



A Hand in Health Newsletter

Issue Eleven

November 2010

In This Issue

Thank You
December!
FREE Extra Adjustment

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

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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

Top 5 Reasons Dr. Nic Can't wait for December

5. Believe it or not, I actually enjoy shoveling snow...well, during December at least. February and March are a different story...
4. The Sleigh Bell Run in Kiel is December 4th.
3. I get to start driving Ellie crazy with nonstop quotes from "National Lampoon's Christmas Vacation".
2. Edwin's first Christmas!



Riddle Me This:

What is half of 2 + 2?

DID YOU KNOW?

- 1. An individual Red Blood Cell takes 60 seconds to make a complete circuit in the human body.
- 2. Every square inch of the human body has an average of 32 million bacteria on it, and twenty feet of blood vessels under it.
- 3. Every Human spent about 30 minutes as a single cell.

Quick Links

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

www.kiel.lib.wi.us

Riddle Answer:

Half of 2 is 1, and 1 plus 2 equals 3. Gotcha!

Our Newsletter went to 176 people last month! Our goal is 500...please forward this email to your friends & family!!

Thanks in advance,
Dr. Nic

1. I turn 30 years old on the 30th! Yikes!

Because of this and more, we're starting a Holiday Health Campaign at Giebler Chiropractic! Keep your eyes open for a mailing coming your way with some great opportunities to share the gift of health with others. Also, look for the latest Verve Magazine. I've written a column for the Holiday edition with some great tips about NOT gaining any weight over the holiday season.

And finally, are you interested in a free adjustment in December? Read on...



Reflexology is BACK at Giebler Chiropractic!

LuAnn Lonergan, reflexologist, is now accepting appointments most afternoons.

Research shows that a single reflexology session:

- + Creates relaxation
- + Reduces anxiety
- + Diminishes pain
- + Improves blood flow to the kidneys, intestines,

brain & feet

+ Increases oxygenation and lowers respiratory rate

Please call: 894-7309 to schedule a reflexology appointment.

Save \$5.00

Use this coupon to take \$5.00 off of your next reflexology appointment with LuAnn! LuAnn's office is located inside Giebler Chiropractic, and appointments are available most afternoons. Please call 894-7309 to schedule an appointment.

LuAnn will also honor the Tri-County News \$5.00 Coupon in addition to this coupon.

Want a Free Adjustment?

As part of our December "Holiday Health Campaign" I'm offering free adjustments to you, the members of Giebler Chiropractic! What's the catch, you ask? Well, you need to take part in the 16th Annual Sleigh Bell Run in Kiel:



1. Go to www.sleighbellrun.com or pick up a brochure at the office, and Pre-Register for the 5 mile run, the 2 mile run, or the 2 mile WALK. (You MUST PRE-REGISTER to earn the Free Adjustment!) If you don't want to participate in the run or walk, you can still volunteer. Contact me for details on volunteer opportunities at the Sleigh Bell Run.

2. Find me and get a picture with me! Either before the run/walk starts, during the run/walk (I'll be running the 5 miler), or after the event, find me and snap a photo with me (I'll provide the camera).

3. Contact our office and sign up for your free adjustment! The appointment must be on a Monday or Tuesday.

The Sleigh Bell Run is a fundraiser for the Big Brothers/Big Sisters

Program in Manitowoc and Sheboygan County and the Kiel Cross Country Team. It's a great event, at a great time of year...just make sure you bundle up! I'll see you there!

Upcoming Events:

- + The office will be **CLOSED** on **Monday, November 15th.**
- + **Tuesday, November 16th**, Dr. Nic will be hosting his "**Eat Well**" Workshop at our office at 5:30PM!
- + The Office will be **CLOSED** for Thanksgiving on **November 25 & 26th.**
- + **Saturday, December 4th: The Sleigh Bell Run** in Kiel! The race begins at the Kiel Middle School at 10AM (check out the website for more details <http://www.sleighbellrun.com>)
- + **Tuesday, December 14th**, Dr. Nic will be hosting his "Eat Well" Workshop at our office at 5:30PM!

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.

Giebler Chiropractic

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Ellie Giebler
Office Manager

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