



Natural Health Center



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Dear Patients, friends and neighbors,

Spring 2024

Welcome to Spring, 2024!

We are already a month into it. I rolled the yard, and mowed 3 times, tilled garden and planted potatoes. Still a lot to do. Yep! It really is spring. Now, newsletter... I found, actually re-found a book with help for anyone feeling stuck. (Whatever that means to you.) **"AFFORMATIONS" by Noah St. John**, it's worth checking out! Another booklet worth checking out, **"IT WORKS" by RHJ.**, Given to me by a corporate CEO back in 1968 when working on my MBA thesis. It's only a 28 page booklet, but instrumental in achieving success over my next 56 years.

***A reminder: I keep no set office hours. Call or text 419 332 7666 to set appointments for Tuesday afternoons in Woodville, and for all other times in Fremont. Leave message. I will call back.**

I focus on finding the root cause(s) of problems, instead of covering up symptoms with drugs causing even more problems. Several examples of mold, food sensitivities, chemicals, emotional problems, and others in past newsletters found in the website archives. Google: www.nitschkechiropractic.com or www.woodvillechiropractic.com

Comment on "state of the nation"? NO! Most people are aware. We do not get our news from the major networks. We believe the only reliable source of truth is the "misinformation spreaders" labeled and censored by the government. No room here to list the entire dozen so labeled. Here are the top two: www.mercola.com (FREE) Check his Nov 20 newsletter on lymph drainage. www.childrenshealthdefense.org (Founded by Robert Kennedy, Jr. before leaving to run as an independent presidential candidate.) We would vote for him. I'll add **Epoch Times and News Max** to the list to trust. Fox lost all credibility when they fired Tucker Carlson. And I ask again, "Who do YOU Trust?"

We are sending words and wishes of wellness and gratitude to you for seeking alternative and holistic solutions for your healthcare needs.

Dr Lon & Nichole Nitschke LPCC

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Testimonials

Before: I was in constant lower back pain for months. Nothing would help.

Now?: After one visit pain was gone. I forgot that I even had a lower back problem. I've been seeing Dr Nitschke every other week or so, to keep me pain free! Love the idea that it 's not just a back issue, but a whole body, mind, food intake and mental wellness. **Belinda B.**

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Before: Low back tightness. Right hip discomfort with reduced rang of motion.

Now?: Range Of Motion on hip moves more freely. Low back muscles loosening. **Gwen L**

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Before: When I went to see Dr Nitschke I was in a great deal of hip and knee pain and was struggling to walk. I had waited too long before making the appointment.

After?: After our session I had relief of most my pain I could walk so much easier. It has taken a few more sessions with more relief. I am so grateful for his expertise and to have him help me take better care of myself. Thank you so much! **AH**

* * * * *

Before: I had injured my back and couldn't bend over. If I did bend over to tie my shoe or what not, I couldn't get back up.

After?: Dr Nitschke took me right in. He was very kind and informative. I felt better right away, but the next day was amazing! I could move freely without the pain.

Thank you so much Dr. Nitschke! From Alisa M

* * * * *

Before?: I had enough of the symptoms I was experiencing: acid-reflux, raw esophagus, sweating after meals, depression/anxiety, heart palpitations. My family doctor prescribed an acid-blocker for reflux diagnosed me with GERD.

I took those for 4 months and my health deteriorated. I lost 35 lbs. in 2 months from lack of nutrition because I couldn't eat solid food because my throat was so raw and stomach burned so bad. The Gastroenterologist did an endoscope and claimed I only had minor irritation and that most people had that, and he didn't know why I was so sick, miserable. I made trips to see 4 different Doctors and 3 different Emergency Rooms, begging them to help me, admit me. I was so sick I thought I was going to die. I finally went to see Dr. Nitschke and he said that "MOLD" was what was making me sick— 'Toxic Mold Syndrome'. I didn't believe him at first because I didn't see any mold in my house. I had a mold company come and they tested. and revealed I did have a mold problem directly below my bedroom in the crawlspace. Little did I know, the lack of moisture barrier created a serious mold problem and it had been leaching up through the wood flooring. I had lived in my house 20 yrs. and with that constant exposure my body wasn't able to detox fast enough.

After?: I started eating 'clean' and taking supplements to aid my condition. I am healing slowly, but Dr. Nitschke explained that with 20 years of mold exposure, its going to take awhile to detox this from my body/organs. Even though this illness has been horrifying, I am grateful I have Dr. Nitschke on my side, he is the only doctor that was able to help my condition. Thank You Dr. Nitschke for what you do. now, I tell everyone, "I Love My Chiropractor!" ~ **Trish Koppus**

Natural Health Center's Schedule

Woodville Office

**Tuesday or Thursday Afternoons,
Tuesday afternoons,
Drop-ins ok when I'm there.**
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I always knew I wanted to help others and I started my career as a professional helper in the field of mental health as a licensed professional clinical counselor (LPCC) and a trained hypnotherapist. I initially began working in an outpatient hospital setting which then led to a successful private mental health counseling and hypnotherapy practice for nearly 15 years.

A few years into my work in private practice my brother died. After experiencing vivid dreams and a strong awareness of his presence, along with physical signs that he was sending me messages, I was very interested in finding out what truly happens when we die. This led to an After Death Communication session with a professional medium and my intuition was confirmed: we do not die, instead we transform into spirit. My beliefs were validated by the evidence presented to me in that reading that our loved ones who have crossed over are still with us. And, they will often proclaim that they are more alive than we are! This put me on a path of learning more about life after death and relieving grief by continuing relationships with our loved ones who are across the veil.

At that point I started to specialize in grief and loss counseling. I worked with people who were struggling with life after loss, any type of loss, be it a loved one or a situation that caused confusion or uncertainty. But what I really enjoyed was helping people to address their issues by connecting to their spirituality through hypnosis and traditional talk therapy. It seemed to make a huge difference for many people, but my clients did not appear to be radically transformed like I was when I had my first After Death Communication session. So I continued my research, which eventually led to training for becoming a medium.

After spending more than a decade of studying about life after death and learning to communicate with those in spirit, along with nearly 20 years of utilizing traditional talk therapy and hypnosis, adding up to thousands of hours of clinical experience, I have developed the skills and knowledge of a highly effective intuitive counselor and spiritual medium.

My current approach to counseling has transformed from conventional talk therapy that touched on spirituality to an alternative approach that focuses on spirituality that is infused with aspects of traditional talk therapies such as Cognitive Behavioral Therapy (CBT), Mind-Body Psychology and Positive Psychology.

My mission is to help people who are dealing with loss and massive uncertainty to have a truly transformative and healing experience by providing undeniable evidence that consciousness is eternal and relationships are everlasting, even after the physical death of a loved one.

For information on services provide (Readings, Counseling, Hypnosis, Meditation) or to schedule an appointment: Contact me at (419) 552-4374 or nichole@inspiredflow.net

Seniors benefit from regular chiropractic adjustments

Chiropractic care has emerged as a cornerstone of wellness for the aging population, providing a non-invasive solution for managing pain and enhancing mobility. As individuals age, the wear and tear on their bodies can lead to chronic conditions such as osteoarthritis, decreased flexibility, and a heightened risk of falls.

Regular chiropractic adjustments offer a promising avenue to address these age-related challenges, supporting seniors in maintaining an active and healthy lifestyle.



Regular chiropractic care can lead to significant health benefits for seniors. These adjustments help improve spinal alignment and function, reducing pain and increasing the range of motion. Importantly, chiropractic care helps decrease dependency on prescription painkillers, which are often associated with significant side effects and risks, particularly in older adults.

One of the primary benefits of chiropractic adjustments for seniors is mobility enhancement. Improved mobility is crucial for maintaining independence, performing daily activities, and reducing the risk of falls—a major concern for the elderly. Falls are the leading cause of injury among seniors, and improving balance and coordination with chiropractic care can significantly mitigate this risk.

In addition to enhancing physical capabilities, chiropractic care has been linked to improved cognitive function. A study published in the 'Journal of Manipulative and Physiological Therapeutics' found that chiropractic adjustments may influence somatosensory processing, sensory integration, and motor control, which are all factors in cognitive processes. This suggests that chiropractic care could potentially slow down cognitive decline associated with aging. (1)

The anti-inflammatory benefits of chiropractic adjustments are also notable. Chronic inflammation is common in seniors and can exacerbate arthritis symptoms and other conditions. Chiropractic care can help reduce inflammation levels, alleviate pain, and improve overall health by aligning the spine and improving the body's physical function.

Chiropractic care offers many benefits for the elderly, from reducing reliance on medication and enhancing mobility to improving cognitive function and managing inflammation. Regular chiropractic adjustments can be a safe and effective strategy for seniors looking to maintain their independence and quality of life. As always, it is important for individuals to consult with their healthcare provider to determine the best course of action for their specific health needs.

Did you know?

American Mother's Day: The direct precursor to the current American Mother's Day was championed by Anna Jarvis in the early 1900s. After her mother died in 1905, Jarvis conceived of Mother's Day to honor the sacrifices mothers made for their children. Jarvis successfully campaigned to make Mother's Day a recognized holiday in the United States, with President Woodrow Wilson officially designating the second Sunday in May as Mother's Day in 1914.



The first television commercial aired on July 1, 1941, before a baseball game between the Brooklyn Dodgers and Philadelphia Phillies. It was just 10 seconds long and for Bulova Watches. It was broadcast on WNBT (now WNBC) in New York City and reportedly cost between \$4 and \$9 to air.



Traditional Eating

The Nutritional Benefits of Eating Organ Meats

Organ meats, or offal, have been integral to traditional diets across various cultures for centuries. These meats, which include liver, heart, kidneys, and brain, are not only highly nutritious but also economical and sustainable. The nutritional advocate Weston A. Price extensively documented the benefits of organ meats in traditional diets, revealing their pivotal role in fostering health and vitality.

Weston A. Price, a dentist and researcher in the early 20th century, studied the diets of indigenous populations around the world. His research, compiled in his landmark book "Nutrition and Physical Degeneration," highlighted that communities consuming a diet rich in animal fats and organ meats enjoyed remarkable dental and overall physical health, far superior to those in industrialized areas who consumed modern processed foods. Price noted that these traditional diets were rich in vitamins and minerals, particularly fat-soluble vitamins A, D, and K, which are abundantly found in organ meats.

One of the most celebrated organ meats is liver, often described as nature's multivitamin. Liver is an excellent source of Vitamin A, essential for healthy vision, immune function, and skin health. It is also rich in iron, which is crucial for forming hemoglobin in the blood and preventing anemia. Liver provides high levels of B vitamins, particularly vitamin B12, which supports nerve function and the production of DNA and red blood cells.

Heart meat is another nutritious organ packed with Coenzyme Q10 (CoQ10), vital for energy production and antioxidant protection. It is also a good source of selenium, zinc, and phosphorus, which play critical roles in hormone synthesis, immune response, and bone health.

Kidneys are rich in selenium, a trace element that supports the body's antioxidant systems and boosts immune function. They are also an excellent source of iron and B vitamins.

Despite their nutritional benefits, organ meats have fallen out of favor in many Western diets due to changes in culinary preferences and misconceptions about their health impacts. However, their dense nutrient profile and the advocacy of nutritional pioneers like Weston A. Price suggests that reintroducing organ meats into the diet can benefit those seeking to optimize their health.

Incorporating organ meats into meals can be a step toward rediscovering the wisdom of traditional diets, as documented by Weston A. Price. Individuals can potentially enhance their overall health and well-being by enriching their diet with these meats' concentrated vitamins and minerals.



Words of Wisdom

Whatever you are, be a good one. - Abraham Lincoln Lincoln's

The only way to have a friend is to be one. - Ralph Waldo Emerson

Humor

Why did the baby cookie cry?
Because his mom was a wafer for so long!

Why do chiropractors make great detectives?
They always get to the bottom of things by cracking the case!



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 and drugs, and facing a life of limitation could be helped by chiropractic care? Probably most of them.



An 11-year-old with ADHD: A child aged 11, diagnosed with ADHD, had not yet outgrown his "primitive reflexes" and scored poorly on the Interactive Metronome, a scientifically backed tool for training and assessment. Following the advice of his chiropractor, the child underwent reexaminations at visits 12 and 24, which showed significant improvements in his behavior, reduction in his primitive reflexes, and improvement in his Interactive Metronome scores. The implementation of non-invasive techniques, such as chiropractic adjustments, rehabilitation for primitive reflexes, and the use of Interactive Metronome, resulted in notable progress for a child previously diagnosed with ADHD. (2)

Can Chiropractic Care Help with Seasonal Allergies

As the flowers bloom and the trees regain their leaves, many of us brace for the return of seasonal allergies. Amidst the common remedies like antihistamines and nasal sprays, an unlikely hero might be found in chiropractic care. Surprisingly, this method, which focuses on the body's musculoskeletal alignment, may offer a breath of fresh air for allergy sufferers.

Unpacking the Connection Between Chiropractic Care and Allergies

Chiropractic care is based on the belief that proper alignment of the body's structure, particularly the spine, promotes self-healing. This approach can be particularly beneficial for those with allergies. The rationale is that spinal adjustments may enhance nervous system function, crucial for maintaining a robust immune system. A well-functioning immune system can combat the histamines that trigger allergy symptoms.

The Role of the Spine in Allergic Responses

The spine is a pivotal highway for nerve communication throughout the body. Misalignments, known as subluxations, can impede this communication, stressing the nervous system and potentially weakening immune defenses. Regular chiropractic adjustments aim to correct these misalignments, possibly reducing allergic reactions by enhancing the body's natural immune responses.

Evidence Supporting Chiropractic Care for Allergies

Research into the effects of chiropractic care on allergies is still developing, but some findings are promising. For example, adjustments may help alleviate respiratory symptoms associated with allergies by improving the flow of nerve signals and blood circulation. This could theoretically lessen the body's sensitivity to allergens.(2)

Integrative Strategies for Managing Allergies

Beyond spinal adjustments, chiropractors often recommend lifestyle and dietary changes to support immune health. Increasing the intake of anti-inflammatory foods and supplements, such as omega-3 fatty acids and antioxidants, can strengthen the body's defenses against allergic reactions.

References

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1.Mueller, S. M., & Gater, D. R. (2015). The role of chiropractic care in the treatment of irritable bowel syndrome: A pilot study. *_Journal of Manipulative and Physiological Therapeutics_*, 38(9), 674-678.

2.American Chiropractic Association. (2021). **The impact of chiropractic care on immune function: A practitioner's guide. * [White Paper]. Retrieved from <https://www.acatoday.org/research-and-guidance/>*

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Just the Essentials

Essential Oils for Mother's Day!

Essential oils are a thoughtful and increasingly popular Mother's Day gift, offering a wide range of therapeutic benefits and a delightful sensory experience. Whether your mother is a long-time enthusiast or new to aromatherapy, essential oils can provide relaxation, invigoration, and a host of health benefits.



The Therapeutic Benefits of Essential Oils

Essential oils are concentrated extracts from plants and herbs' leaves, flowers, and stems. They capture the plant's scent and flavor, or "essence." Unique aromatic compounds give each essential oil its characteristic essence and health benefits. These oils can be used in diffusers for aromatherapy, blended into carrier oils for massages, added to baths, or even mixed into skincare products.

Popular Essential Oils and Their Uses

Lavender: Known for its calming and relaxing properties, lavender oil is ideal for reducing stress and anxiety. It can also help improve sleep quality, making it a wonderful gift for mothers who deserve a little rest and relaxation.

Peppermint: Refreshing and revitalizing, peppermint oil is excellent for boosting energy and mental clarity. It can also relieve headaches and digestive issues, making it a practical choice for busy moms.

Eucalyptus: Eucalyptus oil is known for its respiratory benefits. It can help clear nasal congestion and relieve sinus pressure. Its invigorating scent is perfect for mothers who enjoy a burst of freshness.

Rose: Rose oil's soothing floral scent is often associated with feelings of love and comfort. It benefits skin health and emotional balance, making it a luxurious and caring gift.

Creating a Personalized Gift

When choosing essential oils for Mother's Day, consider your mother's preferences and needs. Does she need more relaxation or perhaps an energy boost? You can create a personalized blend of oils she can use in her diffuser or as a massage oil.

For a truly thoughtful gift, consider pairing a set of essential oils with a diffuser or a beautiful storage box. You can also include a book on aromatherapy or a subscription to a monthly essential oil delivery service.

Essential oils offer a unique and personal gift option for Mother's Day that can enhance well-being and express care in a special way. Whether used for their delightful aromas or health-promoting properties, they will surely be appreciated by any mother who receives them.



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.