



## A Hand in Health Newsletter

Issue Nine

September 2010

### In This Issue

Thank You  
The FLU!  
Website  
Backpacks

### 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:



### 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*

### The ~~British~~ Flu is Coming! The Flu is Coming!

It's on its way. It's only a matter of weeks. No, I'm not talking about the onslaught of mudslinging political ads. I'm talking about the seasonal flu and the swine flu hysteria. Soon enough we're going to be barraged with news about how bad it's going to be. I have two pieces of advice for you.



**1. Don't be fooled.** Last August, the Centers for Disease Control estimated that the H1N1 Virus would cause 90,000 deaths in the United States. Only a fraction of that number were even hospitalized, and the severity of the H1N1 infection proved to be no worse than the normal seasonal flu. I'm guessing this year will not be much different when it

**What is the longest distance Dr. Nic has ever run at one time?**

*(Hint: there's a framed number with the correct answer hanging on the wall in room 5)*

### **DID YOU KNOW?**

**How fast do impulses carrying information travel in nerves that are free of injury?**

**The fastest recorded impulse travelled at 124 miles per hour. Nerves that are irritated, pinched, or damaged, carry impulses at slower speeds. Adjustments remove nerve irritation, and allow your nerves to carry impulses faster and more efficiently.**

### **Quick Links**

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

[www.kiel.lib.wi.us](http://www.kiel.lib.wi.us)

Riddle Answer:

**Dr. Nic ran the 2008 Fall 50 Miler in 7 hours, 58 minutes, and immediately promised Ellie he'd never do that again.**

comes to the media's coverage of the upcoming Flu Season. The best way to avoid serious flu-related consequences is to have the strongest immune system you can. That means you eat healthy, exercise regularly, and get adjusted!

**2. TAKE VITAMIN D!** A study published in the American journal of Clinical Nutrition found that a Vitamin D supplement was actually more effective at reducing the risk of flu infection than vaccines or antiviral drugs. Of 354 children between the ages of 6 and 15, half were given a daily supplement of 1,200 IU of Vitamin D, while the other half were given a placebo pill. Within 2 months, the group of children taking vitamin D were 50 PERCENT LESS LIKELY to become infected than the control group. The drop in infection rate corresponded with an increase in vitamin D blood levels.

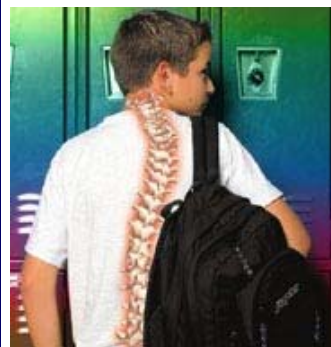
In contrast, Antiviral drugs (most commonly oseltamivir and zanamivir) reduce rates of infection by only 8%. Studies of the flu vaccine show varied effectiveness, from 0% reduction in rate of infection, to 15%, at most.

In conclusion, **TAKE VITAMIN D!** Our office has a month's supply of Vitamin D at 4,000 IU daily for only \$13! Whether or not you decide to get a flu vaccine, you **SHOULD** be getting Vitamin D daily!

### **NEW WEBSITE COMPLETE!**

Giebler Chiropractic is proud to announce that our new website is finally complete! After months of work (from our web designer) the Giebler Chiropractic website is ready to live on the world wide web! Check it out, send the address to your friends and family, and Enjoy!

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



### **Back to School: Overloaded Backpacks!**

Although many factors can lead to back pain in kids - increased participation in sports or exercise, poor posture while sitting, and long periods of inactivity - some kids have backaches because they're lugging around their entire locker's worth of books, school supplies, and assorted personal items all day long. But most doctors recommend that kids carry no more than 10% to 15% of their body weight in their packs.

When a heavy weight, such as a backpack filled with books, is incorrectly placed on the shoulders, the weight's force can pull a child backward. To compensate, a child may bend forward at the hips or arch the back, which can cause the spine to compress unnaturally. The heavy weight might cause some kids to develop shoulder, neck, and back pain.

Kids who wear their backpacks over just one shoulder - as many do, because they think it looks better - may end up leaning to one side to offset the extra weight.

[Click here to continue reading this article](#)

## Upcoming Events:

- + On Saturday September 18 Dr. Nic will be running the **North Face Endurance Challenge Trail Marathon**
- + **The office will close early on Friday, September 24th** because Dr. Nic will be attending a weekend-long Nutrition Seminar in Madison.
- + **Monday, Sept. 27th at 7 PM**, Dr. Nic will present the **"Eat Well"-What is your food doing for you? workshop at the Kiel Library.**
- + **Thursday, Sept. 30th at 7 PM**, Dr. Nic will again present the **"Eat Well" workshop at the Kiel Library.**
- + Sunday, October 10th Dr. Nic is running the **Glacial Trail 50k**. *Be sure to take part in our contest by guessing his finishing time!*
- + **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.**
- + **Monday, November 1st**, Dr. Nic will present the **"Live Well"-Stress, Health & Peace of Mind at the Kiel Library.**

## 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.

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Ellie Giebler  
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