



Natural Health Center



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We work by appointment. Please call or text for availability!

Fall/September 2023

Dear Patients, friends and neighbors,

Welcome to cooler weather and our travel schedule. We are leaving Saturday, 23rd for a drive north through scenic Michigan to Mackinac Island for a couple days. Then a detour coming back to visit the Gilmore Car Museum, Hickory Corners. September AAA magazine recommends Gilmore as the **ONE** to see out of the top 10 with 435 vehicles on display, most under cover on a 90 acre campus. So I will miss Woodville, Tuesday afternoon, the 26th. But back in Fremont Friday, and Woodville following Tuesday, October 3rd. Gone the next weekend to attend our grandson's wedding. November 4th in Columbus for continuing education (CE). Then, Leaving Wednesday Nov 8th for a road trip to Charlotte NC to tour the Standard Process research labs. Back following Monday. And that completes the required CE hours to renew my license for 2024-25. Then it starts over. **Our winter plans are to leave Ohio on or about February 1st and return by March 20th.** I will share the itinerary in the next letters. Thought I'd share a couple pictures of where I spent much of my time this spring and summer.



I get text messages from many patients reporting the results of their visits. Here are a couple of recent text messages:



"Thank you so much for today. I am 95% better and more relaxed too. You are a miracle worker." from GL

"Hi Doc! I'm sorry I haven't texted you sooner. Your adjustment last week worked wonders! All the eczema has cleared up and I am doing well. Thank you so very much!!! Your friend, JP P.S. my mom may be calling you soon. She's having trouble walking due to knee issues from an outbreak of shingles on her knee down. Yes she's had all vaccines."

Wishing you a healthy fall, Dr. Lon & Nichole Nitschke

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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)

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:

"Learning to meditate and become more mindful has helped me to remain relaxed and focused when stress starts coming on. Nichole has really helped me to relax my muscles and certain areas of my body where I now notice there is tension. My mind can become CLEAR, on my own at a convenient time for me thanks to Nichole's tips and techniques. I have also noticed a reduction in my appetite, or maybe you could say I have more control over my appetite. I seem to go for hours without feeling hungry or a need to grab a snack. I don't think this was one of the benefits mentioned, but it has been a great benefit for me!"

Ed C.

"Meditation has taught me to be more present in my life. Being introduced to mindfulness has really made a difference for me in my everyday life. I am able to relax and not always feel so stressed out. I'm happier, I have less stress, and I have learned that I am able to control my thoughts. I enjoyed working with Nichole and learning this valuable skill."

Anonymous

"I used to be a very angry driver. I would get so irritated with the way others were driving and I'd often yell profanities and honk my horn. I would also drive too fast and aggressively at times. About one month into daily meditation, typically meditating once a day for an average of 12 minutes each time, I noticed that I stopped yelling at other drivers and was much calmer while on the road. I slowed down and started to take my time, and not just while driving. In general I became a nicer and much more pleasant person. I am so glad I let Nichole teach me how to meditate."

- C.N

How Do You Know If You Should Go to A Chiropractor?

How do you know if you should go to a chiropractor? Ask yourself the following questions:

Am I alive?

Do I have a brain and nerve system?

Do I have a spinal column and skeletal system?

If you answered yes to these three questions, run over to your neighborhood chiropractor for a check-up.

This may be a bit humorous, but we're making an important point. You've been getting various check-ups from different doctors for most of your life yet have ignored your spine and structure.

You get dental check-ups, you get your eyes and vision checked, your hearing checked, your heart checked – but what about your spine?

For thousands of years, all over the world, the spine's health was considered essential to the health of the body. Japanese, Chinese, Indian, African, Polynesian, American Indian, ancient Greek and ancient Egyptian cultures practiced spinal care.

About 300 or so years ago, spinal care was becoming a lost art as more and more healers turned to the chemical medicine that is now dominant in society. Over time, spinal health was all but forgotten.

This is ironic considering the father of medicine, Hippocrates, said, "Look well to the spine for the cause of diseases."

Thankfully, spinal and structural care is having a renaissance. Times are changing as more and more people turn to chiropractic care. Please bring in your whole family for chiropractic check-ups and care; you'll see a beautiful improvement in everyone's well-being.

What is the Difference Between Opiates and Opioids?

The key difference between opiates and opioids is in how each of these types of drugs are made. Opiates describe drugs derived from the flowering opium poppy plant: morphine, codeine, and heroin. Whereas opioids, by contrast, include oxycodone and oxycontin, synthetic components that are made in a lab.

While these drugs can be used under very specific circumstances and for a very limited amount of time to help manage pain, they are not meant to treat ongoing chronic pain.

Opiates and opioids are highly addictive, and opioids are estimated to be 50-100 times more potent than opiates. As you no doubt guessed, current medical guidelines no longer recommend using opioids. Instead, leading healthcare organizations now recommend movement-based treatments for chronic pain, like the care we provide in chiropractic. So, if you've been living with pain and are interested in exploring a path to relief that doesn't involve risky medications, call us today.



Did you know?

The typical tree or plant receives about 10% of its nutrition from the soil, the rest comes from the atmosphere.

The dwarf willows on Greenland's tundra are the smallest trees in the world. They are only two inches high.



Questions and Answers

Question: Are cholesterol-lowering drugs (statins) good for you?

Answer: Cholesterol is needed. All your cells make cholesterol – it is a chemical essential for health. Without cholesterol, you could not live. Cholesterol helps your muscles, heart, hormones, internal organs, and especially your brain, function properly. Cholesterol is also anti-inflammatory – think of cholesterol as a little firefighter – putting out fires (inflammation) in your body. If you see lots of firefighters at a fire, do you tell them to leave? Of course not. Similarly, if a person's cholesterol is high, then they are suffering from inflammation. It may be due to a wide range of issues, including poor diet, dental infections, or unresolved emotional stress.

There is a class of drugs known as statin drugs that artificially lower blood cholesterol. These include Lipitor®, Crestor®, Vytorin® and Zocor®. These drugs can be risky and are linked to side effects like heart attacks, muscle pain, memory loss, depression, and diabetes. This is especially concerning since people are told to take statin drugs for heart health. One of the problems with statin drugs is that they interfere with the creation of Coenzyme Q10 (CoQ10), an important chemical that is needed for your heart, muscles, and brain. (1) High cholesterol doesn't cause heart disease; at least half of people who have heart attacks have normal or low cholesterol.

As if that weren't bad enough, the Food and Drug Administration (FDA) has recently added cognitive brain dysfunction, brain damage, memory loss, and mental confusion to the adverse effects of the use of statin drugs. This class of drugs has yet to be removed from the market.

For your cholesterol levels

For good brain function and memory, healthy blood vessels, and protection against Alzheimer's disease, stroke, heart disease, and cancer, you need lots of good fats and cholesterol in your diet from organic butter, cream, eggs, meats, and healthy oils like coconut oil and olive oil. Avoid margarine and unhealthy oils such as canola, corn, safflower, and cottonseed oil.



Traditional Eating

Are You Using Sucralose (Splenda™)?

Splenda™ is an artificial sweetener supposedly made with "real sugar," but it has been exposed as "genotoxic," damaging your DNA. Sucralose (Splenda™) interacts with your gut bacteria, causing your gut to leak and increasing the risk of cancer. (2)

This toxic ingredient is added to Tylenol, Pepcid, and many common cold and flu medications.

Exactly one day after this research was published, the FDA updated its recommendations on artificial sweeteners and re-approved the use of Splenda™.

Words of Wisdom



People destined to meet will do so, apparently by chance, at precisely the right moment.
Ralph Waldo Emerson

Grief can take care of itself, but to get the full value of joy you must have somebody to divide it with. **Mark Twain**

Humor

- ♦ A mother went in to wake up her son. "Wake up, son. It's time to go to school!" "But why, Mom? I don't want to go. The kids hate me, and the teachers hate me, too! Give me two reasons why I should go to school."
- ♦ "Well, for one, you're 52 years old. And for another, you're the Principal!"
- ♦ A 75-year-old man was working out in a gym when he spotted an attractive woman. He asked his trainer, "What machine should I use to impress a girl like that?" The trainer replied, "I'd try the ATM in the lobby."



Just the Essentials

The Best Essential Oils for Back to School

As students transition back to the academic routine, the stress, excitement, and nervousness are often a bundled package. Fortunately, nature provides a potent arsenal to tackle these challenges: essential oils. These natural extracts have been used for centuries due to their therapeutic properties. For those heading back to school, certain oils can help foster focus, calm nerves, and even strengthen immunity.



Lavender: Widely recognized for its calming effects, lavender essential oil can be a true ally during the anxiety-ridden back-to-school season. According to a study published in the *Journal of the Medical Association of Thailand*, inhaling lavender essential oil can significantly reduce stress and anxiety levels, promoting a sense of calm and relaxation [1]. For students, this translates to better sleep and a more relaxed mindset during the initial school days.

Peppermint: If you need a mental wake-up call, peppermint is the go-to essential oil. A study from the *International Journal of Neuroscience* revealed that peppermint oil can enhance memory and increase alertness [2]. A whiff during study sessions or in the morning can set the tone for an alert and focused day.

Tea Tree: Given the large gatherings in schools, bolstering one's immunity becomes paramount. Tea tree oil is lauded for its antimicrobial properties, making it an ideal choice to fend off potential pathogens. While it's more commonly applied topically, its aroma can also be invigorating and refreshing.

Lemon: Besides its refreshing scent, the lemon essential oil is known for its mood-enhancing properties. Diffusing this oil in the study area can create an uplifting environment essential for those long study sessions.

As students gear up for another academic year, integrating essential oils into daily routines can offer natural support for the challenges ahead. From promoting calm to sharpening focus, these oils could be the unsung heroes of the school year.

The Old Doc's Testimonials



- **Before:** Originally I came for shingles. I received an immune conditioning with a cold laser. And my care has evolved into chiropractic, nutrition, and even emotional issues. I was dealing with ongoing pain and feeling tired.

- **Now:** My pain level is substantially reduced, thank you Dr Lon. I have more energy and feel better. It is very important to have my nutritional needs reassessed on an ongoing basis and adjusted as needed. What a surprise that the most urgent pain was emotionally related. I am so happy my friend told me about Dr Lon. The shingles are resolved and I use a holistic approach to continue remission. Thanks! ~ **Ruby Fifer, DDS**

Researching Chiropractic

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

Tinnitus in a 55-year-old.

A 55-year-old man suffered from tinnitus after a fall that caused head trauma six months earlier. After the first chiropractic adjustment, he reported an immediate decrease in pain and tinnitus for several hours. He continued with care, and 13 weeks later, at his 17th appointment, he reported that he had his "best week ever." (3)

A 45-Year-Old Female Suffering from Asthma.

A 45-year-old woman suffering from asthma, headaches, insomnia, low back pain, and sinus problems began chiropractic care. She had never been in an auto accident, knocked unconscious, or had fractures of any bones. In the past two years, she reported having problems with headaches, chronic sinus issues, asthma, digestive disorders, sciatica, low back pain, and insomnia. After four months of chiropractic care, her headaches, low back pain, and asthma showed "much improvement," while her insomnia showed "mild improvement." (3)

A 10-year-old with Arthritis.

A 10-year-old girl with reactive arthritis suffered from neck and mid-back pain, making it difficult for her to perform daily activities such as walking, putting on her clothes, and playing sports. At times she needed to crawl upstairs due to the pain and arthritis and almost drowned while swimming due to the pain.

Several medical doctors prescribed non-steroidal anti-inflammatory drugs (NSAIDs), such as Naproxen and Meloxicam, and steroids that gave a few hours of relief.

A chiropractic examination revealed subluxations and postural distortions. She began chiropractic care and had 20 visits over seven weeks. X-rays revealed correction of spinal alignment, subluxations, and posture. She reported complete resolution of her neck and mid-back pain and improved quality of life. She continues regular, maintenance chiropractic adjustments 1 to 2 times per month. (4)

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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.

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.