



Natural Health Center



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Merry Christmas & Happy New Year To My Patients, Friends & Neighbors,

Patients have asked "When are you going to retire?" I reply, "I am retired! Well, semi-retired, and I'll keep on doing what I do as long as it is fun and patients are benefiting."

However we are traveling and taking more vacations. **Here is our winter schedule: Leaving January 9th and returning around the first day of spring, March 22.**

Patients on supplements should plan accordingly stocking up before Jan. 7th.

We will be driving our new (to us) older RV visiting relatives in South Carolina and Florida with stays in Sebring, Daytona, St. Augustine, Kissimmee and Sun City.

Daughter, Nichole will be flying down to be with us again this year. We plan to start back in March, stopping in Marietta Georgia to visit our grandson Marcus, in his first year of chiropractic school. Then continuing north to arrive home about March 22.

As in the past I can be reached by phone or text to handle questions. Leave a message I will call back. **(419 332 7666) Or email, drlhn@woodville.net** BTW Take a look at the vitamin D article. The link is below. You may benefit. A LOT! **See ya'll in the spring Dr Lon**

Vitamin D Deficiency

This year, for the month of January, I read this tip-a-day format from the most-read Mercola.com articles of all time, reviewing the topics readers have found most valuable over the years. First on the list, and the topic of this article, is vitamin D deficiency. What are the risks? How can you determine if you're deficient? And what are the benefits of raising your vitamin D level?

Vitamin D deficiency is incredibly common around the world, but many mistakenly believe they aren't at risk because they consume vitamin D-fortified foods, such as milk. Few foods have therapeutic levels of vitamin D naturally, and even fortified foods do not contain enough vitamin D to support your health needs.

Read more about Vitamin D Deficiency and your health at [Top 5 Signs of Vitamin D Deficiency by Dr. Joseph Mercola](#)



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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.
421 West Main Street
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Fremont Office

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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**

Extreme Chronic Fatigue & Fibromyalgia

An endocrinologist told this patient she was a candidate for malnutrition, starvation hospitalization and death. Patient - "I was actually dying. I knew I was... the best I could hope for was disability. In just 3 months:

- Returned To Work
- Exercising 2x Per Week
- Down To Just 6 Medications
- Thyroid Steadily Improving
- Liver Enzymes Within Normal Ranges
- Allergies Improved Initial Symptoms: Chronic Fatigue, Hypothyroidism, Fibromyalgia, Difficulty Walking, Low Energy, Sleeping 16 Hours Daily, Osteoporosis, Dull Dark Eyes, Allergies, Taking 10 Medications.

Extreme Chronic Fatigue & Fibromyalgia *Continued . . .*

As of 2009- Takes Hiking Trips - 6-8 Miles, Thyroid Nodule Disappeared, Dismissed By Neurologist, Dismissed By Thyroid Specialist, Down To Just 1 Medication.

“It is not a medical doctor’s job to get you well, it is a MD’s job to keep you alive. This patient was referred to several different specialists and all they did was add more drugs to relieve her symptoms. They didn’t stop anything and they didn’t fix anything, but technically they did their job.” -Dr. Van D. Merkle
As doctors prescribed more and more medications, this patient noticed more and more problems. Coincidence? In 1996 she started taking two medications, by 1998 she was up to four and in 2002, doctors cycled her through 12 additional prescriptions. There is no way for these doctors to know what sort of interactions each of these drugs will have with each other or with the patient – especially during long-term use. Even with all this “help” from the medical community she was facing disability and potential death before the age of 50. As is the case with many of my patients, I was a last-ditch effort for her to get healthy and live a full life.

When she first came in she could barely make it through a day even with 16 hours of sleep. Now she takes yearly trips to Maine, hiking 6-8 miles at a time, climbing mountains, teaching and enjoying life. This patient had been seeing a thyroid specialist for years to monitor a thyroid nodule that kept increasing in size. Amazingly during her ultrasound on 07-24-07, the doctor was unable to see this nodule. They checked and rechecked, but it had disappeared completely! They couldn’t give her an explanation but finally admitted that it might be due to her healthy lifestyle.

Colds, Flu and Chiropractic

Chiropractic for the flu and common cold? Absolutely! “But isn’t chiropractic just for backs?” we hear you ask. Chiropractic is for the entire body. Many people seeing chiropractors for pain find a general improvement in their health that includes fewer and less severe colds, flu and other respiratory problems.



What Causes the Common Cold?

It’s not just germs. For germs to grow in you, you must first be fertile soil. For example, cold viruses were placed on the mucous lining of the nose in test subjects, yet only 12% got a cold. (1) Obviously, there is more to the cold than germs. For that reason, chiropractic doesn’t “treat” the common cold. It does, however, help awaken your inner healer, your natural resistance – the only “cure.” Natural resistance is the only reason why your cold goes away rather than lasts for weeks, months, years or your entire lifetime!

Chiropractic helps raise your natural resistance to disease by removing a serious interference to your proper body function: subluxations, permitting your body’s natural resistance to disease (immunity) to function at greater efficiency.

There are numerous case histories of chronic cold and flu sufferers having less or no colds after chiropractic care. (2-4) If you want protection from colds and flu, see your chiropractor for natural healing and prevention!



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...



There Are Benefits to Getting Colds and Flu

It's been said that there can be no cure for the common cold because the common cold is the cure. This is nothing new or really unusual. This approach has been known for thousands of years. Hippocrates, the "father" of medicine wrote: "Diseases are crises of purification, of toxic elimination. Symptoms are the natural defenses of the body. We call them diseases, but in fact they are the cure of diseases."

Symptoms are defense mechanisms, helping us detoxify and destroy infection. An infectious disease leaves a healthier person in its wake. In one study, a history of common colds or influenza was associated with less stomach, colon, rectum, breast and ovarian cancer. (5)

Other researchers found that having two childhood viral infections reduces the coronary risk by 40%, four infections reduced it by 60% and six viral infections lowered the risk by 90%. (6)

If you have a cold come in for chiropractic care. A chiropractic adjustment could make the difference between a quick recovery and a lingering illness. Especially do not interfere with your body's natural healing ability with drugs; permit the symptoms of colds and flu to take their natural course. Do everything to give comfort and build up your natural immunity (chiropractic, hydration, essential oils, homeopathy, rest). The result will be a healthier and stronger body.

The Original Superfood – Cod Liver Oil

This article should be read by all who want healthy babies and children. This was a part of nutrition – but has been (almost) lost.

Once a standard supplement in traditional European societies, cod liver oil provides fat-soluble vitamins A and D, which Dr. Price found present in the diet of "primitives" in amounts ten times higher than the typical American diet of his day. Cod liver oil supplements are a must for women and their male partners, to be taken for several months before conception, and for women during pregnancy. Growing children will also benefit greatly from a small daily dose.

Dr. Price always gave cod liver oil with high-vitamin butter oil.... He found that cod liver oil on its own was relatively ineffective but combined with butter oil produced excellent results. We now know that butter oil is an excellent source of vitamin K, which is needed to balance vitamins A and D in cod liver oil. Other good sources of vitamin K in western diets are aged cheeses and the fat and livers of ducks and geese; other sources include butter and egg yolks. Without the balance of vitamin K, cod liver oil could lead to heart troubles, bone problems, tooth decay and gum disease. (1)

Words of Wisdom – Are There Coincidences?

These are not individual words of wisdom but a number of "coincidences" that perhaps tell us there is a wisdom beyond our day-to-day understanding.

After September 11 one company invited the remaining members of other companies who had been decimated by the attack on the Twin Towers to share their available office space. At a morning meeting, the head of security told stories of why these people were alive; all "little" things:

- One spilled food on her clothes and had to take time to change.
- One's car wouldn't start.
- One went back to answer the telephone.
- One had a child that dawdled and didn't get ready as soon as he should have.
- One couldn't get a taxi.
- One man put on a new pair of shoes that morning but developed a blister on his foot and stopped at a drugstore to buy a Band-Aid.

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.

Sleep apnea and chiropractic care. Obstructive Sleep Apnea (OSA) is described as loud snoring, choking and awakening due to gasping that occurs especially during dreaming and may repeat all night. It is believed to be due to a loss of tone in the upper throat muscles. People with OSA have a greater chance of getting into car accidents (because of lack of sleep) and a greater risk of heart attack and stroke. CPCP therapy, placing a mask over the face, is a popular treatment (not a cure). Even throat surgery has been used.

In this case, a 51-year-old man suffering from OSA for eight years began chiropractic care. He began to see improvement after three visits and after 33 visits his OSA completely resolved. (7)

Resolution of plagiocephaly in a 4-month-old male. Plagiocephaly (Greek for oblique head) is a common skull deformity seen at birth in as many as 61% of deliveries. They are often the product of stress applied on the skull during difficult delivery associated with forceps or vacuum-assisted delivery.

Conventional treatment methods for plagiocephaly include and are not limited to skull-molding helmets, osteopathy, physical and positional therapy, botox injections into the muscles and surgery.

In this case, a 4-month old baby boy had plagiocephaly and in addition could barely move his neck. Chiropractic examination revealed subluxations at the upper neck (C1) and the sacrum. They were corrected. Improved neck motion was observed immediately and the plagiocephaly completely resolved. (8)

Humor

Rodney Dangerfield in Back to School: I think I'm attracted to teachers. Yeah, I took out an English teacher. That didn't work out at all. I sent her a love letter ... she corrected it!

From Church Bulletins (they could have used a better proofreader):

- ◆ The Fasting & Prayer Conference includes meals.
- ◆ The sermon this morning: "Jesus Walks on the Water."
The sermon tonight: "Searching for Jesus."
- ◆ Our youth basketball team is back in action Wednesday at 8 PM in the recreation hall. Come out and watch us kill Christ the King.
- ◆ Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- ◆ The peacemaking meeting scheduled for today has been canceled due to a conflict.
- ◆ Don't let worry kill you off – let the church help.
- ◆ Miss Charlene Mason sang "I will not pass this way again," giving obvious pleasure to the congregation.
- ◆ For those of you who have children and don't know it, we have a nursery downstairs.
- ◆ The Rector will preach his farewell message after which the choir will sing "Break Forth into Joy."



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.

BONUS

If the world did not need you and you did not need this world, you would never have come here. G-d does not cast His precious child into the pain of this journey without purpose.

You say you cannot see a reason. Why should it surprise you that a creature cannot fathom the plan of its Creator? Nevertheless, eventually the fruits of your labor will blossom for all to see.

Lubavicher Rebbe

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