



# Giebler Chiropractic



## A Hand in Health Newsletter

Issue Twenty-one

November 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](mailto:gieblerchiro@gmail.com)

[www.gieblerchiropractic.com](http://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...



#### A Note on Antibiotics

This is a time of year when many people find themselves challenged with upper respiratory infections. The symptoms associated with the clearing of these infections can last several weeks and can be very challenging. Many people eventually end up going to see their family medical doctor, and most end up taking antibiotics even if the doctor never performs a culture to verify whether the infection is viral or

### Riddle me This:

You throw away the outside and cook the inside. Then you eat the outside and throw away the inside. What did you eat?

### Receive A Hand in Health...

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### Did You Know?

You have more than 500 different SPECIES of microbacteria in your mouth, and over 700 in your gut? But they don't make you sick...these microbes are essential to keep you healthy because they prevent infectious and invading bacteria from finding a place to live in you!

### Riddle Answer:

An ear of corn.

### We Need Your Help :)

Our Newsletter went to 256 people last month! Our goal is 500...please forward this email to your friends & family!!

Thanks in advance,  
Dr. Nic

bacterial. You may not know it, but the "Physician's Desk Reference" clearly states that antibiotics should not be prescribed unless a culture reveals the presence of a bacterial infection.

Many people make the mistake of believing that because symptoms begin to disappear when taking a medicine, that the medicine is the reason they are feeling better, and that they are on their way to a "cure."

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

### Health Link of the Month:

Take a moment and read about the ecosystem that lives inside YOU -- the world of bacteria that lives in and on your body, keeping you healthy. Did you know that, on average, there are over 700 different species of bacteria in your gut? If you are overweight, this number drops to 500. In the case of your gut, the MORE bacteria, the BETTER!



[Click here to read the article](#)

### Antidepressants

Every year, 230 million prescriptions for antidepressants are filled, making them one of the most prescribed drugs in the United States. The psychiatric industry itself is a \$330 billion industry-not bad for an enterprise that offers little in the way of cures.



Despite all of these prescriptions, more than one in 20 Americans are depressed, according to the most recent statistics from the Centers for Disease Control and Prevention (CDC). Of those depressed Americans, 80 percent say they have some level of functional impairment, and 27 percent say their condition makes it extremely difficult to do everyday tasks like work, activities of daily living, and getting along with others. From 1996 to 2005, the use of antidepressant drugs-medicine's answer for depression-doubled in just one decade. Doubled! If these drugs are so extensively prescribed, then why are so many people feeling so low? I'll be honest...it's because they don't work very well.

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

**Chiropractic Care is More than Just Neck & Back Pain!**

On May 23, 2011, a case study appeared in The Journal of Pediatric, Maternal & Family Health, documenting the case of a 21-year-old woman who had not had a menstrual cycle in five years, and was helped by chiropractic care. In this case, a woman went to the chiropractor suffering from back pain and with a history of amenorrhea. Amenorrhea is described as an absence of a menstrual cycle for more than three months. In this case, the history noted that at the early age of 7, this girl started to have menstrual cycles. Her medical doctor treated her with Lupron injections, a drug used to stop menstrual cycles and the onset of puberty. At the age of 9, her medical doctor discontinued the treatment believing that the girl was old enough to start menstruation. From the age of 9 until the age of 15, the girl's menstrual cycles were irregular and became less frequent, discontinuing at age 16. She did, however, have menstrual cramps without having a normal menstrual cycle. At that point, the girl was placed on oral contraceptives in an attempt to help regulate her cycle. However, the medication caused her menstrual bleeding to become extremely heavy. Additionally, the drugs negatively impacted her emotional state which eventually led to her discontinuing use of the medication. In addition to this, the woman also suffered a fall, injuring her lower back, which coincided with the total interruption of her menstrual cycles. She ended up seeking chiropractic care for her low back pain.

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

#### Upcoming Events:

**\*Try Dr. Nic's (almost) World Famous Breakfast Shake! Due to multiple requests, the next Nutrition Class will include a sample of his breakfast shake recipe. Tuesday, Nov. 15, at our office at 5:30; sign up with Kim.**

**\*Dec. 3: Sleigh Bell Run in Kiel!**

**\*\*The office will be closed the following dates for the holidays: Th. & Fri., Nov. 24 & 25; Mon. Dec. 26, Fri. Dec. 30.**

**\*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](mailto:gieblerchiro@gmail.com)**

Ellie Giebler  
Office Manager

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