



Giebler Chiropractic

A Hand in Health Newsletter

Issue Eighteen
2011

September

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

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Riddle me This:

David's father has three kids:
Snap, Crackle, and _____.



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...

As kids return to their "Back to School" routines, keep an eye on their backs! Pay a bit of extra attention to the size, fit, and weight of their backpacks as well. Parents, now is the best time to notice if your child's spine is under any additional pressure that might be resulting in a developing curvature. Abnormal curves of



Receive A Hand in Health...

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Did You Know?

Taking fish oil has been shown to prevent "brain shrinkage" in aging adults. Fish Oil supplementation has literally been shown to maintain brain volume! Decreased brain size is linked to increased Alzheimers and Dementia disorders. You can read more here:

<http://thehealthyskeptical.org/why-grass-fed-is-best-part-ii>

Riddle Answer:

Remember, it's DAVID'S father!

We Need Your Help :)

Our Newsletter went to 252 people last month! Our goal is 500...please forward this email to your friends & family!!

Thanks in advance,
Dr. Nic

the spine can occur both in the front-to-back direction (when the child may appear hunched over), or in the side-to-side direction-a condition called scoliosis.

Scoliosis is a term used to describe a curvature of the spine that is not "normal." The normal curves of the spine include an inward curve in the low back and neck and an outward curve in the mid-back when looking at the person from the side. However, there should NOT be any curves when looking at a person from the front or back-the spine should be straight. When there is a curve present when viewing the person from the front or the back, this is called scoliosis. This abnormal curvature is usually either a single curve, shaped like the letter "C", or a double (or more) curve, shaped like the letter "S".

Though there is a diagnostic code specific for scoliosis, it is not in itself a disease or a diagnosis, and frequently there are no, or at worst, minimal symptoms associated with it. For this reason, most of the time scoliosis is not noticed until the curve progresses significantly and a friend or family member makes a comment about it.

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

Health Link of the Month:



"The FDA Thinks Walnuts are Drugs" -- This month's Health Link is a MUST READ! Take five minutes to read this recent article regarding the FDA's crackdown on the packaging of walnuts. Despite 35 peer-reviewed papers on the health benefits of walnuts, the FDA still

doesn't want walnut producers to put "Heart Healthy" on the label. With wasted time, money, and resources like this at the FDA, it's no wonder our Health System is breaking down!

<http://www.thenewamerican.com/usnews/health-care/8294-walnuts-are-drugs-says-fda>

Upcoming Events:

***September 13th, 5:30 at office: Nutrition Class -- Bring a friend and get a free bottle of Vitamin D.**

***September 17: Dr. Nic is running in the North Face Trail 50K**

***October 18: "The Three Best Low Back Exercises"--location to be determined--it was such a popular class, it needs to be expanded!**

***October 22: Dr. Nic is running the Fall 50 Mile as a fundraiser: www.honorflightfifty.com**

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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