



## Giebler Chiropractic Health Newsletter

Issue Three

February 2010

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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

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### 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...*



### Subluxations...what you need to know:

Numerous studies have demonstrated that chiropractic care is one of the most effective treatments for back pain, neck pain, headaches, whiplash, sports injuries and many other types of musculoskeletal problems. It has even been shown to be effective in reducing high blood pressure, decreasing the frequency of childhood ear infections and improving the symptoms of asthma.

The chiropractic approach to healthcare is *holistic*, meaning that it addresses your overall health. It recognizes that many lifestyle factors such as exercise, diet, rest and environment impact your health. For this reason, chiropractors recommend changes in lifestyle eating, exercise, and sleeping habits in addition to chiropractic care.

So what exactly IS the "subluxation?" [Continue Reading at our brand new blog by clicking](#)

## Riddle Me This:

Dr. Nic and Ellie went to the Hardware store after moving into their new home to get some important stuff. "How much is one?" Dr. Nic asked. "\$3" came the reply. Dr. Nic then asked, "What about 20?" The clerk said, "That'll be \$6." Ellie then said, okay, we need 420. What were Dr. Nic and Ellie buying, and how much did it cost them?

### DID YOU KNOW?

You have more bacteria cells on your body than you have human cells in your body? Those Bacteria are expected to be present, and under normal circumstances do not cause disease, but instead participate in maintaining health!

### Quick Links

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

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

Riddle Answer:

\$9. They were buying house numbers, and

[here!](#)

## A \$240 Value!

**Husbands! Wives! Did you forget Valentine's Day?**  
**Don't worry...It's not too late:**

### Spouse Spinal Screening Special From March 8 to March 12

Complimentary exam, consultation, and any needed xrays for spouses who haven't been a patient in the last year. Show your spouse you care about their health...make an appointment today!

Offer Expires: Saturday, March 13, 2010



### Kyphosis...what?

Growing up, I can remember countless adults lecturing me on my posture. "Sit up straight!" "Stop slouching!" I'd listen and sit up nice and tall, but eventually find myself slouching once again--until the next time I was reminded to stop slouching by one of those annoying adults.

You know what? They were right.

Believe it or not, there is a proven link between the degree of curve in one's back and one's overall health. [Continue reading at our new blog by clicking here!](#)



### Reflexology Available at Giebler Chiropractic:

LuAnn Lonergan is now offering reflexology sessions at Giebler Chiropractic. LuAnn has been a registered nurse for 27 years, and currently teaches Nursing at

Lakeshore Technical College. She is a Nationally Board Certified Reflexologist, and has been giving reflexology sessions for the past 2 ½ yrs. Luann and her family live in Kiel.

Reflexology is a non-invasive, complementary modality involving thumb and finger techniques to apply alternating pressure to the reflexes shown on reflex maps of the body located on the feet and hands.

There are 3 benefits of reflexology:

1. Relaxes tension
2. Improves circulation
3. Promotes balance & normalization of the body naturally

LuAnn will be accepting appointments on Wednesdays (all day) and Friday afternoons. (other times by arrangement).

Please visit the following websites for additional information about reflexology.

needed three!

[www.reflexologywi.org](http://www.reflexologywi.org)  
[www.arcb.net](http://www.arcb.net)  
[www.reflexology-usa.org](http://www.reflexology-usa.org)

Thirty minute, 45 minute or 60 minute sessions are available; please contact LuAnn for pricing and to set up an appointment at: TouchPointe Reflexology 920-894-7309. Email: ritlonergan@tcei.com

## Upcoming Events

- On February 27 from 9-1, Dr. Nic will be taking a group of interested parents to a seminar in Milwaukee about vaccinations. "**Vaccination Choices**" is a great chance for parents and to-be parents to learn more about how vaccines work, what's in them, and what your options as a parent are regarding your child. Ask Dr. Nic about it!
- **Kiel Community Health Fair!** Saturday, March 6th from 9AM until Noon. Held in the Kiel High School Gym.

## 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.

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