

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

www.theoldoc.com

Nichole L. Nitschke, LPCC

Readings Counseling Hypnosis

317 Birchard Avenue

Fremont, OH 43420 &

421 West Main St.

Woodville, Ohio 43469

Phone: 419-552-4374

nichole@inspiredflow.net

www.inspiredflow.net

Nitschke Chiropractic

Dr. Lon H. Nitschke

2150 Hayes Avenue

Fremont, Ohio 43420

Phone: 419-332-7666

Email: drlhn@woodville.net

www.naturalhealthohio.com

May 2023

Dear Patients, friends and neighbors,

Greetings and apologies for this tardy newsletter. Spring, yard, garden, purging...

Any excuse will do...

One topic of interest, (not in the news) and answer to questions I hear all the time:

- **Why can't I lose weight? Why do I hurt all over? Why can't I poop? Or the opposite!**
- **Why do I have stomach problems? Pain? Reflux? Burning? Gas? And other issues?**
- **Why do I have diabetes? High blood pressure? Autoimmune disease?**

It is all related! I picked up a book on vacation with a rational explanation.

"Wheat Belly," by Dr. William Davis MD. He had the same problems. He researched it, applied the information, and **solved all his problems with one lifestyle change** (and wrote the book in 2011 with updated versions in 2018).

I was reminded of an article in a [Health Alert Newsletter](#) by Dr. Bruce West years ago, that gave the same message in a 2-page summary. I've been passing out copies of those 2 pages and recommending the *Wheat Belly* book which gives all the research, details, case studies, plus hidden sources and recipes.

If you are asking any or all the questions above, you could benefit, find relief, and lose weight in the process. I recommend checking into it. Dr. Davis's book(s) are available for review or purchase on Amazon for as little as \$5 (used). **Feel free to call me if you want. I can help!!**

And while on the subject of books of interest, another among the many in my library worth a look: ***The Cause for Cancer Revealed.....the vaccination connection, by Dr Cass Ingram.***

Wishing you and yours a happy, healthy spring.

Dr. Lon and Nichole Nitschke LPCC

This issue's table of contents

- Quick tips for a successful meditation session
- What is Chiropractic
- Testimonials, Page 4
- Your discs love movement.
- Babies heal their mothers.
- Questions and Answers
- Did you know?
- Traditional Eating
- Words of Wisdom
- Researching Chiropractic
- Humor

Natural Health Center's Schedule

Woodville Office

**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
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
www.naturalhealthohio.com

Nichole L. Nitschke, LPCC

Readings 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
www.inspiredflow.net



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



What is Chiropractic?

Each year millions of people are enjoying the most popular natural, drug-free health care system in the world – chiropractic! Chiropractic helps people function closer to their physical and emotional best, recover from sickness, disease, and disability faster and minimize the use of drugs and surgery in their lives! Many chiropractic users report less stress more vitality and more enjoyment in life!

Chiropractic is a system of health care that releases a serious stress from your body: the subluxation. A subluxation is an often painless, tiny, structural distortion that can affect your nerves, muscles, internal organs, discs, bones, brain function, posture, and overall health.

Subluxations are caused by stress of all kinds: poor posture, accidents, sitting or working in the same position for long periods, sports, emotional pain, toxins, poor nutrition, and gravity (it's always pulling you down).

Adults can carry subluxations in their bodies that were originally caused by a stressful birth or a childhood fall. Unless they have a chiropractic checkup these long-standing subluxations may never be corrected.

Your discs love movement.

To keep your spinal discs healthy, you need movement! You've got 23 of these spinal discs that function as "shock absorbers" in your spine. With your every step they absorb the forces of gravity and cushion the pounding coming from living on this world. (Those living without gravity can skip this section).

Your discs also add to your height – that's why you are taller in the morning (they puff up a bit) than in the evening (after a day of gravity). Astronauts actually gain height as they live in the weightlessness of space. They also lose muscle and bone mass unless they've exercised in the spaceship. Exercise is good for all your muscles and bones as well as your discs when you are on earth too!

Your discs also create the spinal curves in your neck and lower back (referred to as your lordotic curve), and mid-back (your kyphotic curve). If your curves aren't properly curvy, your spine is weaker and unnatural pressure will stress your discs and that could cause disc problems – so make sure your spine is properly aligned with a chiropractic check-up. If needed a painless, adjustment will release stress on your discs, your spine, and your entire body structure.



Testimonials

I feel like myself again! I've been with Dr. Nitschke for years. When I have a concern with my health, I consult with him first. I was having (I thought) problems with my heart and thyroid. My heart was racing and shortness of breath was a real concern. My daughter insisted I go see a cardiologist. They gave me a heart monitor patch for 14 days. Every time I felt any heart/ breath concern I was to push the button on the patch. I pushed that button like every few minutes. I also have an appointment for an Echocardiogram. My mind said go see Dr. Nitschke. He tested me and found that the cause was gluten and all grains. I am excited to say that after 2-days of No Gluten No Grains, my heart is almost back to normal and my shortness of breath is completely gone. My thyroid nodules seem to feel better also! I'm still keeping the Echo appointment to see what the cardiologist will have to say when my heart is back to normal by changing my diet.

I can't thank Dr. Nitschke enough for, in my opinion, saving my life! THANK YOU!!

Julie Pugh

During my pregnancy Dr. Nitschke improved my quality of life by 100%!

My heartburn went away by taking supplements and my muscle pain and RLS went away with the adjustment/supplements. After my pregnancy I continued to have thyroid and food intolerance issues. Ninety-five percent of the time when I listen to the Dr.'s advice regarding diet changes and supplement use my physical issues resolve themselves. There has only been a few occasions in which I have sought my family practice doctor's care.

I am so grateful to have found Dr. Nitschke, he has helped improve my quality of life, helped to keep me and my family healthy. I tell everyone I meet about him and how helpful his care has been. What a wonderful blessing his practice is to the people who find him!

Holly Henn

Questions and Answers

Q. Is chiropractic safe for a pregnant woman?

A. Absolutely! Keeping your spine free from subluxations is one of the best things you can do if you are pregnant. If there's one group of people who need chiropractic checkups more than any other, it's pregnant women.

Pregnant women are taking more responsibility for their bodies: reading more, asking more questions, eating better, exercising more and exploring ways of optimizing health.



Questions and Answers Cont'd. from page 4.

Q. Is chiropractic safe for a pregnant woman?



Chiropractic care should be considered an essential part of the pregnant woman's health care regimen. Women are recommended to have chiropractic care throughout their entire pregnancy. With less stress on the baby and the mother. Patients have even received adjustments during labor. There are reported cases of a chiropractor called in to perform a spinal adjustment when labor had stopped. Immediately after the adjustment labor resumed normally. (1)

Be careful of the tests obstetricians want to do. The renowned pediatrician Robert Mendelsohn, MD writes: *Invasive diagnostic procedures also have the potential to cause damage and should be avoided if possible. Stay away from X-rays, diagnostic ultrasound, doctor prescribed medication, and every other form of dangerous obstetrical intervention.* (2)

Dr. Mendelsohn was an advocate for chiropractic care. He understood many of the benefits of chiropractic and was especially glad that chiropractic care for pregnancy carries no side effects, only good effects for mother and baby.

Babies heal their mothers.

The birth of a child is miraculous; there are miracles we are discovering from that miracle. A more recently discovered "miracle" the discovery that the unborn baby can help the mother heal while the mother is growing the baby inside her. This win-win relationship has been named "mother-fetal microchimerism".

This is how it works: during pregnancy, cells from the fetus cross the placenta and enter the mother's body. These cells become part of her breast, thyroid, brain, lung, thymus and other tissues and will remain there for decades. The baby leaves a permanent imprint on the mother.

This occurs with every child, even if a baby is still-born, or if the mother has an abortion, those baby's cells are still in her.

Benefits to the mother benefit to the baby



Baby's cells were identified in healed cesarean section scars which indicates that the baby participates in the mother's wound healing.

It's more than just wound repair. If a mother's heart is injured, for example, fetal stem cells will rush to the injury site and transform into different types of cells that specialize in repairing the heart. The child helps the mother repair, while the mother builds the child. Obviously, mother-fetal microchimerism is good for both the baby and the mother.

Some fetal cells have stem-like properties that may allow them to provide maternal benefits... We predict that microchimerism should be associated with enhanced maternal health where there is potential for the fetus to enhance maternal health at low or no cost to itself, such as in the transmission of fetal stem cells that might provide a benefit for somatic maintenance (i.e., maternal tissue repair or replenishing stem cell niches). (1)

This may be the reason why some diseases fade away during pregnancy.

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.



Two-year-old boy with developmental delays and otitis media. A two-year old boy was first brought in for chiropractic care because of an altered ability to crawl and developmental delays. He also had middle ear infection with effusion (OME). His birth had been traumatic and he had been fully vaccinated.

Positive responses to care began after six visits. His mother reported he began climbing a lot more and that he also had started using pronouns. He began pointing to things and tried to say the name of them. His vocabulary had exploded since beginning chiropractic care. The child's speech and movement improved after being adjusted over a two-year period. His ear infection resolved. (3)

Autism in a 3-year-old. The child was diagnosed of autism spectrum disorder. He had delayed developmental milestones, an inability to eat solid foods, was unable to gain weight, and had a limited vocabulary of a few words. Additionally, he had an aversion to being touched, had sleep deprivation, and suffered from constipation. Past history included a difficult pregnancy, labor, and delivery for the patient's mother. The child was fully vaccinated.

Vertebral subluxations were found upon examination and corrected by the chiropractor.

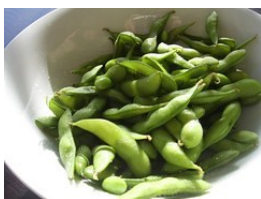
By his third chiropractic visit, he was comfortable with the doctor touching him and his parents reported that he is not usually comfortable with even his grandmother touching him. His parents reported that he had been trying to say his first words and had improvements in constipation, behavior, and sleep habits.

Adjustments continued and over a 2-month period the child continued improvements in sleep patterns, behavior, sensitivity to touch, expansion of vocabulary, constipation, and retained primitive reflexes following chiropractic adjustments. The patient continues chiropractic care. (3)

A Five-Year-Old with Sensory Modulation Disorder and Constipation. The patient is a 5-year-old girl with a history of birth trauma, developmental delays, sensory processing, sleep difficulties and other functional disorders. The child had been fully immunized.

Following chiropractic adjustments, the patient's nervous system was able to function at a higher level, resulting in improved bowel function, mood, ability to concentrate and engage with her environment, less-fragmented more-restful sleep, improved mood, and ability to focus. (4)

Traditional Eating



The risks associated with consuming unfermented soy products are substantial. Edamame and soymilk can lead to serious hormonal imbalances, and even a baby's regular soy formula is equivalent to them taking five birth control pills in each bottle. In an experiment conducted in Brazil, rats which were given soy milk with and without the pesticide glyphosate both experienced endocrine disruption, such as decreased testosterone levels, a reduction in Sertoli cells, and an increase in the number of damaged Sertoli and Leydig cells. The latter group of rats also suffered additional abnormalities.

Nonetheless, a study in the Journal of Food Science and Technology labeled soy milk as the "best alternative to milk".(4) For this reason, it is strongly recommended to avoid all unfermented soy products.

Words of Wisdom



Catch on fire with enthusiasm and people will come for miles to watch you burn.

John Wesley

*No matter how far you have gone on the wrong road, turn back. **Turkish proverb.***

*Even the wisest of doctors are relying on scientific truths, the errors of which will be recognized within a few years' time. **Marcel Proust.***

*There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. **Albert Einstein***

Did you know?

- Robert Louis Stevenson, suffering from advanced tuberculosis, wrote his 60,000-word novel, *Dr. Jekyll and Mr. Hyde* in six days.
- The bulk of the money made by movies theatres comes from selling snacks, not showing films.
- M & Ms are named after their creators: Mars and Murrie
- Maine is also the only state that has a single syllable name.
- Seven percent of American adults think chocolate milk comes from brown cows (**spoiler: it does not**).

Humor

- Why is it that night falls but day breaks?
- Why is the third hand on the watch called a second hand?
- Why is it that when you're driving and looking for an address, you turn down the volume on the radio?
- Why is lemon juice made with artificial flavor, and dishwashing liquid made with real lemons?
- Are part-time band leaders semi-conductors?
- Can you buy an entire chess set in a pawn shop?
- Daylight savings time-why are they saving it and where do they keep it?
- Did Noah keep his bees in archives?
- Do jellyfish get gas from eating jellybeans?
- Do pilots take crash-courses?
- Do stars clean themselves with meteor showers?
- Do you think that when they asked George Washington for ID that he just whipped out a quarter?



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.