



A Hand in Health Newsletter

Issue One Hundred-Nineteenth July 2021

In This Issue

[A Note From Dr. Nic](#)

[What Makes an Immune Response Healthy Versus Unhealthy?](#)

[The Importance of Maintenance Care](#)

[Faces in the Office](#)



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: 8:00 AM to 5:00 PM
Fri: By Appt Only
Sat & Sun: By Appt Only

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A Note From Dr. Nic

This year's Kettle 50k was held on June 12th, and it was a HOT ONE. I should know that this is a possibility, considering it's June and it's Wisconsin, and I've completed this event 3 times previously, in typical "June in Wisconsin" weather. But this year, it was a memorable one despite the fact I should have been prepared and expected it.

We hadn't had many really hot days leading up to the run, but I did my best to run during the middle of the day, on lunch break, to get some 'heat training' in my system. The Kettle 50k starts at 1 pm and is held in the Southern Kettle Moraine State forest, running for 31 miles along the Ice Age Trail and a few wider ski trails. The first half of the run goes through what is known as the "Meadows" and is infamous for mid-day heat and direct sun exposure. I knew this and did my best to slow my pace down to leave some energy for the last 15 miles, which are run on rocky, rooty, hilly trails. Basically, you trade in flat and runnable but HOT HOT HOT terrain for shady, but hilly and technical terrain. Anyway, I tend to start races way too fast, and I did my best to slow down through the Meadows this year...but looking back at my splits, I definitely didn't slow down enough. By the time I had reached the Half Way Aid Station, and was about to enter the woods for the last 15 miles of hills, I had run myself ragged. Three little letters had started to make an appearance in my head: D. N. F.

We Need Your Help

Our Newsletter went out to 380 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 is a common English word that is nine letters long. Each time you remove a letter from it, it still remains an English word - from nine letters right down to a single letter. What is the original word, and what are the words that it becomes after removing one letter at a time?

Nutrition Shake



TLS Nutrition Shakes provide a great nutritional alternative for active lifestyles. Available in two delicious flavors, TLS Nutrition Shakes are formulated to deliver an optimal balance of protein, carbohydrates and fats in every serving, along with

One of the many aspects of trail running that I enjoy is the mind games. Our brains are always working for self-preservation, and having already spent about 2.5 hours in 90 degree heat, my mind was saying, "yep, good enough. You can quit now."

The thing is, our minds will quit a LOT sooner than our bodies will. I knew this. I also knew that if I quit, I would regret quitting almost immediately. So, I resorted to a lot of walking, several bouts of pity parties, and plenty of self talk about how I'm never doing this again. This is the last time I sign up for one of these. I even started to make arrangements to be picked up at the next road crossing. I chose this particular road crossing, at Mile 22 of the run, because nobody would be there. I also knew that at the next road crossing, at Mile 24, there was a group of great people and an aid station...and if I made to that aid station, there's no way I would drop out. Those friends wouldn't let me.

Alas, I arrived at the road at Mile 22 and just walked right through, and back into the woods. I didn't drop out at that point. Not long after that, I walked into the aid station at Mile 24, where I was treated like a rock star. I had my short pockets stuffed with ice. I had my water bottles filled. I was given a Styrofoam cup of ice to take along with me...and I was also given 2 icy pops to eat along the way. It was absolutely incredible, and I can't thank those volunteers enough!

Because I stuck with it, I managed to finish 2^d overall. My finish time of 5 hours and 50 minutes was by far the slowest 50k I have ever done. I gained a good dose of mental sharpening, I was reminded about how truly important connections with other people are, and I have a new found deep appreciation for icy pops.

Also, my 'never again' mentality didn't last long. I've signed up for a 12 hour event in August!



What Makes an Immune Response Healthy Versus Unhealthy?

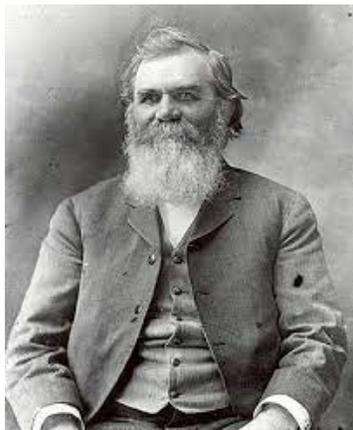
In the last month it seems that allergies have been much worse than in previous years. I have had more conversations about pollen and dust this Spring than I remember. While pollen levels and other allergens may be higher in 2021 than in previous years, I think a lot of the increased allergies has to do with lack of

10 grams of fiber and over one-third the recommended daily allowance (RDA) of fiber and 22 different vitamins and minerals — all with just six grams of fat per serving!

Whether you want to lose weight or build lean muscle, TLS Nutrition Shakes provide a quick and easy snack between meals to satisfy hunger, and an alternative to fast food. As an excellent source of protein, and with 10 grams of fiber per serving, TLS Nutrition Shakes deliver the energy and nutrition you need.

Did you know?

On September 18, 1895, a deaf janitor named Harvey Lillard had his hearing restored after he received the first chiropractic adjustment by Daniel David (D.D.) Palmer.



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'exposure' to our immune system because of precautions taken during Covid. Less exposure, less opportunity for our immune systems to 'learn' and improve and strengthen.

Have you ever heard of **'the hygiene hypothesis'**? The idea is that environmental sensitivities that lead to allergies and auto-immune disorders may also be caused by a lack of childhood exposure to infectious agents, probiotics, and parasites. Living in super-clean environments (for example, spending a great deal of time indoors without pets) may leave a child's immune system uncalibrated and over-sensitive, resulting in a host of allergies and hypersensitive reactions to innocuous substances later on. In fact, a recent research article cited antimicrobial soaps as problematic, and actually destructive, to health. One common antimicrobial agent, Triclosan, has been found in many bodily fluids, including the urine of pregnant women, and the cord blood of newborn infants.

The study, published in Environmental Science and Technology, studied 180 expectant mothers in Brooklyn, New York. The researchers found triclosan in 100 percent of the women's urine samples, and triclocarban (another common antimicrobial agent) in 87 percent of the samples. Of the 33 cord blood samples they looked at, 46 percent contained triclosan and 23 percent contained triclocarban.

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The Importance of Maintenance Care

How Important Is Maintenance Care?

To really understand the importance of maintenance care in Chiropractic it is necessary to understand the other types of care as well. There are three main types of care that an individual will undergo while at a Chiropractic office; 1) initial intensive care, 2) corrective care, and 3) maintenance care. Each of these three types of care are essential in the process of getting an individual better and, just as important, keeping them better for the long term.



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Riddle answer:

- The base word is Startling
- starting
 - staring
 - string
 - sting
 - sing
 - sin
 - in
 - l

Upcoming Events

The office will be Open July 1st and July 5th.

Three Types of Care

How chiropractic helps you reach your health goals

Obvious symptoms	Reporting some relief	Feeling better	Symptoms gone	Feeling great	Pre-complaint status	Enjoying optimum health	Maintenance and prevention
Joint instability and nervous system dysfunction	Inflammation reducing	Increasing range of motion	Improving function	Soft tissue reconstruction	Muscle and ligament strengthening	Spinal stabilization	Optimum function
Initial Intensive Care If an ache, pain, or other obvious symptom has prompted you to begin chiropractic care, the first thing you want is to feel better. Office visits will be frequent and your adjustments may be combined with other procedures to help offer relief. Depending on your age, condition, and lifestyle, repeated visits over weeks or months may be needed to reduce or eliminate your symptoms. Frequency: _____	Corrective Care Muscle and other soft tissue damage often remain after your original symptoms have improved. Corrective care stabilizes your spine and promotes more complete healing. Visit frequency is reduced and you may be encouraged to supplement your care with exercises or other self-care procedures. With your ache or pain gone, more complete healing can occur. Stopping care now may risk a relapse. Frequency: _____		Elective or Wellness Care When maximum improvement is reached, periodic chiropractic "checkups" are recommended. These wellness visits can detect and help correct new problems before they become serious. Health-conscious adults choose this type of care for themselves and their children. Like other preventative measures, elective or wellness care can save time and money by helping you stay well. Frequency: _____				

How long you decide to benefit from chiropractic care is *always up to you.*

In the beginning, frequent visits are usually needed to relieve symptoms and begin the healing process. Corrective care, like orthodontics for the teeth, is designed to help restore proper position and motion of spinal bones. Like wellness care, periodic mechanical inspections can detect problems and breakdowns before they become serious.

One important fact to remember as we go through the different types of care is that symptoms are only part of the injury, not all of the injury. When an injury or problem occurs, the symptoms are what motivate us to seek care but they are not necessarily what require care. Pain is the most common symptom associated with an injury. Other common symptoms include numbness, tingling, loss of function, swelling of the area, a red coloration of the skin, and increased temperature over the injury just to name a few.

Initial Intensive Care:

This type of care is step 1 when a new injury occurs or an old injury resurfaces. Initial intensive care consists of a large number of visits in a short period of time, sometimes even at a frequency of 3 times a week for 3-4 weeks. This allows for the Chiropractor to make significant changes fairly quickly and often decrease the amount of pain or discomfort an individual is experiencing. It is not uncommon for individuals to experience large improvements in both symptoms and function during this period.

Corrective Care:

Corrective care is the second step in the healing process. Although a majority of your symptoms may have improved, muscle and other soft tissue damage may still be present depending on the severity of the initial injury. Visit frequency is decreased during corrective care and stretching and exercises are often used to further the healing process. This stage is very important in attempting to fix the underlying problem that originally caused the symptomatic state. Often times the symptoms will vanish completely in corrective care but it is important to remember that this does not mean that the problem is solved.

Maintenance Care:

Once maximum improvement is reached through the initial intensive care and corrective care steps, maintenance care is highly recommended. Although maintenance care cannot guarantee that the problem will never return, it does significantly decrease the

chances as well as make dealing with that problem significantly easier. Individuals who receive maintenance care tend to have less reoccurring problems and recover quicker when they do. Maintenance care is also beneficial in that it can detect other issues early to make sure they are dealt with before they grow to more serious problems. Visit frequency for maintenance care is suggested at 1 visit every 4-6 weeks.

Here's a great example of how maintenance care can help. It's a true story about two different patients who presented to our office recently. To start, both of these patients had originally come to the office for low back pain in the past. Both had made it through the initial intensive care and corrective care stages to end up pain and symptom free. Patient 1 (who we will call John) decided to pursue a maintenance care schedule, coming in every 6 weeks for continued care. Patient 2 (who we will call Sara) decided to discontinue care after she was feeling better, and her symptoms had decreased. So, this is where the story starts. John and Sara, two patients with similar problems decide to take different routes after feeling better.



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Faces in the Office

Mordecai



What brought you to Giebler Chiropractic?

My mom started going there because her back bones didn't feel well and then one day Dr. Nic said, "Maybe we can get you adjusted sometime."

Do you still have pain?

No. "That's a simple question." At first I was nervous but not anymore. (Mordecai had problems with bed wetting)

Do you keep going back? If so, WHY?

Yes because I like it. (and...mom likes it too) Dr. Nic and his staff are great with Mordecai and all his questions and stories. After 3 visits, no more bed wetting! Now Mordecai cant wait to go see his "bone doctor" every few weeks.

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

Dr. Nic and I are really good at share and tell. Mordecai had to bring a toy or object with him every time to tell Dr. Nic about.

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.

