



Giebler Chiropractic



A Hand in Health Newsletter

Issue Twenty-two

December 2011

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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

www.gieblerchiropractic.com



Thank You...

for signing up to receive the Giebler Chiropractic Health Newsletter! Each edition will contain information about current health topics or nutrition/health issues Dr. Nic wants to share, community involvement opportunities, Giebler Chiropractic updates, 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...

Julio Diaz has a daily routine. Every night, the 31-year-old social worker ends his hour-long subway commute to the Bronx one stop early, just so he can eat at his favorite diner. But one night last month, as Diaz stepped off the No. 6 train and onto a nearly empty platform, his evening took an unexpected turn. He was walking toward the stairs when a teenage boy approached and pulled out a knife.

[To finish reading Julio's story click here](#)

Health Link of the Month:

Riddle me This:

What do you call 50 penguins at the North Pole?

Receive A Hand in Health...

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Did You Know?

Of all the new patients we saw at our office from Jan. to Nov. of 2011, 77.7% of them were referred to us by another patient. We know you have a choice in your health care providers, and we are humbled and excited to have earned your trust so strongly!

Riddle Answer:

LOST! Penguins live in Antarctica.

We Need Your Help :)

Our Newsletter went to 262 people last month! Our goal is 500...please forward this email to your friends & family!!

Thanks in advance,
Dr. Nic

I am often asked, "What kind of meat is the best to eat?

Chicken? Turkey? Pork?" The answer is simple: it's the meat that comes from the healthiest animal, and grass-fed, free

range animals are the healthiest by far. Take a look at this link for tips on picking the healthiest TYPES of each food.

Feel free to print it off for your next trip to the store, too!



[Click here to read the article](#)

Holiday Boost



For many people, the holiday season is a season of more stress, more depression, and more sadness. With that in mind, keep this in mind: If you can start your day without caffeine, always be cheerful, ignore aches and pains, resist the urge to complain, stop boring others with your problems, eat the same food every day and be grateful for it, understand that your

loved ones are busy and may not be able to give you time; if you can overlook those times when those you love take it out on you through no fault of your own when something goes wrong; if you can take criticism and blame without resentment, resist treating a rich friend differently than a poor one; if you can face the world without needing to lie; if you can conquer tension and stress without medical help or drugs; if you can honestly say that deep in your heart you have no prejudice...congratulations-you have reached the same level of development as your dog.

Here are a couple more thoughts to live by.

God gave us two ears and one mouth so that we listen twice as much as we talk. Nonetheless, DON'T listen to the following:

Someone who is broke telling you how to be rich

An overweight, smoking doctor telling you how to be healthy

Anyone trying to prop themselves up by knocking you down

Anyone who is talking badly about others

Gossip

YOURSELF when you are talking badly about yourself

We only get one time around at this thing called life. This isn't a dress rehearsal! Make it count! The past is gone, the future isn't here. Be present.

Kids, Ear Infections, and Chiropractic--What's the Connection?

It's the time of year when colds start becoming more prevalent, especially in kids. And the most common illness in kids is the dreaded ear infection. The good news: Chiropractic can help in a BIG way!



Ear problems can be excruciatingly painful, especially in children. With 10 million new cases every year, ear infections (otitis media) are the most common illness affecting babies and young children, and they are the number one reason for visits to the pediatrician, accounting for more than 35 percent of all pediatric visits.

Almost half of all children will have at least one middle ear infection before they're a year old, and two-thirds of them will have had at least one such infection by age 3. The symptoms can include ear pain, fever, and irritability. Otitis media can be either bacterial or viral in origin and frequently results from another illness such as a cold. For many children, it can become a chronic problem, requiring treatment year after year, and putting the child at risk of permanent hearing damage and associated speech and developmental problems.

Standard treatment for most cases of otitis media is antibiotics, which can be effective if the culprit is bacterial (antibiotics, of course, do nothing to fight off viruses). But, according to many research studies, antibiotics are often not much more effective than the body's own immune system. And repeated doses of antibiotics can lead to drug-resistant bacteria that scoff at the drugs, while leaving the child screaming in pain.

[To continue reading this article click here](#)

Upcoming Events:

***Adjusted office hours for the holidays: Closed Fri., Dec. 23, Mon., Dec. 26, Fri. Dec. 30. We will be open on Thurs., Dec. 22, and Thurs., Dec. 29.**

***Jan. 6: Ellie is due with Edwin's little brother (or sister)!**

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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730 Calumet Avenue, Kiel WI, 53042

Phone: 920-894-2399

email: gieblerchiro@gmail.com

Ellie Giebler
Office Manager

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