



Natural Health Center



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Winter 2022

Dear Patients, friends and neighbors,

Welcome to our holiday newsletter!

For many this is your first Natural Health Center newsletter. The mail list was just updated to include patients presenting in 2020, 2021, and 2022. We hope you will find our newsletters fun, entertaining and informative. If not just unsubscribe by reply or text.



Florida travel plans: Leaving by **February 4th** to return by **March 20th**. Driving down to *The Villages* for 3 weeks in February, and 1 week in a Kissimmee time-share. Then Sun City, St Augustine, and up north to Lexington SC to visit relatives, and home just in time for spring.

Previous newsletters covered **VARES**, (Vaccine Adverse Events Reporting System) and the statistics. For current news the government does not want you to know, and not reported by the major networks, check one or more of the links below being censored as misinformation. Epoch Times and NEWSMAX are more trustworthy, advocating for free speech and religious freedom as guaranteed in the 1st amendment to the Constitution.
www.mercola.com www.stevekirsch@substack.com www.vaccinesrevealed.com
 Robert Kennedy Jr's www.childrenshealthdefense.org www.jonathon@healthsecrets.com
www.thegavelproject@substack.com A nonprofit legal team funding lawsuits for citizens rejecting mandated vaccines and masks by corporations, schools and governments... Plus other violations of human rights guaranteed by the Constitution.

There are many more doctors, researchers, and whistle blowers that refuse to go along with the political narrative. Do your own research. Decide for yourself.

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

Dr. Lon Nitschke & Nichole Nitschke LPCC



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Natural Health Center's Schedule

Woodville Office

Tuesday or Thursday Afternoons,
Please call ahead,
Drop-ins ok when I'm there.
421 West Main Street
Woodville, Ohio 43469
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Fremont Office

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Nichole now has a secondary office location at the [*Little Yellow House of Hope and Healing*](#) at 317 Birchard Avenue in Fremont.

This newly renovated historical landmark in downtown Fremont, previously owned by Dr Charles Fox and later Dr Alvin and Gayle Jackson is a beautiful and comfortable space. Renovations on the outside of the house are ongoing and there is no office sign out front yet, but the business of healing is in full swing!

Whether she is working at the Woodville or Fremont office, Nichole provides **spiritual counseling, intuitive readings, hypnotherapy, as well as meditation and mindfulness training.** She uses her compassion, highly developed intuition, spiritual guidance, extensive training in mind/body psychology and 20 years of clinical practice in the field of mental health to generate a customized approach for each client.

She has the passion to assist each individual with achieving any goal, whether it's using hypnosis to overcome a dysfunctional habit, giving an intuitive, spirit-guided reading to assist with grief and loss by connecting to a loved one who has passed away, or spiritual counseling to address personal obstacles, open the heart, and find meaning and purpose and obtaining greater emotional freedom while bringing hope, happiness and growth into their life.

Nichole believes in a holistic approach, incorporating all aspects of what it means to be human: mental, emotional, physical and spiritual.



Patient Testimonials

I went to see **Nichole Nitschke** after having six months of dealing with many losses of family members, friends and a job. I was distraught with all of my feelings. Through her spiritual intuitive counseling sessions I am better able to deal with my feelings and begin to move on. In our first session I had a great deal of relief. I took the time to process what had worked on. I am so grateful for her expertise. I won't hesitate to reach out for her help again. **I so appreciate Nichole. By AH**

Dr. Lon Nitschke—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. 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

Patient Testimonial



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 to long before making the appointment. 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**

Cholesterol

Avoid bad fats but enjoy good fats. They keep you healthy, satisfied and full of energy. William Campbell Douglass, MD said it this way:

A low cholesterol diet is an unhealthy diet. Not only your brain but every cell in your body requires cholesterol for proper functioning. You cannot get cholesterol from fruits and vegetables, and I feel that the current vegetarian craze is going to lead to an increase in illness in this country. (1)

Odors That Stimulate Men

This is great for an after-dinner table discussion. Perhaps after the kids have gone to bed.

Dr. Alan R. Hirsch a neuropsychiatrist studies odors that stimulate sexual desire in men. His findings may surprise you. The perfume women wear please themselves, but men respond to slightly different fragrances. Dr. Hirsch found that men sexually respond the most to “essence of doughnut and cinnamon roll” much less than to Chanel No, 5 or flowery perfumes

What worked the best on men? A combination of pumpkin pie and lavender initiated the most passionate response (physiologically speaking). Doughnuts, strawberry, and vanilla were also good stimulators. The expensive perfumes were strikeouts.



Husbands, don't skimp, buy your wives some great perfumes. Wives, just bake pumpkin pie and cinnamon rolls (it's a lot cheaper). (2)

Carb Loading for Exercise?

As we begin our exercise routines (as part of our resolutions of course) eat properly. For years athletes were told that “carb loading” was a good idea and that if we stuff ourselves with fruit juice, potatoes, pasta, and other forms of sugar it'll improve our performance.

It turns out it won't. Researchers stuffed athletes with animal fat and found that they performed much better than those on a high carb diet.

One study found that cyclists on a 7% carbohydrate diet could pedal twice as long as those who had a 74% carbohydrate diet.

Dr. Weston A. Price, the nutrition pioneer discovered in Africa that the most meateating tribes always dominated those tribes that ate vegetables.

Professional basketball player Bill Walton was a strict vegetarian. He developed severe osteoporosis, pathological fractures, and had to leave basketball. He tried real meat and fat and made a remarkable recovery and went to work as a spokesman for the meat industry. (3)



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 maintaining health.

Tired of taking drugs and the medical runaround? Welcome to the world of chiropractic – discover how natural health can be.

The person who takes medicine must recover twice, once from the disease and once from the medicine. – William Osler, MD

Welcome to our newsletter



We thought a little extra humor (and wisdom) would be nice on increasingly dark, cold, windy, grey days. Please enjoy it,

A schoolteacher gave her 5-7-year-old pupils the first half of some commonly used proverbs and asked them to complete each one.

- Strike while the...bug is close
- It's always darkest before...daylight savings time
- Never underestimate the power of...termites
- Don't bite the hand that...looks dirty
- No news is...impossible
- A miss is as good as...a mister
- You can't teach an old dog...new math
- Love all, trust...me
- An idle mind is...the best way to relax
- Laugh and the whole world laughs
- with you, cry...
and you have to blow your nose
- Happy is the bride who...gets all the presents
- A penny saved is...not much
- Children should be seen and not...spanked or grounded
- When the blind lead the blind...get out of the way
- Children should be seen and not...spanked or grounded
- When the blind lead the blind...get out of the way

Chiropractic for the Holidays

The most exciting part of the holidays is that family members get together. The most difficult part of the holidays is, you guessed it, that family members get together.

Now is the best to time see your chiropractor who will address a hidden form of stress – the subluxation. Subluxations put stress on your muscles, joints, ligaments, tendons, body structure and your brain. Getting a chiropractic adjustment can help you weather and enjoy the ups and downs of the holidays.

Holidays are wonderful opportunities for warmth, caring, connecting, growth and healing. It's not always easy so make sure you are at your best. Come in for a pre-holiday chiropractic checkup and adjustment so you'll be better able to enjoy the season.

Bring in the entire family. We love seeing families.

PS. Come in after the holidays too.



Did You Know?

What's in one square inch of skin?

- 9,500,000 cells
- 650 sweat glands
- 65 hairs
- 6 or more yards of blood vessels
- 78 yards of nerves
- 19,400 sensory cells
- 1,300 nerve endings for pain
- 160-165 pressure receptors
- 78 heat receptors
- 13 cold receptors (4)

Words of Wisdom

From DD Palmer, the discoverer of Chiropractic (wisdom is timeless).

The science of Chiropractic has modified our views concerning life, death, health, and disease. We no longer believe that disease is an entity, something foreign to the body, which may enter from without and with which we have to grasp, struggle, fight and conquer, or submit and succumb to its ravages. Disease is a disturbed condition, not a thing of enmity. Disease is an abnormal performance of certain function; the abnormal activity has its causes. (5)



Just the Essentials Essential Oils for the Holiday Season

You've probably heard all about the benefits of essential oils in the past, but you might be wondering how best to use them during the holidays. Sure, they can help with relaxation and stress, but they can also be used for many other reasons. For example, you can use them to make your home smell nice, so that guests feel welcome. You can also use them to clean and freshen up your home. And you can even use them for skin care, as long as you take care to dilute them first. In addition, you can add a few drops of essential oil to massage oil when creating a relaxing massage for yourself or someone else. So don't feel limited by just using essential oils during the holiday season; you can try many different ways to enjoy their benefits through the entire year!



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



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.

Traumatic birth. A 2-month-old boy had a traumatic birth with the umbilical cord wrapped around his body, a vacuum extraction, and induced labor.



At birth he was not breathing, was completely cyanotic (blue) and needed resuscitation. His head was deformed, he was bruised from the birth process, had blood and mucous in his stool, had severe colic, and had breastfeeding, and sleep issues.

The parents brought the child in for chiropractic evaluation and care. Subluxations were analyzed and located in the baby's spine. The infant was adjusted and had relief from all of his symptoms. (6)

The Germ Theory (don't be afraid)

Everybody please calm down. You are safe. Really. Germs are not lurking to get you. Hug each other, shake hands, even kiss – there's nothing to be afraid of.

Why? Because the germ theory has never been proven. That's right, it's never been proven that germs cause disease.

The Germ Theory

The germ theory says every disease is caused by a germ. This is a relatively and yet to be proven theory.

Traditionally, the hygienic school of healing that is thousands of years old says germs don't make you sick, when your body is already sick (malnourished from eating bad foods, exposed to toxins, herbicides, pesticides, sleep deprived, subluxated, tired, weak, stressed) germs appear. But the germs aren't trying to kill you, instead germs eat weak, diseased, dying, and toxic tissue. Symptoms of fever, diarrhea, vomiting, rashes, eruptions, sweating, malaise, aches and pains are how your body heals. These symptoms are really mechanisms your body uses to restore balance (homeostasis).

When your tissues are strong, germs cannot infect you. It has never been shown that infections are contagious. There are many other causes of diseases than the unscientific theory that breathing an itty, bitty, teensy, microscopic germ will make you sick.

BJ Palmer, the developer of chiropractic has said, "If the germ theory were true, there would be no one alive to believe it."

Recommended reading: The Contagion Myth by Cowan and Fallon. Skyhorse Publication: New York, NY 2022.

Traditional Eating

What to eat to stay healthy this season

Do things that traditionally promote health. Don't eat foods your great grandparents didn't get. Don't eat junk foods such as refined sugar, white flour, pasteurized, homogenized milk, toxic oils such as canola, soy, sunflower, safflower, and other vegetable oils. Stay away from margarine, high fructose corn syrup, hydrogenated oils, artificial sweeteners, and other Franken-foods. Use a water filter to remove chlorine, fluoride, and other chemicals.

Use raw milk and milk products from grass-fed cows and goats. Cook with olive avocado oil, coconut oil, ghee, butter, lard, and tallow. Eat eggs, organ meats, take cod liver oil, bone broth, and organic vegetables. Put lots of gray over your mashed potatoes.

Get enough sleep.

In addition to eating nutrient dense food, especially avoid toxic chemicals such as drugs and vaccines. The answer to natural health is chiropractic, naturopathy, homeopathy, essential oils, herbs and other natural, time-proven healing arts that permit the body to function better.



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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.