



Natural Health Center



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Spring 2023

Patients, friends and neighbors,

Back from vacation. Rejuvenated! With the first week of spring in 50-60 degrees. Great start on yard, garden prep, spring cleaning, and ready for seasonal allergies. We have natural remedies to avoid drugs and shots. See our offer on page 6 for a FREE consultation.

On the personal side, a point of pride, our grandson, now Dr Marcus Nitschke is practicing chiropractic in Osgood, a small farming community south of the St Marys/Wapakoneta area. We, Gloria and I have been adjusted several times. No bias, but he gives one of if not the best adjustments we've ever had. No surprise, his practice is growing rapidly. Only downside, we drive 2 hours to get there.

On a more somber note, life insurance companies are reporting millions in losses since 2021. Wonder why?? If curious, google **Died Suddenly**. A documentary. At least view the trailer of about 4 minutes. Draw your own conclusions.

I'll close with the same questions I've asked before. Do you trust the government? Do you trust the media? The pharmaceutical companies? Big Agricultural companies? Or medical doctors? Are MDs influenced by drug reps?

Wishing you a healthy, allergy free spring...
Dr. Lon and Nichole Nitschke LPCC



Enjoy the benefits of chiropractic – the largest natural, drug-free, surgery-free, expressive healthcare system in the world.

More and more families are discovering that periodic chiropractic checkups and adjustments promote health and healing without drugs and dangerous medical treatments.

More and more people are turning away from symptom treatment and choosing natural ways of achieving and

This issue's table of contents

- Survival - Ashes to Ashes
- Smoking for Two?
- Water and High Blood Pressure
- Questions and Answers
- Words of Wisdom
- Researching Chiropractic
- Humor
- References

Natural Health Center's Schedule

Woodville Office

**Tuesday Afternoons,
Drop-ins ok when I'm there.**
421 West Main Street
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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**

Success Stories

"Nichole, I did it. I got the lab draw completed without delay or totally freaking out! Thank you for being such an incredible person and therapist. You've helped me through so much: pain, grief, acceptance and that dreadful fear of needles. I really cannot thank you enough. Thank you for giving me the tools needed throughout all of my trials and tribulations. Thanks again!!!" – **Adriene**

"I was feeling deep grief and depression. I hit a wall and could not move forward. I had turned to friends and family, prescription drugs to cope and help me with my declining mental status, this all helped somewhat, but fell short of solving my problems. I needed more help and a friend referred me to Nichole for counseling. Now I am feeling stronger and healthier, and my confidence is returning. I understand my own limitations, and how to deal with it. Finally I see a path ahead that will take me where I want to be. This was impossible a month ago, now it's reality. I have already recommended others to Nichole." – **J.B.**

"I quit smoking years ago with hypnosis but my husband was still smoking in the house, so I started smoking again after 6 weeks. After my husband quit and I was the one still smoking, I decided it was my turn, so I put things in place for myself to make this successful. I called my son and had him take away all of the ashtrays, lighters, tobacco and the electric rolling machine which had all been banished to the garage when my husband quit.

Now after my session with Nichole I am doing very very well! It was nothing magical but it worked! I even have had some unexpected side benefits: things aren't as stressful, and I can put up with my husband much easier than before! I am more assertive and self-confident and I want to take better care of myself. It is freeing to be relieved of all the things that came along with being a smoker. This was so helpful in so many ways. I look forward to working with Nichole in the future to help me with other areas of self-improvement." – **Mary Ann C.**

Smoking for two?

In the 1950's the tobacco industry exemplified what unscrupulous marketers always do. They illegitimately sold their products willfully implementing misrepresentation, altering experimental results, and disguising cases studies for the purpose of financial gain and market domination...Big Tobacco didn't care, as long as it increased their financial prowess and provided them with the money to control congress and state legislatures across the country. Some of those adds such as, "Reach for a Lucky instead of a sweet", "More doctors smoke Camels", "Ivory tips protect your lips", "Just a centimeter longer 101", and the kicker targeting pregnant women; "Winston, when you are smoking for two". (1)

Misrepresentation, manipulated research, fake research and pure lying have become commonplace. Yesterday's Big Tobacco is today's Big Pharma. But their tactics remain the same. Reporters who challenge every politician they do not like never to question "medical breakthroughs", pandemics, epidemics and other medical/pharmaceutical pronouncements; it's displayed as "News" and accepted as fact. Is it because Big Pharma foots the bill for 75% of the total money spent on TV advertising in America: at the tune of \$4.58 billion a year! (2)

Get a Shot for Two

Telling pregnant women to smoke for two is not as bad as telling them to get vaccinated. The number of miscarriages after vaccination has increased dramatically, as has "Sudden Adult Death Syndrome," adults suddenly dropping dead. Bad science creates bad mandates such as masking, distancing, lockdowns (house arrest) and resultant world-wide fear and paranoia. All these practices have been useless and harmful, but fear replaces critical thinking. Some still wear masks. A fearful people are a controllable people. Has "Land of the free and home of the brave" been replaced by "Land of the lockdown and home of the scared?" Americans are better than that. We must question all forms of government and medical totalitarianism.

Water and High Blood Pressure

You need to know this (especially if you drink alcohol)

Your blood is mostly water. When you are dehydrated your blood thickens a little your heart has to pump harder and that raises your blood pressure.



According to a study appearing in the *Journal of the American Medical Association*, two million children have high blood pressure. Could this be due to dehydration? Are your children drinking water or sugary (and especially caffeine) drinks? (3)

Alcohol is dehydrating. Much of hangover pain is the result of dehydration. That's why one of the best ways to prevent and even get rid of a hangover is to drink lots of water.

Traditional Eating

Lower cholesterol means higher death rate.

Yet another study defies the unscientific notion that cholesterol is bad for you. This study shows that lower cholesterol levels result in increased death rates.

A study of more than 3,500 Japanese American men over the age of 70 found a steadily increasing death rate from all causes when cholesterol levels drop. The death rate for those with the highest cholesterol reading was 35% lower than for those with the lowest readings. (1)



Avoid cholesterol-lowering drugs and enjoy the fat – eggs, cheese, butter, cream, schmaltz, etc. – it's good for you. Avoid pasteurized foods, canola, seed oils, corn oil, hydrogenated oils, margarine, and commercial foods that have trans-fats.

Survival - Ashes to Ashes

“Ashes to ashes, dust to dust,” mourners chant over the body of the deceased in our ancient burial ritual. It is a poetically concise, and scientifically accurate statement. For while onlookers stand about the corpse marveling at its silence, its stillness, its apparent peace, it is performing its own ancient ritual of death. It’s complex systems, organs, tissues, and cells are decomposing, disintegrating, and returning to the simpler forms from which they arose.

There is no stopping this process for the great force, energy and wisdom that kept this body in constant organization, complexity and regeneration is gone. What remains is the universal tendency of the complex to return to the simpler, like a delicate house of cards collapsing upon itself.

Now there is no resistance to the onslaughts of the elements. The dead no longer shiver from the cold of night, nor perspire from the heat of day. The sun dries the skin to dust, and the wind blows the dust away. Our body returns to the earth from which it sprang forth to become part of a greater whole. As a Navajo proverb declares “The earth is a mother who never dies.”

Yet we die. Inevitably. It is no miracle that death ultimately overtakes us; the miracle is that life can, even briefly, flourish, that we are able to resist the law of entropy, the tendency of the organized to irreversibly become disorganized; to return to the earth. What buoys us up on this hostile sea of existence and mocks the universal forces around us? How do we maintain our inner uniqueness, our multitude of complex molecular and biological forms and activities and stubbornly refuse to merge into the elements?

That is miracle of life. All living beings possess the ability to maintain inner complexity, to adapt to the environment.

How is this done?

We are filled with adaptatory mechanisms. For example, body temperature must hover around 98.6 degrees F. for our chemistry to function properly no matter what the outside temperature or how active or inactive we are.

On a torrid 110-degree August day you walk into a frigid 65-degree supermarket, yet your body temperature remains the same. How is this done? Adaptatory mechanisms such as shivering, or perspiring keep our body temperature within a safe range.

Adaptatory mechanisms keep us floating upon the sea of existence. They balance blood sugar, blood pressure, hormone levels, and respond to thousands of physical and emotional stresses every day. They all say the same thing – survive! Survive and thrive amidst life’s challenges.

You’re at war

Your world is constantly assaulting you with physical, emotional, toxic, environmental, and chemical stresses. We are fighting a constant war of adaptation. It is a war of high stakes – your life and health! Life requires constant adaptation.

How is this war fought?

Symptoms are the mechanisms your body uses to bring you into balance (or homeostasis). Symptoms may be uncomfortable, but they are necessary. These include diarrhea, vomiting, fever, sneezing, coughing, sweating, and shivering (as mentioned above), mucus and pus, skin eruptions, fatigue, and lack of appetite (natural fasting) and many more. These are natural ways you cleanse, detox, and heal.

Symptoms are not diseases; they are the cure of diseases. Suppressing symptoms can lead to deeper health problems. Whether or not you’ll get symptoms and how quickly they go away depends on your ability to respond to adapt to challenges.

Adaption is Emotional as Well as Physical

Two people may experience a great emotional stress such as divorce or death in a family. One will grieve a short time and recover while the other may fall into a long depression. Why? It depends on how well they can adapt.

Chiropractic for Adaptation

Your nervous system: brain, spinal cord, and billions of nerves that travel to every nook and cranny in your body continuously transmit information. Adaptation is dependent upon this communication. You need a healthy nervous system so it may send messages all over your body so you may adapt most efficiently,

Structural subluxations can interfere with your nervous system, weakening you on many levels. Subluxations may stress your brain, spinal cord, and outlying nerves. Chiropractic care is dedicated to locating and correcting your subluxations, permitting your nervous system to operate with less stress – helping you adapt physically, chemically, and emotionally.

Keep yourself and your family adapting at their peak – get regular chiropractic care for your brain, spinal cord, and nervous system health.

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.

Scoliosis in a 5-year-old. A 5-year-old girl with a thoracolumbar (mid and lower back) scoliosis began chiropractic care. In addition to scoliosis, she suffered from poor sleep, and headaches. The child's spine was analyzed; vertebral subluxations were located in her cervical (neck). She received adjustments to eliminate the subluxations.



Twenty-eight days after beginning care, her thoracolumbar scoliosis, decreased from 130 degrees to 00 degrees. The patient received no traction, nor did she perform any corrective exercises. There was also a reduction in headaches and improvement in sleep. (3)

Breastfeeding, Other Difficulties and Chiropractic. 13 case reports, 5 articles, and 3 literature reviews were reviewed.

Chiropractic care was reported to help many infant nursing and other difficulties such as problems with latching, reflux, regurgitation, poor sleep, excessive gas, vomiting, refusal to nurse, cranial plagiocephaly and torticollis, excessive crying.

Difficulty with breastfeeding and infant digestive and other issues affect all socioeconomic groups and cultures. Chiropractic care provides numerous benefits for an infant's health as well as for the mother in the long and short-term. (5)

Difficulty conceiving a child. A 29-year-old woman with a 3-year history of infertility began chiropractic care. She had failed attempts with intrauterine insemination and in vitro fertilization. She had taken estrogen modulators for 5 months clomiphene citrate (Clomid) with no success. Additionally, she reported experiencing 3-4 headaches per week. She had been in a major car accident five years prior.

Vertebral subluxations were found at different segments in the spine. Adjustments were made at the sites of vertebral subluxations. During the first two months of care her headaches resolved. After a later visit to an obstetrician her pregnancy was confirmed. Vertebral subluxations were adjusted throughout the remainder of her pregnancy, and she was able to have a successful vaginal birth.



Testimonials

BEFORE: Our daughter Norah over the past few years had some very unnatural things going on with her lungs. She caught every cold that came by, which always would lodge in her lungs, and she would have a terrible, barking cough for days. We always used natural remedies, which would eventually clear it up, but it would always return, usually in less than a month. Sometimes as short as a few days. After last winter, we knew there was something going on that we couldn't put our finger on. She was the only one in our family that would get this sick, and have it affect her so terribly. **AFTER:** Finally, we decided one day to take her to see Dr. Nitschke. She had just caught another terrible cough, and could barely go a minute without coughing. He checked her for a few things that she might be sensitive to, and her body reacted very poorly to formaldehyde. We never even thought that something like that could affect her, but it made sense. We lived in a new house that was only 2 years old, and after researching, we learned that there were a ton of areas where our house was remitting (or off-gassing) formaldehyde that could be affecting her. He treated her specifically for formaldehyde that day we saw him. Even though her symptoms didn't improve immediately, they did clear up over the course of the next couple of days.

We took her back for a follow up, and he treated her again. She continued improving slowly. After we saw Dr. Lon, we decided to get a homeopathic remedy for formaldehyde to keep on hand in case she got any more coughs. She went for quite a while (4-6 weeks), before getting another cough, and we used the homeopathic remedy right away. It stopped the cough dead in its tracks when she took it. The other problem we had noticed with her was she would cough and wheeze after she would run (asthma-like symptoms). **NOW:** I am happy to say that while at a "field day" event, she ran 1/4 mile without stopping. There was no hint of coughing or wheezing! She played the entire day with her friends, running most every where she went. She was so happy that she was able to do it. We have also taken steps to reduce formaldehyde emitting products in our home (mainly carpet), and are confident that it is helping as well. Without seeing Dr. Lon, we never would have been able to pinpoint exactly what was going on. I'm excited that we seem to have found the root of the cause, and that our daughter has been feeling so much better! ~ **Brianne Markley**

BEFORE: I was having some severe stomach pain, bloating and constipation for over a week. I couldn't figure out what was causing it and decided to go see Dr. Nitschke to help me pinpoint what could be the cause. He was able to figure out a few of the supplements I was taking were not agreeing with me, and I had a sensitivity to some foods. I also was severely lacking in minerals.

AFTER: That evening I could tell something was going on in my stomach and in the next two days the pain, bloating and constipation were totally gone. Dr. Nitschke is always so helpful in pinpointing causes for our family. So thankful he's close by! ~ **Brianne Markley**

BEFORE: Before I came in I had lots of anxiety and felt out of control.

NOW: How is it now? Now it's really good. I have less anxiety and feel more in control of my emotions. I love seeing Dr. Nitschke. ~ **Ellie H**

BEFORE: Before I came into see Dr. Nitschke I was struggling with multiple health issues and pain. I had random, painful, and itchy rashes too. I also struggled with depression, anxiety, and had a difficult time controlling and processing my emotions affecting my physical health too.

NOW: After seeing Dr. Nitschke, I was able to get off some medications that were causing side effects such as rashes. I have also been able to work on getting off other medications since I am more in control of my emotions and the depression and anxiety are lessening. He has been a god send in helping with emotions, as well as, helping to relieve physical symptoms like pain and stomach issues. I'm so happy someone suggested his office for my daughter and I. ~ **Karen H**

Humor English is a crazy language.



- ◆ There is no egg in eggplant nor ham in hamburger, neither apple nor pine in pineapple
- ◆ English muffins weren't invented in England nor French fries in France.
- ◆ Sweetmeats are candies while sweetbreads, which aren't sweet, are meat.
- ◆ We take English for granted but if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square, and a guinea pig is neither from Guinea nor is it a pig.
- ◆ And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham?

Shakespeare in our daily lives

For many English-speakers, the following phrases are familiar enough to be considered common expressions, proverbs, and/or clichés. All of them originated with or were popularized by Shakespeare:

- ◆ Make short shrift (*Richard III*)
- ◆ Sick at heart (*Hamlet*)
- ◆ Snail paced (*Troilus and Cressida*)
- ◆ Something in the wind (*The Comedy of Errors*)
- ◆ Something wicked this way comes (*Macbeth*)
- ◆ A sorry sight (*Macbeth*)
- ◆ Sound and fury (*Macbeth*)
- ◆ Spotless reputation (*Richard II*)
- ◆ Stony hearted (*I Henry IV*)
- ◆ Such stuff as dreams are made on (*The Tempest*)
- ◆ Smooth runs the water where the brook is deep ("Still waters run deep") (*2 Henry VI*)

Words of Wisdom



"It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgment of trusted physicians or authoritative medical guidelines. I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as an editor of *The New England Journal of Medicine*." (2)

Re-examine all you have been told. Dismiss what insults your Soul. Walt Whitman



FREE Nutrition/Allergy Consultation

Sneezing? Nose running? Eyes itchy/watery??

Bring this in for a **NUTRITION/ALLERGY Evaluation!**

See if we can help or pass it on-family/friend...



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.