



## A Hand in Health Newsletter

### Issue One Hundred-Fifteenth March 2021

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(WARNING! Cute kid & cute dog ALERT)



#### 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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730 Calumet Avenue  
Kiel, WI 53042

920-894-2399  
Fax 920-894-7981

nwg@gieblerchiropractic.com  
www.gieblerchiropractic.com

[Visit our website](#)

#### A Note From Dr. Nic

According to our calendars, March is here again, but it kind of seems like March never left us. March 2021 marks a year since the COVID-19 pandemic sent many among us inside to work from home, do puzzles, bake and cook like never before. It's been a long, hard year, but the end is in sight—daylight is increasing every day, and there is optimism for something resembling a normal summer. There is hope to be found, too, in the difference between March 2020 and March 2021. Last year, we were fearful and confused, unsure of the safest way to conduct ourselves as events were canceled right and left. This year, we know so much more about the virus. We know a lot more about symptoms, and risks, and how to treat it. I think there are plenty of reasons for hope this March 2021, and even more interesting facts that make the third month the best month of the year.

March was actually named for the Latin Martius—aka Mars, the Roman god of war and a mythical ancestor of the Roman people via his wolf-suckling sons, Romulus and Remus. With the winter frosts melting and the ground becoming fertile for harvest again in the Northern hemisphere, March was historically the perfect month for both farmers to resume farming, and warriors

## \*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

**Receive A Hand in Health...**

Join Our Mailing List!

## Riddle me this:

There's a one-story house in which everything is yellow. Yellow walls, yellow doors, yellow furniture. What color are the stairs?

## ATTENTION! NEW PRODUCTS



**MARY RUTH'S®**

We are now carrying MaryRuth products on our shelves. Come in to the office to check out what we have or take a look on our Facebook page.

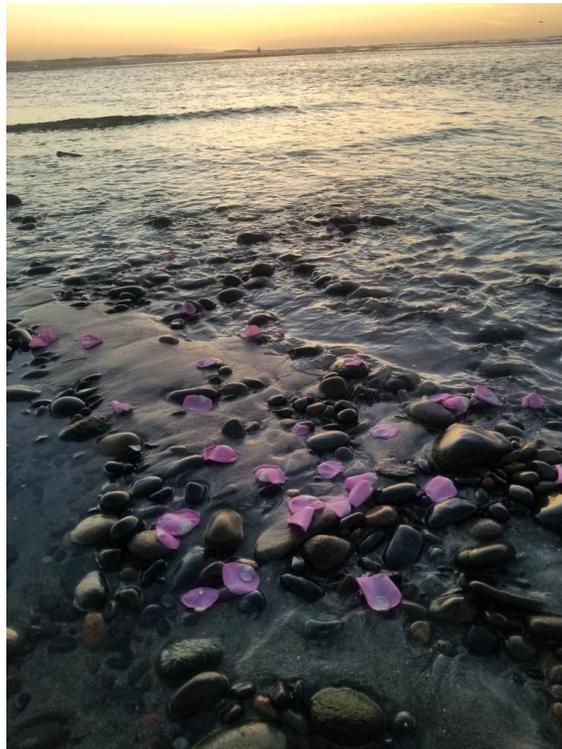
## Who Is MaryRuth Ghiyam?

Hi there! My name is MaryRuth and I'm a Certified Health Educator, Nutritional Consultant, and Culinary Chef. I graduated from Fairfield University in Connecticut in 2006, and received certification as a health educator and nutritional consultant

to resume warring.

It seems like many of us are at "war" with others more and more. Whether is how to be 'safe' from the virus, or where you stand politically. Indeed, if you look for differences between us, they are very easy to find. I have heard often that people just want this or that to be "over" and to "get back to normal"...but that starts with each of us!

Take today. Start with today and take action to be healthy, happy, and helpful. For yourself and others. Those 3 things, each day, and we will be getting back to 'normal' sooner than later!



## Spring Into Wellness

It's an obvious fact: As we age, we lose range of motion. But our bodies are pretty darn resilient, and they will continuously do what they need to do to get us from "Point A" to "Point B." If one knee doesn't move quite right, we will limp. If an ankle is stiff, we will shift our weight to the other side. If a hip is tight, you'll see someone kind of 'walk around' their tight hip with a swing of their leg. No matter what, our bodies will keep working to keep us moving. We do have a say in the efficiency of our movements, though.

A biomechanical chain—sometimes called the "kinematic chain" or "kinetic chain"—is a simple idea about a complex system. You already know that the hip bone is connected to the thigh bone, the thigh bone is connected to the leg bone, the leg bone is connected to the ankle bone, and the ankle bone is connected to the foot bone.

from Hippocrates Health Institute. I also attended and graduated from the Institute of Culinary Education (ICE), as well as the Institute for Professional Excellence (iPEC) as a Certified Professional Coach (CPC). I have a passion for helping others take control of their own health, and think that by doing so, everyone can *Move Forward Everyday* with their own health and wellness goals.

### **Who Owns MaryRuth Organics?**

MaryRuth Organics is a family-owned business! My mother, Colleen, and I created MaryRuth Organics in 2014, and we've been growing ever since. My original mission when starting MaryRuth's was to create wholesome supplements I felt great about giving to my own family. In doing so, I also believe you, the customer, should be treated like family and receive only the best service and care.

### **Why Vegan Vitamins & Supplements?**

Here at MaryRuth's, we believe that making the best supplements for your health means creating products with non-GMO, plant-based, vegan ingredients, with the fewest number of allergens as possible. We do our best to find only the highest quality ingredients and to formulate good-tasting products that assist in maintaining your health and aid your body on your way to wellness!

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#### **Did you know?**

In the ruins of the Maya city Chichén Itzá, in Mexico, crowds gather at the ancient El Castillo pyramid every spring and

Someone could even write a song about this—and it seems they already have. This interconnectedness is the basis of how our bodies work, and it's about more than merely the bones that make up our skeleton. This biomechanical chain includes our muscles, tendons, ligaments, blood vessels, glands, nerves and much more.

The important thing to understand about the biomechanical chain is that if one link is broken, it will likely affect others in an adverse manner. The human body is brilliantly designed to compensate for these types of problems, but this compensation usually comes with a price as other parts of the body absorb additional or unusual stresses. For example, structural weakness, misalignment or asymmetries in the feet can trigger changes further up the body, particularly in the ankles, knees, hips, back and neck. In fact, nearly everyone that I see at the office with a low back pain also has problems with one or both of their feet!

There is a similar cause-and-effect relationship that can begin with just a single misaligned vertebra in the back. Resulting pain may cause the person to favor one leg over the other while walking, resulting in further distortion of the posture and greater misalignment, resulting in even more problems and pain.

The study of mechanics concerns itself with how matter reacts to forces, which can involve pressure and/or motion. We see this when someone uses a simple lever and fulcrum to lift a heavy object. Biomechanics merely takes these same simple principles and applies them to the body. The field of biomechanics includes both static (body at rest and in balance) and dynamic (body in motion) aspects.

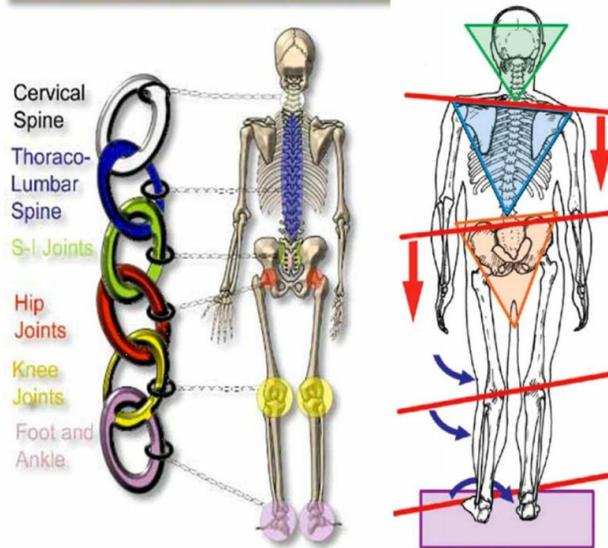
By studying the structure of the body and the forces involved in staying at rest or being in motion, health care professionals can better understand sources of injury and teach improved ways to perform repetitive or even competitive actions. Greater understanding of the biomechanical chain can help improve sports performance, functional training, and strength and conditioning. It can also help with injury management, rehabilitation and even injury prevention.

Click [HERE](#) to finish reading.

fall equinox to witness an equinox celebration that dates back to the construction of the pyramid around A.D. 1000. The Maya were skilled astronomers, and the pyramid is dedicated to the feathered serpent god, Quetzalcoatl. At sunset on the equinoxes, the angle of the sun creates shadows that look like a giant snake. The light-and-shadow snake appears to slither down the pyramid steps until it merges with the huge sculpted serpent's head at the bottom.



## THE KINETIC CHAIN



Find us on Facebook!



Click Here to go to our Facebook page!

Riddle answer:

There aren't any—  
it's a one-story  
house.

## "Palpation"

We all have heard the phrase, "Laughter is the Best Medicine." Want to know what else works really well? The touch of another human being. Yes, even now, when we are cautious and social distancing at any and all moments. Sometimes a hug or a steadying hand on the back of your hand can work wonders as well.

And there's even research that back this up. In one landmark study, 16 happily married women were subjected to the threat of a mild electric shock; touching their husbands' hands brought immediate relief from the resulting anxiety. Even a stranger's touch was somewhat calming. "We know that anxiety decreases immune function and makes you get sick more often," says study author Jim Coan, Ph.D., a neuroscientist at the University of Virginia. "If touch can help you be less anxious, you're more likely to stay well."

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### Upcoming Events

#### Office Closing Early:

March 12th, 2021 at  
4:15pm

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This is one part of chiropractic that I really enjoy, but also occasionally find to be challenging. There are many people who do not like to be touched, or are uncomfortable with the idea. Yet, I have also seen people get healthier after they were touched. Sometimes all it takes is a good adjustment with a chiropractor's hands to solve chronic neck or low back tension. Palpation is the most frequently used diagnostic technique in chiropractic care and is a clinical cornerstone of most physicians' practice. It is a manual, non-invasive method of determining where a patient has structural or functional problems in the body.



Click [HERE](#) to finish reading.

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## Faces in the Office



Shelby and Levi are always fun to see at the office. Well...Levi is fun to see once I find him in his hiding spot. I have enjoyed working with Shelby for several years, including during her pregnancy with Levi, and it was an honor and privilege to begin adjusting Levi shortly after he was born! Soon enough Levi will be a big brother, and I look forward to working on the next little one.

Chiropractic care is for Every Body...from 1 to 100! Thanks for the opportunity,  
Shelby!



**What brought you to Giebler Chiropractic?**

I injured my lower back from working with cattle.

**Does chiropractic hurt?**

Never!! I look forward to coming here to get adjusted.

**Do you keep going back? If so, WHY?**

I do. Every three weeks for maintenance. I bring my three year old every three weeks too!. He was not sleeping regularly and was not himself for a weeks.

Now he's great and I honestly have no issue with him.

**Any stories about Giebler Chiropractic that you would like to share?**

They have the cutest dog! I lover her.



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**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.

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