



Giebler Chiropractic

A Hand in Health Newsletter

Issue Eighteen
2011

August

In This Issue

[A Note from Dr. Nic](#)

[Health Link](#)

[Office Updates](#)

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

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Kiel, Wisconsin 53042

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Riddle me This:



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...



Would you Eat the Marshmallow?

Ever hear the one about the marshmallow, the kids, and the researchers?

Well, it's not actually a joke. In fact, it's a very interesting look in to how the minds of children--and, more importantly, adults--work. In the study, done at Stanford University in the 1960's,

What has 21 spots and an unhealthy name, but is never ill?

Receive A Hand in Health...

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Did You Know?

It would take 1,200,000 mosquitoes, each sucking once, to completely drain the average human of blood. (That actually sounds possible, considering it's August in Wisconsin!)

Riddle Answer:

A die

We Need Your Help :)

Our Newsletter went to 237 people last month! Our goal is 500...please forward this email to your friends & family!!

Thanks in advance,
Dr. Nic

researchers took a bunch of little kids and brought them into a room with one researcher and one marshmallow.

The marshmallow was then placed in the middle of the table. Just as things get started, the researcher gets a phone call. As he leaves to take the phone call (which isn't a real phone call, but simply part of the set-up), the researcher tells the child that he has to leave the room for just a little bit to take a phone call. Then, he gives the kids two options...

The first is that they can eat the marshmallow immediately. If they do, that's all they will get--just that single marshmallow. Or, they can wait until the researcher comes back. If they wait, they will get a whole bag. The researcher walks out of the room and leaves the child and the marshmallow on the table.

Results?

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

Health Link of the Month:



Once your pain is gone, and you're feeling great again, is there any reason to keep seeing a chiropractor? The answer is a resounding YES! Not all patients continue with some form of "Maintenance Care"--getting treatment anywhere from once every two weeks to once every six months. Those who do choose to keep their body's joints and muscles working as well as possible through Maintenance Care have fewer 'flare ups' and get better faster if they do have pain return. And this month's "Health Link of the Month" is a summary of two research studies confirming this! So don't just take my word for it, read the research about it too!

[Click here to see the link.](#)

PS: In the article, the term "SMT" is used. It stands for "Spinal Manipulative Therapy", and it's a fancy way of saying ADJUSTMENT.

Sarah Adams Memorial Run

Don't Miss This Opportunity!

In less than two weeks, the 3rd Annual Sarah Adams Memorial Run will be held at Kiel High School, and you can earn a FREE ADJUSTMENT by participating!



Simply participate in the event, find me after you're finished, and your next adjustment at the office is on me!

Learn more at www.sarahadamsmemorialrun.com, and I'll see you on August 13th for the best 3.1 mile run/walk around!

Upcoming Events:

August 13: Sarah Adams Memorial 5K in Kiel! Come run and earn a free adjustment! (see article above for more details)

August 23: New Health Class - "The 3 Best Exercises for your Low Back" at the office. (This class is full, but look for the next one!)

September 13: Nutrition Health Class. Attend, bring a friend, and earn a free bottle of Vitamin D!

September 18: Dr. Nic is running The North Face Trail 50k. . . wish him luck!

October 22: Dr. Nic is running The Fall 50 Mile. He's raising money for a great cause. . . learn more at www.honorflightfifty.com

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 a specific time to chat. Informative consults are at no charge to you and will better help Dr. Nic to meet and address your specific needs and questions.

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