 106,000 as a result of FDA-approved medical drugs, and 119,000 as a result of mistreatment and errors in hospitals. That number does not include deaths from vaccines and deaths from chemotherapy. If we extrapolate the numbers to a decade: that's at least 2.25 million deaths. Part of the problem is that the FDA (Food and Drug Administration) charged with approving dangerous drugs, it is a government agency that is heavily influenced by the very drug companies it is supposed to be regulating. (3)

## Researching Chiropractic

**Chiropractic clinical case histories have been a regular feature of our patient newsletter since its inception. There seem 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.**

**Hearing loss and Speech Difficulty.** A boy with mild to moderate hearing loss was falling behind in class. As a result, his speech was difficult to understand. MDs recommended tympanostomy (ear) tubes to be surgically inserted. The parent decided to see if chiropractic care would help.

The parents brought in their child for chiropractic care. Subluxations were located and corrected. After two adjustments his hearing deficits resolved In addition his speech and school performance greatly improved. (5)

**Acid Reflux in a Two-Month-Old.** A two-month-old baby had severe acid reflux and constipation since birth. Her pediatrician prescribed Prilosec for her acid reflux which did not help. The infant was unable to eat without spitting up, unable to sleep because of pain and was visibly straining and in pain while trying to defecate.



The patient was brought in for chiropractic care. She had 12 chiropractic visits over 6 weeks. Her acid reflux, constipation and sleep difficulties completely resolved. (6)

## Researching Chiropractic Cont'd.

**Seizures in a 3-year-old.** A 3-year-old had a history of absence seizures (staring into space for about 15-20 seconds). He had up to five seizures a day since age one. After age two he began to have clonic seizures where he would stare off and his arms would quickly jerk back and forth bend at the elbows and going and forth across his body for 15-20 seconds.



He also exhibited self-aggressive behavior when he would hit his head with his fists 5-10 times a day. The parents could not recall any trauma that their son may have experienced in the past however the child was fully vaccinated. Seizures are reported as an adverse effect of vaccination.

Chiropractic examination revealed the patient had an atlas subluxation. The child received a total of 10 spinal adjustments over the eight-week period. After his first adjustment, he experienced only two clonic seizures per day. At eight weeks, his parents reported that their son was having one absence seizure every other day (down from five a day) and his self-aggressive behaviors had stopped altogether. (7)

## References

John Taylor Gatto quotes <https://quotefancy.com/john-taylor-gatto-quotes>

John Taylor Gatto, *The Exhausted School*. They Odysseus Group: NY, NY. 1991.

July 26, 2000, *Journal of the American Medical Association*; author, Dr. Barbara Starfield, public health expert at the Johns Hopkins School of Public Health; "Is US health really the best in the world?"

The Contagion Myth by Thomas S. Cowan and Sally Fallon Morell. Skyhorse Publishing: NY NY 2020. P. 94.

Ng K. Resolution of Hearing Loss, Improved Speech & School Performance Following Chiropractic Management of Vertebral Subluxations in a Male Child: A Case Study. [Journal of Pediatric, Maternal & Family Health Chiropractic, Volume 2018](#). *Journal of Pediatric, Maternal & Family Health, Chiropractic* ~ July 16, 2018 ~ Pages 77-83

Bryant B, Alcantara J. Resolution of Chronic Gastroesophageal Reflux Disease and Constipation in an Infant Following Chiropractic to Reduce Vertebral Subluxation: A Case Report & Review of the Literature. *Journal of Pediatric, Maternal & Family Health, Chiropractic* ~ November 19, 2019 ~ Pages 129-133. [Journal of Pediatric, Maternal & Family Health Chiropractic, Volume 2019](#)



## FREE 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. Educational?

If not, just unsubscribe by reply or text. 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.*