



Giebler Chiropractic Health Newsletter

Issue Seven

June 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 begin_of_the_skype_highlighting end_of_the_skype_highlighting 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!

WELCOME!

Edwin Nicholas Giebler

Dr. Nic and his wife Ellie, welcomed their new son, Edwin Nicholas Giebler, into the world on Friday, May 28th, 2010. Edwin was born at 1:14PM and weighed 8 pounds 11 ounces and was 21 inches long. He is such a blessing, and Dr. Nic & Ellie thank God for Edwin's safe arrival.

Edwin is now one month old, and has been keeping his Mom & Dad VERY busy! He loves to go for long walks and can't wait until he's old enough to go running with Daddy!



Riddle Me This:

Take a closer look at the picture of Edwin (on the right). What does the pictogram on his shirt say?

DID YOU KNOW?

Right now, Edwin has about 300 bones in his body. As he grows older the small bones will grow together until finally as an adult there are 206! His skeleton won't be fully mature until his mid 20's!

Quick Links

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

www.kiel.lib.wi.us

Riddle Answer:

Curly Lamb Bow

(Curly Lambeau)

Daddy's favorite shirt ;)

Next time you're at the office, make sure to check out the photo album of Edwin...he's growing & changing too fast!

A note from Dr. Nic

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Is Your Headache Really a Neck-Ache?

While we're most often thought of for treatment of low back pain and neck pain, Chiropractors treat many other conditions also...including Headaches.

Very often a headache is the result of loss of motion in the joints of your neck. When your neck is restricted in movement, the muscles in charge of moving your head are asked to work harder and harder to overcome the resistance. This can lead to muscle fatigue, stiffness, and pain. When these muscles stiffen up, they will often pinch nerves at the top of your neck, resulting in a headache. This is a common problem for desk workers, but it can be helped with these easy tips:

Use a footrest: Purchase a footrest or use old phone books. This will raise the height of your knees and effectively changes your center of gravity backwards, helping you to improve your posture.

Sit close to your desk: Be as close to the edge as possible. It will prevent you from bending forward over the desk.

Keep your back supported when sitting: When you will be sitting for long periods of time, you should make sure your back is supported from the lumbar region (lower back) to at least the shoulder blades. The chair you sit in should support the whole spine, right up to the neck. To avoid bending your neck to look down, try placing a booster under your desk work to bring the material closer to eye level or another phone book under your computer monitor.

Take stretch breaks: It's that simple-move around! Don't let yourself stay in the same position more than 30 minutes without taking a break.

So the next time you're reaching for the Advil to dull the edge on that headache, consider that it might be time to deal with the real problem causing your headache instead of dealing with the symptoms alone. I've had many people be pleasantly surprised at how quickly their headaches go away, and how long they'll stay away, when the actual problem, and not just the symptoms, is addressed!

NEW WEBSITE COMPLETE!

Giebler Chiropractic is proud to announce that our new website is finally complete! After months of work (from our web designer) the Giebler Chiropractic website is ready to live on the world wide web! Check it out, send the address to your friends and family, and Enjoy!

www.gieblerchiropractic.com



Over The Counter Medications & Pain:

If you've attended a nutrition class (AND YOU ALL SHOULD!), you've heard me explain the negative side effects of using non-steroidal anti-inflammatory drugs (NSAIDS) like aspirin and ibuprofen for pain relief.

Those drugs work directly on substances that are present because of poor diet, and they're not needed if you clean up your food intake!

In addition, many people aren't aware of the truly dangerous side effects of these NSAIDS. Compared to someone who doesn't use NSAIDS, someone who used ibuprofen at the suggested over-the-counter dosage (about 1,200 mg at the most, per day), doubles the risk of stomach bleeding. If you increase that daily dose to anything over 1,200 mg per day, the risk of stomach bleeding is FIVE TIMES GREATER!

Consequences of stomach bleeding can be as mild as chronic fatigue, and as severe as death. Over 15,000 people die every year from NSAID-related bleeding. This doesn't have to happen! We all need to understand how the food we eat affects the body's ability to heal.

Instead of a dependence on NSAIDS, use chiropractic to manage your inflammatory-related pain. It's also very important to take steps toward a better diet and include exercise in your daily activities to keep your body moving and live well!

Please consider attending the next nutrition workshop, scheduled for July 25, at 5:30. Call our office at 894-2399 for more information!

Source: Feb. '10 American Journal of Rheumatology

Upcoming Events:

+ Giebler Chiropractic will be closed on **Monday, July 5th** in observance of the July 4th Holiday! See you on Tuesday the 6th & Travel Safe.

+ On **Thursday, July 8** Dr. Nic `begin_of_the_skype_highlighting` `end_of_the_skype_highlighting` will be speaking to the New Holstein Lions.

+ Dr. Nic `begin_of_the_skype_highlighting` `end_of_the_skype_highlighting` will be running the **Cheesehead Chase in Plymouth**, on **Saturday, July 10th @ 8:30AM.**

+ On **Tuesday, July 13** Dr. Nic `begin_of_the_skype_highlighting` `end_of_the_skype_highlighting` will be presenting to the Kiel Kiwanis Club.

+ Giebler Chiropractic will hold a Nutrition health class on **Tuesday, July 20 @ 5:30PM.** Feel free to bring friends & family...call or stop by the office to reserve a space. Please let us know if you're attending!

+ On **Monday, August 2** Dr. Nic
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is leading a "Back Safety" program for the New Holstein Fire
Department.

+ **Saturday, August 14** Dr. Nic
begin_of_the_skype_highlighting end_of_the_skype_highlighting
will be running **The Sarah Adams Memorial Run @ 8:00AM**. He
will also be conducting spinal screenings & injury assessments
after the race.

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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Ellie Giebler
Office Manager

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