



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

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

Winter 2020

Dear patients, friends & neighbors Holiday Seasons greetings to all....

Time to remind you I am still here and available. Semi-retired, means no office hours, but on call. Voice or text. I do still go to Woodville two afternoons a week. Tuesday and Thursday afternoons. But that too is flexible. So best to call or text my cell. (419 332 7666)

Our vacation plans for next year: We took about 2 ½ months last winter returning just in time for the big shutdown. Well,,, not us. I continued seeing patients as usual. See above. We feel that was too long, So we plan on leaving middle of February and returning about the middle of March. Instead of 10 weeks, 4 to 6 weeks away. I'll keep you informed in the next newsletter before we leave.

I have refused to wear a mask. There was one 2 hour exception when we had paid a non-refundable fee. It was in Ashville, NC. Where State business regulations were even more strict than Ohio. I could go on about masks and distance, but I'll refer you to www.mercola.com for a more referenced explanation. Pick any of the articles with key words, hoax, WHO, pandemic, masks, vaccines, and especially the article on Vitamin D. A November article on vitamin D gives a source you can order a test kit to get your levels checked.

Politics and religion discussions are taboo in professional practices. And in alternative health I might add medical/pharmaceutical and trusting the media currently, if ever. Although I have violated these protocols. I have written a number of mask exemption excuses for asthmatic patients.

I have continued looking for ways to be more effective solving problems for my patients. Many patients have had physical pain disappear when mental issues were resolved. Or when toxins were eliminated. Or nutritional deficiencies were corrected. Or when food and/or chemical sensitivities were found and corrected. These are areas I specialize and focus on. A recent find was a Brain Balance technique applying acupressure techniques. It has proven effective on a number of patients. If you are hurting, or just curious. Just call to find out more.

One more thing. What are you thankful for? Find something you are or can be thankful for. Focus on that. Think about that. You bring about what you think about. & You will get more of that. Instead of what you do NOT want. That is what I do. That is what WE do. And it works.

This issue's Table of Contents

- Do Not Be Afraid
- Do You Breathe?
Why Aren't You Sick All The Time?
- Follow the Science
- Vaccination During Pregnancy—
Untested, Unsafe But Recommended
- Traditional Eating
- Words of Wisdom
- Questions and Answers
About Chiropractic
- Did You Know?
- Researching Chiropractic
- Humor
- References

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
2150 Hayes Avenue
Fremont, Ohio 43420
Call or Text: 419-332-7666
Email: drlhn@woodville.net
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.**



Testimonial

Before I had met Dr Nitschke, I had been struggling with sleep issues and was not able to stay asleep after waking up in middle of the night. I was also struggling with bouts of tearfulness prior to my periods, which had also started to become irregular. **Since meeting regularly with Dr, and working on these issues** in ways that help balance my system and open my body's lines of communication, I am able to sleep better, no longer have bouts of tearfulness and my cycle is normalizing. **Thank you, Dr. Nitschke for helping me find my balance and bringing me back to myself!! PLS**

In This Issue...

An antidote for all the Covid-19 stress. How many germs are in the air you breathe (not good news for germaphobes). Why is America unique ... something to consider ... the most powerful cancer fighters you can eat ... chiropractic research, humor and more....

Do Not Be Afraid

We're beginning this newsletter on a positive note to put you at ease. Too much unscientific misinformation has been filling the airwaves, filling the internet, filling our ears and scaring people. Read on, take a deep breath and enjoy yourself; you were meant to be perfectly happy and healthy your entire life. Chiropractic can help you get to your ideal state by locating serious blockages—subluxations—that lurk in your spine. Why is that so important? Because germs cannot infect a healthy body.

Do You Breathe? Why Aren't You Sick All The Time?

Here's an example showing that germs are all around us and don't, by themselves, make us sick. A study in *Proceedings of the National Academy of Science* showed that the air we breathe has approximately 1,800 different species of bacteria. Think of that—with every breath we are inhaling hundreds if not over 1,000 microorganisms. (1)

So we must ask, if we are always breathing in loads of germs, why aren't we sick all the time?

The answer is that germs won't bother us if we are healthy. They actually serve a purpose. Germs don't make us sick. Sickness attracts germs to grow and reproduce (infect). Germs feed on weak, toxic, damaged tissues to help us regain health. When we say "germs" we include viri, bacteria and many other microorganisms.



The face diapers (masks) so many are wearing are making people sick by weakening their body tissues and setting the stage for fungal, strep and staph infections. Masks don't prevent disease. The World Health Organization and the Centers for Disease Control finally admit that wearing a mask doesn't prevent infectious disease.

In a recent Center for Disease Control (CDC) Study it was found that 85% of coronavirus patients reported wearing masks 'always' or 'often'. (2)

How does chiropractic care fit into this? Chiropractors locate and release deep stress so that you stay strong and healthy and can handle life's stresses better. Come in for an adjustment so your stress levels drop.

Follow The Science

If you follow the science, you won't be afraid. The science tells us that you have nothing to be concerned about. Watch this fascinating explanation by a European/American attorney explaining the scientific basis of this entire Covid-19 "pandemic."



This information gets us to the heart of the Covid-19 hysteria. You'll discover that the Covid test is useless as are face masking, social distancing and lockdown (house arrest) requirements. There is now a class action suit against health authorities for crimes against humanity. Watch this and be amazed:

<https://redpilluniversity.org/2020/10/06/crimes-against-humanity-a-class-action-suit-against-health-authorities/>

Vaccination During Pregnancy—Untested, Unsafe And Recommended

No vaccine has been tested for safety during pregnancy and yet the US government is recommending pregnant women get vaccines. Since that policy change the number of fetal deaths has exceeded postnatal deaths for the first time in statistical reporting in the US.

How many are killed and permanently injured in the womb and their parents will never suspect the involvement of vaccines? Will miscarriages or children who are born with multiple birth defects and congenital issues ever be counted in the official toll of vaccine victims?

If you know of someone who is currently pregnant or is thinking of getting pregnant sometime in the future, please share this information with them. (3-4)

Traditional Eating

Forget drugs—the most powerful cancer fighters ever discovered are naturally-occurring vitamins A, D and K2. This powerful combination is found in cod liver oil, fish liver oils, chicken and beef liver, eggs, butter and ghee. Desiccated liver can supplement people who don't like the taste of cooked liver. Vitamin K2 is important because it improves the effectiveness of A and D. Vitamin A was discussed last month and K2 will be discussed in a future issue.

Vitamin D and Cancer

Low vitamin D significantly increases overall cancer risk. (5) A fascinating study found that the more vitamin D you make from sunshine, the lower your chances are of dying from *15 kinds of cancer* (6) and yet another study found that vitamin D production in the skin decreases stomach, colorectal, liver, gallbladder, pancreas, lung, breast, prostate, bladder and kidney cancers. (7)

Other benefits of vitamin D:

- Enhances mood
- Boosts your immune system
- Prevents bone and muscle weakness
- Dramatically lowers risk of heart disease
- Prevents diabetes
- Fights arthritis, pain and inflammation
- Helps prevent Parkinson's disease and multiple sclerosis



And it's free—just get in the sun or eat the right foods.

Did You Know?

Japan is suffering from a ninja shortage?

The Japanese city of Ninja, which has a rich history of martial arts masters and claims to be the birthplace of the ninja, is suffering from a ninja shortage, despite the fact that they're willing to pay salaries as high as \$85,000 for the performing ninjas willing to take on the job of staffing their annual ninja festival.

There was a prehistoric dragonfly with wings that spanned more than two feet?

More than 300 million years ago, the meganeura established itself as the largest known flying insect to ever exist on Earth. The dragonfly-like creature had a wingspan that stretched around 2.5 feet. The bugs were also big enough to hunt prey like frogs and newts which it could eat with its teeth-like mandibles.



Where does gossip come from?

Early politicians required feedback from the public to determine what the people considered important. Since there were no telephones, TVs or radios, the politicians sent their assistants to local taverns, pubs and bars. They were told to "go sip" some ale and listen to people's conversations and political concerns. Many assistants were dispatched at different times. "You go sip here" and "You go sip there." The two words 'go sip' were eventually combined when referring to the local opinion and, thus we have the word gossip.

Words of Wisdom



—You ask which form of government is the best? Whichever teaches us to govern ourselves. —**Goethe**

—Giving up smoking is the easiest thing in the world. I know because I've done it thousands of times. —**Mark Twain**

—I've been poor and I've been rich. Rich is better. —**Beatrice Kaufman**

HUMOR

- If you think nobody cares whether you're alive, try missing a couple of payments.
- I always wondered what the job application is like at Hooters. Do they just give you a bra and say, "Here, fill this out?"
- I can't understand why women are OK that JC Penney has an older women's clothing line named "Sag Harbor."
- The location of your mailbox shows you how far away from your house you can go in a robe before you start looking like a mental patient.
- Money can't buy happiness, but it keeps the kids in touch.
- The reason Mayberry was so peaceful and quiet was because nobody was married. Andy, Aunt Bea, Barney, Floyd, Howard, Goober, Gomer, Sam, Earnest T Bass, Helen, Thelma Lou, Clara and, of course, Opie were all single. The only married person was Otis & he was a drunk.

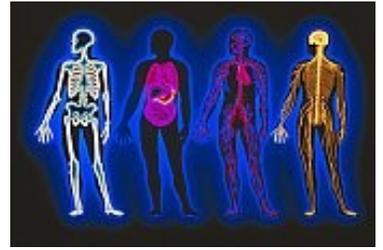


To do list:

1. Make vanilla pudding. Put in mayo jar. Eat in public.
2. Hire two private investigators. Get them to follow each other.
3. Wear shirt that says "Life." Hand out lemons on street corner.
4. Get into a crowded elevator and say, "I bet you're all wondering why I gathered you here today."
5. Major in philosophy. Ask people WHY they would like fries with that.
6. Run into a store, ask what year it is. When someone answers, yell "it worked!" and run out cheering.
7. Become a doctor. Change last name to Acula.
8. Change name to Simon. Speak in 3rd person.
9. Buy a parrot. Teach the parrot to say, "Help! I've been turned into a parrot."
10. Follow joggers around in your car blasting "Eye of the Tiger" for encouragement.

Researching Chiropractic

Morton's neuroma. Morton's neuroma is a nerve tumor in the foot. It is a painful condition that people describe as "walking on a marble." It usually affects the ball of the foot, often between the 3rd and 4th toes and feels like a sharp, burning pain. The toes also may sting, burn or feel numb. The medical or podiatric approach is to give corticosteroid (cortisone) injections or perform surgery to cut out the tumor.



This is the case of a 63-year-old woman who suffered with Morton's neuroma in her right foot for ten years. She sought chiropractic care for a variety of health complaints.

For one month her vertebral subluxations were addressed and reduced using specific chiropractic care. During this period her Morton's neuroma symptoms completely disappeared and in addition, she reported improvement in her digestion, sleep and ability to move without pain. (8)

Failure to thrive, oral thrush and inconsolable crying in a 4-month-old. The baby was medically diagnosed with "Failure to thrive" (FTT) because her weight or size was significantly below that of other children of similar age and gender.



She was reported to have had birth trauma from a nuchal cord—the umbilical cord was completely wrapped around her neck (360 degrees).

The child was 4-months-old when she was brought to the chiropractor. She was suffering from inconsolable crying, oral thrush (an overgrowth of the fungus candida albicans in the mouth and throat), chronic diarrhea and she was dangerously underweight.

Chiropractic examination detected vertebral subluxations at C1-C4 (upper neck) and T3-T4 (upper back). The child received chiropractic adjustments from the first visit and afterwards was checked for vertebral subluxations that were corrected when indicated for seven weeks.

Her FTT symptoms began to resolve after the first visit and completely resolved by the seventh week of care. (9)

Hypothyroidism reduction under chiropractic care. A 44-year-old woman was complaining of upper shoulder pain and pain between her shoulder blades after a motor vehicle accident. The accident had occurred 23 years earlier! She had also been taking Armour® Thyroid in order to treat symptoms of low thyroid function (hypothyroidism).

Her spinal X-rays revealed a 80.7% loss of normal neck curve (hypolordosis) in addition to vertebral subluxations.

She received spinal adjustments over a seven-month period to reduce her subluxations and to improve her spinal and postural alignment.

Thirty days into care she began exhibiting symptoms of an *overactive* thyroid (hyperthyroidism). Her chiropractor suggested that she have her thyroid function checked by her endocrinologist to see if her prescribed thyroid medication should be re-evaluated.

After evaluation, the patient's endocrinologist instructed her to significantly reduce her taking of her thyroid medication. (10)

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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.

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

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.