



# 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)

**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)

January 2023

Dear Patients, friends and neighbors,

## Happy New Year

### Flight 2023 Instructions

Same as last year with better results intended!

Greetings and welcome to Flight 2023

We are prepared to take off into the new year

Please make sure your Positive Attitude and

Gratitude are secured and locked in upright position.



Good Morning and welcome to Flight 2023

We are prepared to take off into the New Year

Please make sure your Positive Attitude and

Gratitude are secured and locked in upright position.

All self-destruct devices: pity, anger, selfishness, pride and  
resentment should be turned off at this time.

All negativity, hurt, and discouragement should be put away.

Should you lose your Positive Attitude under pressure during this flight,  
reach up and pull down a prayer.

Prayers will automatically be activated by Faith.

Once your Faith is activated, you can assist other passengers  
who are of little Faith.

There is **NO BAGGAGE** allowed on this flight.

**God**, our captain, has cleared us for take-off.

**Destination...GREATNESS!**

Wishing you a **New Year** filled with **NEW HOPE**

**NEW JOY**, and **NEW BEGINNINGS!**

## Stay Blessed!

### This issue's Table of Contents

- Some wisdom for the new year
- Just the essentials
- Your Amazing Vision
- Don't Be Afraid of Germs
- Questions and Answers
- Traditional Eating
- Words of Wisdom
- What's the Connection Between the Space Shuttle and a Horse's Behind?
- Researching Chiropractic
- Humor
- References

## Natural Health Center's Schedule

### Woodville Office

**Tuesday or Thursday Afternoons,**  
**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)



Nichole is offering two different types of Spirit-Guided, Intuitive Readings: After Death Communication and General Life Guidance as well as spiritual counseling and hypnotherapy. Here is an explanation of each type of Intuitive reading she provides:

#### General Life Guidance

Trying to make sense of a situation, not sure how to cope with uncertainty and looking for some answers as you ask yourself why or what next? Anyone experiencing career or relationship struggles, loss of job, life transitions, health issues or whatever circumstances are creating confusion, may benefit from this type of reading.

#### Continuing Relationships & Grief Relief (After Death Communication)

Are you grieving the death of a family member, friend or loved one, or perhaps sense there is unfinished business with someone in spirit? This reading reunites those on earth with those in spirit for the purpose of experiencing or deepening a connection, healing hurts, bringing unfinished business to a close, or relaying messages and guidance from loved ones who continue to be a part of your life. **Nichole L. Nitschke, LPCC, Intuitive Readings, Spiritual Counseling & Hypnotherapy**

**Greetings patients, friends and neighbors Welcome to our 2023  
New Year newsletter.... Again the opening above says it all!**

**Florida Travel plans: Leaving February 03, to return by Spring.**

Our itinerary is reversed this year as we no longer stop in Georgia to visit our grandson Marcus. He has graduated chiropractic school to become the third Nitschke generation of Chiropractors.

Previous newsletters covered Vaccine Adverse Event Reporting System (VAERS). For those interested in current statistics, check one or more links below from the "Disinformation Dozen." Wonder who is really spreading false information?

[www.mercola.com](http://www.mercola.com)    [www.vaccinesrevealed.com](http://www.vaccinesrevealed.com)

[www.stevекirsch@substack.com](mailto:www.stevекirsch@substack.com)

[www.childrenshealthdefense.org](http://www.childrenshealthdefense.org)

[www.jonathon@healthsecrets.com](mailto:www.jonathon@healthsecrets.com)

[www.rwmalonemd@substack.com](mailto:www.rwmalonemd@substack.com)

[www.amidwesterndoctor@substack.com](mailto:www.amidwesterndoctor@substack.com)

Plus many more doctors, researchers, and whistleblowers refusing to go along with the political narrative. Google "died suddenly" and see what comes up. Draw your own conclusions. And I conclude with questions asked before: Do you trust the government? Do you trust medical providers? Do you trust the pharmaceutical companies? Do you trust the media??? Why the explosion of all cause mortality the last two years???

Again we close with wishes of wellness and gratitude for seeking alternative Holistic solutions in your search for "truth" in health care. **Dr Lon & Nichole Nitschke LPCC**



## Testimonials

**Before:** I was in constant lower back pain for months. Nothing would help.

**Now?:** After one visit pain was gone. I forgot that I even had a lower back problem. I've been seeing Dr Nitschke every other week or so, to keep me pain free! Love the idea that it 's not just a back issue, but a whole body, mind, food intake and mental wellness. **Belinda B.**

\* \* \* \* \*

**Before:** Low back tightness. Right hip discomfort with reduced rang of motion.

**Now?:** Range Of Motion on hip moves more freely. Low back muscles loosening. **Gwen L**

\* \* \* \* \*

**Before:** When I went to see Dr Nitschke I was in a great deal of hip and knee pain and was struggling to walk. I had waited too long before making the appointment.

**After?:** After our session I had relief of most my pain I could walk so much easier. It has taken a few more sessions with more relief. I am so grateful for his expertise and to have him help me take better care of myself. Thank you so much! **AH**

\* \* \* \* \*

**Before:** I had injured my back and couldn't bend over. If I did bend over to tie my shoe or what not, I couldn't get back up.

**After?:** Dr Nitschke took me right in. He was very kind and informative. I felt better right away, but the next day was amazing! I could move freely without the pain.

**Thank you so much Dr. Nitschke! From Alisa M**

\* \* \* \* \*

**Before?: I had enough of the symptoms I was experiencing: acid-reflux, raw esophagus, sweating after meals, depression/anxiety, heart palpitations. My family doctor prescribed an acid-blocker for reflux diagnosed me with GERD.**

I took those for 4 months and my health deteriorated. I lost 35 lbs. in 2 months from lack of nutrition because I couldn't eat solid food because my throat was so raw and stomach burned so bad. The Gastroenterologist did an endoscope and claimed I only had minor irritation and that most people had that, and he didn't know why I was so sick, miserable. I made trips to see 4 different Doctors and 3 different Emergency Rooms, begging them to help me, admit me. I was so sick I thought I was going to die. I finally went to see Dr. Nitschke and he said that "MOLD" was what was making me sick— 'Toxic Mold Syndrome'. I didn't believe him at first because I didn't see any mold in my house. I had a mold company come and they tested. and revealed I did have a mold problem directly below my bedroom in the crawlspace. Little did I know, the lack of moisture barrier created a serious mold problem and it had been leaching up through the wood flooring. I had lived in my house 20 yrs. and with that constant exposure my body wasn't able to detox fast enough.

**After?:** I started eating 'clean' and taking supplements to aid my condition. I am healing slowly, but Dr. Nitschke explained that with 20 years of mold exposure, its going to take awhile to detox this from my body/organs. Even though this illness has been horrifying, I am grateful I have Dr. Nitschke on my side, he is the only doctor that was able to help my condition. Thank You Dr. Nitschke for what you do. now, I tell everyone, "I Love My Chiropractor!" ~ **Trish Koppus**

## Your Amazing Vision

Vision is a mystery. From an evolutionary standpoint (chance mutation) it is impossible. Even Darwin admitted it. Your visual system has too many parts: brain, retina, optic nerve, eyeball and more that had to be organized to create a visual system that works as a complete unit. By chance? Impossible. Look at this:

- One eye consists of more than two million working parts!
- Your eyeballs are the same size since birth; nose, ears continue to grow.
- Your eyes are the 2nd most complex organ in your body (after the brain).
- Your eye can detect over 10 million colors (but not ultraviolet or infrared).
- Tears keep your eyes clean, but scientists don't know why we cry.
- Eyes are protected in a hollowed eye socket, eyebrows prevent sweat dripping into your eyes, eyelashes keep dirt out of your eyes.
- Only 1/6 of the human eyeball is exposed.
- Corneas are the only tissues that don't have blood.
- An eye cannot be transplanted. More than 1 million nerve fibers connect each eye to the brain; we're not able to reconstruct those connections.



## 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.**

**Infertility, Conception, and Birth.** A 31-year-old woman began chiropractic care because she had been unable to become pregnant for over a year. Vertebral subluxations were found and specific adjustments were delivered.

She had six visits over a 34-day period and reported being pregnant. She eventually gave birth to a healthy baby girl. (3)

**Sleep Disturbance and Anxiety Disorder.** A 28-year-old woman sought chiropractic care complaining of sleep disturbance, anxiety disorder and musculoskeletal symptoms. She was assessed pre- and post-care using EMG (electro myelography), X-ray, spinal head analysis, the Pittsburgh Sleep Quality Index (PSQI) and the Hamilton Anxiety (HAM-A) questionnaires

Chiropractic care for subluxation correction was given twice weekly for three months.

The patient reported improvements in both musculoskeletal and non-musculoskeletal complaints and demonstrated marked reduction of sleep disorder and marked reduction of anxiety disorder. (4)

**Breech birth.** A 31-year-old pregnant woman began chiropractic care. She was diagnosed as having a transverse breech presentation by her obstetrician at 30 weeks' gestation.

A chiropractic "breech procedure", the Webster Technique, was utilized during her care.

She visited her chiropractor for seven visits over a three-week period of care. Her midwife confirmed that the baby had turned into a normal (vertex presentation). The mother went on to have a natural home birth thereafter. (5)

## Just the essentials

### Frankincense

The healing power of aromatherapy has been employed for thousands of years in nearly every culture. Recently Israeli researchers have discovered that the incense known as frankincense can be a very effective mood-altering tool. It affects the same part of the brain as anti-anxiety and anti-depression drugs. (1) Frankincense also has anti-inflammatory, antiseptic and anti-neurotic effects.



Frankincense is a wonderful sleep aid relieving stress and promoting relaxation. Place a few drops of oil into your hands, rub your palms together, and inhale before laying down to sleep. Essential oils and incense have been used to change mood, improve the immune system, heal, and promote wellness. **Why not add some aromatherapy to your life?**

### Don't Be Afraid of Germs

Today news stories are all about germs causing infections, epidemics, and pandemics with new a "variant" ready to get us. What if germs didn't cause disease?



Germs are all around us. We breathe germs all the time, they inhabit every nook and cranny of our body; we have a balanced relationship with them.

Our obsession with germs is based on the germ theory. It was born when the microscope was discovered, and germs were found in sick people. The theory says that every disease is caused by a different germ. There's only problem with this theory - it has never been proven. In fact, the opposite has been proven.

### The alternative

The hygienic system has been around for thousands of years and has survived the test of time. It says that germs don't make you sick, rather when your body is sick (malnourished, toxic, subluxated, tired, weak, stressed) germs appear to eat weak, diseased, dying, and toxic tissue. When your tissues are strong, infections don't exist, the billions of germs always in and around us don't grow out of control.

### Don't be scared of germs

The bottom line is that healthy people simply don't get other people sick. Sick people don't make people sick. Stop being scared of germs; they have their place. You can't escape them from entering your body unless you stop eating, drinking and breathing. There are many valid reasons why people in the same household come down with similar symptoms, but germs are not one of them. It's an unproven superstition. In experiments, sick people were placed near healthy volunteers, sat close to them, sneezed on them, coughed on them, and even had bodily fluids placed in their noses and mouths. None of the volunteers got sick.

Underlining that was a report in in the British Medical Journal that "asymptomatic transmission of disease" does not exist. A study of almost 10 million people found "no evidence of asymptomatic transmission." People without symptoms don't make people sick. (2) So much for the logic behind masks.

### What to do?

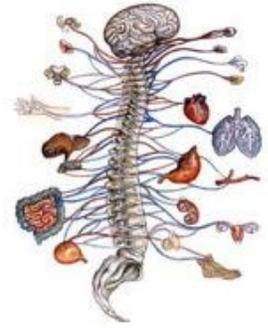
Get back to basics - healthy food, (avoid junk), good sleep, good relationships, clean water, plumbing, sewage, waste disposal - these are what have gotten rid of the plagues of the past. It was never vaccines or drugs. The best foods to use are raw milk from grass-fed cows and goats, olive oil, coconut oil, butter, cream, ghee, lard, and tallow as fats/oils. Also get a good water filter to remove toxic chlorine, fluoride, and other chemicals.

To give your health a boost, get chiropractic care! Life is full of stress, falls, and accidents; your body will function better and be stronger with chiropractic care. Other forms of natural care that, like chiropractic, remove blockages to energy and healing are traditional homeopathy, acupuncture, traditional osteopathy, traditional naturopathy, and many traditional detoxification practices.

## Questions and Answers

### Q. Are chiropractors back doctors?

**A. Chiropractors work on the back** (the spine) but that's because subluxations (blockages) are found there. However, by releasing subluxations in the spine every organ and gland, every muscle and bone can be affected. Chiropractors remove blockages.



For over a hundred years, clinical case histories of chiropractic subluxation correction has been shown to improve the function of the lungs, heart, kidneys, brain, eye, ear, stomach, intestines, skin - and much more. Chiropractors work on the back (the spine) to help the entire body. Since MDs give drugs people swallow would that make them stomach doctors? The drugs are supposed to affect many parts of the body. In the same (but a healthier way) chiropractic care affects the entire body.

## Traditional Eating

### The "Crack" of sweeteners?

Want to get fat and damage your health? Use High Fructose Corn syrup (HFCS). HFCS became widespread in the 1970s and the rate of obesity in the US began to steadily climb and has more than doubled. HFCS depresses thyroid function and lowers your metabolic rate.

Stop drinking all sodas and sweetened drinks that contain this chemical. Read labels - HFCS is in salad dressings, ketchup and anything else that is sweet. Throw it out.

## What's the Connection Between the Space Shuttle and a Horse's Behind?

The US standard railroad gauge (distance between the rails) is 4 feet, 8.5 inches. How was that odd number developed? English engineers designed the first US railroads and that was the gauge based on British gauge. Why?

The first rail lines in England were built over wagon tramways. Wagon wheel spacing created ruts in the roads. Riding in those ruts was the safest way to move goods.

But why did the rutted roads have that distance? Roman war chariots formed the initial ruts, which everyone had to match or run the risk of damaging their wagon wheels or axels. The original specifications for an Imperial Roman war chariot accommodated the rear ends of two war horses.

Therefore, the United States standard railroad gauge of 4 feet, 8.5 inches is derived from the width of two horses running next to each other.

## The Space Shuttle

When you see a Space Shuttle sitting on its launch pad, there are two big booster rockets attached to the sides of the main fuel tank. These are solid rocket boosters, or SRBs.

The engineers who designed the SRBs would have preferred to make them a bit fatter, but they had to be shipped by train to the launch site. The railroad line from the factory runs through a tunnel in the mountains, and the SRBs had to fit through that tunnel. The tunnel is slightly wider than the railroad track, and the railroad track is about as wide as two horses' behinds. So, a major design feature, of the world's most advanced transportation system, was determined over two thousand years ago by the width of two horse's behinds.

## Humor



### CHILDREN ARE QUICK

TEACHER: Why are you late?

STUDENT: Class started before I got here.

TEACHER: John, why are you doing your math multiplication on the floor?

JOHN: You told me to do it without using tables.

TEACHER: Glenn, how do you spell 'crocodile?'

GLENN: K-R-O-K-O-D-I-A-L'

TEACHER: No, that's wrong.

GLENN: Maybe it is wrong, but you asked me how I spell it.

TEACHER: Donald, what is the chemical formula for water?

DONALD: H I J K L M N O.

TEACHER: What are you talking about?

DONALD: Yesterday you said it's H to O.

TEACHER: Winnie, name one important thing we have today that we didn't have ten years ago.

WINNIE: Me!

TEACHER: Glen, why do you always get so dirty?

GLEN: Well, I'm a lot closer to the ground than you are.

TEACHER: Millie, give me a sentence starting with ' I. '

MILLIE: I is ...

TEACHER: No, Millie ... always say, 'I am.'

MILLIE: All right ... 'I am the ninth letter of the alphabet.'

TEACHER: Now, Simon, tell me frankly, do you say prayers before eating?

SIMON: No sir, I don't have to, my mom is a good cook.

### References

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- 2.Pollach A, Lancaster J. Asymptomatic transmission of Covid 19. BMJ 2020;371:m4851
- 3.Payne A., Payne K. Resolution of Infertility with Successful Conception & Birth Following Chiropractic Care: A Case Study and Review of Literature. Journal of Pediatric, Maternal & Family Health, Chiropractic ~ November 1, 2022 ~ Pp. 101-113.
- 4.Haas AL. Resolution of Sleep and Anxiety Disorder Following Reduction of Vertebral Subluxations: A Case Study & Review of the Literature. Annals of Vertebral Subluxation Research ~ November 15, 2022 ~ Vol. 2022 ~ Pp. 101-113.



**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.*