



A Hand in Health Newsletter

Issue Fourteen

March 2011

In This Issue

Thank You
Scheduling for Success
Health Link
Slipped Disc

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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www.gieblerchiropractic.com

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

The Effects of Fever on your Children

Fever is one of the prime reasons that parents call their children's doctors, and it is true that any fever in an infant younger than three months is cause for concern since there is a risk of serious bacterial infections. Also, a child who has a seizure with fever should be checked by a physician at least the first time. However, fever is actually a signal that an immune system is



Can you find the Misstake?

1, 2, 3, 4, 5, 6, 7, 8, 9, 10

DID YOU KNOW?

Are McDonald's Health Foods really Healthy? Maybe not...considering their oatmeal has more sugar than a Snickers bar, and only 10 fewer calories than a cheeseburger.

Quick Links

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

www.kiel.lib.wi.us

Riddle Answer:

Mistake is spelled incorrectly.

Our Newsletter went to 206 people last month! Our goal is 500...please forward this email to your friends & family!!

Thanks in advance,
Dr. Nic

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working well, and in older children who do not appear to be particularly distressed, fever is a positive sign. It is evidence that the child has an active immune system. Fever does not harm your brain or your body, although it does increase your need for fluids.

The Benefits of Fever:

When an organism invades your body, it triggers the release of pyrogen, a substance that signals your brain's hypothalamus to raise your body's temperature. This is done through a number of different mechanisms, including:

- Shivering
- Release of the hormone TRH
- Increasing your metabolic rate
- Restricting blood flow to the skin to minimize heat loss
- Piloerection (raising the small hairs), which suppresses sweating (sweating is a cooling mechanism)

The fever, in turn, launches a number of beneficial body processes that either directly or indirectly help to ward off the invading bacteria or virus. Some of these benefits include:

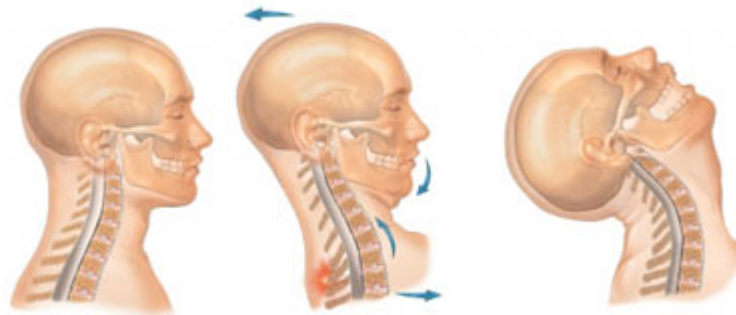
[To continue reading this article, click here.](#)



Health Link of the Month:

Each month we'll highlight an interesting source on Chiropractic, Nutrition, or Exercise for you to check out. Remember, the more you learn, the healthier you are!

[March Health Link: Snake Oils and Supplements](#)



Car Accidents & Long-Term Neck Pain:

Have you been in a car accident? 45% of people who have been in a car accident still have pain two years later.

Injuries to the neck caused by a sudden movement of the head backward, forward, or sideways, are referred to as whiplash. Whether from a car accident, sports, or an accident at work, whiplash or other neck injuries warrant a thorough chiropractic check-up. The biggest danger with whiplash injuries is that the symptoms can take years to develop. Too often people don't seek treatment until more serious complications arise. Even after whiplash victims settle their insurance claims, some 45% report that they still suffer with symptoms two years later.

In the past a typical whiplash injury where no bones were broken was hard

to document. Soft tissue injury didn't show up on normal x-rays, and insurance companies would deny coverage. Literally adding insult to injury, the patient suffering all too real pain was considered to be a fraud, a liar, or at best a hypochondriac. New imaging devices (CAT Scans, Magnetic Imaging, and Ultra Sound) now show soft tissue injury, and insurance companies now cover most whiplash injuries. When no bones are broken and the head doesn't strike the windshield, typical symptoms of whiplash are as follows:

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

Upcoming Events:

- + **Tuesday, March 15 @ 5:30 PM:** Dr. Nic will be presenting his NEW AND IMPROVED HEALTH CLASS at Giebler Chiropractic.
- + Friday, March 24 the **office will be closed** as Dr. Nic will be attending a seminar.
- + Sunday, April 10th, Dr. Nic will be running the St. Louis Marathon.
- + **Thursday, May 5:** Dr. Nic will be presenting a health class at the Chilton Public Library. Ask Dr. Nic for details.
- + Saturday, May 14: Dr. Nic will run the Ice Age Trail 50K

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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