

Natural Health Center



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Summer – August 2023

Dear Patients, friends and neighbors,

I want to remind you of what I do as a chiropractic health care provider. I focus on problems MDs do not routinely check, or just refer to specialists. Many patients had physical pain disappear when emotional issues were resolved. Or food, chemical, or mold sensitivities or toxins eliminated. Or nutritional deficiencies corrected. To see what my patients say see our website testimonials from the last 20 years. **Problems? Give me a call. I can help!**

As a semi-retired octogenarian, with over 40 years in health care and 30 as a chiropractor, I don't keep office hours. But I am available on call. In Woodville Tuesday afternoons only. Any other time, 2150 Hayes Ave, Fremont. I might be in the garden, or yard, or barn, but if I answer the phone, I can usually see you or schedule. If I don't answer, leave message or text. I will call or text back. We do travel . Long weekends and sometimes a week, and 6 weeks in winter. So it is best to call or text for my availability.

Voting Tuesday on a confusing issue, I was reminded of the "Father of Public Relations", sometimes referred to as "Spin", Edward Bernays, (1891-1995). He wrote the book, Propaganda in 1928. Employed by the American Tobacco Co, he convinced the female public that it was empowering and acceptable for women to smoke, doubling the company income. It is purported that Propaganda was instrumental in the rise of the Nazi regime in the 1930s. Google Edward Bernays for an interesting biography on Bernays influence on health-care, businesses, government , and the CIA, keeping in mind the definition of propaganda. The dissemination of information-facts, arguments, rumors, half truths, or lies-to influence public opinion. You may recognize his influence in the current government narrative.

Wishing you a great last half of the summer,

Dr. Lon & Nichole Nitschke LPCC

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Conversations about spirituality and relationships that are trending in Nichole's corner of the office:

Emotional independence means recognizing that you and you alone are the only source of your happiness and well-being. Emotionally dependent people try to dominate or manipulate others to get them to fulfill their needs or do what they should do for themselves. When you have a life lesson regarding the development of emotional independence a lot of time is spent in relationships actually dependent on other people for your well-being.

Emotions are energy in motion, and energy seeks to flow and express itself. It is for this reason that expression heals while suppression intensifies.

As we awaken spiritually, we see with increasing clarity that suffering is caused not by external circumstances but rather by our reactions to them.

Nichole's Client Testimonials

"Nichole was amazing. I had a dream I needed interpreted and she hit the nail on the head with what she got!!" ~Kelli Brown

"I have experienced multiple readings and sittings with several other individuals. Some were really good and some were just so-so. (I loved even the so-so ones tbh). Yesterday I sat with Nichole for an after-death communication reading and WOW did I have a wonderful experience. Nichole was amazing! The experience was moving and insightful and I can't wait to visit with her again. I HIGHLY recommend Nichole and her services to all! You won't be disappointed!" ~ Shelly Farmer
"I give Nichole a 5-star rating! My general life guidance reading with her was very helpful!" ~A.W.

It's As Easy As 1,2,3.

Your body possesses a healing ability that can dwarf the feats of the world's greatest doctors. Your body is the world's greatest doctor. Numerous studies and clinical reports show that your body can heal any disease or condition. The same power that can heal a cut is capable of treating cancer. No better healer exists than your wisdom-filled being. The body, however, needs to be permitted to express its healing potential to its maximum.

Subluxations interfere with your ability to reach your healing potential. These tiny misalignments in your spine interfere with the nerves that make up your body's communication pathways, limiting the body's ability to perform its job optimally.

Chiropractors are specially trained to locate and correct or adjust subluxations. This frees your body's healing potential. Our goal is to permit your body to function better – not to 'treat' a symptom of malfunction. DC means Doctor of Chiropractic, but many people say it stands for "Doctor of Cause." When your chiropractor switches on your internal doctor, you have more energy for healing, and you come closer to reaching your inner potential. This is why it is crucial for everyone, young and old, to be checked for subluxations by a Doctor of Chiropractic. For some, it may be the difference between a life of high energy, vitality, and good health and a life of fatigue, low energy, and disease. It can make all the difference in the world!

For over a hundred years, the recorded benefits of subluxation correction include the successful treatment of ear infections, asthma, allergies, cancer, heart disease, ADHD, autism, headaches, backaches, digestive problems, vision and hearing problems, as well as improvement of overall immunity, balance, brain function, concentration, IQ, energy—and many more.



that periodic chiropractic checkups and adjustments promote health and healing without drugs or dangerous medical treatments.

More and more people are turning away from symptom treatment and choosing natural ways to achieve and maintain health.

Are you tired of taking drugs and getting the medical runaround? Welcome to the world of chiropractic – discover how natural health can be!

We Do Something Unique

We, chiropractors, do something other primary healthcare providers aren't trained to do. We are specially trained to locate stress in your body that can interfere with your health. These stressors are called subluxations. Subluxations are tiny, commonly occurring misalignments or distortions of your spine and structural system that can interfere with the nerves that carry messages throughout your body.

Subluxations are dangerous because they may impinge ("pinch") the nerves that connect your brain and spinal cord to your muscles, bones, joints, ligaments, discs, glands, and other internal organs. This can diminish your overall body function.

How can you tell if you have a subluxation? Some subluxations are associated with pain or malfunction, but many don't cause pain or apparent symptoms.

For example, imagine you have a vertebra out of position, causing nerve pressure that affects nerves going to the stomach. Your digestion may be impaired, your stomach may be "nervous," and you may have ulcers or other conditions, yet you feel no back or spinal pain. This is because not all nerves carry pain messages.

As this illustration shows, your heart, lungs, kidneys, intestines, bladder, eyes, ears, throat, and other internal organs are connected to your brain by many nerves that emit from your brain and spine. The connected systems will suffer if these nerves are irritated by a subluxation.



Words of Wisdom

The wise know they are fools. Fools think they are wise. Maxime Lagacé

Wisdom is not a product of schooling but of the lifelong attempt to acquire it. Albert Einstein



The Old Doc's Testimonials

- **"Thank you so much for today. I am 95% better, and more relaxed too. You are a miracle worker."**
- **Prior to seeing Dr. Lon**, I was in an extreme state of stress, physically and mentally, due to what my Cleveland Clinic doctor referred to as Post-cardiac surgery PTSD. For me this equated to severe and frequent debilitating panic attacks, tremors, inability to cope, go outside or do much of anything other than be in a dark quiet room!
- **As a result of Dr. Lon's exceptional skill to "listen" with the intent to "hear,"** the messages my body was strongly desiring to convey, along with his kind and very compassionate demeanor, I'm better able to be in public, have significantly less panic episodes and significantly better sleep. Within the first few sessions there was a noticeable improvement and the difference is really quite amazing. I'm certain in our continued work together I will have 100% return to health and vitality. **Melody Parke**

Antibiotics and Roundup™

Your body's digestive system works best when you have a strong, diverse gut microbiota of healthy bacteria and other beneficial microorganisms. An optimal digestive system is essential for a healthy immune system as it is crucial in helping your body absorb and use nutrients while also working to eliminate toxins.



Two major threats to healthy gut microbiota are commonly used in this country. Both antibiotics and the product, Roundup™, the herbicide, can greatly damage the vital organisms in your gut. Roundup™, a product used throughout the US in home gardens and commercial farms, contains glyphosate, which acts like an antibiotic and damages the intestinal microbiota.

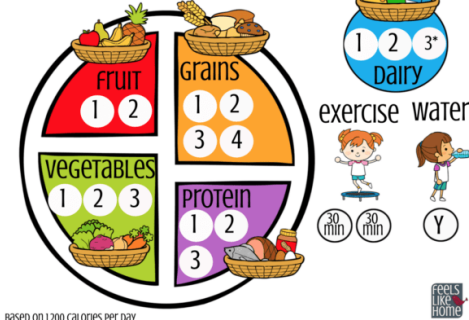
To combat the negative effects of antibiotics and glyphosate on your gut, your body must repopulate the bacteria and other microorganisms damaged by treatment or exposure. To avoid the contamination of glyphosate from Roundup™, commit to eating organic, non-GMO foods and always thoroughly wash produce before consumption. Regularly incorporate foods high in probiotics to heal and strengthen your gut microbiota. These foods are often fermented; popular examples include sauerkraut, yogurt, kefir, apple cider vinegar, kombucha, miso, pickles, and kimchi (always check labels to ensure you buy probiotic-rich brands).

By removing the contamination from Roundup™ and working to build and support gut microbiota, parents have reported autism, asthma, and childhood illnesses improving.

Traditional Eating

What foods cause a heart attack?

MY HEALTHY CHECKLIST



Most cases of heart disease today involve a heart attack or myocardial infarction (MI)—a blood clot in a coronary (heart) artery causing a blockage and death to the heart muscle.

Most people don't realize that MI was almost nonexistent around 1910. That's right—nobody was having heart attacks. However, by the year 1930, MI caused a total of 3,000 deaths. Then, by 1960 that number reached 500,000! At this time, MI was the US's #1 cause of death. Stroke rates also increased; the cause of MI and stroke is similar: blockages in the large arteries supplying the heart and brain.

Why did this happen? Nutritional changes in the American diet.

Paul Dudley White, MD, "the father of modern cardiology," helped found the American Heart Association and introduced the electrocardiograph machine to America. He made these remarks at a 1956 American Heart Association televised fund-raiser:

Heart disease in the form of myocardial infarction was nonexistent in 1900 when egg consumption was three times what it was in 1956, and corn oil was unavailable...I began my practice as a cardiologist in 1921, and I never saw an MI patient until 1928. Back in the MI-free days of 1920, the fats were butter and lard. And I think we would all benefit from the kind of diet we had when no one had heard the word 'corn oil.' (4)

What Foods Cause A Heart Attack (Cont'd.)

The changes in diet were two-fold: firstly, people began consuming fewer protective fats like eggs, lard, butter, and tallow (beef fat) and generally began avoiding animal fats. Secondly, the consumption of trans fats skyrocketed! At the time, they were primarily found in margarine, corn, and vegetable oils that were barely used until the 1920s. Now, trans fats are found in most commercial junk foods. It is because of trans fats that a Twinkie can last for a decade— bacteria are unable to break its chemical bonds.

Your body can't digest trans fats, which become toxic to your liver and other internal organs, especially your heart. Avoid trans fats and eat natural, healthy fats to have a well-functioning heart and avoid heart disease and stroke.

Interestingly, the Framingham heart study found that those who ate the most saturated fat, calories, and cholesterol were the most physically active. They also weighed the least and had the lowest levels of serum cholesterol! (5)

Just the Essentials

Embracing Essential Oils in August: Top Reasons for Seasonal Integration

As we settle into August, the peak of summer, incorporating essential oils into daily routines can enhance health and well-being, relieving common seasonal challenges. Harnessing the therapeutic properties of these natural compounds during this specific month can yield significant benefits.



Firstly, essential oils can be an effective tool to cope with August's heat. With its cooling and refreshing properties, peppermint oil has been shown to help lower body temperature and reduce heat stress. (1) a study published in the Journal of the International Society of Sports Nutrition has demonstrated that peppermint oil improves exercise performance, respiratory function, and focus, making it an ideal companion for summer workouts. (2)

The second compelling reason to use essential oils in August is their ability to repel common summer pests. Citronella oil is known for its insect-repelling properties and is recognized by the Environmental Protection Agency (EPA) as a biopesticide with a non-toxic mode of action. (3) By diffusing citronella oil outdoors during barbecues or evening relaxation sessions, one can enjoy summer events with minimal disturbance from mosquitoes and other insects.

Lastly, essential oils can support relaxation and stress relief, aspects particularly beneficial during the vacation season in August. Lavender oil is renowned for its calming properties and ability to promote sleep. (1) Diffusing lavender oil in the evening can help foster restful nights, enhancing overall holiday relaxation.

In conclusion, essential oils are natural, beneficial agents in tackling common August concerns, from heat stress to pest control and relaxation. Understanding and harnessing their potential can optimize your summer experience, making August a truly rejuvenating time of the year.

Humor

Famous Quotes

Lady Astor: "If you were my husband, I'd give you poison,"

Churchill: "If you were my wife, I'd drink it."



A member of Parliament to Disraeli: "Sir, you will either die on the gallows or of some unspeakable disease." "That depends, Sir," said Disraeli, "on whether I embrace your policies or your mistress."

"He had delusions of adequacy." Walter Kerr

"He has all the virtues I dislike and none of the vices I admire." Winston Churchill

"I have never killed a man but have read many obituaries with great pleasure." Clarence Darrow

Chiropractic and Childhood Sports Injuries

Participation in sports is highly beneficial for children, promoting physical fitness, coordination, and teamwork skills. However, it also carries the risk of injuries, which can significantly impact a child's overall well-being. Chiropractic care has emerged as a valuable complementary approach for managing childhood sports injuries.



Childhood sports injuries can range from sprains and strains to more severe conditions like fractures and concussions.

Chiropractic care focuses on but is not limited to musculoskeletal disorders, including sports injuries. Chiropractors employ a holistic approach to care, aiming to restore proper alignment and function of the spine and other joints in the body. By doing so, they alleviate pain, reduce inflammation, and promote the body's natural healing process.

Several studies support the efficacy of chiropractic care in managing childhood sports injuries. For instance, a study published in the *Journal of Manipulative and Physiological Therapeutics* examined the effects of chiropractic intervention on ankle sprains in young athletes. The results indicated that chiropractic treatment significantly improved pain reduction, range of motion, and functional ability compared to a control group (6).

Chiropractic care offers a holistic and evidence-based approach to managing childhood sports injuries. By addressing musculoskeletal imbalances, chiropractors can help children recover from injuries, prevent future occurrences, and enhance their overall sports performance. However, it is important to consult a qualified healthcare professional to determine the most appropriate treatment plan for each case.



Researching Chiropractic

Chiropractic clinical case histories has been a regular feature of our patient newsletter since its inception. There seems to be no limit to the health problems that respond positively to chiropractic care. How many people who are suffering, reliant on medication on drugs, and facing a life of limitation could be helped by chiropractic care?

Probably most of them.

Tourette's Syndrome in a nine-year-old boy.

The child suffered from Tourette's Syndrome, Attention Deficit Hyperactivity Disorder (ADHD), depression, asthma, insomnia, and headaches since age 7.

Forceps were used during his delivery. He was fully vaccinated. His medications included Albuterol™, Depakote™, Wellbutrin™, and Adderall™.

Chiropractic care corrected and stabilized the patient's subluxation. After six weeks of care, all six conditions were no longer present, and all medications were discontinued, except for a half-dose of Wellbutrin™.

After five months of care, all symptoms remained absent. (7)

Researching Chiropractic (Cont'd)

Head tilt, ear infections, and other problems in a seven-month-old boy.

This is the case of a 7-month-old boy with significant head tilt from birth, ear infections, flattening of the left side of his face, spitting up 15 times per day, projectile vomiting (about once each week), and muscle spasms. The child cried frequently and rarely laughed.

Chiropractic adjustments were performed three times a week for three months. After five months of chiropractic care, the child's head tilt and associated muscle spasms were absent, dramatically improving the child's general demeanor. Regurgitation became much less frequent, with some residual facial asymmetry remaining. (8)

Meniere's disease (MD) in a forty-eight-year-old woman.

Forty-eight-year-old woman, a retired registered nurse, was diagnosed with right unilateral Meniere's Disease (MD) in 1995 that started going bilateral in 1998. Her symptoms included multiple vertigo episodes with nausea and vomiting (including drop attacks), low-frequency hearing loss, tinnitus, and pain. Other MD symptoms include dizziness, imbalance, hearing distortion, hyperacusis, nystagmus, BPPV, brain fog, severe sweating, severe depression, anxiety with panic attacks, IBS, TMJ dysfunction, migraines, headaches, chronic fatigue, eustachian tube dysfunction, neck, and low back pain.

Chiropractic care consisted of twelve visits over six days. All her complaints were resolved except hearing loss though it did improve. She returned for a reevaluation four years later. All of her complaints continued to resolve except for partial hearing loss.

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1. Resolution of Long Standing Intractable Bilateral Meniere's Disease & Multiple Health Challenges Following Up-



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?

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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.