



Natural Health Center



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Dear patients, friends, and neighbors

Summer—July 2023

Citing my own experience, without links for immediate access, I do not take time to research information on health-related issues. Such information has been eliminated, that means censored from the major news networks. Why? **MONEY!!** Over 70% of media income is from pharmaceutical ads, and over 75%, on prime time. The old adage, "do not kill the golden goose", or "don't bite the hand that feeds you" applies.

To get the truth, you have to turn off the TV and look for alternative sources labeled as misinformation the last 3 years. Censoring is a violation of article #1 of our Constitution, Freedom of Speech. Are we actually forbidden to have an opinion? No, just voicing it, if it disagrees with the narrative. If you do, you may suffer the consequences. Such as losing your professional license to practice your chosen profession. Are we in communist China? Or Germany in the 1930's, or Russia? Sound like land of the free to you? Me neither!! Enough about that. Here are a number of links to more credible information. And I again ask, who do you trust? The government? CDC? FDA? Pharmaceutical research? AMA, paid for by drug dollars? A Congress, bribed by lobbyists paid by pharmaceutical companies. Hopefully you get the idea.

Websites:

www.childrenshealthdefense.org

www.nvic.org

www.VAERS.HHS.gov

www.mercola.com

www.vaccinesrevealed.com

Books: "I DO NOT CONSENT," Simone Gold, M.D.,J.D. , "America's Frontline Doctors" "Vaccination Is Not Immunization," Dr Tim O'Shea "Face Masks In One Lesson," Allan Stevo.

These are a few of many sources from doctors and scientists who have resisted. Many have suffered retribution, fired, losing their jobs, licenses to practice, and teachers, city and government employees fired for refusing the vaccines. Now they are pushing back. And it is time to wake up and get our freedom back.

With that thought, wishing you all a healthy summer! Dr Lon Nitschke

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It's Spring and a Young Man's Fancy Turns to ... Baseball



Baseball is 90% mental, and the other half is physical.
Lawrence P. "Yogi" Berra, American Baseball Hall of Famer

Except for the math, Yogi was right.
That's why baseball and chiropractic go together so well.

Nearly a hundred years ago, the New York Yankees became the first major league team to travel with a chiropractor. Richard van Rump, DC, was a chiropractor to Babe Ruth and the other Yankee greats (as well as many other famous people).

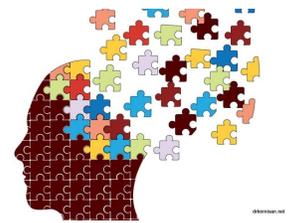
It's not just about keeping baseball players free from injuries or getting them back in the game faster; chiropractic prevents injuries, improves balance and range of motion, improves focus, and enhances brain-body communication. Remember, every muscle, bone, and joint in your body needs proper communication with your brain and nerves.

Chiropractic releases stress on your spinal column and nervous system. This is why athletes say that chiropractic gives them the "winning edge."

Do you need a chiropractor for your little (or not so little) league team? Discuss it with us. Chiropractors work with baseball teams, but we also work with individual professional (and amateur) tennis, golf, football, gymnastics, track and field, and other athletes as well.

Alzheimer's - a New Disease

Alzheimer's was first described by Alois Alzheimer in 1906. It was so rare that it was never mentioned in the medical literature. Remember that dementia, an impaired ability to remember, think, or make decisions, has been known since ancient times. However, Alzheimer's is a unique form of dementia.



One way of explaining the difference is that while a person with typical dementia may forget where he put his car keys, a person with Alzheimer's forgets what car keys are used for. As the disease progresses, speech deteriorates, and disorientation (getting lost) increases. A person will experience mood swings, loss of motivation, self-neglect, and even violence or psychosis.

Why has Alzheimer's gone from unnoticed to the most common form of (60-70%) dementia? There is no medical answer, no medically known cause, and no treatment. But something must have happened for an illness to go from zero to epidemic in a relatively short time. Research points to mercury and aluminum.

Heavy Metals

According to researcher Hugh Fudenberg, MD, if a person has had five flu shots [flu shots contain mercury], their chance of getting Alzheimer's is ten times higher than if they had received no flu shots. (1). According to researcher Boyd Haley, Ph.D. of the University of Kentucky, "Seven of the characteristic markers that we look for to distinguish Alzheimer's disease can be produced...by the addition of extremely low levels of mercury." (2)

Chris Shaw, Ph.D., a Canadian neuroscientist, has linked aluminum to Alzheimer's, autism, Parkinson's, amyotrophic lateral sclerosis (ALS), and Gulf War Syndrome. (3) Aluminum was thought to be harmless. That is a tragic assumption. "...aluminum is not as harmless as was previously thought, and may contribute to the inception and advancement of Alzheimer's disease...aluminum exposure can result in excess inflammatory activity within the brain." (4)

Alzheimer's - a New Disease *cont'd.*

These relatively new procedures give us heavy metals and toxins:

- Mercury dental fillings (we recommend removing them ASAP)
- Root Canals and Dental Infections. (5) (You can find a biological/holistic dentist at www.iaomt.org)
- Flu shots and other vaccines (yes, mercury is still in many vaccines. Avoid all untested vaccinations. That means all of them).
- Head trauma (chiropractic and cranial adjusting could help)
- Aluminum-containing vaccines (many vaccines contain aluminum)
- Aluminum cookware (get stainless steel or copper instead)

How to Avoid Alzheimer's

Avoid all of the above. But what if you've had flu shots or mercury fillings? The answer is detoxification. Far infra-red sauna, detoxification baths, enemas and colonics, homeopathic remedies, herbal remedies, chiropractic, and balanced nutrition. The addition of saturated fats, including coconut oil, has been shown to halt the progression of Alzheimer's and even reverse the disease. See the story of the MD who reversed her husband's Alzheimer's in *Alzheimer's Disease, What if There Was a Cure? The Story of Ketones* by Mary T. Newport, MD. (Basic Health Publications, Inc: Laguna Beach, CA 2011.)



Just the Essentials

The Healing Power of Essential Oils During the Summer Months

As the weather warms up and days grow longer, our needs and routines adapt to the changing environment. Essential oils, nature's versatile gift, have been shown to offer various benefits suitable for the summer months (6).

Essential oils such as citronella, peppermint, and lemongrass act as natural insect repellents (7). Many insects do not favor their distinct and potent aromas, reducing the likelihood of bites and stings when enjoying time outdoors. Lavender essential oil, on the other hand, is known for its calming properties (8). When diffused, it promotes restful sleep, which can be particularly beneficial for those suffering from disturbed sleep due to hot summer nights.

Regarding skincare, the antioxidant properties of essential oils such as tea tree and rosemary can help refresh and rejuvenate sun-exposed skin (9). It is crucial, however, to remember that undiluted essential oils can cause skin irritation and should always be mixed with a carrier oil before topical application (10).

Peppermint and eucalyptus essential oils also offer cooling properties (11). These can be used in a diffuser or diluted and sprayed on the body to provide a refreshing and invigorating cooling effect, especially during hot, humid days.

To conclude, as we navigate through the summer season, essential oils provide a variety of applications, ranging from repelling insects to cooling and soothing our bodies. Utilized correctly, they can significantly enhance our summer experience.



Words of Wisdom

Emergencies have always been the pretext on which the safeguards of individual liberty have been eroded. **Friedrich August von Hayek.**

Those who would give up essential liberty, to purchase a little temporary safety deserve neither liberty nor safety. **Benjamin Franklin**



Researching Chiropractic

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



Autism in a 7-year-old boy.

A seven-year-old boy with autistic symptoms, including stimming, poor social skills, lack of comprehension, and decreased intellectual function, was diagnosed as autistic at three years and nine months old. The mother reported improved autistic behaviors after less than three months of chiropractic care. (6)

A pregnant woman medically diagnosed with symphysis pubis dysfunction.

A woman at 26.4 weeks pregnant had severe pelvic pain and crepitus (joint sounds) in the pubic symphysis area that she had been experiencing for the prior 16 weeks. (The pubic symphysis is in the center front of the pelvis.) She described her pain as constant, sharp, throbbing, burning, and aching and a 10/10 on the pain scale (i.e., 0=no pain; 10=worst pain imaginable).



MDs diagnosed with symphysis pubis dysfunction (SPD). Her pubic region, sacroiliac joint, and lower back were tender to the touch; muscles in the lumbar area on both sides were tight. Chiropractic examination revealed vertebral subluxations at the sacral apex, pubic bone, C2, and C7. Following one visit, her SPD pain stopped and did not return throughout the rest of her pregnancy. After three weeks of care, she could drive for the first time in a month, and after six weeks of care, she had less difficulty getting up from sitting, walking and climbing stairs, and lying on her side. At a fourteen-week follow-up, she was able to return to regular activity. (7)

Traditional Eating

Avoid These Hazardous Foods:

Commercial Milk: Commercial cattle are pumped full of hormones and antibiotics and are fed grains laced with pesticides. They're diseased animals. All the toxins get concentrated in their milk. The USDA found pesticide residues in all samples tested. You can find organic milk in most supermarkets.

Conventional Peaches/Apples: These two fruits contained the highest concentration of pesticides of 45 kinds of produce the Environmental Working Group, a non-profit consumer health organization, tested. Even washing won't offer enough protection.

Questions and Answers

Q. Is fever good or bad?

A. Fever, in most cases, is good. This is well reported in the medical literature. For example: An elevation in temperature following bacterial infection results in a significant increase in host survival. (6)

Fever is an important indicator of disease and should not be routinely suppressed by antipyretics...fever may benefit the host defense mechanism....(7)

There is overwhelming evidence in favor of fever being an adaptive host response to infection... as such, it is probable that the use of antipyretic/anti-inflammatory/analgesic drugs, when they lead to suppression of the fever, results in increased morbidity and mortality during most infections. (8)

Elevated body temperature enhances the inflammatory response and function of the immune system at the same time that it reduces the replication of microbes and tumor cells. (9)

Accumulated direct and indirect evidence suggests an overall beneficial effect of physiologic temperature elevation or fever on host defense mechanisms. (10)

Humor

80-Year-Old Woman Marries for the 4th Time

The local news station interviewed an 80-year-old lady because she had just married for the fourth time. The interviewer asked about her life, what it felt like to be married again at 80, and then about her new husband's occupation. "He's a funeral director," she answered. "Interesting," the newsman thought. He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living. She paused momentarily, needing time to reflect on all those years. After a short time, a smile came to her face, and she answered proudly, explaining that she had first married a banker when she was in her 20s, then a circus ringmaster when in her 40s, and a preacher when in her 60s, and now - in her 80's - a funeral director. The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers. She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

Whitewater Rafting

I went whitewater rafting, which was a little scary since some idiot had placed rapids right in the river. Fortunately, the rafting company requires you to wear a life jacket, which means that if you get tossed out of the boat, you'll stay safely afloat long enough to freeze to death. The Salmon River is extremely cold, consisting primarily of recently melted snow rushing down from the mountains; this is nature's way of cleansing the slopes of deceased skiers. Dave Barry

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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. 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.