



Natural Health Center



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Summer -June 2023

Dear Patients, friends and neighbors,

Finally!! A rainy Friday! Out of the yard & garden!

Back to the computer to catch up on emails, and newsletters to read and delete, or answer when called for.



I've recommended several alternative sources of true information, censored by the media as mis-information, in my past newsletters. These are available in our web-site newsletter archives.

An article of interest in "Children's Health Defense", a *Robert Kennedy, Jr.* creation, reminded me of the SV-40 (*Simian Monkey Virus*) and its role in contributing to cancer. SV-40 has now been found in the Pfizer and Moderna mRNA vaccines. It's role was actually discovered back in the 1960's in the Salk polio vaccine.

Several articles, and The Cause for Cancer Revealed ...the vaccination connection, by Dr Cass Ingram, detailed the research and a prediction of a cancer epidemic in the next generation following the mass inoculation of the mid to late 1950s. Yes! We were there! I Found it true, first hand. I highly recommend checking it out, for the safety of anyone influenced by the media scare and mandates of the last few years.

BTW, the 4th of July falls on a Tuesday, my usual day in Woodville. For anyone interested, I will be there on Wednesday, the 5th instead. Just call or text ahead!

Enjoy your summer!

Dr Lon and Nichole Nitschke

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Natural Health Center's Schedule

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Drop-ins ok when I'm there.**
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Quick tips for a successful meditation session

When it comes to having a successful meditation session, what we do right before we meditate is just as important for helping us to enjoy the experience as the actual meditation itself. Enjoying the experience and feeling better after meditation is often the definition of success, but everyone's expectation will be different.

Tip number one: Setting an intention

Your intention might be very general, such as to feel a sense of well-being mentally and physically or something a little more specific. For example: The intention of today's meditation is to improve my focus so I efficiently complete my project or to feel calm for my meeting at work or to enhance my creative writing, or to feel connected to my spirituality. Starting with an idea of what results you want to get out of the meditation, tends to influence your desire to meditate and increases the chances of you actually sitting down to do it.

Tip number two: Doing it in the right place

Some people have a designated place in their home where they meditate, one of my client's calls it her "Zen Den" and it's decked out with pillows, candles, fairy lights, incense and fresh orchids. While this may be helpful for enhancing the experience, it's not a requirement. You can meditate anywhere: in your parked car, on the bus, at your kitchen table or at your desk in your cubicle at work.

Setting your space up for an uninterrupted meditation is ideal, for example: wearing headphones or earbuds (especially if you're in public), turning off bright lights and the TV, or turning your chair away from the computer screen, putting the phone on do not disturb, closing the door, or posting an actual sign that says do not disturb. These are all important steps to ensuring that any place you meditate can become the right place.

Tip number three: Doing it at the right time

Taking care of a few things first will also help. Make sure your pets have been tended to beforehand, so they don't come looking for their walk, cuddle time, or food. Or you can put them in another room with their other humans. These proactive steps will at least decrease the risk of interruption from our furry friends.

This can also apply to other members of the family. Make an announcement that you will be unavailable for next 10 to 20 minutes and make a swift exit.

The time of day that you meditate is totally up to you. We tend to be creatures of habit, so for some people, every morning is best, for others during their lunch break is ideal. What's most important is that you actually meditate, so if it's a different time every day, no worries.

Tip number four: Getting in the right position

Sitting in a comfortable upright position is the general rule of thumb. Lying down is discouraged in meditation, for one, you are more likely to fall asleep, and the other reason is being in an upright position helps to generate a positive flow of energy through the body.

Quick tips for a successful meditation session *Cont'd from page 2.*

If you are not well, due to injury, illness or disability and it's not realistic to sit up, then by all means, meditate lying down or in whatever position will work best. However, if you are able, get into the habit of always sitting upright. This can be in a chair or on the floor or on a cushion while sitting cross legged. If you're in a chair, for best practice, make sure you can place both of your feet flat on the floor.

Tip number five: Background enhancements

Some people have a special playlist of music that they prefer to listen to, there is no right or wrong about the sounds you may choose to play or shut off while you meditate. It's recommended that if you do listen to music, it is instrumental, because song lyrics can be distracting. Something that's rhythmic and easy to relax to, such as a fan, white noise, or recorded sounds of the ocean is a popular choice for meditators. Others may opt for no sounds at all, reasoning that this keeps things simple, and may help to decrease the chances of becoming dependent on a particular soundscape. This way they'll be able to meditate at any time in any place without needing to use technology or a device. You may want to experiment and practice meditating with these various background options.

Tip number six: Decide how long you intend to meditate

It's common practice to meditate approximately 15 to 20 minutes. At the beginning you may want to start closer to five minutes, just like exercise, you want to train yourself and work slowly yet steadily towards doing it longer. Setting a soft alarm to indicate when time is up is helpful, while others simply note the time on the clock, do the math, and peak at the clock a few times throughout the meditation to track the time. Once again, there is no right or wrong way for any of these suggested tips.

The only way you fail at meditation, is not doing it all. Trying out different approaches to these simple yet important setups, and deciding what works best for you, will ultimately be the key to your success. Happy Meditating!

Client Feedback:

"Hello Nichole, I'm reaching out because I wanted to let you know that the general life guidance reading you gave me was very helpful. Many of the things you told me ended up providing me with insights that have been very valuable and affirming. I just wanted to let you know that I appreciate what you did and I appreciate your service. You helped me a great deal in just one hour!" **Carolyn**

Why Are You Here? Why Aren't You Here?

You are joining many of your neighbors who have chosen the natural, drug-free chiropractic approach to good health. Chiropractic is the healthcare of the 21st century; it is an exciting new world of healing and health optimization.

People see their Doctor of Chiropractic for many different reasons. For some, chiropractic is a system of healing musculoskeletal problems including, but not limited to, back, neck, disc, arm, shoulder, leg, hip, nerve, and muscle pain or discomfort. (1)

Others use chiropractic as a natural system of healing from diseases or chronic conditions. These include headaches, chronic fatigue, high blood pressure, skin conditions, PMS, menstrual cramps, arthritis, asthma, sinus trouble, digestive problems, nervous stress, emotional stress, fevers, bed-wetting, ear infections, colic, and many other conditions that might otherwise be addressed through drugs and or surgery. (2) Still others use chiropractic to keep their health at its optimum, for better sports performance, higher resistance to disease, clearer thinking, a more comfortable pregnancy, labor, delivery, and more energy. (3)

For whatever reason you are here (or interested in coming here), we say, "Welcome." Please pass on this chiropractic message to your "uninitiated" friends so they may discover the chiropractic approach - and hopefully avoid invasive treatments like drugs and surgery while enjoying the chiropractic difference.

Is Your Head Screwed on Straight?

Have you ever woken up feeling like your head is just not screwed on straight? Caffeine may give you a jump start but it doesn't really solve the problem.



Sometimes the clichés we blurt out are actually powerful indicators of what's truly happening. Chances are, if you feel like your head isn't screwed on straight, it probably isn't!

If your body structure is out of alignment, a chiropractic adjustment will return your spine closer to its ideal position. When your head gets "screwed on" correctly, it is balanced and aligned with gravity. The result is feeling lighter, more relaxed, more at peace, and better able to go about the day in a more energetic and productive manner.

Our patients come in twisted and wound up, but leave feeling expanded, straightened out, and more at peace!

Don't wait for the pain to be your call to action. Instead schedule an appointment and get a first-hand experience of this magical thing called a chiropractic adjustment. You won't know how far you/your body regressed until you receive an adjustment and re-discover your newly balanced state.

The Three Mistakes the Japanese Made at Pearl Harbor

Sunday, December 7th, 1941—While Admiral Chester Nimitz was attending a concert in Washington, DC. he was paged and told there was a phone call for him from President Roosevelt. Nimitz would now be the Commander of the Pacific Fleet. Admiral Nimitz flew to Hawaii to assume command, landing at Pearl Harbor on Christmas Eve, 1941.

When he arrived, there was such a spirit of despair, dejection, and defeat--you would have thought the Japanese had already won the war.

On Christmas Day, 1941, Adm. Nimitz was given a boat tour of the destruction wrought on Pearl Harbor by the Japanese. Big sunken battleships and navy vessels cluttered the water everywhere you looked. As the Admiral's tour boat returned to dock, the young helmsman of the boat asked, "Well Admiral, what do you think after seeing all this destruction?"

Admiral Nimitz's reply shocked everyone. Nimitz said, "The Japanese made three of the biggest mistakes an attack force could ever make, or God was taking care of America. Which do you think it was?"

Shocked and surprised, the young helmsman asked, "What do you mean by saying the Japanese made the three biggest mistakes an attack force ever made?"

Nimitz explained: "Mistake number one was the Japanese attacked on Sunday morning. Nine out of every ten crewmen of those ships were ashore on leave. If those same ships had been lured to sea and been sunk--we would have lost 38,000 men instead of 3,800.

"Mistake number two: When the Japanese saw all those battleships lined in a row, they got so carried away sinking those battleships that they never once bombed our dry docks opposite those ships. If they had destroyed our dry docks, we would have had to tow every one of those ships to America to be repaired. As it is now, the ships are in shallow water and can be raised. One tug can pull them over to the dry docks, and we can have them repaired and at sea by the time we could have towed them to America. And I already have crews ashore anxious to man those ships.

The Three Mistakes the Japanese Made at Pearl Harbor Contd. From page 4.

"Mistake number three: Every drop of fuel in the Pacific theater is in ground storage tanks five miles away over that hill. One attack plane could have strafed those tanks and destroyed our fuel supply.

"That's why I say the Japanese made three of the biggest mistakes an attack force could make, or, God was taking care of America."

Admiral Nimitz was able to see a silver lining in a situation and circumstance where everyone else saw only despair and defeatism. There is a reason that our national motto is, "IN GOD WE TRUST".

Taken from "Reflections on Pearl Harbor" by Admiral Chester Nimitz.

Questions and Answers

Q. What is healing?

A. Healing is the magic that occurs when blockages and interferences are removed, and the individual reconnects to themselves. The true magic of healing is you are becoming you!

The body has innate wisdom that guides the maintenance and repair of our cells, tissues, organs, and systems, so everything works together seamlessly as one unit.

Messages travel through the brain and spinal cord to all parts of our body and back again, constantly. So this information goes back and forth, here and there, and we are designed to keep up this functioning at high efficiency as long as we are in good health.

The chiropractor's job is to ensure that the messages that travel over your nerves, under the direction of your body's wisdom, are free from stress. They do that by analyzing your body for subluxations - areas of spine and nerve stress - then using the art and science of the chiropractic adjustment to release or remove those subluxations. That way, you can function at your best.

Traditional Eating

Five Not So "Common"-Sense Nutrition Guides

1. Use butter, ghee, coconut oil, olive oil, tallow, or lard for all of your cooking.
2. Stop using margarine and vegetable or seed oils for cooking.
3. If you are able, breastfeed your babies. Also, don't forget to tell your friends and loved ones that baby formulas can be less than ideal.
4. Read the labels on your products and eliminate anything that has saturated or poly-unsaturated vegetable oils, including most processed cookies, cakes, and candies.
5. When considering dairy items, use milk, butter, ghee, and cream from grass-fed cows.



Words of Wisdom

Far and away the best prize that life offers is the chance to work hard at work worth doing.

Theodore Roosevelt.

Dost thou love life? Then do not squander time, for that's the stuff life is made of.

Benjamin Franklin



Just the Essentials

Harnessing the Power of Essential Oils in Spring: A Trio of Benefits

Spring is a season of renewal and rejuvenation, the perfect time to incorporate the therapeutic properties of essential oils into your routine. Essential oils, derived from the distillation or expression of various plant parts, can offer an array of benefits to enhance your wellbeing. Here are three compelling reasons to use essential oils during spring.

First, they can aid in allergy relief. Spring often brings an increase in pollen, leading to an uptick in allergies for many individuals. Certain essential oils, such as **peppermint, lemon, and lavender, have been shown to help alleviate common allergy symptoms like sneezing, itchy eyes, and congestion.** Diffusing these oils in your home or applying them topically (when diluted with a carrier oil) can help soothe these discomforts.

Second, essential oils can assist in mood enhancement. With their potent aromatic compounds, **oils like sweet orange, bergamot, and jasmine are renowned for their uplifting properties.** Research has revealed that these oils can influence our mood, reducing feelings of stress and anxiety while fostering positive emotional states. Incorporating these oils into your springtime routine can encourage a more buoyant mood as the world reawakens around you.

Lastly, essential oils can contribute to increased focus and productivity. Spring is a time of renewed energy and goals, and oils like rosemary, peppermint, and lemon can boost cognitive function. Studies have shown that these oils can enhance concentration, memory, and mental clarity, creating an ideal environment for productivity.

To conclude, the advent of spring presents an ideal opportunity to harness the natural, therapeutic power of essential oils. By offering allergy relief, mood enhancement, and cognitive boosts, essential oils can truly enhance your springtime experience. Always remember to use these potent botanical extracts responsibly, consulting a healthcare provider as necessary.

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.

Fibromyalgia in a 64-year-old. A 64-year-old woman with fibromyalgia was medically diagnosed 6 years before beginning chiropractic care. In addition, she complained of sleep apnea, loss of coordination, glaucoma, degenerative disc disease, and changes in bowel habits.

Using X-ray and other tools, an upper cervical subluxation was discovered at her atlas (C1) verte-

Researching Chiropractic *Con'd. from page 6.*

Scoliosis in a 10-year-old girl. This was the patient's first time under chiropractic care. Analysis revealed a 16.2 degree right thoracolumbar scoliosis, measured from her 12th thoracic vertebra to her 6th lumbar vertebra.

She was adjusted for three months. X-rays, taken at 3 months, showed a 28.4% improvement in her scoliosis (a decrease of 4.6 degrees). (6)

Meniere's Disease. A forty-eight-year-old woman, a retired registered nurse, was diagnosed with right unilateral Meniere's Disease (MD). Her symptoms included many episodes of dizziness with nausea and vomiting as well as drop attacks. She also had low-frequency hearing loss, tinnitus, and a sense of ear fullness with pain. Chiropractic care consisted of twelve visits over six days. She returned for a reevaluation four years later. All her complaints were relieved, except hearing loss, though it did improve. (7) Chiropractic care consisted of twelve visits over six days. She returned for a reevaluation four years later. All her complaints were relieved, except hearing loss, though it did improve. (7)

Humor

Doctor: Nurse, how is the patient who swallowed the roll of quarters?

Nurse: No change yet, doctor.



Things to ponder:

- If the professor on Gilligan's Island can make a radio out of a coconut, why can't he fix a hole in a boat?
- Why does Goofy stand erect while Pluto remains on all fours? They're both dogs!
- If Wile E. Coyote had enough money to buy all that Acme crap, why didn't he just buy dinner?
- If electricity comes from electrons, does morality come from morons?
- Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him on a car ride, he sticks his head out the window?

Did you know?

Q: Why do people clink their glasses before drinking a toast?

A: It was common for someone to try to kill an enemy by offering him a poisoned drink. Then both men would drink it simultaneously. When a guest trusted his host, he would then just touch or clink the host's glass with his own.

Q: Why are people in the public eye said to be, "in the limelight"?

A: Invented in 1825, limelight was used in lighthouses and stage lighting by burning a cylinder of lime which produced brilliant light.



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.