



Natural Health Center



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Greetings patients, friends, and neighbors

Spring 2022

We're back! 31 days in Florida sunshine. Rejuvenated by vitamin D. Optimistic in spite of inflation. What?? No inflation? You haven't gassed up or been shopping lately. But I'm not supposed to talk politics or religion. So, I'll just repeat. Patient newsletters covered VAERS (Vaccine Adverse Events Reporting System)...**Spring!** Big change from February when we left for a five week vacation with snow on the ground. Returned to Spring in Ohio. Yard work, garden, the usual spring time chores, plus many patients calling. It has been very busy catching up.

Back to the newsletter letting you know I am still practicing, in my 83rd year, with over 40 years in health care, the last 30 in chiropractic, and 20 specializing in nutrition and detoxification. Yes, I am "The Old Doc", and will continue as long as it is fun... And it is still fun to help! As you might know, I do not keep regular hours, other than going to **Woodville, usually Tuesday and Thursday afternoons.** If you get me on the **phone, 419 332 7666**, I will see you. But please call to check my availability. We do take shorter breaks and trips throughout the rest of the year.

People ask about the vaccine. In view of the media coverage this past year, I defer to several non-biased independent conservative sources. **The Epoch Times**, a subscription weekly conservative paper, **NEWSMAX**, www.mercola.com, www.stevikirsh@substack.com (Donated 2.5 million dollars to MIT in 2007. MIT refused his offer to speak to student body on vaccine safety this spring). www.nvic.org **the National Vaccine Information Center**, and most people do not know about the **Vaccine Adverse Event Reporting System.** www.vaers.hhs.gov **These sources are not supported by Big Pharma advertising \$.**

Sources above report: chances of surviving covid-19 virus at over 99%.

Two of the vaccines claim to be 90% effective, with J&J's one shot at 60%.

But none guarantee immunity. Reduced symptoms? REALLY? Reporting over 1700 deaths, and over 25,000 reported adverse events, that was a year ago, much higher numbers this spring. So, WHY?? Why would anyone opt for vaccine? Because the media suppresses the truth. Why? Follow the money!! So I ask: Do you trust the government? Do you trust pharmaceutical companies? Do you trust The MEDIA?? Do you trust medical doctors? & are they influenced by drug reps? **Wishing you a healthy spring, Dr Lon Nitschke**

"The Old Doc"

Theoretical or Practical Healthcare?

There are two ways to practice healthcare:

1. Based on theory or ideas—"that's a good idea, let's see if it works." That's what got us bloodletting, over-drugging, unnatural foods and GMOs. It's the approach used when the doctor says to the patient, "Let's try this drug and see what happens." It is experimenting on people. That's why drugs come and go (see the article on next page).

2. Some natural healthcare systems are thousands of years old and are still used because they work. They have withstood the test of time. Others, of which chiropractic is the most popular, are newer and have also proven their effectiveness!



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Natural Health Center's Schedule

Woodville Office

**Tuesday & Thursday Afternoons,
Some Sat. Mornings—
Please call ahead,
Drop-ins ok when I'm there.**
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Offering 5 Week Class An Introduction to Meditation and Mindfulness

**Wednesdays, March 23 to April 20
6pm - 7pm
and
Mondays, April 25 to May 23
6pm - 7pm**



**Natural Health Center
421 W. Main St., Woodville
(419) 552-4374**

Learn how to meditate and become more mindful of the present moment, which can help improve focus and concentration and eliminate negative thought patterns and behaviors. Meditation can alleviate stress and promote restful sleep, healing and relaxation. Relaxation in itself promotes a host of benefits for the mind and body including a heightened sense of well-being, release of painful muscle tension, and relief from anxiety and depression.

No need to pre-register for this class. The fee is \$50 for the 5 weeks and for a drop-in the fee is \$14. Class Instructor- Nichole Nitschke, LPCC. For more information or if you have questions please call the office or email nichole@inspiredflow.net or visit www.inspiredflow.net/meditation/

Patient Testimonial



"Before: Continuous sinus problems including allergies, some quite severe with facial blemishes I could not get rid of. Much medication was prescribed for me on a non stop basis.

Now: Allergies and sinus problems have disappeared without drugs. Face has cleared and I am breathing much better." ~ Michael Cegelski

"One Grandmother Is Worth Two Pediatricians"

Speaking of drugs—drugs come and go. Most of the drugs in use today and studied in medical school will be found to be dangerous or ineffective and abandoned upon graduation. Pity the poor medical students.

Dramatic symptoms such as fever, rash, diarrhea, cold, cough, vomiting, etc. are uncomfortable, but temporary—these are referred to as acute illness. Patients with these symptoms need comforting, hydration, chiropractic adjustments, quiet and other natural approaches. Essential oils, homeopathy, herbs, broth and other traditional approaches comfort an ill person, respect their body's natural healing ability and promote detoxification. Don't forget being held and comforted as powerful healing techniques that have stood the test of time. Robert Mendelsohn, MD, said it best: "One grandmother is worth two pediatricians."



Antibiotics, fever reducers and most other drugs are dangerous because drugs do not heal. Rather, as mentioned above, drugs may make a person feel better by suppressing symptoms, but they drive disease deeper into the body. The price to pay when symptoms are suppressed is chronic illness—a person is sick all the time. Today in the US 54% of the population suffer from a chronic illness, many have more than one. This is the price of suppression. (1)

Do You Know Your Salt?

Salt is necessary for health and life, yet there's a big difference between commercial table salt and sea salt.

- Table salt is purified in a process that involves recrystallization at 1,200 degrees.
- Real salt contains 84 essential minerals required by the human body.
- Table salt is 97.5% sodium chloride, 2.5% additives.
- Real sea salt is 85% sodium chloride, 15% trace minerals.
- Table salt is depleted of its natural minerals.

Sea salt (especially Himalayan salt) is a good source of magnesium (most people are deficient in this important mineral), promotes a healthy pH balance in the cells, helps regulate blood sugar levels and helps regulate the body's natural sleep cycle.



Words of Wisdom

When your friends begin to flatter you on how young you look, it's a sure sign you're getting old. -Mark Twain

Let not your heart convince you that the grave is your escape; for against your will you are formed, against your will you are born, against your will you live, against your will you die, and against your will you are destined to give a judgement and accounting before the king, king of all kings, the Holy One, blessed be He. -Rabbi Elazar HaKapor, Ethics of the Fathers, Ch. 4

Heart Rate Variability

Your heart beats, then it beats again, then it beats again. The lub-lub, lub-lub, lub-lub you'd hear on a stethoscope holds interesting secrets: researchers have discovered that in measuring the interval between your heartbeats it can be determined how healthy you are.



You'd think it would be a good thing if the time between beats was exactly the same. You'd be wrong! If the timing between the heartbeats is monotone (or identical), it's a sign of illness. What you want is high HRV (heart rate variability); variation in the time interval between heartbeats to be so slightly different from beat to beat.

The more variable the interval between your heartbeats, the healthier you are, the better you can adapt and the better your body works. If you are stressed or in danger, the HRV is low. If you are relaxed, the HRV is high.

A monotone heart rate (low HRV) can be associated with poor sleep, a higher incidence of depression, anxiety and even heart attacks!

What about vaccines?

One study found that vaccines adversely affect HRV and increase inflammation, change blood platelets, can trigger blood clots and even increase heart attacks! (2)

What about chiropractic?

Research shows that chiropractic adjustments improve HRV. In one study of 96 doctors of chiropractic and nearly 1,000 chiropractic patients, HRV was analyzed before and after chiropractic adjustments. Each doctor monitored 8 patients before and after a single chiropractic adjustment, and 2 additional patients were followed for a 4-week period with 2 HRV recordings per week. HRV findings showed a statistical improvement. (3)

In addition to chiropractic, other approaches that improve HRV include acupuncture, massage, yoga and meditation. (4-7)

Nourishing Traditions

Butter burns fat

Yes, butter burns fat and those who have good fat in their diet are the thinnest. Grass-fed butter is the real fat burner! The chemical in butter (and also found in the meat of grass-fed cows and beef) that is magical is CLA (conjugated linoleic acid). The best natural sources of CLA are grass-fed beef, butter and full-fat dairy. Animals need real grass and greens in their diets to make CLA, so it's important to go for grass-fed sources.



Daily intake of CLA builds muscle mass and promotes body fat loss. (8)

The Smallpox Vaccine Did Not Eliminate Smallpox

There is a common misbelief that the smallpox vaccine eliminated smallpox. Nothing could be further from the truth.

It is pathetic and ludicrous to say we vanquished smallpox with vaccines when only 10% of the population were ever vaccinated. -Glen Dettman, PhD

Did You Know?

- From a cellular standpoint, you are no more than 10 years old? Your cells are constantly being replaced. You have a new skin every 2-4 weeks. It takes 10 years for there to be a complete turnover of your skeleton.
- Shakespeare invented more than 1,700 words? Shakespeare sometimes resorted to making up his own words. Among the 1,700 are moonbeam, laughable, eyeball, bump, puking, champion, bedroom, excitement and zany.

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 to chiropractic care. How many people suffering, on drugs, facing a life of limitation could be helped by chiropractic care?

Probably most of them.



A 52-year-old woman was suffering from pain, weird nerve sensations (paresthesia) in her neck and midback as well as bilateral knee and hip pain. She described the pain as moderate, sharp and intermittent. On a pain scale of 0-10 with 10 being the worst she described it as 7/10. She stated that the pain had been getting progressively worse over the last 5 years.

She was, in addition, diagnosed with hypothyroidism and was prescribed medication to treat this condition.

A thorough case history, physical examination and chiropractic examination were performed. It was found that she had vertebral subluxations of the cervical (neck), thoracic (midback), lumbar (lower) spine, sacrum and pelvis.

On her 20th visit, when she progressed from pain relief care to corrective care, she reported her average pain had decreased to 4/10. By her 9th month of care, she no longer had hypothyroidism; her MD removed her from all medications. She is still under chiropractic care. (9)



50% off 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...



Researching Chiropractic Cont'd.

Colic, GERD and failure to thrive. A 3-month-old baby girl was brought to the chiropractor's office suffering from infantile colic, GERD (gastroesophageal reflux disease) and failure to thrive. She had been suffering after 13 days of exclusive tube feeding at the neonatal ICU. Since birth, she was unable to hold down more than 3 ounces of formula per feeding without spitting up and/or crying. The infant's pediatrician prescribed Zantac®, Prilosec OTC® and pepsin that were ineffective and her symptoms continued to worsen.

Chiropractic analysis revealed the C1 vertebra was restricted in motion. Her C1 was adjusted.

Following the spinal adjustment, the baby immediately went to sleep and took a long nap during the day, something she hadn't done before. By her second visit five days later, the length and quality of sleep had improved and she was able to consume around 4 to 5 ounces of food. The 12th day after her first adjustment she was consuming 6 ounces of food regularly with no problems (later 8 ounces). She continued to gain weight. (10)



Baby not sleeping. A 7-month-old girl was having difficulty sleeping. According to her mother, the child slept a maximum of 2-3 hours at a time throughout the day.

After the first visit, she began sleeping 9-10 hours through the night without issues.

She was seen once a week for 3-4 weeks, once every 2 weeks for 3 visits and once a month for improved health care. (11)



Humor

- How come Superman could stop bullets with his chest, but always ducked when someone threw a gun at him?
- Why does sour cream have an expiration date?
- Do infants have as much fun in their infancy as adults do in adultery?
- What would a chair look like if your knees bent the other way?
- If "con" is the opposite of "pro," then what is the opposite of progress?
- Why is lemon juice mostly artificial ingredients but dishwashing liquid contains real lemons?
- How much deeper would the ocean be if sponges didn't grow in it?
- Why buy a product that it takes 2000 flushes to get rid of?
- Why do we wait until a pig is dead to "cure" it?
- Why do we wash bath towels? Aren't we clean when we use them?
- Why do we put suits in a garment bag and put garments in a suitcase?
- Why doesn't glue stick to the inside of the bottle?
- Do Roman paramedics refer to IV's as "4's"?
- Whose cruel idea was it for the word "lisp" to have an "s" in it?

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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. 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.