

### In This Issue

**A Note from Dr. Nic**

**NYE and Resolutions**

**Low Back Pain**

### 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

730 Calumet Avenue  
Kiel, Wisconsin 53042

920-894-2399  
Fax 920-894-7981

[gieblerchiro@gmail.com](mailto:gieblerchiro@gmail.com)  
[www.gieblerchiropractic.com](http://www.gieblerchiropractic.com)

### 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:

I weigh nothing, but you can still see me.  
If you put me in a bucket, I make the bucket lighter.

### Find us on Facebook!



### 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

Tonight (December 31), I'm taking part in the "Run Your Past Off" 6 Hour race at High Cliff State Park. While the current forecast is calling for up to 6 inches of snow (yikes!), I say 'bring it on!' because last year, I ran 37.5 miles in 25-below temperatures...and my clothes literally froze into my beardcicle.

I turned 38 yesterday and am hoping for 38 miles tonight. The race starts at 4 pm and goes until 10 pm, so it looks like I'll be 'enjoying' a calm and snowy evening in the dark at High Cliff. I'll be sure to update with the results soon!

As for each and every one of you...may you be blessed and healthy in your new year and beyond. I'm truly thankful for the people I see daily at the office and look forward to seeing you all... "next year!"



### NYE and Resolutions

There's a well-known quip that goes "It's not my willpower that I have problems with, it's my won't power." Whether it's dieting, quitting smoking, or just getting out of bed in the morning, our willpower is put to the test nearly



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

### Zinc



**Excellent tasting formula for nutritional immune support during seasonal changes and throat irritation, scientifically designed to allow regular dosing throughout the day.**

It has been observed in controlled studies that when zinc gluconate is slowly dissolved in the mouth, the duration time of seasonal symptoms may be significantly reduced. Zinc is intimately involved in immune system function and has been shown to inhibit replication. Vitamin C is essential for production of interferon, a natural endogenous antiviral substance, and has been used for many years in combating infections.

**Available at the office, stop by to get yours!**

**Riddle Answer:**

A hole!

## Upcoming Events

every day. This time of year, it's especially difficult, with parties and food and the winter weather making it tougher to just get going and exercising. Some people seem to have more will power than others. So are there things you can do to improve your self-control? Experts suggest that there are.

Self-control is like a muscle. The more you use it, the stronger it becomes. And the benefits to your life overall are considerable. Kids do better in school, people do better at work. Look at just about any major category of problem that people are suffering from and odds are pretty good that self-control is implicated in some way.

In some ways, self-control is a finite resource. In a scientific study, subjects who were asked to exert self-control on a first task did worse on a second similar task. This was in contrast to their counterparts in the control group, who did not have to use self-control for the first task and performed just as well on the second task as the first.



Self-control has been shown to be associated with blood glucose levels. The lower your blood glucose, the less your self-control. This may be a large part of the reason why dieting is so difficult. Dieticians' advice to dieters to eat several small meals a day is likely due to this phenomenon. You need the energy from food to have the willpower to exert self-control in order to succeed on your diet.

**Click [here](#) to finish reading.**

### Low Back Pain

"80% of the world's population will experience back pain at some point in their lives."

When it comes to back pain, this is easily the most widely quoted statistic in the mainstream media. And while the majority of this pain will be the result of specific injuries (many times caused by auto, workplace or sports-related accidents) that will eventually heal, much of it will not be. Instead, nearly half is likely to be chronic pain-persistent or recurring pain that is caused over time by a combination of genetics, day-to-day lifestyle choices and general wear-and-tear.

Back pain is very widespread, and much of it is either chronic or recurring. A research team from Washington State University used data from the 2010 Quality of Life Supplement of the National Health Interview Survey to investigate the prevalence of pain in America. Based on that data, the team estimated that 70 million American adults (out of a total adult population of 327.7 million) had experienced lower back pain during the 3-month period examined in the study. Of these people, more than 40% were thought to have persistent pain.

**Dec. 30th:**  
**Happy Birthday Dr. Nic!**



**Dec. 31st:**

Dr. Nic running the "Run Your Past Off" 6 hour race. Good Luck!

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

**January 21st & 23rd:**  
The office will be CLOSED.

**January 22nd & 25th:**  
The office will be OPEN.



While there's no single reason for back pain, many of the root causes can be traced back to our own day-to-day behaviors. From a clinical point of view, back pain can occur for a variety of reasons, including muscle strains and spasms, damaged or herniated discs, spinal stenosis, arthritis and spondylolisthesis. However, we've learned a great deal about some of the underlying causes as well:

**Genetics.** Researchers from Kings College in London have detected a link between variations in the PARK2 gene and rates of lumbar disc degeneration, which is one of the most common causes of low back pain. BUT...don't just blame your genes for your pain. There is so much that YOU have control over!

**Bad Ergonomics and Poor Posture.** From badly designed or adjusted workstations to heavy backpacks and, especially, over-use of mobile devices, our environment can place unusual stresses on our spines, which in turn can re-shape our posture. Over time, these postural changes then affect how we carry our body weight, potentially causing back pain and reduced mobility.

**Inactivity and Weakened Core Muscles.** Long periods sitting-in cars, at the office and on the sofa at home-gradually cause structural changes in our bodies. In particular, lack of exercise weakens our "core" abdominal, back and pelvic muscles, which provide strength, balance and stability to our bodies while at rest or in motion.

**Weight Gain.** Additional weight places more wear and tear on the body's entire musculoskeletal system, but especially on the back, hips and knees.

**Improper Form.** Whether you're doing physical work or exercising to stay fit, good form is important. Bad form- especially when repeated often-increases the risk of injury.

Click [here](#) to finish 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.