



*Happy Easter*



## A Hand in Health Newsletter

Issue Fifteen

April 2011

### In This Issue

Thank You  
TV & Heart Disease  
Health Link  
Sleeping Myths

### 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](mailto:gieblerchiro@gmail.com)

[www.gieblerschiropractic.com](http://www.gieblerschiropractic.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!

### *A note from Dr. Nic*

### TV & Heart Disease...

Let's start this month's column with a simple question: How many hours each day do you spend relaxing in front of the television or the computer?

I want you to think about how much time you spend in front of a screen each day. Be sure to include playing video



## Riddle Me This:

A frog sits on a lily pad in the exact middle of a circular pond with a radius of 6 feet. He jumps straight towards the edge of the pond a distance of 3 feet. Each jump tires the frog out a bit, and consequently, each subsequent jump is only about half as far as the previous jump. So, his second jump is only 1.5 feet, and his third jump is only .75 feet.

How many jumps does it take for him to reach the end of the pond and land on the ground?

## DID YOU KNOW?

There is roughly one mile of blood vessels in one pound of fat. Imagine how much easier your heart would have to work if it wasn't pumping blood through those extra 10 or 15 (or more) pounds of fat you're carrying! Dr. Nic has proven results with weight loss. Talk to him about a plan for you.

## Quick Links

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

[www.kiel.lib.wi.us](http://www.kiel.lib.wi.us)

games and surfing the web, as well as watching television. If you're honest in adding it up, you'll probably find out that it's several hours every single day! I know I was surprised at how much time I spent in front of some sort of electronic screen.

If that daily total you came up with is four hours or more, you are doubling your chance of developing heart disease. Yes, I said DOUBLING!

This past January, The Journal of the American College of Cardiology found,

"The risk of heart disease and premature death from any cause doubled for those spending more than four hours a day glued to a screen."

The study went on to say, "Research revealed those who devote more than four hours daily watching television, surfing the web, or playing computer games are more than twice as likely to have major cardiac problems."

The study found there was a 48% increased risk of all-cause mortality and an approximate 125% increase in the risk of cardiovascular events in those spending more than four hours in front of a screen, when compared to people who spent less than two hours in front of a screen.

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



## Health Link of the Month:

Each month we'll highlight an interesting source on Chiropractic, Nutrition, or Exercise for you to check out. Remember, the more you learn, the healthier you are!

The Mainstream Media tends to make "Mountains out of Molehills," wouldn't you agree? Here's an amazing graph depicting the amount of news coverage the "Swine Flu Epidemic" received in reference to other so-called disasters.

[April Health Link...click to see the graph!](#)

## Seven Myths About Sleep

Numerous sleep studies over the years have set forth a variety of different theories, often conflicting, regarding the health benefits and costs of getting a good or a bad night's sleep. Some of these studies have called into question or actually disproved certain long-held beliefs regarding sleep (and the lack thereof); here are seven sleep myths and some information that indicates that it might not always be best to believe everything you were told when you were a kid.



### 1. You should get 8 hours of sleep every night.

Not exactly. Studies conducted during the last decade show that mortality rates were lowest among those who slept between 6.5 and 7.5 hours a night. People who slept much more or less had more health problems

Riddle Answer:

**He never will reach  
the end of the pond.**

**Our Newsletter went  
to 212 people last  
month! Our goal is  
500...please forward  
this email to your  
friends & family!!**

**Thanks in advance,  
Dr. Nic**

**Join Our Mailing List!**

across the board. It was hard to tell why people who slept more had poorer health. There may have been a chicken-and-egg scenario where they may have slept more because they suffered from depression, alcoholism, or other illnesses that caused them to spend more time asleep. On the other hand, the people who didn't get enough sleep were prone to their own health problems, including problems resulting from stress and lack of concentration, alertness, and physical ability-not to mention falling asleep at the wheel.

## **2. You should keep the same bedtime every night.**

This one's partially true, but there's some wiggle room. While it's preferable to keep a consistent routine and sleep schedule, it's not always possible. Experts now say that if you're a little more stressed-out or anxious or just not tired, you're better off staying up than hitting the sack. Our bodies are the best gauge of when we need some shut-eye. Insomniacs often trap themselves into a cycle of anxiety wherein they can't get to sleep for fear of not being able to fall asleep.

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

## **Upcoming Events:**

+ Sunday, April 10th, Dr. Nic will be running the St. Louis Marathon and hoping to set a personal record!

+ Thursday, April 14 - **Attention Golfers!** Dr. Nic will have an article in the Tri-County News about keeping your low back healthy throughout the golf season without sacrificing your golf score.

+ **Thursday, April 21 5:30 to 6:30-** Special Thursday Night Health Class: 10 Steps to Weight Loss held at Giebler Chiropractic.

+ **Thursday, May 5:** Dr. Nic will be presenting a health class at the Chilton Public Library. Ask Dr. Nic for details.

+ Saturday, May 14: Dr. Nic will run the Ice Age Trail 50K

## **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](mailto:gieblerchiro@gmail.com)**

Ellie Giebler  
Office Manager