



A Hand in Health Newsletter

Issue Ten

October 2010

In This Issue

Thank You
Quick Hitters on Health
Congrats!
Chiropractic Month

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

www.gieblerchiropractic.com

Our Newsletter had



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

Quick Hitters on Health:

Improve your neck naturally!

New research again confirms the motion benefits of chiropractic care. **In a recent study, researchers found that chiropractic manipulation of the cervical spine (neck) resulted in an**

increased motion and improved performance of the cervical spine. These improvements were recorded after just one cervical adjustment. So how does all this work? Chiropractic manipulations / adjustments not only introduce motion into the joints, they positively stimulate the nervous system related to those joints. This gentle and skillfully applied motion, whether through the hands or use of an instrument, and nervous system activation results in the movement of nourishing fluid into the joint, a reduction in joint adhesions as well as an



164 readers this month! Our goal is 500 readers. Please send this along and help us get there!

Thanks in Advance,

Dr. Nic

Riddle Me This:

There are two girls. They were born on the same day, same month, and same year.

They were born from the same mother and came from the same womb, yet they are not twins? how can this be?

DID YOU KNOW?

5,117

The number of steps the average U.S. adult takes each day. That compares with 9,650 daily steps taken by Swiss adults and 9,695 by adults in western Australia.

Quick Links

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

www.kiel.lib.wi.us

activation in the nerves surrounding the joints. All in all, this has been shown to reduce inflammation, reduce pain, and as this study has shown, improve motion and overall joint performance.

Autism and Antidepressants: "No Basis for it!"

Antidepressants are commonly prescribed to those suffering from autism. However, past research hasn't been able to provide evidence that antidepressants are actually useful for those diagnosed with autism. A recent U.S. government funded study reported that antidepressants, more specifically Celexa, was no better than a placebo for improving repetitive behaviors in children with autism. Researchers have now completed a new review of this study along with six other related studies present in the medical literature. **Their findings - there was no evidence that antidepressants were any better than a placebo at reducing repetitive behaviors or any other symptoms in children suffering from autism. According to the researchers who conducted this recent scientific review of medical literature, there is no basis for recommending the routine use of antidepressants in the treatment of autism.**

Home Exercise BETTER for Pain than NSAIDS:

Japanese researchers have found home-based exercises to be more effective in the treatment of chronic low back pain than prescribed NSAIDs (nonsteroidal anti-inflammatory drugs). While NSAIDs can reduce inflammation and pain, they are a form of passive care that fails to address functionality issues such as limited motion, muscular weakness and muscular imbalances, not to mention the many negative side effects associated with NSAID use. Home-based exercises are not only natural and far safer, they specifically address functional issues and deficiencies in a proactive manner. **And thus, it goes to reason that both men and women (mean age of approx. 42 years) who participated in the home-based exercises versus the NSAIDs during the 12-month study experienced more significant improvements in both reported low back pain and overall disability.**



Edwin really liked the shiny medal!

Congratulations!!

Dr. Nic WON the North Face Endurance Challenge trail marathon held on Saturday, September 18th! Although it was rough weather (it hailed at one point), Dr. Nic was able to finish with a super time of Three hours & 21 minutes!! Make sure to ask Dr. Nic about the run next time you see him :)

October is National Chiropractic Health Month!

National Chiropractic Health Month, sponsored by the American Chiropractic Association (ACA), is a nationwide observance held each October. **This year's activities and theme, "Why Weight? Get Healthy!", will focus on how doctors of chiropractic can play an important role in preventing and treating obesity.**

More than 60 percent of adults in the United States are either overweight or obese, according to CDC statistics, and obesity is associated with an increased risk of diabetes, hypertension, heart disease,



Riddle Answer:

**There's a third girl,
and they were
triplets.**

and some types of cancer. However, many people don't know that even modest weight loss, such as 5 to 10 percent of a person's total body weight, could improve blood pressure as well as blood cholesterol and blood sugar levels. That's only 10 to 20 pounds for a person who weighs 200 pounds.

Yet losing weight can be a struggle, and many people wonder where to begin. The answer for you may be HERE, at Giebler Chiropractic! Talking to a chiropractor is particularly important when you consider that the effects of obesity on the musculoskeletal system-osteoarthritis, back pain, neck pain and joint pain - often cause overweight and obese people to avoid physical activity and exercise when they need it most. Dr. Nic Giebler counsels his patients on good nutrition and offers dietary and lifestyle advice at monthly Nutrition Workshops, as well as providing expert structural care.

If you're carrying more weight than the load-bearing structures of your body (the spine, legs, etc.) can handle, you're going to experience pain, loss of movement, and degeneration in the joints. The low back and the spine will need to work harder to hold you upright, particularly if you're carrying most of your weight in your abdomen. This adds extra stress and tension on your muscles, which in turn creates stiffness.

Each year in October, chiropractors across the nation raise public awareness of chiropractic care by observing National Chiropractic Month. Starting this year, the association will celebrate National Chiropractic Health Month in an effort to promote a broader understanding of chiropractic's approach to patient care-as natural, whole-body, patient-centered health care.

Ask Dr. Nic about how you can get healthier, stay healthier, and live healthier!

Upcoming Events:

+ Sunday, October 10th Dr. Nic is running the **Glacial Trail 50k.**

+ **Thursday, October 14th**, Dr. Nic will present the "**Move Well**"-Your Body's muscles and bones & how to exercise them safely workshop at the Kiel Library.

+ **Tuesday, October 19th**, Dr. Nic will be hosting his "**Eat Well**" Workshop at our office! *Vandermause's and Ebert's*, you better be there!

+ **Monday, November 1st**, Dr. Nic will present the "**Live Well**"-Stress, Health & Peace of Mind at the Kiel Library.

+ The office will be **CLOSED** on **Monday, November 15th.**

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
730 Calumet Avenue, Kiel WI, 53042

Phone: 920-894-2399
email: gieblerchiro@gmail.com

Ellie Giebler
Office Manager

[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to karen@wisconsinwebwriter.com by gieblerchiro@hotmail.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Giebler Chiropractic | 730 Calumet Avenue | Kiel | WI | 53042