



Giebler Chiropractic

A Hand in Health Newsletter

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Giebler Chiropractic Business Hours

Mon: 8:00 AM to 6:00 PM
Tues: 8:00 AM to 5:00PM
Wed: 8:00 AM to 6:00 PM
Thurs: Closed
Fri: 8:00 AM to 5:00 PM
Sat & Sun: By Appt Only

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A Note From Dr. Nic

Welcome to 2021...kind of picking right up where 2020 left off!

But it's not too late for some resolutions to make the most of 2021. Let's start with screen time. Especially the screen time of your kids.

Many parents are occasionally thankful for the television —after all, it can serve as a low-cost, short-term babysitter while they cook or do housework. At the same time, however, many parents are concerned about the *amount* of television that their children watch—and for good reason. Statistics tell us that in America, children under six watch an average of two hours of TV a day, and children eight to 18 spend an average of four hours in front of a TV and often an additional two hours a day on computers, tablets, phones, or playing video games. So what does all of this screen time mean for America's children? Recent research published in *JAMA Pediatrics* suggests that it is results in poorer well-being and sleep and that it contributes to childhood obesity.

We Need Your Help

Our Newsletter went out to 390 people this month! Our goal in 500... please forward the email to your friends and family!!

Thanks in advance
Dr. Nic

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Riddle me this:

The Green Bay Packers and Chicago Bears are the oldest rivalry in professional football. They've played 202 times and the Packers have won 101 of the games. But the Bears have not won the other 101 games. How is this possible?

Vitamin D Test Kit



Many are unaware that vitamin D is not officially a vitamin – but actually a prohormone. In fact, we make most of our vitamin D when our skin is exposed to sunlight.

In the first study, part of a larger research project called IDEFICS (Identification and Prevention of Dietary- and Lifestyle-Induced Health Effects in Children and Infants), researchers examined 3,604 children aged two to six to determine if there was a relationship between their electronic media use and their sense of well-being. They assessed the children based on six standardized indicators of well-being (including emotional problems, peer problems, self-esteem, family functioning, and social interactions) and compared the results to the number of hours they spent in front of a TV, computer, or video game screen. They found that increased media use predicted much poorer senses of well-being. TV was found to be more harmful than computer use, but overall they found that there was a 1.2- to 2.0-fold increase in emotional problems and poorer family functioning for each additional hour of media use.



A second *JAMA Pediatrics* study involving 1,713 Spanish children found that children who watched more than 1.5 hours of television per day had shorter sleep duration and began to suffer from sleep deprivation. Their sleep duration shortened with every extra hour of television watched over the 1.5-hour baseline. And in a third study, researchers found that increased media exposure resulted in sharply increasing BMI (Body Mass Index) scores, and thus a tendency toward childhood obesity. And recently, the American Academy of Pediatrics found that “Early exposure to excessive screen time at 24 months was predictive of lower developmental outcomes at 36 months. And similarly, increased screen time exposure at 36 months also was related to decreased developmental outcomes at 60 months. While that screen is a great babysitter every now and then, it can become addictive and have detrimental long term results.

So how much screen time is too much? Every day more research comes out indicating that exposure to electronic media can have adverse effects on children—effects that can persist into adulthood.

Statistics show a third of Americans have insufficient levels of vitamin D, with a leading cause being lack of sun exposure. This is common in northern climates where people don't spend as much time outdoors, but studies indicate that even people in sunnier regions are often deficient due to concerns about the ill effects of too much sun.

Vitamin D is important because it has a complex regulatory effect upon calcium in our bodies and in the mineralization of our bones. But that's only skimming the surface of its function. Additional research shows vitamin D can play a protective role against certain cancers, development of diabetes and heart disease.

Vitamin D deficiencies are associated with hyperinsulinemia and increased belly fat, as well as contributing to psoriasis and acne. Additionally, sufficient levels of vitamin D, estrogen and testosterone are important for maintaining bone health in the menopause years.



As a result, the American Academy of Pediatrics (AAP) recommends that children under the age of two not watch *any* TV, as the first two years of life are a critical time for brain development. Television and other electronic media can prevent exploring, playing, and interacting with parents and others, all of which are critical for social development. In addition, the AAP suggests that children older than two watch no more than one to two hours of electronic media per day. Personally, I would suggest even less than two hours per day, as that seems like a lot.

I see it in my office every week, whether it is a pediatric patient, or a child along with a parent. More and more, kids are looking at a screen and less and less are the interacting with me or other adults. It also seems to me that when the kids have access to a screen while at my office they are either 1) not engageable in conversation, or 2) almost in a state of hyperactive activity that is difficult to communicate with. And, as you're surely aware, there is less and less outdoor activity and sports and 'free play' among our youth currently.

A friend of mine even went so far as to buy a "Phone Jail". Yes, that's a thing, and they can be purchased online! It's a brilliant idea. Thankfully, my kids are 10, 9, and 5 years old, and they don't have their own phones, so I haven't purchased one. Yet.

Let's resolve in 2021 to get away from screens more. Not just for ourselves, but for our kids.

Did you know?

A Lipogram is a composition from which the writer systematically omits a certain letter or certain letters of the alphabet.

Gadsby is a 50,000-

Battery Charger

This past weekend, I was out on the Ice Age Trail for a run. I most definitely needed some 'trail time' as all kinds of issues had been 'incoming' on me and I was feeling the stress the the burden of some things I could control, and some things I couldn't. From work to the riots in our Capital, to where we stand as a community regarding Covid. I was stressed. While running, I came across the Parnell Backpack Shelter and noted that a camper was there. While I didn't

word novel written in 1939 by Ernest Vincent Wright which does not include any words that contain the letter E, the most common letter in English.

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Riddle answer:

There are 6 ties

Upcoming Events

February 9th: Office closing
at 4:30

Don't forget!!
February 14th is Valentine's
Day

February 22nd: Office closing
at 5:40

see the camper, I did notice the camp setup and snapped a photo of it.

Then I had a thought. Because of where this campsite shelter is, it's very likely that the camper had very poor cell service. What a blessing that is!

You see, without cell service, there is no 'social media.' This camper, therefore, had no idea how angry he should be at any number of people. He had no idea how worried he should be about the future of our country, our planet, our local football team. He had no idea how afraid he should be of human contact or if he will give a virus to someone he loves or a stranger he had never met. He has not been notified that he is not doing enough for the cause of 'good'. He also has not been informed that he is either partially or fully responsible for the behaviors and actions of people or groups that he has never met in his life. He has not been the recipient of any virtue signals, nor has he been able to send out any signals himself.



Click [HERE](#) to finish reading.

Back to Normal is Needed for the Kids

Both in our personal lives, and as a community, nation, and country, we have seen the toll that school closures and other activity restrictions have had on our children. It has disproportionately affected at-risk children, also. Kids without a structured or safe home life are being far more greatly affected by the isolation and lack of activities. I want to share several articles and research that shows it is time to get our kids back to something more closely resembling January of 2020, in terms of school and extracurriculars and sports. We have been

told to 'follow the science' for quite a while now, and I wholeheartedly agree with that. In March of 2020 we really didn't know what we were dealing with...and the unknown can be scary. I truly believe decisions made then were made with good intentions, as we did the best we could at the time. Fortunately, we have more science and we know more about how the novel coronavirus affects and spreads among kids. And it's good news and good evidence that we can start to make our kids more of a top priority and help them grow and learn in varying ways—clubs, sports, other extracurriculars, in addition to in-person school!



1. Last November, the New York Times published an article on kids and Covid, citing new research as to why kids react differently to this virus. It was titled, “*The Children Never Had the Coronavirus. So Why Did They Have Antibodies?*”

More kids than adults (43% to 5%) have antibodies present in their bodies that attack and kill the novel coronavirus. These antibodies are developed in the kids from previous infections/colds that they have had. Basically, because kids tend to be 'sick' more often, they're actually more protected and have an immune system more ready to defend the body against a similar infection or virus...like this one (the common cold is caused by different viruses which are also from the 'coronavirus' family). This research focused on children between 6 and 16 years of age.

Some studies have shown that kids can have a larger 'viral load', meaning they have more virus present in their body. This has led to an assumption that because there is more viral load in the kids, then they probably spread the virus more. Fortunately, this has been proven wrong as well. You see, the way the virus is detected (PCR testing) means you are actually only

detecting a short genetic sequence of the virus, so it's impossible to know if that is "live" virus...let alone something that could infect someone else. In fact, just last week, on January 21st, the WHO released new 'guidance' to laboratories around the world to reduce the technique used in PCR testing to get a more accurate representation of Covid cases. In doing this, they are acknowledging that any small particle of virus detected in a test was deemed a "positive test," resulting in far too many positive tests.

2 – A study of 300,000 adults living in "health care worker households" in Scotland found that households with school-age kids have a **DECREASED** risk of testing positive for SARS-CoV-2 and appear to also be associated with a **DECREASED** risk of COVID-19 disease severe enough to require hospitalization. Considering this information, it is possible, if not even likely, that kids may help keep their parents safer, and even, to a lesser extent, their teachers and other adults within their cohorts!

Click [HERE](#) to finish reading.



Faces in the Office

As I go through my day, there are certain people I see in our system with unique names. One would be my Uncle Bill, who shows up in our system as "Uncle Bill." Another would be Pat Eddie Nett.

In all his patient notes, he is referred to as "Pat Eddie". Why two names? Well you'll have to ask him that.

Pat has been a friendly face here at our office for several years. Whether it was a low back injury, a neck or headache, or a frozen shoulder, we have been able to help you get some relief and get back to work quickly. He has referred in several people as well, including his wife Christine. Pat also organizes a fundraiser golf tournament every year as well. There is always good conversation and a smile or two when Pat is at the office.



What brought you to our office for the first time?

I was having a problem with my sciatic nerve. I couldn't walk very far without needing to sit. Now I can walk for miles, Pain Free! I continue to go in 1 time a month to keep my back feeling great.

Thanks for being part of the Giebler Chiro Family, Pat "Eddie" Nett!

Thank You...

for signing up to receive the Giebler Chiropractic Health Newsletter! Each edition will contain information about current health topics or nutrition and health issues that the doctor 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!

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.

Want to know if Chiropractic is for you? Informative consults are at no charge to you and will better help the doctor to meet and address your specific needs and questions.
