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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: 8:00 AM to 5:00 PM
Fri: CLOSED
Sat & Sun: By appt. only

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We Need Your Help :)

Our Newsletter went to 400 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:

How do you think the
unthinkable?

Did you know?

Around 150 Billion.
That's how many hot
dogs will be consumed
by Americans on the



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: Thoughts on the 4th

As the Fourth of July approaches, I want to share a story from my first year in Chiropractic school. I graduated from UW-La Crosse in the Spring of 2003, then spent that summer working as many hours as I could for Harold Sinner at Harold's Landscaping. In August I put away the work boots and married Ellora Andrews, and then promptly left with her for St. Louis and chiropractic school.

We were young and while I always knew I wanted to be a chiropractor, those first several months in a new city and in school were rough, to say the least. My grandfather passed away, and that affected me more than I thought it would. Grandpa Toby was a photographer in World War II and was even mentioned in Ernie Pyle's Here is Your War.

I'm not sure why, but thoughts of him and my paternal grandfather, and his service to our country had me thinking a lot about what I should actually do with my life.

Considering that chiropractic school, at that moment, wasn't what I was hoping for, I started to look at other options. I even took the Law School Acceptance Test. I won't get in to how that exam went besides to say it was 40-grit sandpaper directly applied to my skin, rough.

Not long after that terrible LSAT experience, I actually met

Fourth of July.



According to the National Hot Dog and Sausage Council, that amount of dogs can stretch from Washington D.C. to Los Angeles more than five times.

In 2016, 70 of those dogs were scarfed down by Joey Chestnut, who won the annual Nathan's Hot Dog Eating Competition for the ninth time.

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Orthotic Supports



The **ProTech Full Length Orthotics** offer a firm but flexible support shell, built-in arch support and heel cradle for motion control. Double layer, shock absorbing cushioning for enhanced comfort. A PORON® Cushion heel pad further cushions and protects at the heel. Increases stability and comfort in casual, athletic and work shoes. An ideal orthotic insert for preventing and alleviating pain associated with plantar fasciitis, metatarsal pain, heel or arch pain

with a representative from the National Guard. Perhaps I could be of service to my family and my country the way my grandfathers did-by joining the service. I met with Sergeant Matthew Hampton. I still can vividly remember a lot of that conversation. If I could have signed up right then and there, I would have. I said to him, "I want to do this. I want to help. I want to do something for our country."

His reply to that statement has stuck with me more than any other part of the experience.

He said that serving our country in the military is only one way to serve our country. Then he listed off 3 other ways:

- 1. Be personally financially responsible**
- 2. Be an informed voter**
- 3. Help others at a local level**

Pretty simple ideas, but in my opinion, they're profound. And I think they're even more profound today than they were during that conversation in 2003. Today it seems we hear more and more promises for free stuff-college tuition and health care to name two big ones-and we seem to become overwhelmed with issues on a national and international level. Also, credit card debt and other signals of not being too financially responsible on a personal level are ever-increasing.

On this Fourth, I'd like to point out that our Founding Fathers gave us a country with incredible opportunity. We all get a pretty darn fair shake and chance to do and be what we want. Life isn't fair, and no system is perfect, so there are aspects of America that could be better. Yet, I'll take life here in Wisconsin and the United States and I'll thank God I'm here.

I want to thank those who serve and protect us and protect those freedoms as well. Just recently many soldiers from our area returned home and it was such a blessing to see the pictures and the smiles of families reunited. God Bless our Troops and their families.

Finally, enjoy this holiday. And look at ways you can help out locally. How can we make Kiel and the Tri-County area a little better? What individual will you see today who you could help out? Maybe it's just a handshake or a smile. Or a genuine question of, "how are you today?" where you listen for the answer too. We have the greatest impact NOT in a national election, but right here in our neighborhood. So be a good neighbor this Fourth of July. It's a darn great neighborhood and country, isn't it?

"Exercise your Brain Muscle!"

Medical science has given the healthcare community the knowledge and tools to extend life in ways that would have seemed like science fiction a generation ago. But, believe it or not, these modern miracles also pose a challenge-the possibility of life without quality of life. In other words, living longer but not necessarily living better. With this in mind, it's becoming more important than ever to do what you can while you're still relatively young to "grow old gracefully" later on. So how do we put together a "playbook" for safeguarding our lifestyle as we age? One approach is to look into the midlife habits of those who live into their 70s, 80s and beyond while retaining both their physical and mental health to see what we can learn from them.

and discomfort, mild to moderate pronation, sore/aching feet and other common foot conditions.

Available at the office, stop by to get yours!

Riddle Answer:

With an itheberg

Upcoming Events



July 5: Office will be **OPEN!**

July 8-12: The office is **closed** for staff vacations.

August 3: Dr. Nic is running the High Cliff 50k. Good Luck!



When you examine the research studies and first-person accounts of healthy seniors, there's one lesson that's particularly striking: "Use it or lose it." And this lesson seems to apply equally to both our mental and physical abilities. According to many experts, the pillars of a healthy lifestyle include (in order) regular exercise, a healthy diet, mental stimulation, good quality sleep, successful stress management, and maintaining an active social life.

Why it's as important to exercise your mind as it is your body.

The third "pillar" in this list surprises some people, though it really shouldn't. Studies on the prevention of Alzheimer's disease and other cognitive impairments indicate that seniors who regularly read and complete crossword puzzles are far less likely to develop Alzheimer's than those who don't. Click [here](#) to finish reading.

Being More Present

Earlier this year, I wrote a couple of columns on a new interest I decided to investigate—meditation and mindfulness. Because of ongoing and, quite frankly, worsening, issues with anxiety and poor sleep, I found myself looking for ways to "quiet my mind" more. I simply was not very good at being present and taking deep breaths and working through the big and little stressors of this thing called life. I often was thinking about past mistakes or worrying about future issues long before they arrived, leaving me unable to simply enjoy whatever present moment I was in.

Because of that, I faced a pretty big fear of mine. Well, several of them. I forced myself to spend time alone, in a confined space, without sound or other people or other sensory distractions. I went "floating". I spent several sessions in a "Sensory Deprivation Tank". The sessions were anywhere from 60 minutes the first time (which was terrifying!) to 90 minutes. The entire idea of the tank is to remove sound, vision, and skin sensations, so that one is left to simply 'be present' and focus of one's thoughts (or lack thereof) and one's breath. I won't get in to all the details of that experience (but you can find my article in the February 6, 2019 Tri-County News. Search "Nic Giebler Sensory Deprivation Tank" on the internet and you should see it.) but I will definitely say that while it was incredibly difficult it was also incredibly rewarding and has had positive impacts on my life, to this day.

Interestingly enough, not long after I began those sessions of "Floating", Dr. Michael Hetzner approached me about a new group he was hoping to start in the area. We had a wonderful discussion about the possibility of him leading Meditation Classes, and I was more than excited to bring them to my office! Personally, I know that for a long time, if someone told me they 'meditated', I would scoff at the idea, or brush it off. "Okay," I'd think to myself, "so you sit on the ground with your eyes closed for a while. Big

deal."



It actually is a big deal...and there's so much more to it than that!

Click [here](#) to finish article.

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.