



Natural Health Center

421 West Main Street • Woodville, Ohio 43469
Woodville: 419-849-2414 • Fremont: 419-332-7666

Dr. Lon Nitschke, DC • Nichole Nitschke, PCC • Tracy Harrison, CNHP

Email: drlhn@woodville.net • Website: www.naturalhealthohio.com



VOLUME I, NO. 3

Inside This Issue:

- *Chiropractic for the winter*
- *Back surgery or chiropractic?*
- *Why you should never use canola oil*
- *Did you know?*
- *Researching Chiropractic*
- *Humor . . . Words of Wisdom*

Dear Patients, Friends and Neighbors:

A great start to 2012 with our third newsletter out by Valentines Day! By then Gloria and I will be enjoying the sun on the "Gulf," at the same time I am attending a KST educational seminar. More than just a low-force instrument adjustment, KST addresses in one therapy all the issues NHC has been focusing on for the last 12 years: *nutrition; weight and emotional issues; habits and addictions; allergies; food, chemical, and environmental sensitivities; and toxic overload resulting in hormone imbalances.*

Go to www.naturalhealthohio.com for more information on the side-effects of wheat, dairy, drugs or vaccines. While you're there, look at the videos on KST. We use an all-natural approach in identifying deficiencies, toxicities, and hormone balancing energetically, without needles. I trust you are finding our new format entertaining as well as educational and helpful. We are still collecting email addresses and updating our mail list, so be sure to keep us in the loop for changes.

Mission Statement: To assist everyone & anyone desiring optimum health through natural and alternative health care, to avoid the negative side-effects of drug prescriptions & surgery.

Chiropractic for Winter

There's no way to adjust the winter away and there's no cure for winter (who said it was a disease in the first place?)

Actually, people don't get sick in any particular season – they get sick when seasons change. People have trouble adapting. Researchers have often said that disease is a failure of adaptation.

What controls adaptation? Your nervous system does. And how can chiropractic help? Chiropractic releases stress from your body, especially your nervous system, so it may function at its optimum.

So come in for chiropractic adjustments during the winter to keep your nerves healthy so you can adapt to winter's icy blasts. Oh, and listen to your mother—put on a sweater when you go outside in the cold, cover your head, wear your boots!



Words of Wisdom

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world. – Harriet Tubman

I have left orders to be awakened at any time in case of national emergency, even if I'm in a cabinet meeting. – Ronald Reagan

Whenever I'm caught between two evils, I take the one I've never tried. – Mae West

Back Surgery or Chiropractic?



An interesting study was published that anyone contemplating back surgery should read. In fact, it should be required reading for all surgeons. In this study people suffering from sciatica and disc herniations either were placed under chiropractic care or received surgery.

For those of you who (luckily) don't know about it, sciatica and disc herniations are often painful and debilitating. Up to 40% of the population may suffer from them during their lifetimes (1) and as many as 5.1% of men and 3.7% of women over the age of 30 suffer from sciatica due to lumbar disc herniation (LDH) at any one time. (2)

What can help? Unfortunately many people still go the medical route that consists largely of drugs, surgery and physical therapy. But what if they explored chiropractic first?

Well, in a recent study forty patients with one-sided lower back pain radiating down their leg (sciatica) were evaluated by neurosurgeons.

All of these patients had lumbar disc herniation (LDH) in at least one of the following spinal levels: the disc between the third and fourth lumbar vertebra (L3-L4), or the disc between L4-L5 or the disc between the lowest lumbar vertebrae (L5) and the top of the sacrum S1 (L5-S1).

These patients first had *at least* three months of painkillers, physiotherapy, massage and/or acupuncture with no relief. Then they were randomly included in either a back surgery group or a "spinal manipulation" group.

You might wonder, "How were the patients randomized?" We're glad you asked. In another time (not too long ago), their names may have been put in a hat and scientists did something like "eenie, meenie, miney, moe, this is where you go." But that doesn't seem so scientific today so this was done:

The randomization process was carried out by a blinded, independent third party based on a computer-generated sequence of random numbers in balanced blocks of 10. Recruitment was stopped once 20 patients were randomized into each group.

Twenty patients each were sent for either back surgery (surgical microdiscectomy) or chiropractic care. How did they do? The authors write,

Most of the patients who were considered surgical candidates for the treatment of radiculopathy from LDH improved with standardized spinal manipulative care to the same degree as those who had undergone surgery.

Of the twenty who went to the chiropractor, twelve benefited "to the same degree as if they had undergone surgical intervention." The other eight eventually had surgery. Three of the original 20 who had surgery first weren't helped and began "spinal manipulation."

The paper concluded that those with lumbar disc herniation, if they fail "medical management," should "consider spinal manipulation" first, to be followed by surgical intervention if "warranted." (3)

As many as 250,000 people undergo elective back surgery (elective lumbar discectomy) every year in the United States. (4) If these numbers were applied to them then 60% or 150,000 people who had back surgery last year would not have needed back surgery. That translates into a lot of grateful patients (and poorer surgeons).

The research however had a number of limitations. For example, one Doctor of Chiropractic did all the "spinal manipulative therapy". How talented was he/she? We don't know. What technique/s were used? The paper doesn't really say. Would another chiropractor have gotten better results? We don't know.

It's unfortunate that the researchers did not take those who did not initially respond to the first chiropractor's ministrations to a different chiropractor who used a different technique. It's possible that the 60% success rate could be considerably higher.

This study is telling us nothing new. For over a hundred years people facing the prospect of back surgery have found relief from chiropractic.

So let's ask this question, "Why don't insurance companies require a person facing back surgery to first have a chiropractic consultation?"

Thought for the Day - A Married man should forget his mistakes. There's no use in two people remembering the same thing!

Researching Chiropractic

Back Surgery or Chiropractic Cont'd.....

Low back surgery has a very high failure rate. The 17 people who had surgery with "excellent" results were only followed for one year. How many still felt that way two years after the surgery?

Pain and rehab centers are filled with people in constant pain who had one, two or more back operations.

If you know anyone contemplating back surgery please have them call our office to see if chiropractic may be able to save them from an operation. Read the complete paper at: <http://osteopatiamadrid.com.br/blog/wp-content/uploads/2011/03/MANIPULATION-OR-MICRODISKECTOMY-FOR-SCIATICA.pdf>



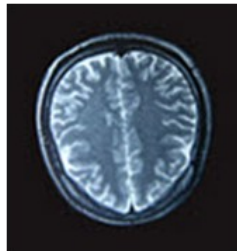
Asthma and chiropractic.

This case report is of a 6-year-old male presenting with a history of asthma that was diagnosed when

the patient was 4 years old. His mother sought chiropractic care to help control and alleviate his symptoms that would worsen depending on the season.

A total of six chiropractic adjustments were rendered to the boy in conjunction with the recommendation of daily probiotic and omega 3 supplementation. The patient no longer needed his daily inhaler dose of Albuterol® after having received his first adjustment and was able to sleep undisturbed through the night without experiencing flare-ups. (5)

***References and additional Newsletter articles available on <http://www.naturalhealthohio.com/Newsletters.html>**



Concussion in a 23-year-old female.

A 23-year-old female presented for chiropractic care five months

after a slip and fall that resulted in a concussion. She had vertigo and a history of headaches that were made worse by the concussion. The vertigo occurred immediately following the trauma. She received upper cervical specific chiropractic care and her symptoms resolved. (6)

Chiropractic, lower back pain and health maintenance care.

A comparison was made between chiropractors, medical doctors and physical therapists for people who suffered from low back pain. The authors concluded: "In work related lower back pain chiropractic health maintenance had less recurrence of disability than patients treated by MDs or PTs." Also:

"Chiropractic patients had fewer surgeries, used fewer opioids (pain killers) and had lower costs...." Interestingly, if a chiropractic patient did have a recurrence it occurred on average 29 days later than those who saw PTs or MDs.

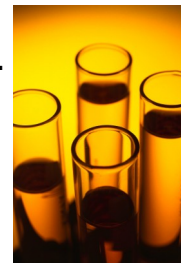
Overall, chiropractic patients got better sooner than patients of MDs and PTs. "No health maintenance care is generally as good as chiropractic care" and perhaps most revealing is this:

"Chiropractors might be preventing some of their patients from receiving procedures of unproven cost utility value or dubious efficacy." (7)



Why you should never use canola oil.

Not many people know that there is no such thing as a canola plant. Canola is a genetically modified rapeseed plant. The rapeseed's oils used to only be used for industrial applications. More recently it's been genetically modified for consumption by humans and called canola oil. But is it safe?



"It is now believed that rapeseed has a cumulative effect, taking almost 10 years before symptoms begin to manifest. One possible effect of long-term use is the destruction of the protective coating surrounding nerves called the myelin sheath. This is like having raw, open wires in the body."

Find out more here:

<http://vanessaruns.com/2011/02/08/gmos-and-why-you-should-never-use-canola-oil/>

Did you know?

John Steinbeck's famous book, *Of Mice and Men*, told the tragic story of the mentally retarded giant Lennie and his friend George and what happened to tear them apart. The original working title was *Something that Happened* but Steinbeck felt this was too weak. He found the inspiration in Robert Burns's poem

"To a Mouse":

The best laid plans of mice an' men
Gang aft a-gley
An' lea'e us nought but grief an'
pain
Got promised joy

All information published in this newsletter is put out as a public service and not intended as medical advice or treatment. The reliability of the sources are checked and assumed to be true and accurate. Please consult your physician for medical advice and/or treatment.

Natural Health Center

421 West Main Street
Woodville, Ohio 43469

Telephone: 419.849.2414 (Woodville)
419.332.7666 (Fremont)
FAX: 567.342.5541

Dr. Lon Nitschke, DC
Nichole Nitschke, PCC
Tracy Harrison, CNHP

Email: drlhn@woodville.net

Website: www.naturalhealthohio.com

Dr. Lon's Current Office Hours

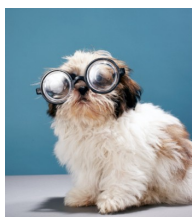
Woodville:

Monday & Wednesday - 10 a.m. - 6 p.m.
Friday & Saturday - *By Appointment Only*

Fremont:

Hours by Appointment Only

Call: 419-332-7666 or
419-849-2414

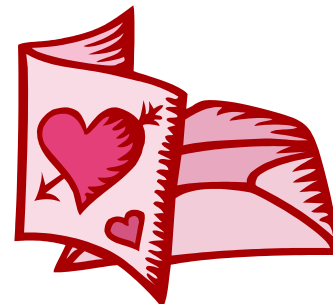


Humor . . .

Piss Poor?

Where did the phrase "piss poor" come from? Urine was used to tan animal skins, so families used to all pee in a pot. And then once it was full it was taken and sold to the tannery. If you had to do this to survive you were "piss poor."

But worse than that were the really poor folk who couldn't even afford to buy a pot ... they "didn't have a pot to piss in" and were the lowest of the low.



More interesting facts from the Middle Ages:

Most people got married in June because they took their yearly bath in May and they still smelled pretty good by June. However, since they were starting to smell, brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water. Then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water!"

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying, "It's raining cats and dogs."



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.

**Dr. Lon and the Staff of
Natural Health Center**

References

1. Little DG, MacDonald D. The use of the percentage change in Oswestry Disability Index score as an outcome measure in lumbar spinal surgery. *Spine*. 1994;19:2139-2143.
2. Heliövaara M. Body height, obesity, and risk of herniated lumbar intervertebral disc. *Spine*. 1987;12:469-472.
3. McMorland G, Suter E, Casha S et. al. Manipulation or microdiskectomy for sciatica? A prospective randomized clinical study. *J Manipulative Physiol Therapeutics*. 2010;33(8):576-584.
4. Atlas SJ, Keller RB, Wu YA, Deyo RA, Singer DE. Long term outcomes of surgical and nonsurgical management of sciatica secondary to a lumbar disc herniation: 10-year results from the Maine lumbar spine study. *Spine*. 2005;30:927-935.
5. Zonarich A, Aubin M. Chiropractic and omega-3 supplementation as alternative management for asthma in a 6-year-old. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2011;2:73-76.
6. Mayheu A, Sweat M. Upper cervical chiropractic care of a patient with post concussion syndrome, positional vertigo and headaches. *Journal of Upper Cervical Chiropractic Research*. January 6, 2011;3-9.
7. Cifuentes, M, Willetts J, Wasiak R. Health maintenance care in work-related low back pain and its association with disability recurrence. *Journal of Occupation and Environmental Medicine*. 2011;23(4):396-404.