



A Hand in Health Newsletter

Issue Thirteen

February 2011

In This Issue

Thank You
FREE Extra Adjustment
Holiday Savings
Slipped Disc

Giebler Chiropractic Business Hours:

M: 8:15AM to 6:00PM
T: 8:15PM to 5:00PM
W: 8:15AM to 6:00PM
TH: By appt. Only
F: 8:15AM to 5:00PM
Sat & Sun: By appt. Only

730 Calumet Avenue
Kiel, Wisconsin 53042

920-894-2399
Fax 920-894-7981
gieblerchiro@gmail.com



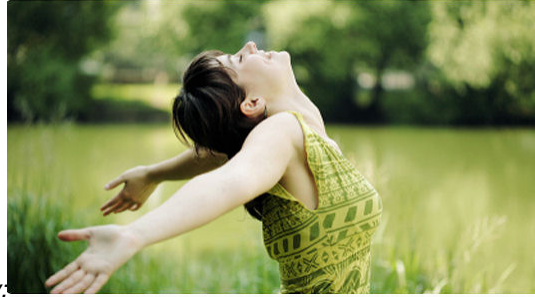
Thank You...

for signing up to receive the Giebler Chiropractic Health Newsletter! Each edition will contain information about current health topics, nutrition/health issues Dr. Nic wants to share, community involvement opportunities, updates on Giebler Chiropractic, and much more! Please feel free to forward this on to any family or friends you think will benefit, and always keep their health in mind!

The following article appeared in the Manitowoc Herald Times Reporter on Tuesday, February 1, 2011. I found it very interesting, and have included it below, with some comments from me in Red. As always, if YOU have any questions or comments about this article or anything else you read in this newsletter...let me know at DrNic@GieblerChiropractic.com !

Riddle Me This:

What do Edwin Giebler & Aaron Rodgers have in common?



Thanks, and Enjoy.

DID YOU KNOW?

Each and every cell in your body has 6 to 8 feet of DNA in it's nucleus.

Quick Links

[Yoga at the Library! Check out the KPL website](#)

www.kiel.lib.wi.us

Riddle Answer:

Edwin's dad and Aaron's dad are both Chiropractors.

Our Newsletter went to 189 people last month! Our goal is 500...please forward this email to your friends & family!!

Thanks in advance,
Dr. Nic

[Join Our Mailing List!](#)

Doctors of osteopathy growing in number

Discipline focuses on mind-body connection

BY SUZANNE WEISS · HERALD TIMES REPORTER · FEBRUARY 1, 2011

MANITOWOC - Medical language often is filled with an alphabet soup of acronyms and abbreviations.

One that may not be familiar to patients is the designation of DO, which stands for doctor of osteopathy. More and more DOs can be found at local hospitals and clinics.

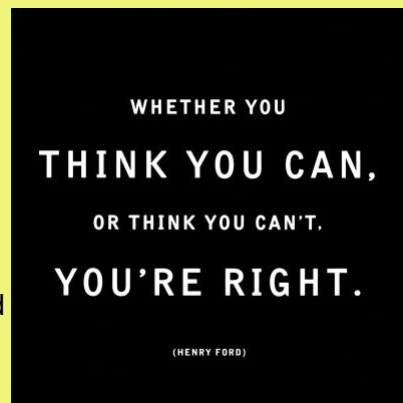
A DO studies the same subjects as an MD, but does additional work in musculoskeletal anatomy and hands-on manipulation, said Dr. Michael Hazelberg, doctor of osteopathy and family medicine practitioner at Holy Family Memorial's Harbor Town Clinic. *(A DC receives the same primary education as an MD or DO, but only receives minimal training in pharmacology, and instead extensively studies the musculoskeletal system.)*

[Click here to continue reading this article](#)

A note from Dr. Nic

38 Simple Steps to a Better You!

1. Drink plenty of water.
2. Eat breakfast like a king, lunch like a prince and dinner like a beggar.
3. Eat more foods that grow ON trees and plants and eat less food that is manufactured IN plants.
4. Live with the 3 E's -- Energy, Enthusiasm and Empathy.
5. Make time to pray. Daily.
6. Play more games.
7. Read more books than you did in 2010.
8. Sit in silence for at least 10 minutes each day.



9. Sleep at least 7 hours.
10. Take a 10-30 minute walk daily. And while you walk, smile.

[Click here to continue reading the list](#)

Thank You!



Dr. Nic (aka "Darth Skier") on the Eagle Wind Lift in Winter Park Colorado

Ellie, Edwin, and I joined Ellie's family for a skiing vacation in Winter Park, Colorado, during the first week of January. Our vacation didn't get off to a great start. The temperatures were 26 below zero when we arrived in Winter Park, and the first thing we did was lock our keys in the car. Oops.

After that, though, the vacation went great, with great skiing and even greater time with family. I absolutely loved it. While I was gone, my good friend Dr. Zach Papendieck worked at our office, treating those patients that were scheduled. He paid all of the people he saw a great compliment, too:

"I ended up getting behind a bit during the mornings, because everyone I saw was so nice! They were asking so many questions about me and my background, that I barely had time to get to know them at all. Nic, your patients were wonderful to get to know and a pleasure to work with. You've got a great office."

I was smiling ear to ear when I read that from Zach. I'm so humbled and blessed to have the opportunity to work and know all of you. Thank you so much!

-Dr. Nic

Upcoming Events:

+ **Tuesday, February 15th**, Dr. Nic will be hosting his "Eat Well" Workshop at our office at 5:30PM!

+ Dr. Nic will be giving a "Marathan/ 1/2 Marathon Training Talk" on Thursday, February 17th. Please call the office for details.

Questions? Comments?

Dr. Nic loves answering questions regarding Chiropractic Care, Nutrition, Supplements, A.R.T., Diet, Exercise, Health or anything else you can think of! Please feel free to email Dr. Nic a quick question OR, better yet, call the office and set up specific time to chat. Informative consults are at no charge to you and will better help Dr. Nic to meet & address your specific needs and questions.

Giebler Chiropractic
730 Calumet Avenue, Kiel WI, 53042

Phone: 920-894-2399
email: gieblerchiro@gmail.com

Ellie Giebler
Office Manager

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