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RYPO 2018

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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 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 you get from sitting on the ice too long?

DID YOU KNOW:

The state of Wisconsin has registered at least ONE day with a low temperature of 30 below



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

We are turning **100!**

No...not our office. Our office is only 11 years old. No...not Dr. Nic. He just turned 38. But this is our 100th Newsletter! I'm very thankful for all the positive feedback on our monthly installments and look forward to continuing to educate, enlighten...and maybe even entertain you moving forward!

Have a subject you'd like me to cover? Have a question? Now is your chance! Email our office or call us and let me know and you may be featured in the 101st, 102nd, or 103rd issue of "A Hand In Health", and thanks for reading!

Run Your Past Off 2018

On New Year's Eve of 2017, I took part in the Inaugural "Run Your Past Off" 6 Hour Endurance Run at High Cliff State Park. It wasn't my smartest decision, as the temperatures bottomed out at 25 Below Zero that night. The event runs on the trails of High Cliff from 4:00 PM to 10:00 PM, and by the end of the night, some layers of my clothes were literally frozen in to my beard. My goal was to run my 'age' in miles (My birthday is December 30th), and in 2017 I succeeded. Due to some fatigued brain function, I actually ran .5 miles beyond my goal, finishing with 37.5 miles on the night. It only took about 15 minutes next to the roaring fire in the shelter to actually detangle my beard hair from my neck warmer upon finishing.

or colder every single year since 1885, with 5 exceptions (1931, 1941, 1944, 2001, & 2002).

So maybe it wasn't THAT cold this week!

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Essential Nutrition Pack



Research continually supports the need to bolster a healthy diet with nutritional supplements to promote health and prevent disease. The supplement combination contained in the Essential Nutrition Pack helps support the key biochemical mechanisms of an improved diet and nutritional status; inflammation reduction, antioxidant protection and cellular energy production.

Each Essential Nutrition Pack contains **30 individual packets** which contain a disintegration-tested **multi vitamin** (1 tablet), concentrated **EPA/DHA omega-3 fish oil** (2 softgels), **vitamin D3 - cholecalciferol** (2 softgels) & **magnesium** from organic chelate sources (2 capsules).

Available at the office, stop by to get your monthly supply.

Riddle Answer:

Polaroids!

This past New Year's Eve, I returned again. Once again, I was hoping for my 'age' in miles. I worked at the office that morning before running a couple errands (or, "aarons"...as my mother would say) and then heading up to High Cliff for the 4:00 start. Leaving Kiel, it was raining. By the time I arrived at Sherwood, it was snowing. Heavily. While it was very pretty, I actually had to move in to 4 wheel drive toward the end of the trip to get up the 'cliff' to the shelter (the one near the tower, if you've been to High Cliff).

It looked like once again Mother Nature was going to make this event...interesting. At 4:01 we were off an running. Well...not all of us, as some of the participants didn't make it to the start on time on account of the snow and road conditions and especially that road that goes up the big hill at the park!

It was just cold enough for the snow to remain snow...but plenty warm for it to melt pretty quickly. For the first hour or so of running, I was constantly wiping my eye lashes and eyebrows with my gloved hands to remove the snow...and resulting in drenched gloves from the snow immediately melting. Nonetheless, I kept moving, pretty much "post-holing" those first 4 or 5 miles through the snow.



Every 4 miles the runners would 'check in' and have their mileage verified before heading back out in to the woods and the trails. By the second or third loop the course had been packed down by the participants, making the footing surprisingly steady, and allowing me to kind of look around at how truly beautiful it was out there. It seemed every single tree trunk, branch, and twig, had been outlined in snow. As the sun set and the snow continued, it only became prettier.

In addition to the 6-Hour even, there was also a 3 hour event this year. I happened to be checking back in at the shelter right at 7:00 pm, and I was feeling some definite fatigue and I was also just flat-out WET. It actually snowed steadily until about 9:00, so I only really had 2 options: keep going to keep running and keep some warmth...or quit.

Click [here](#) to finish reading.

Floating

Last week, I "floated" for the first time. If you're not

Upcoming Events:

February 9-10:

Plymouth Snow Rangers Race of Champions!
Come see Dr. Nic compete! (Just kidding, but he will be there to spectate!)

February 14:



March 18:

Happy Birthday, Ellie!

familiar with the idea of "floating" let me tell you a little bit more about it, as it was an incredible experience.

It's called a sensory deprivation tank, and it's something that is used to help you relax, meditate, and it can be helpful in treating anxiety, depression, can provide pain relief, stress relief, and mental clarity as well.

The container--sometimes referred to as a "pod", "tank", or "chamber"--is soundproof and pitch black, creating an environment for our bodies to be free from gravity and other external forces... Or as much as it can be here on earth.

The temperature is "skin receptor neutral", meaning the water is virtually undetectable by the sense of touch. And Epsom salts add density of the water making your body buoyant while floating



on your back in the container. From the darkness, to the sound-proofing, to the buoyant nature of the water, it all works to create a very rejuvenating effect on the human body. It's about as close to outer space as one can get! While floating, our bodies and minds can sink away from the world that is built up around us and instead turn our focus internally. This truly helps deal with and address some of those anxiety issues or claustrophobia or other problems which may make your mind race.

You see, over the last five or 10 years I've had some serious bouts of bad anxiety. It has been especially noted when camping in a tent with the kids or sometimes even just by myself. I actually started sleeping in a hammock when camping because the claustrophobia and anxiety in the tent would get so bad that I couldn't handle it. I had heard about the "float tanks" for several years but was truly terrified at the idea...and never thought I could actually go through with a session. It's not a fun feeling, to get that anxious feeling and not be able to know what to do with it. So, after worrying about the experience a lot and for a long time, I decided to go through with it.

Click [here](#) to continue reading.

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.

Use this area to provide your subscribers information about your organization.

Sincerely,



Ellie Giebler
Giebler Chiropractic

