



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

Nitschke Chiropractic
Dr. Lon H. Nitschke
2150 Hayes Avenue
Fremont, Ohio 43420
Phone: 419-332-7666

Summer 2020

Dear Patients, Friends & Neighbors,

It has been quite a spring! I was in a quandary about what to say. Then Gloria (wife) suggested this on choices. This reflects our belief that we are who we are, who we're with, what we do, where and when by the choices we have made. And will make in the future.

CHOICES

Some people sit—some people try;
Some people laugh—some people cry;
some people do—some people don't.
Some people believe and develop a plan;
some people doubt—never think that they can;
some people face hurdles and give it their best;
some people back down when faced with a test.
Some people complain of their miserable lot;

Some people are thankful for all that they've got;
And when it's all over—when it comes to an end—
Some people lose out and some people win.
We all have a choice—we all have a say;
We are spectators in life or we get in and play;
Whichever we choose—how we handle life's game;
The choices are ours—on one else is to blame.

And **NO!** I/You/We did not choose a **PLANdemic!** But we can choose how we react!!

Have a great summer. Next newsletter scheduled for Fall 2020.

Dr. Lon Nitschke, "The Old Doc" ...(Some would say, if you're in your 80s)

Flu Vaccines Are the Most Dangerous of All

There is now a big push to create a coronavirus vaccine—to fight the Wu-flu as it's been called. It takes many months to test a vaccine for safety. The last time a flu vaccine was rushed to the market (Swine Flu in 1976) the vaccine resulted in many cases of paralysis (Guillain-Barre Syndrome) and death. Twenty-three Department of Justice (DOJ) lawyers were assigned just to handle all the lawsuits. Why the Justice Department? That's because the vaccine manufacturer refused to release the vaccine unless they were guaranteed freedom from lawsuits. The US government therefore assumed liability. (In other words, the vaccine was so dangerous that the manufacturer refused to assume liability.)

Once every 3 months the [Advisory Commission on Childhood Vaccines](#) meets and issues reports of cases settled for vaccine injuries and deaths. *Vaccine Impact* publishes these reports each quarter. [Past reports can be found here](#). For the period 2/16/16 to 5/15/16, 206 cases were decided in the court. 116 of them were detailed in the report.

Eighty-five of the 116 cases settled were for injuries and deaths due to the flu vaccine. **The flu vaccine is now the most dangerous vaccine in the US, harming and killing more people than all the other vaccines combined.**

This issue's Table of Contents

- Flu Vaccines Are the Most Dangerous of All
- Strengthen Your Immune System With Chiropractic
- Questions and Answers About Chiropractic
- Researching Chiropractic
- Did You Know?
- Nutrition Advice
- Humor
- Words of Wisdom

Natural Health Center's Schedule

Woodville Office

Tuesday & Thursday Afternoons,
Some Sat. Mornings—
Please call ahead,
Drop-ins ok when I'm there.
421 West Main Street
Woodville, Ohio 43469
Call or Text: 419-332-7666

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

Science Based Nutrition Services Now Available



We are offering a new Laboratory (blood, hair, saliva, urine) from SBN (**Science Based Nutrition**). SBN is the Gold Standard of the medical model to act as a guide in recommending your nutritional solutions! **Just text or call Dr. Nitschke (Phone: 419-332-7666) To learn more about our new service.**

Patient Testimonials from use of SBN

Here is one of the many issues that SBN has been able to determine nutritional deficiencies and toxic overload. These are some conditions that can be helped: *Advanced Skin Rash/GERD, Alzheimer's Disease, Ankylosing Spondylitis, Anxiety & Poor Concentration, Breast Cancer, Crohns Disease, Diabetes and High Blood Pressure, Fibromyalgia/Chronic Fatigue, Gout and Poor Memory, Kidney Cancer, Liver Cancer, Lung Cancer, Menopause and Insomnia, Methicillin Resistant Staphylococcus Aureus (MRSA), Multiple Sclerosis, Parkinson's Disease, Parasites, PSA/High Cholesterol Rosacea, Chronic Fatigue & Poor Digestion, Viral Warts.* **MORE Testimonials available at www.naturalhealthohio.com**

Strengthen Your Immune System With Chiropractic

Good Health is Easy; Sickness Takes Work

You are the product of hundreds of generations of strong, healthy, intelligent ancestors. Think about it—every one of your many ancestors needed to be healthy to live long enough to at least reach puberty; every ancestor needed to be attractive enough to find a mate; every ancestor needed to be smart enough to survive in this difficult world and be able to raise heirs.

You have inherited a wonderful body designed to keep you going for (believe it or not) over a hundred years in perfect physical and mental health.

Ooops!

But it doesn't always seem that way. A lifetime of physical, mental and chemical stress can weaken us and cause our bodies to malfunction. One of the most serious forms of stress you can have in your body is the subluxation.

Strengthen Your Immune System With Chiropractic (Cont'd)

What is a Subluxation?

A subluxation is a tiny distortion in your spine that causes nerve damage. Subluxations create disharmony in your body, a precondition for sickness and disease of all kinds. Subluxations have been linked to internal organ weakness as well as abnormal stress on your muscles, cartilage and discs. Subluxations have also been linked to arthritis, spinal degeneration, lowered resistance to disease, premature aging, loss of height, unbalanced posture, weakness and pain.

Often Unnoticed for Years

Most people have subluxations and don't know it since they are often painless; you may suffer from them for years before symptoms appear. However, all the while your health is deteriorating.

Chiropractic Care

Doctors of Chiropractic specialize in locating and correcting subluxations, releasing this deep stress that has been interfering with your ability to function at your best, to heal at your best, to think at your best.

Chiropractic promotes balance, resistance to disease and improved function. That is why you'll find people with all kinds of health conditions in a chiropractor's office.

Health Optimization

Chiropractic is not just about helping us when we get sick. Chiropractic promotes wellness, wholeness and optimal function. Chiropractic patients report improved physical and emotional health, less stress and more enjoyment of life. (1-7).

Questions and Answers About Chiropractic

Question: Would I know when I need to see my chiropractor?

Answer: Subluxations are often painless; you may have one for years without knowing it. Subluxations are like cavities that need a specially trained doctor to locate and correct. Periodic check ups are the best approach.



low-fat foods (usually replaces fat with more sugar)
soybean oil, corn oil, canola oil, vegetable oil

For more information go to www.westonaprice.org.

Did You Know?

Bubble wrap was originally invented as wallpaper? In 1957 engineer Al Fielding and Swiss inventor Marc Chavannes were trying to create a textured wallpaper. They sealed two shower curtains together in order to trap air bubbles. The new wallpaper didn't sell too well. But three years later a marketer got the idea that it would be a great packing material for IBM to protect its computer in shipment. And the rest, as they say, is history.

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.



Pain, weakness, numbness and tingling in the arm. Two months before starting chiropractic care a woman began experiencing radicular symptoms in the form of pain, weakness, numbness and tingling in all the fingers in her right hand.

Prior to seeing the chiropractor, the patient saw a medical doctor who took X-rays as well as prescribed anti-inflammatory medication and a steroid injection. In addition, a physical therapist was seen three times per week for finger rehabilitation. Her condition did not change. An MRI revealed multilevel disc protrusions in her neck, spondylosis and spinal stenosis. It was recommended that she have a surgical evaluation. She refused.

After 26 visits, over a period of 100-days, improvements were observed on both X-ray and MRI along with a reduction in all her symptoms. (9)

Inability to nurse twins. Two weeks after the birth of twin girls the new mother was seen for care. She complained of an inability to initiate a let-down reflex and was not producing enough milk. She also complained of neck, shoulder pain and vasospasms (an arterial spasm restricting blood flow) in her breast.

Chiropractic examination revealed subluxations in her upper thoracic (midback) region and cranial restrictions.

Adjustments were delivered to the thoracic area (T3-T5). The mother immediately felt more sensation in her breast, specifically the nipple and areola. She also reported the ability to relax her shoulders and achieve deeper inhalation during nursing. She produced double the amount of breastmilk as she had previously. She was feeling emotionally more stable and even optimistic about maintaining her nursing schedule with the twins. An updated exam at ten months postpartum showed that she was still successfully nursing both twins. (1)



Cauda equina syndrome in a 7-year-old dachshund. All animals with a spine can develop vertebral subluxations. Like their humans, dogs have subluxations too. In this case a 7-year-old dachshund was experiencing a decrease in appetite, defecation issues, decreased reflexes in his hind legs and could not do a full body shake. Similar symptoms occur in humans with herniated discs and it's called "cauda equine syndrome." X-rays confirmed that this dog had an L1/L2 (upper lumbar) disc herniation.

The owner described the dog as always being "a very active dog and still is. He would jump everywhere...." One day the dog started whining and would not jump onto the couch, but rather would lay on the floor and did not eat much. The dachshund had two chiropractic adjustments and all the symptoms were alleviated: hind leg reflexes returned, as did his appetite, and (to the relief of the owner) bladder and bowel control.

After the second visit the owner of the patient reported the dog was "totally back to normal;" he was able to do a full body doggy shake. (2)

No-trition Advice

It's Always Good to Know What Foods to Avoid

All of the following commonly consumed foods are unhealthy. Why? They are highly processed, usually genetically modified, refined, unnatural and have chemicals that promote dis-ease (altered body function) that leads ultimately to disease:

- whole grain breads and crackers (avoid the wheat that's killing you)
- soy milk (highly processed, GMO, hormone disruptor)
- tofu or "veggie burgers" (non-fermented soy can be harmful to your hormones)
- orange and apple juice (loaded with much fructose that raises your triglycerides)
- skim milk or homogenized milk
- margarine (full of deadly trans-fat)
- pre-packaged "diet" dinners (usually loaded with sugar, MSG, salt and hydrogenated fats)
- protein bars (most are candy bars in disguise!)
- overly processed meal replacements (with more junk than healthy ingredients)
- rice cakes (massive blood sugar spike)
- pasta (more wheat to age you faster)
- diet ice cream or diet desserts (diet usually means synthetic sugars added such as aspartame, Splenda and loads of chemicals)
- sports or "energy" drinks (loaded with sugar and artificial chemicals)
- low-fat foods (usually replaces fat with more sugar)
- soybean oil, corn oil, canola oil, vegetable oil

For more information go to www.westonaprice.org.



HUMOR

- In prison you spend the majority of your time in an 8x10 cell. At work you spend most of your time in a 6x8 cubicle.
- In prison you get 3 free meals a day. At work you get a break for 1 meal and you have to pay for it.
- In prison you get time off for good behavior. At work you get rewarded for good behavior with more work.
- In prison you can watch TV and play games. At work you get fired for watching TV and playing games.
- In prison a guard locks, unlocks, opens and closes all doors for you. At work you must carry around a security card and unlock and open all doors yourself.
- In prison you get your own toilet. At work you have to share.
- In prison they allow you to visit your family and friends. At work you can't even speak to family and friends.
- In prison all expenses are paid by taxpayers, with no work required. At work, you get to pay all the expenses to go to work and then they deduct taxes from your salary to pay for the prisoners.
- In prison you spend most of your life looking through bars from the inside, wanting to get out. At work you spend most of your time wanting to get out and inside bars.
- In prison you can join many programs which you can leave at any time. At work there are some programs you can never get out of.
- In prison there are wardens who are often sadistic and psychotic. At work we call them "Managers."

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Words of Wisdom

Not everything that counts can be counted, and not everything that can be counted counts.
(Sign hanging in Einstein's office at Princeton)

The hardest thing in the world to understand is the income tax. –Albert Einstein
It is very important to generate a good attitude, a good heart, as much as possible. From this, happiness in both the short term and the long term for both yourself and others will come. –Walt Disney

The outer conditions of a person's life will always be found to reflect their inner beliefs.
–Kathleen Casey Theisen



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.