



Giebler Chiropractic

A Hand in Health Newsletter

Issue One Hundred-Three

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

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Riddle me This:

What is seen in the
middle of March and
April that can't be seen
at the beginning or end
of either month?

We Need Your Help :)

Our Newsletter went to 397
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

If you're interested in becoming smarter, you don't really have to invest in the many vitamins, herbs, and "cognitive training" software programs and seminars you see advertised on TV or on the Internet. All you have to do is go for a long walk three times a week.

That's the message of more and more research published recently. One study is a review of research conducted to determine the relationship between regular exercise and improved cognitive functioning. It included tests performed on children, young adults, and older adults.

The findings show that regular aerobic exercise (as little as briskly walking for an hour three times a week) can not only add years to your lifespan, it can significantly improve your brain functioning. The study provides strong evidence of exercise-related improvements in a variety of activities, including task switching, selective attention, inhibition of inappropriate responses, working memory capacity, and the ability to learn new things.

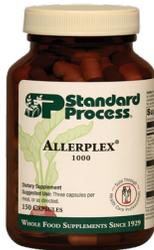
The benefits of exercise are both physical and mental. Populations throughout the industrialized world are becoming increasingly sedentary as a result of the changing nature of work and leisure activities. As a result of these societal

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Did You Know?

Whitefish Dunes State Park, located in Sturgeon Bay has the highest sand dunes in the state. The tallest dune, "Old Baldy," is 93 feet above lake level..and Dr. Nic and Edwin will climb Old Baldy on Friday, May 3 (photo next month!). The tallest sand dunes along Lake Michigan are on the eastern shore, with some rising over 200 feet.

Allerplex



Allerplex, with vitamin A and C, supports the body's ability to handle seasonal, environmental, and dietary challenges.

*Supports the body's natural ability to manage mucus movement.

*Supports healthy liver function.

*Supports healthy lung and respiratory function.

*Contains a combination of key ingredients from Pneumotrophin PMG, Cataplex A-C, Betacol, and Antronex.

When the transition between seasons occurs, people are exposed to many different types of pollen causing allergies but Allerplex was developed to defend the body during seasonal challenges. Thanks to its main ingredients:

changes...diseases such as hypertension, diabetes, osteoporosis and some cancers are increasing. Physical activity serves to reduce susceptibility to these diseases, obviously, and increased physical activity also has direct and relatively rapid effects on cognitive ability and brain health.

Another study studied people's cognition, resting brain blood flow, and cardiovascular fitness, measuring their levels during and after a six-week period of aerobic training. The blood flow measurements allowed the

researchers to see which areas of the brain were changing and improving as a result of the exercise. Lead author of the study Sandra Bond Chapman, founder and chief director of the Center for Brain Health, says, "This research shows the tremendous benefit of aerobic exercise on a person's memory and demonstrates that aerobic exercise can reduce both the biological and cognitive consequences of aging."

Dr. Chapman expands upon these findings, emphasizing their importance to the public: "Physical exercise may be one of the most beneficial and cost-effective therapies widely available to everyone to elevate memory performance. These findings should motivate adults of all ages to start exercising aerobically."

Considering the average adult spends the equivalent of 49 days out of the year in front of a screen--their phone, computer, or television--it is no wonder that we are seeing health issues and mental/emotional disorders on the rise. So take heed, and take to your feet. Whatever your age, adding regular aerobic exercise to your life three times a week can significantly improve your physical health--and it may make you smarter at the same time.



Outdoor Sleeping

Now that we dodged that snowstorm that was forecasted for last weekend, it's time to turn attention to Spring, and yard work, and--at least in the Giebler home--camping! This weekend Edwin and I will head to Peninsula State Park for a weekend in a tent and a hammock with some hiking and exploring mixed in. The temperatures and overall forecast look great. For now, at least...

How do you feel about the idea of sleeping under the stars? Is it exciting, or does it fill you with dread? For many people (especially those over 35), their concern isn't so much about being outside, it's about getting a poor night's sleep and then having to live with all the consequences the next day. Most of us can probably relate, even if we don't share the same worries ourselves.

The good news is that there are some easy things you (or your anxious family members and friends) can do to improve the odds of sleeping well outdoors. Here's a quick list of helpful tips and tricks...

Set up your tent on a flat surface. This is a really, really obvious one, yet on several occasions in the past I have managed to set up my tent on a metal stake that was sticking out of the ground, or on a root, or on a slant, meaning I had at least one child sliding in to me all weekend. While you're looking for a suitably level place to pitch your

tillandsia powder, calcium lactate, fenugreek seed, betaine hydrochloride, and yakriton, you won't feel the discomfort caused by allergies.

Allerplex will maintain your immune system health due to the content of calcium, vitamin A, and C which increases immune efficiency.

Fenugreek seed will maintain keeping sinuses and lungs healthy and it acts as a mucus solvent helping the body to expel phlegm from the bronchial tubes relieving the symptoms.

Another benefit of this supplements is that it supports healthy liver functioning; yakriton (bovine liver fat extract) contributes to the body's normal detoxification process and as a consequence, liver's detoxification.

Riddle Answer:

The letter "R"



tent or spread out your sleeping bag, ensure that the area you choose is free of bumpy objects such as rocks and tree roots that will make you wake up feeling sore and bruised.

Use an inflatable sleeping pad or mattress under your sleeping bag to provide extra padding. This is pretty self-explanatory, but if you decide to use an air mattress, don't forget to bring along a pump! If you leave your pump at home, you could spend a LOT of time filling even a moderately sized mattress.

Check the weather forecast to see how much insulation you'll need for your sleeping bag. Being either too hot or too cold isn't going to help you get a good night's rest-that's just as true outdoors as it is indoors. But when you're outdoors, the temperature is usually more variable than it is indoors. The wilderness doesn't come with a programmable thermostat--

Click [here](#) to finish reading.

My Lyme Disease Story

The month of May is Lyme Disease Awareness Month, and here in Wisconsin, we ALL need to become much more vigilant about this disease. I'm actually using this opportunity, here in April, to make you aware of Lyme Disease and ticks because they're already out there!

Last month, on April 6th, I helped to organize a 31-mile trail run in the Northern Kettle Moraine State Forest. One of the volunteers at an aid station--not even a runner!--found a tick on her. We also had one runner report that she had two ticks on her leg that night. Yuck! And way too soon!

Lyme Disease is on a dramatic rise, and it is not anything you want to take lightly. Having experienced Lyme Disease personally, and having seen it multiple times in the office in the last several years, I can attest that it is a terrible condition. You need to do all you can to protect yourself, your pets, and most especially...your children.

In June of 2008, while I was working in Plymouth, I attended a nutrition seminar in Stevens Point. On my drive to my the seminar, I stopped just outside of Waupaca to go running on a segment of the Ice Age Trail.

That trail was not very well-kept and was very overgrown. For most of the run, I had to duck under tree branches and my legs were constantly brushing up against the long grass along the sides of the trail. The 'trail' was barely a trail.

After about a 2 hour run, I was back at my car and continuing my drive to Stevens Point. Upon arrival at my friend's house, where I was staying, I took a shower. In the shower I found 4 wood ticks on me. By the end of the day, I had found 3 more. It was absolutely disgusting.



That night, I was sitting on my bed and texting Ellie about my day. While doing that, I noticed a little black bug crawling along my thumb. This one wasn't a wood tick. It was a deer tick, which is much smaller, but much more likely to carry Lyme Disease.

Needless to say, I didn't sleep well that night. I had a nonstop sensation of bugs crawling on me. Imagine that!

Fast forward 3 weeks, and I was feeling really run down. I remember finishing up a normal Friday at work and being exhausted. I had a headache that made my face hurt when I would move my head in any direction. Although I rarely get headaches, I just assumed it was no big deal, and went out for dinner that night. During dinner with my parents at an Irish restaurant, the headache subsided with a pint of Guinness. Saturday morning I woke up with the same headache. And a low back ache. I'm a chiropractor, and was only 27 years old at the time. I had never experienced low back pain until then! Unfortunately, things continued to go downhill, and my temp continued to climb, all the way to 102 at one point. The worst part? Ellie was gone that weekend, so I didn't have anyone at home to complain to.

Click [here](#) to finish reading.

Upcoming Events

Tuesday May 14: Health, Nutrition, and Weight Loss Class @ 6 PM...LOCATION TBD based on class size. Register with our office by phone or in person! \$10/person. Registration open to patients and community members...so bring a friend!

Tuesday May 21: Office closed 8-2, Dr. Nic continuing education classes.

Saturday May 25: Bunkhouse "50K" -- Dr. Nic is running this 'long 50K'. Good Luck!

Monday May 27: Office closed in observance of Memorial Day

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

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