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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 375 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!](#)



A Note from Dr. Nic

It started as an innocent message at work, from Stephanie to me, asking if I had heard of the "[2020 in 2020 Challenge](#)". I hadn't heard of it. Turns out, it's a goal of running or biking 2,020 Miles in the year 2020. This prompted me to look back through my running logs. In the last 5 years I have ran between 1,050 and 1,200 miles every year. I didn't realize this 'consistency', nor did I think it was even possible to run 2,020 miles this year. Life is busy! Yet...the seed was planted.



After more conversation, it turned in to a challenge for the office. Stephanie, Holly, and Dr. Nic are going to cover 2020 miles this year. At least that's the goal. We even came up with a gauge to keep an eye on our progress! I was incredibly motivated through the first half of January and ran a 50k race on January 11th. Since then...well, like many New Years Resolutions...I've lost a bit of motivation. So I'm adding some

Riddle me this:

What word becomes shorter when you add 2 letters to it?

Tri-Core Pillow

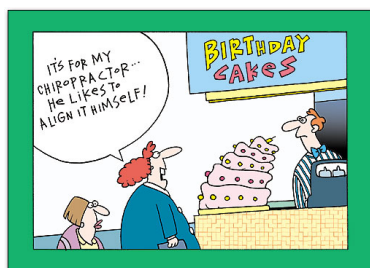


The Tri-Core® Cervical Support Pillow helps alleviate headaches and neck pain by providing proper alignment of the neck while sleeping, and is commonly used to help treat a variety of conditions affecting the neck and shoulders.

For back sleeping, a firm cervical roll supports the neck while a shaped center gently cradles the head for better sleep. For side sleeping, the raised side areas help keep the head level for proper alignment of the spine. Tri-Core Pillows are available at the office, stop by to inquire or pick up.

Did you know?

We forgot to mention Dr. Nic's birthday in the December issue!?



Happy Belated Birthday!

Find us on Facebook!



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

Riddle Answer:

accountability to the challenge by telling all of you about it! Here we go...2,020 miles in 2020! Wish us luck and be sure to ask us about the progress!

Holiday Memories

It was a whirlwind of a holiday season...but we made it! Because of the holidays, we had to fit a week's worth of patient visits in to three days, and we had to try and keep track of what day it actually was...not an easy task! I literally walked in to three different rooms and greeted patients with a "Happy Monday!" salutation, when in reality it was Friday, January 2nd. Oh well, it was worth a good laugh.

I had so many memories from this holiday season, but I'll keep it short and just share 3. Okay, maybe four.

1. Estelle, my firecracker of a daughter, turned 8 on January 8th. She goes to sleep smiling and wakes up the same way. I hope to be more like her in the future. She also has her first love/first boyfriend, and his name is Jack. Jack is the horse that she takes care of and rides at Sundance Farms, located just outside of Plymouth. I have an irrational fear of horses and cows, and being kicked by them, so this has been an adjustment for me to be so close to these beasts.



All joking aside, Estelle and Jack are a match, and I have learned that all I really need to say on his good side is a pocket full of treats. Time sitting and watching Estelle and Jack together has taught me patience, serenity, and improved my ability to

just stay in the moment. We often worry way too much about the future, and feel too much guilt about the past, and in the meantime, we miss out on those present moments, watching a girl and a horse.

2. I coach my son's basketball team. Over break we were on our way to Howards Grove for games. We happened to pass a garage on County Road J between Plymouth and Elkhart Lake that is owned by a family friend. I spend many hours as a young boy walking around in the woods around that garage. In fact, my first-ever trip hunting was with my Uncle Bill in those woods. I remember it like it was yesterday.

Click [here](#) to finish reading.

Hello from 'Colorful Colorado!'

Last weekend was a bit crazy. Then again, aren't they all?

Last Friday was a busy day at work as we were a bit short-handed at Giebler Chiropractic. Yep, Stephanie and I made it through the day and managed to be smiling as we left the office that night.

Saturday morning brought more wet heavy snow to shovel before leaving for basketball in Manitowoc. The team earned a hard-fought victory over Roncalli, and I was proud of their effort, for sure. But it did manage to raise Coach Nic's blood pressure substantially.

Fast forward a couple hours, and I was behind the wheel of

Upcoming Events

Feb 20-21: Dr. Nic will be attending the WCA Spring Convention!

the 'family truckster' as four of us begin our journey to Colorado for a ski trip. Thankfully, by then the roads were agreeable and there was a bit less stress and white knuckling the steering wheel when compared to the morning.

But that lack of stress didn't last long... As we were in Iowa City, Iowa, looking to change the diaper of our three-year-old Emerin, when it came to my attention that I had left her suitcase in her room. Along with her Blankey's and her stuffed animals and all of her clothes...and her diapers. This resulted in an impromptu 10:30 PM visit to Target. And an expensive one at that.

Next, let's throw in a couple other types of stress... Like an all nighter behind the wheel, and not exactly a Dr. Nic-recommended dietary plan, which consisted of a metric ton of caffeine AND several bags of ruffles potato chips.

Thankfully, we did make it out to Colorado and into our rental in Fraser. Friends had arrived earlier on Saturday and we swapped some travel stories.



Click [here](#) to finish reading.

Faces in the Office

I enjoy hearing the Muehlbauer's arrive at the office. I always know I'm in for an adventure...and because they most often arrive towards the end of the day...it's a good way to end my work day!

Joe and Amanda, and their kids, Liz, Brandon, and Ali, have been coming to our office almost as long as I have been here! Between talks about nutrition for their kids and themselves, and interesting flare-ups and conditions, I love FAMILY care and am so thankful to see the Meuhlbauer's, as a FAMILY, come to our office for better health. Thank you so much!



Meet The Muehlbauer Family - Joe, Amanda, Liz, Brandon and Ali:

*We have three children, one in the elementary school, one in the middle school and one in college in Eau Claire.

What you like about Giebler Chiropractic:

*Dr. Nic is very caring, compassionate and always willing to come in and serve you if on a holiday or weekend.

Best advice you've ever received:

*Very helpful advice that we received from Dr. Nic. When you think of a chiropractor, you think of muscular, or at least we did. Dr. Nic has educated us on so much more. We learned about how healthy eating affects behavior, and more.

Adjustments also help with ear infections and because of the knowledge our family has changed to improve all of our health.

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.