

Giebler Chiropractic Health Newsletter

Issue Two

January 2010

In This Issue

Thank You!
Ear Infections
Arthritis Health Talk
Healthy Recipes

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

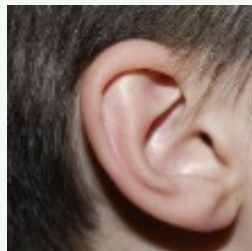
920-894-2399



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...



Ear Infections & Chiropractic Care

In the October issue of the Ladies Home Journal appeared an article entitled, "Chiropractic Adjustments for Chronic Ear Infections." This article reviewed several studies showing the effectiveness of chiropractic care for preventing re-occurring ear infections known as Otitis Media or OM.

According to the article, reoccurring ear infections account for over 35% of all pediatrician visits in the United States. Sometimes these infections are due to bacteria, and sometimes these are due to a virus. The most common medical care for this situation has been antibiotics, even though

Riddle Me This:

Smart Alex sat in a biology class with a smug grin on his face. "What are you looking so pleased about?" asked the teacher. "I know something that has four legs and two arms," announced Alex proudly. The teacher racked his brain but could think of no creature which fit the description. What did Alex mean?

DID YOU KNOW?

There are more bacteria in your mouth than there are people in the world.

Quick Links

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

www.kiel.lib.wi.us

Riddle Answer:
An Armchair

antibiotics have no effect on viruses. While the article mentions that the antibiotic may be effective in an acute bacterial infection, it does nothing to stop repeat infections. Research and statistics are now showing that repeated use of antibiotics is contributing to future infections by creating drug-resistant infections. The surgical approach has met with little long term results as the "tubes" placed in children's ears often come out and usually require a child to be put under general anesthesia to do the surgery.

The article in the Ladies Home Journal states, "Chiropractic care is thought to prevent recurrent infections by correcting misalignments (called subluxations) and allowing normal fluid drainage from the middle ear." The article made a special note that 6 months after the chiropractic care was given to the children in the study, **80 percent had not suffered a recurrence of ear infections.**

In closing, the article did make a profound recommendation to parents on this subject: "If your child is between ear infections and his doctor suggests ear-tube surgery, ask if you can try chiropractic treatment first." While we agree with the sentiment, we believe better results would be achieved if chiropractic care is sought sooner than "between ear infections". And please remember that you don't have to "ask" permission from any other doctor to seek chiropractic care.



Upcoming Health Talk: Arthritis

A Visit from "Uncle Arthur"

Joint pain and loss of mobility are the primary consequences of arthritis, a condition that affects an estimated 46 million adults. "Arthritis" actually refers to more than 100 different diseases affecting areas in and around the joints, but regardless of which type you have, two things are fairly certain: pain is an ongoing problem, and drugs are an all-too-common treatment option.

Why settle for drugs that come with potential side effects and adverse reactions when there are natural, nontoxic approaches to ease your arthritis pain? Here are a few simple suggestions to consider.

Moderate Activity

Regular exercise helps strengthen the muscles around your joints, increases flexibility and combats fatigue. Any movement can help, but range-of-motion exercises in particular seem to reduce joint stiffness and pain.

Good Food

What you eat plays a role in reducing arthritis pain or doing just the opposite-making the pain even worse. Some arthritis patients seem to experience relief when eating a nutritious, well-balanced diet (oily fish, lean meats, fruits, vegetables) and a flare-up when eating simple carbohydrates, grains, and fatty foods.

Proper Body Mechanics (and where Chiropractic comes in...)

Arthritis develops for one of two main reasons. Either a joint isn't moving enough (hypomobile), or it's moving too much (hypermobile). As an example of a hypermobile joint, think about a major league pitcher who continuously develops shoulder and elbow problems after throwing 80 pitches in a game.

More common is the Hypomobile joint, and that's where chiropractors

come into the equation. Think about a football team running a play where only 8 of the 11 players actually move when the center snaps the ball. While the play *may* still work, it's going to be a lot more difficult for the 8 active players to score a touchdown.

The same thing happens in your spine. You have 28 different bones that all need to have a specific amount of motion in a specific direction of movement. If 3 or 4, or like most people, **7-10** of those bones aren't moving, it's putting a great deal of stress on the remaining segments of your spine! And just like that football play which *may* still gain yards on occasion, but eventually will break down, your spine may feel "fine" for awhile, but it will also eventually break down...and that's when the pain shows up. A regular check-up with a chiropractor helps keep your spine moving the way in which it is designed before the pain sets in. When I adjust one's spine, I find the parts of the spine that aren't moving like they should and get them moving again.

Want to learn more about controlling your arthritis? **Attend "Managing Painful Arthritis" at Giebler Chiropractic on Tuesday, February 2, at 5:30 pm.** It's a CAN'T MISS opportunity to get healthier NOW!



Healthy Recipes...Give one a try!

Dr. Nic's Protein Berry Shake

Ingredients:

5-7 Ice Cubes

1 and 1/2 cup frozen fruit (we use the Berry Medley)

1/2 cup Protein Powder

Enough Fruit Juice to blend

Directions: In your Kitchen blender...

1. Add Ice Cubes and blend.
2. Add fruit and blend.
3. Add protein powder and juice, and blend.
4. You can also add Spinach (YOU WON'T TASTE IT!) or Fiber (i. e. Metamucil) to add to the nutritional value.

Makes two servings

Oven Roasted Broccoli: From the Diedrich Kitchen

1 16oz bag frozen broccoli (partially thawed*) or about a 1lb head of fresh broccoli cut into pieces

¼ cup olive oil (more or less as needed)

2 to 4 cloves garlic, minced

¼ teaspoon red pepper flakes

¼ teaspoon pepper

½ teaspoon coarse salt

¼ cup pine nuts

¼ cup grated parmesan cheese (optional)

Directions:

1. Preheat oven to 400; foil line a large baking sheet
2. Mix together the oil, garlic, red pepper flakes, salt & pepper
3. Toss together the broccoli, oil mixture and pine nuts until the broccoli is well coated
4. Pour the broccoli mixture onto the prepared baking sheet. Roast for

about 10 to 15 minutes, shaking the pan occasionally, until caramelized (check with a fork intermittently to check doneness).
5. When desired doneness is reached, removed from oven and toss with cheese.

* When using frozen broccoli, place the bag in the refrigerator to thaw about 8 hours before making

Upcoming Events

- Giebler Chiropractic will be closed the week of January 18 - 22 for Staff Vacations! Travel SAFE! & we'll see you soon ;),
- Tuesday, February 2 @ 5:30: **Giebler Chiropractic Health Class on Arthritis**. Bring a friend or family member along! Sign up at the front desk- Space is limited.
- On February 12, Dr. Nic will be running in the "Psycho Wyco 50K Trail Run" in Kansas City, MO. Be sure to enter a guess for his finishing time.
- 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!

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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