



# Giebler Chiropractic



## A Hand in Health Newsletter

Issue Twenty  
2011

October

### In This Issue

[A Note from Dr. Nic](#)

[Health Link](#)

### 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)

### Riddle me This:

What is the more common  
name for tetraplegia?



### 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...*

#### Seven Myths About Sleep

Numerous sleep studies over the years have set forth a variety of different theories, often conflicting, regarding the health benefits and costs of getting a good or a bad night's sleep. Some of these



## Receive A Hand in Health...

[Join Our Mailing List!](#)

### Did You Know?

Your spinal cord is thicker in your neck and low back due to the larger number of nerves going to your arms and legs.

The outer most layer of the spinal cord is called the "Dura Mater" which literally means "Tough Mother."

### Riddle Answer:

"Tetra" is a latin prefix for "four." The more common name is quadriplegia, paralysis of the arms and legs.

### We Need Your Help :)

Our Newsletter went to 257 people last month! Our goal is 500...please forward this email to your friends & family!!

Thanks in advance,  
Dr. Nic

studies have called into question or actually disproved certain long-held beliefs regarding sleep (and the lack thereof); here are seven sleep myths and some information that indicates that it might not always be best to believe everything you were told when you were a kid.

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

### Health Link of the Month:



#### Chiropractic Care for Anxiety

The above headline appeared in the September issue of the peer-reviewed periodical, "Journal of Vertebral Subluxation Research" Anxiety(JVSR). The report was a case study of a 19-year old female diagnosed with General Anxiety Disorder (GAD) who suffered from psychiatric symptoms as well as other problems for two years.

This case study noted that this patient's previous medical treatment had included multiple emergency room visits; private specialists; and a rotation of drug therapies including Paxil, Xanax, and Celexa, all of which had failed to help her. The patient's history also included at least three motor vehicle accidents including one where her head shattered the windshield.

The articles note that according to the National Institute of Mental Health, anxiety is the most common mental health illness. It affects more than 19 million Americans ages 18-54. Patients suffering from General Anxiety Disorder make three to five times more visits to doctors' offices and emergency rooms, and the Anxiety Disorders Association of America reports that direct healthcare costs and lost productivity due to these conditions cost more than \$42 billion per year.

In December the patient started chiropractic care for correction of nerve interference called "subluxations". This patient's results were then documented over a four month course of care.

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

### Upcoming Events:

**\*FINAL CALL! We have 2 spots open for the low back exercises class on Oct. 18 at the Kiel Public Library at 5:30. Learn some exercises that will keep your back pain-free and out of our office!**

**\*October 22: Dr. Nic is running the Door County Fall 50 to raise funds for the Stars and Stripes Honor Flight. Learn more at: [www.honorflightfifty.com](http://www.honorflightfifty.com). Wish him good**

**luck, no rain, and a strong tailwind!**

**\*Nov. 1: Check your mail for info on a Holiday Health Campaign at Giebler Chiropractic, coming this November and December!**

**\*Nov. 15: Nutrition health class at our office at 5:30; sign up with Kim.**

**\*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.

### **Giebler Chiropractic**

730 Calumet Avenue, Kiel WI, 53042

**Phone: 920-894-2399**

**email: [gieblerchiro@gmail.com](mailto:gieblerchiro@gmail.com)**

Ellie Giebler  
Office Manager

[Forward email](#)



This email was sent to [karen@wisconsinwebwriter.com](mailto:karen@wisconsinwebwriter.com) by [gieblerchiro@hotmail.com](mailto:gieblerchiro@hotmail.com) | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).  
Giebler Chiropractic | 730 Calumet Avenue | Kiel | WI | 53042