

### In This Issue

#### A Note from Dr. Nic

**Stress**

**Sleigh Bell Run**

### Giebler Chiropractic Business Hours:

Mon: 8:00 AM to 6:00 PM  
 Tues: 8:00 AM to 5:00 PM  
 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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### We Need Your Help :)

Our Newsletter went to 367 people this month! Our goal is 500...please forward this email to your friends & family!!

Thanks in advance,  
 Dr. Nic

### Receive A Hand in Health...

[Join Our Mailing List!](#)

### Riddle me This:

What do elves learn in school?

### Find us on Facebook!



[Click here to go to our Facebook page!](#)



### 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!

### A Note from Dr. Nic

Last year, I bagged the second buck of my life while hunting up north. He was a monster 2-pointer with 5 1/2 inch tines and a 3.5 inch inside spread, and he is proudly displayed in the hallway at my office. Knowing it would pretty hard to top that experience, I decided to stay closer to



home this year and bring my 8-year-old son and 6-year-old daughter out to the hunting blind so they could experience it.

It was a decision I did not regret.

While we didn't actually see any deer, I was able to observe their enthusiasm for the 'hunt.' We talked about other observations we made while waiting for daylight and discussed how to use our other senses--not just sight--to take in the nature around us. On several occasions, my daughter thought she saw something, and her excitement...and subsequent squirming from within the blind, put a smile on my face.

## Hunting Humor

Two deer hunters hired a pilot to take them way back into the forest. After the hunt, the pilot returned and saw that they shot six deer. "The plane won't carry six deer, you'll have to leave two of them," said the pilot, trying to be friendly. Unwilling to leave their dead deer, the hunters said "We got six on the plane last year." The pilot gave in, and just five minutes after takeoff the plane crashed into the forest. Lucky to be alive, one of the hunters said, "Any idea where we are?" The second hunter said, "Yeah, right about where our plane went down last year."

## Riddle Answer:

The elf-abet.

## Ion Cleanse Detox

**WHY?** Acid wastes attack joints, tissues, muscles, organs and glands, causing minor to major dysfunction in the body.

**HOW?** Place your feet in the water for 30 min. The Ion Cleanse machine generates ions which gives the body energy to release toxin buildup quickly. Our blood circulates through our body about every six minutes. During the course of a session, impurities are drawn out.

**Erin Klauck** will be offering this service in our office on Tuesday and Friday evenings. Please contact the office for more information, or to schedule an appointment.

*Do 2 Ion Cleanses and receive your 3rd cleanse*

Later in the morning, Estelle asked what kind of sounds a deer makes. After being told that the kind of snort or grunt, she then tried to 'call them in' using her best impression of a deer snort and grunt. While not successful in actually attracting any animals, it was nonetheless entertaining to hear!

Edwin was a bit more patient and calm than Estelle. Not only was that the product of being about 18 months older, but also the fact that he was in charge of the thermos of hot cocoa.



Both kids made it about 90 minutes before asking to go in to Nana's house (we were hunting on my inlaws' property) where they received treats and more hot cocoa. I would have loved to actually see a buck or a doe and a fawn with them, but there's always next year. In the meantime, I look forward to more opportunities to take the kids outside and let them soak in the sights and sounds and smells of God's creation. I got more out of that morning than they did, I'm sure of it!

## Stress

In this day and age, when it seems as though everyone has more to do in less time, it's no surprise that stress management is a growing field of study and a popular self-help topic. Over the years, science has learned a lot about our relationship with stress-its effects on our performance, how it can impact our health and well-being, and why some people are better at managing than others. For us to manage stress more effectively as individuals, it's useful to understand a little bit about what researchers and clinicians have learned.

## A Matter of Design

The stress response exists in order to prepare the body for fight or flight in the presence of real physical threats. Thousands of years ago such a threat may have been a lion or an enemy from another tribe. Today, even though we may be surrounded by 21st century technology and modern threats may differ from ancient threats, human physiology hasn't changed. The stress response is designed to be a short-term reaction to immediate danger that is then followed by relief and relaxation after that immediate danger has passed. In response to serious threat, the body will release chemicals such as adrenaline (epinephrine) and cortisol, which divert blood away from non-critical organs in the body such as the digestive system and send it to the muscles. The heart rate also goes up in readiness for

\$10 OFF! (\$30/session)



### CALM Detox Apple Cider



What better way to relax after a long day than to kick up your feet and enjoy a warm cup of apple cider? This CALM Detox Apple Cider is loaded with antioxidants, vitamin C, cinnamon to stabilize blood sugar, and **Natural Vitality CALM™** to promote relaxation.

#### Serves 2

Prep time: 5 minutes

Cooking time: 5 minutes

#### Ingredients

- 3 cups organic apple juice
- ½ teaspoon cinnamon
- Dash of ground nutmeg
- Dash of ground cloves
- ½ organic lemon, sliced
- 1 teaspoon **Natural Vitality CALM™ Sweet Lemon Flavor**

#### Directions

intense activity, respiration quickens and the senses become heightened.

### The Wrong Physiological Response for Today's Lifestyle Problems

As a short-term response, stress has few lasting physiological effects and stress chemicals break down quickly in the body once the stressor is no longer there. However, most physical threats in our modern world are imagined rather than real. And our modern-day fears and anxieties can lurk beneath the surface for weeks or months. So there's a mismatch-the kind of physiological responses helpful for fighting a lion or rescuing someone from a burning building are not so useful in helping us cope with our modern causes of stress.

It gets worse. It turns out that our bodies' response to stressful situations (designed to help us cope with short-term, fight-or-flight situations) can even have a detrimental impact on the body when it's switched on over prolonged periods. Digestive disorders such as Irritable Bowel Syndrome (IBS), high blood pressure, low immunity and even chronic illness such as Chronic Fatigue Syndrome (CFS) are just some examples of illnesses that can be brought on by long-term stress. In addition, researchers have also discovered that stress can worsen many preexisting medical conditions and can lead to changes in the brain. These changes tend to make chronically stressed people more impatient and aggressive. This can further reduce their ability to cope with problems.

Click [here](#) to finish reading

### Sleigh Bell Run

"When I have experiences like this one with her, it's such a strong reminder of why I got involved and why I do what I do. We have a great bond. It gives me an indescribable feeling of gratitude."

That's a quote from Amanda R., a "Big", after taking a trip with her "Little" on the S. S. Badger. What's a "Big" and a "Little", you ask? They're a mentor and a child involved with the Big Brothers Big Sisters. It's an amazing group, and one that truly changes lives in our community.

You may not have the time to volunteer as a "Big" but you can still contribute to this great organization...and burn a couple calories in the process. This Saturday, I invite you to join me at the 24th Annual Sleigh Bell Run/Walk in downtown Kiel.



The Run/Walk has 2-mile and 5-mile options, complimentary refreshments at the finish, and there are "Riesterer Reindeer Games" for the kids.

Add apple juice, cinnamon, nutmeg and cloves to a small saucepan. Bring to a boil and then simmer for 5 minutes. Remove from heat. Add the lemon slices and *Natural Vitality CALM™*. Enjoy hot.

**\*\*Calm is available in a variety of flavors to purchase in the office. For a limited time try the Holiday Citrus Spice Flavor.**

## Upcoming Events

**December 1st:** The 24th Annual Sleigh Bell Run in Kiel. See you there!

**December 24 & 25:** The office will be closed. Merry Christmas!

**December 31:** The office will be open 8-noon. Closed for the afternoon.

**January 1st:** The office will be closed. Happy New Year!!

The "Dasher's Dash" (a 100-yard run) and "Rudolph's Run" (a 1/4 mile run) will take place right around 11:00 am after the run/walk.

Children are invited to participate in the Riesterer Reindeer Games! Riesterer Reindeer games are free of charge. However, if your child would want an official Sleigh Bell Run/Walk T-shirt, please fill out a registration form and pay the entry fee on Saturday morning. Awards will be given out to all participants.

The "First Saturday in December" is one of my favorite Saturdays in Kiel. It's a great event with so much holiday cheer, and the more, the merrier!

In addition to Big Brothers Big Sisters of Manitowoc and Sheboygan Counties, the Sleigh Bell also benefits the Kiel Cross Country program. I've worked with this program personally and can attest to the positive benefits it has to our little town as well.

Research has shown that those who walk regularly have reduced rates of heart disease, asthma, osteoporosis, obesity, type 2 diabetes, stroke and some cancers. It also improves circulation, increases bone strength and reduces cholesterol. Walking can also be one of the easiest forms of exercise to fit into your day for those who are pressed for time.

Walking is great for overall health, but those who want to lose some weight can benefit too. According to the American College of Sports Medicine, walking at a reasonable rate of three miles per hour burns 221 calories an hour, and walking at a brisk four miles an hour burns 334 calories per hour.

I'd love to see you out there! And...I promise some Wonderful Wisconsin Winter Weather! You can sign up in the Kiel Middle School Gym on Friday from 6:30 - 8:00 pm, and Saturday morning, starting at 8:00. The 2-mile and 5-mile events begin at 10:00 AM.

## 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.