



Giebler Chiropractic

A Hand in Health Newsletter

Issue One Hundred One

March 2019

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**"It's never to late to get
Healthier!"**

**Giebler Chiropractic:
Going Strong In Our 11th
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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 372 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:

A man buys a horse for \$60. He sells it for \$70. He then buys the horse back for \$80. And he sells the horse for \$90. In the end, how much

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

I finally had it! Couldn't take it anymore! One more puzzle with the kids and I was going to lose it.

It was Sunday, February 24th, and the 40 mph winds were freezing all of the rain from the previous day and blowing around the snow. Roads (especially the North-South roads) were terrible. But I decided I had to get out of the house, and I was going to take some kids with me. It was time for an adventure.

We bundled up and headed out. Recognizing the wind and the snow may make visibility tough, I grabbed all of our ski goggles and included them in the gear we took along. In the back of the truck was a sled, and Edwin, Estelle and I were on our way. Our destination was one of my favorite 'hidden gems' in the area--Johnson Hill.

money did the man make or lose? Or did he break even?

DID YOU KNOW:

About Your Body:

It is physically impossible for you to lick your elbow.

Like fingerprints, everyone's tongue print is different.

Your heart beats over 100,000 times a day.

It takes approximately 12 hours for food to entirely digest.

A sneeze travels out your mouth at over 100 m.p.h.

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Ultra K2-D3



Breaking or fracturing a bone is a painful inconvenience when you're young, but it can be a devastating experience when you're older; bones become more fragile with age. That's why it's so important to make sure your bones are as strong as possible. This means getting plenty of calcium in your diet from foods like milk, yogurt, leafy green vegetables like kale, and soft-boned fish.



Johnson Hill Kame is a "moulin" kame, a conical hill of sand and gravel formed by glacial meltwater streams that poured downward through cylindrical holes in the glacier. The swirling motion of the debris-laden water reminded early French mountaineers of a moulin (mill in French). Hundreds of spectacular glacial features can be found within the Kettle Moraine and the Northern Unit contains one of the best displays of moulin kames in the country. Surrounding the kame is both fields and forest. The southern slope is composed of red oak, big-tooth aspen, beech, ironwood, sugar maple, butternut hickory, basswood, white oak, and eastern hop-hornbeam, along with a marsh area that may get your feet wet if conditions are right. The cooler north slope consists of basswood and sugar maple with beech, red oak, and eastern hop-hornbeam. Johnson Hill Kame is owned by the DNR and was designated a State Natural Area in 1992.

As you drive along Shamrock Road to the East of Johnson Hill, it is fun to look over at it--just a big hill popping straight up in the middle of surrounding flat fields. The kids always seem to sort of 'gasp' when I tell them to look out the window as well. After parking the car off the road, we were on our way...up! The cold weather and snow and wind had kind of iced over the surface, making for some difficult footing and some pretty funny 'slides' back downward from the hill.

It takes more than just calcium to ensure optimal bone strength, though. You also need vitamin K and vitamin D. Vitamin K-2 helps your body use calcium more efficiently, while vitamin D-3 helps your body absorb more of it. You can get vitamin K-2 from the Japanese food natto, which comes from soybeans; it's also in fermented cheeses like feta, as well as aged cheeses including cheddar. Other food sources of vitamin K-2 are chicken, beef, eggs, and spinach. You can get vitamin D-3 from catfish, salmon, and other fatty fish. You'll also find it in milk, tofu, fortified cereals, and fortified orange juice.

When you don't have enough of these vitamins, your bones can become brittle over time. Since these vitamins also help keep your cardiovascular system healthy, you could also be at risk of developing heart problems.

Anabolic Laboratories' Ultra K2-D3 works to ensure that you get sufficient levels of these nutrients for your bones and heart, such as:

***Vitamin D-3**, which is used by the body for healthy bones and for heart health. Additionally, the body needs this vitamin for optimal immune system functioning.

***Vitamin K-2** allows your blood to clot effectively (preventing excessive blood loss that can lead to weakness or even death), while also protecting your bones from weakening.

***Omega-3 fatty acids**, which can help reduce bone loss and promote cardiovascular health.

Ultra K2-D3 tablets are chewable, and have an enjoyable taste that comes from authentic vanilla beans and natural cinnamon. Each bottle of Ultra K2-D3 by Anabolic Laboratories has 60 chewable tablets, which should last you two months. Take one of these a day with food or between meals, unless your doctor



Eventually we made it to the top and appreciated the view and the wind. At the top are several concrete pillars that were once used as a tow rope for a sledding hill. I can't really imagine ever sledding down Johnson Hill, as it's pretty darn steep, but the remnants of cable and concrete make for some climbing and photo opportunities.

The trip up and down took about a 45 minutes and covered about a mile. Most of the 'down' was covered on my kids' bellies, as they slid down the hill, avoiding tress and laughing and smiling the entire time. Soon enough we were back at the truck the requests for Hot Coco were urgent!

As the winter season (hopefully) begins to wind down, it's important to simply embrace the weather. Mother Nature is impervious to criticism, so we might as well get out there and enjoy the blessings that she offers!

"It's never to late to get Healthier"

"She believed she could, so she did."

That's what a recent embroidery project said on it that my wife recently completed. It was a gift for her mother-in-law, and it couldn't be more fitting. More on that in a moment...but first, a bit on the 'big picture' of health care in our country.

Unfortunately, in our society and our mainstream 'health care' system, it seems to be considered a foregone conclusion, that as we age we will need more prescription drugs, we will not be able to be as physically active as we would like, and we will, quite simply, HURT more. It isn't often, that as someone ages and enters their 70s, that they actually *gain* independence and mobility and see their pain levels go *down*.

That's what makes what my mom has been able to accomplish over the last several months even more inspiring and amazing. As the mother of a chiropractor, Monica Giebler has been receiving adjustments and muscle work to her body since 2005, when I was still in Chiropractic school. For the last several years she (along with my dad) have had appointments at our office every 2 or 3 weeks. Yet, despite the regular adjustments, my mom has dealt with pain from all of the following: a surgically-repaired ankle (broken in 2009); her degenerative spondylolisthesis (one bone is sliding forward from it's normal position, causing bouts of severe pain) in her low

recommends a different dosage.

Available at the office, stop by to get yours.

Riddle Answer:

The short answer is the man profited \$20. The man makes \$10 each of the two times he sells the horse, for a profit of \$20.

Upcoming Events:



March 18:
Happy Birthday, Ellie!

back; prescriptions for cholesterol and blood pressure. Add in the fact she worked as a Registered Nurse for several decades...and she has all the excuses for why how she was feeling is just how it's going to be. But she didn't want it to be that way. She believed she could change...so she did. She finally decided that enough was enough. She wanted to LIVE more, and do more, and be more active, especially with her grandkids!

Last October, my mom started a new diet which drastically reduced her intake of refined sugars, grains, and processed foods. I refer to this diet as an "Anti-Inflammatory Diet" and have been preaching its benefits for over a decade. For some reason, it 'stuck' with my mom on this occasion, and the results she is experiencing are tremendous. She has lost over 30 pounds since last October. Click [Here](#) to continue finish reading.

Giebler Chiropractic: Going Strong In Our 11th Year!

Helping people live healthier and fuller lives is the goal of chiropractic care at Dr. Nic Giebler's chiropractic office in Kiel.

Giebler opened the clinic in 2009 and enjoys helping patients live their best lives with a combination of chiropractic care and good nutrition.

Chiropractic care focuses on the nervous system by adjusting the vertebral column in order to improve function in the nervous system.

Just a few of the many health problems that can be helped through chiropractic care include ankle, back, shoulder and neck pain, arthritis, carpal tunnel, bursitis, headaches, fibromyalgia, allergies, sciatica and sprains and strains.

According to Dr. Giebler, vertebrae that are misaligned or have lost their normal range of motion can interfere with normal body functions. "Treatments in our office are designed to help restore your misaligned vertebrae back to a normal position, allowing your body to heal itself naturally."

Chiropractic treatment can also help reduce or eliminate pain due to work and sports injuries and auto accidents.

Children are welcome at the clinic as many spinal problems in adults begin in childhood. "As a child grows, it is important to have spinal check-ups to detect small problems that may result from minor falls, poor posture, hours of playing video games or sports like gymnastics, soccer and football. If left undetected, these misalignments may result in spinal problems as adults."

Using a gentle combination of techniques on children, Dr. Giebler believes chiropractic is one of the safest forms of healthcare. "Many parents bringing their newborns in and are amazed at how much their infant enjoys their first adjustment."

A certified nutritional consultant and avid health enthusiast, Dr. Giebler has been certified in Active Release Technique, often considered the "Gold Standard" of soft tissue (muscles, tendons, nerves, ligaments) treatment. "Your body can only heal itself with the nutrients provided to it through your diet," he explained. "Because of this, Giebler Chiropractic has a strong focus in helping their patients understand how to make better diet choices. By making healthier diet choices, our patients are able to reduce the chronic inflammation their body must deal with

on a daily basis."
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.

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

Sincerely,



Ellie Giebler
Giebler Chiropractic