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### Giebler Chiropractic Business Hours:

M: 8:00 AM to 6:00 PM  
 T: 8:00 AM to 5:00 PM  
 W: 8:00 AM to 6:00 PM  
 Th: 8:00 AM to 5:00 PM  
 F: By appt. only  
 Sat & Sun: By appt. only

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### Find us on Facebook!



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### Riddle me This:

"What English word has three consecutive double letters?"

### We Need Your Help :)

Our Newsletter went to 402 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...



### 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

You know the big things that impact your posture, such as the height of your keyboard or whether you slouch on the couch, but it's easy to overlook the little things. By the way, where is your wallet right now? If it's currently in your back pocket, we need to have a talk...

### Little Things Matter When it Comes to Posture

Your wallet fits so perfectly in your back pocket. Certainly it can't hurt to keep it there, right? Unfortunately, sitting on your wallet can cause a host of posture problems, which can lead to pain in your back, shoulders, and neck. When half of your posterior is higher than the other, your pelvis twists, the spine becomes misaligned, and your shoulders have a tendency to slump. This isn't good, but there is a simple solution: just keep your wallet in the front!



Now that your wallet is in the right place, it's time to look at your feet. What kind of shoes are you wearing? If you're a woman wearing high heels, think about giving your back a break. Tall heels put you off balance, which your body compensates for by flexing at the hips and spine. The forward curve in your lower back decreases, your knees are stressed, and the muscles in your back, hips, and calves tense. All of this can lead to poor posture and back pain. Switch to flats to solve the problem. Guys, you aren't off the hook in the footwear department.

If it's been a while since you've bought a new

**Did You Know?**

The word "solstice" comes from the Latin words sol "Sun" and stitium "standing." On the summer solstice, the Sun's path stops advancing northward each day and "stands" still.



If it's been a while since you've bought a new pair of shoes, take a closer look at your soles. Wear and tear in this area can throw off your gait, leading to posture issues and you guessed it-back pain. In fact, bring your shoes in and let's take a look at them. Perhaps there's an easy fix or a better fit that may help!

Do you carry a heavy bag or purse with you? If you're constantly carrying a heavy weight on one side of your body, you are also constantly shifting to the side to compensate, which can lead to back pain and even nerve trauma. Take some time to clean out your bag, and try to alternate the side you carry it on to reduce the damage.

**Bone Support Formula**

Dr. Nic suggests Bone Support Formula to prevent and/or treat osteoporosis.



A broad-spectrum formula to support bone metabolism.

Three premium sources of calcium are included: calcium citrate-malate, calcium ascorbate, and high-grade microcrystalline hydroxyapatite. Also contains collagen, glycosaminoglycans and several additional minerals. Premium magnesium sources include magnesium citrate, aspartate, and gluconate. A diverse blend of bone-protective soy isoflavones are included, as well as citrus bioflavonoids.

**Riddle Answer:**

Bookkeeper

**Correcting the Damage**

Life is full of little things that can lead to poor posture and pain, many of which you might not be aware of. chiropractic adjustments and exercises can help you gain a better understanding of how your daily life affects the way you sit and stand. If your posture has already been compromised or you are already experiencing back or neck pain, chiropractic care can also help to correct it. With expert guidance and a few changes, little problems can stop being a big deal.

We come in to this world in the 'fetal position'...bent forward, and bald (and in a diaper). As we age those same things tend to happen...but stop it! Stay upright longer and your quality of life improves and lasts!

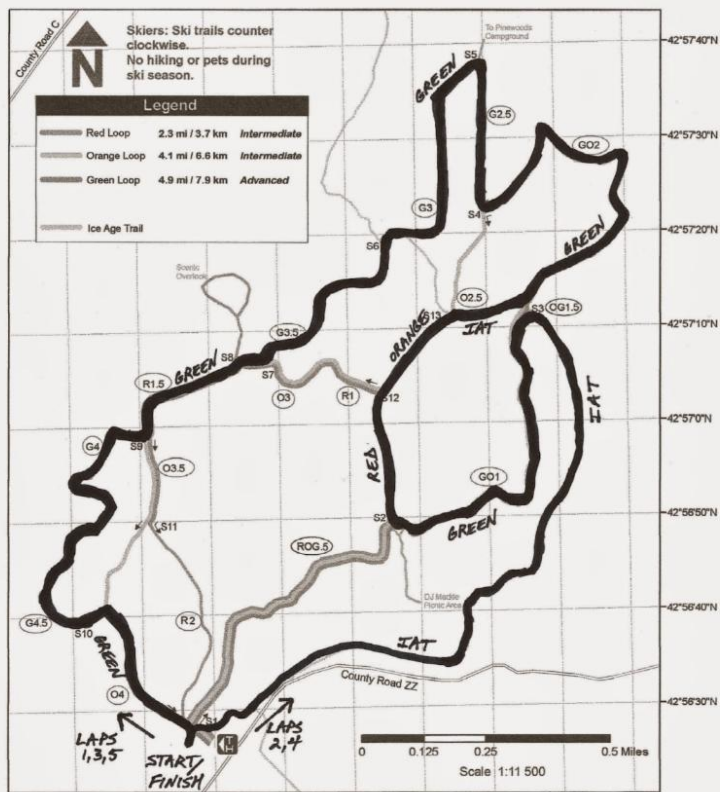
**Bonking at the Bunkhouse Trail Run**

I had a free Saturday morning, for the first Saturday in 2019. Between basketball, and then soccer, and mix in some baseball and some Cub Scouting or family events...my calendar was full. With the soccer season not over, but taking a weekend off for Memorial Day, I was fortunate to find a run last Saturday relatively close to home. I hadn't run a race since New Years Eve, and this time of year in Wisconsin is a great one. There are several pretty big races going on right now. Last year, in fact, I ran the Ice Age Trail 50k in honor of my dear friend Kim. And the first weekend in June is the "Kettle 100", an event that features several distances from 31 miles to 100 miles, and is one of my favorite events. That first weekend of June has soccer on the schedule for my family, and we are leaving for camping "Up North" on Sunday, so it didn't work. Therefore I gladly took the opportunity and the "okay" from the family to get away for a race last Saturday, May 25th.

The Bunk House Trail Runs offer 50K, 30K, and 10K distances for runners of all abilities. This event is dedicated to the legacy of Tom and Loraine Bunk, who have been a cornerstone of the trail running community in Wisconsin for a long time. Construction of a year-round shelter building at the Scuppernong Trailhead was started in June of 2017, with all proceeds from this event donated to the shelter project (\$13,866 to date); future proceeds will be used to complete the shelter, and other projects in the Southern Kettle Moraine State Forest. Being from the Northern Kettles, which are often referred to as the "Better Kettles" by those who live up by me, I enjoy events in the Southern Kettles, and the people I get a chance to see and catch up with.

# Scuppernong Trails

Hiking and Ski Trails



BUNK HOUSE TRAIL RUNS - 10K LOOP

The course is a challenging 10-kilometer loop (the loop is considerably longer than a 6.2-mile 10k); 50K runners will do multiple loops, reversing direction each lap. There was a fully stocked manned aid station with various food and fluids located at the start/finish area, and I had a chair set up with a cooler full of everything I thought I'd need for this Saturday morning adventure, planning to access it between each of the 5 loops.

Friday night was a rowdy one with some pretty impressive storms working their way throughout the state (I'm glad I wasn't camping!), and unfortunately Saturday morning brought one of the very first 'warm' days of the Spring. Normally I would never, ever complain about 70 degrees. But to have a hot and humid day on my first long race of 2019...well the timing could have been better. Oh well. Mother Nature is impervious to criticism, so we take what she provides.

Race morning proved to be humid. At 7:00 we were off and running, and the first loop felt pretty good. Unfortunately, buy the middle of the second loop I was beginning to feel that I had overestimated my training and fitness, and underestimated the difficulty of the course! My legs were feeling the constant hills, and my mindset and mood had soured. I simply wasn't having fun. I started to come up with reasons to quit. My legs hurt. I was hot. My stomach wasn't processing calories. The mental list of reasons and excuses lengthened with every hill. I managed to finish the second loop, regroup, grab some more sports drink, and head out for my third loop. I was currently in 2nd place and was on pace to finish in under 5 hours (which was my goal)...but my mind had already checked out a bit, and I was pretty sure that I'd quit the race after completing the third of the 5 loops. I was fully invested in a self-pity party and continued to add to my list of reasons to quit.

The only real reason was this just wasn't fun. I wasn't

The only real reason was...this just wasn't fun. I wasn't having fun. And you know what? That's an okay reason to stop. I have run over 60 races like this...and this one, with my lack of training and the difficulty of the course, this one was especially "not fun." So as I worked my way through loop 3, I was pretty content with getting back to the start/finish area, packing up, and heading out. In addition, the temps were getting hotter and it was even more muggy out.

Then...it started to pour. It rained hard for about 45 minutes. In that rain, I thought to myself, "well, there goes that excuse about being too hot," but I was still 99.9% sure I was going to quit. It was still raining when I reached the start/finish line. I sat down for a moment, then started to pack up my supplies and my cooler with water bottles in it. Then a friend who was there watching his girlfriend noticed me packing up, and walked over, in the rain, and asked how I was doing.

My reply was pretty much a grunt. But Craig wasn't having any of it. He offered me different foods. Then he started in with some simple math.

"You have 3 loops done. So then you just have one more to go. Then you'll only have one more to go." While that sentence sounds odd, it made perfect sense to me. He was convincing me to keep going. I didn't like the sound of needing to cover another 13 or 14 miles...but if I just started my next loop and took it one step at a time...then it seems a bit more manageable. Finally, he closed the deal with the following:

*"Your brain will deal with all of this a LOT better if you finish."*

He was right. Quitting after 3 loops would have made my body much happier. But my mind would have known I had QUIT. And that would have bothered me for a long time. So...I went back out.

I finished. Those last 2 loops weren't fast. They weren't all that fun at times. But I finished. There were some bright spots too...I got to play in the mud. I had a new pair of shoes on, and they weren't so bright by the end...but they worked well. I also came within about 10 feet of a Baltimore Oriole, which was beautiful. I also was able to come to terms with NOT meeting expectations in terms of time. And I was taught once again that our bodies are capable of a LOT MORE than our brains allow. Our brains want us to quit long before our bodies need to quit.

My finish time was 5 hours and 18 minutes, good for 3rd place overall. After resting a bit and then hosing off my shoes and legs, I made the drive home and blasted loud music, and relaxed. My brain allowed me to be satisfied with my morning...I hadn't quit!



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## Drink More Water!

It's getting warmer out! We are feeling it daily in our environment, and hopefully

It's getting warmer out. We are feeling it daily in our environment, and hopefully with more outdoor activities.



Water is essential to life. Our bodies are already 60%-70% water, and those reserves need to be replenished on a daily basis to keep us healthy. Add heat and humidity and drinking enough water becomes even more critical.

Exactly how much water we should drink each day is an open question. As reported by the Mayo Clinic, the Institute of Medicine has determined that adequate water intake per day is roughly 3 liters (about 13 cups) for men and 2.2 liters (about 9 cups) for women. Some sources recommend more, some less, but there seems to be no question within the healthcare community that many of us should be drinking more water than we are. Here are a few reasons why:

Water curbs your appetite, and contains zero calories.

Both of these reasons should have some appeal to you whether you're actively trying to lose a few pounds or just trying to maintain a healthy weight. Studies have shown that often when people think they're hungry, they're really thirsty.

Water increases your energy levels. Studies have indicated that a cup of water can be more effective at boosting your energy levels than a cup of coffee. One suspected reason for this is that our perception of fatigue is often caused more by dehydration than actually being tired.

Water is good for your skin. Rather than investing in expensive creams and lotions, why not invest in a few more glasses of water per day? They will help to keep your skin healthy, radiant, and glowing. And it's a lot less expensive than anything you could buy at the cosmetics counter.

Water increases your brain power. According to a study in *Frontiers in Human Neuroscience*, subjects who drank a glass of water before performing a series of cognitive tasks reacted faster and thought more clearly than subjects who did not. Water helps maintain the balance of your other bodily fluids. You lose moisture daily via sweat and other excretions. Similarly, your blood, lymph, and intestinal fluids become depleted, and must be replenished with a proper intake of water.

Water improves your moods. Although there are many causes of depression, headaches, irritability, and fatigue, one of the most common is dehydration. When your body becomes low on water, your blood vessels dilate, causing all of these symptoms. Increasing your daily intake of water can counter and reverse them.

Water lowers your risk of heart attack. When your arteries and veins become clogged with plaque, you increase your likelihood of heart disease—one of the most effective ways of preventing this buildup of plaque is to remain properly hydrated. A study in the *American Journal of Epidemiology* found that drinking more water was positively associated with a decrease in the risk of coronary heart disease. Drinking liquids other than water increased this risk, according to the same study.

Water can keep your joints lubricated, too. The synovial fluid that keeps your joints functioning properly and that keeps your bones from rubbing against each other becomes depleted when you are dehydrated. Drinking more water prevents this.

Water improves your digestion. Your ability to digest your food depends on the proper functioning of a series of enzymes in your intestinal tract. The "delivery mechanism" for these enzymes is water—don't get enough of it, and your ability to digest and assimilate nutrients in your food breaks down.

Water even prevents fluid retention. This sounds counter-intuitive, but it's true. Dehydration causes the body to retain water, because it thinks there is a critical lack of it. Drinking more water actually causes your body to stop retaining it.

It's a fact...you don't realize how much your body craves water until you actually GIVE it some!

## Upcoming Events

**June** - *SUMMER HOURS BEGIN!* Starting in June the office will be open Thursdays 8-5 PM and closed Fridays until the end of August.

**June 16:** HAPPY FATHER'S DAY!

**June 19:** Dr. Nic is speaking at the Howards Grove Running Camp

**July 5:** Office will be OPEN

**July 8-12:** Office will be CLOSED



**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.

**Sincerely,**



Ellie Giebler  
Giebler Chiropractic