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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 appointment only  
 F: 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:

How do you spell "Candy" with just 2 letters?

### A Note from Dr. Nic

If you see these two in the office, be sure to wish them a **HAPPY 50th WEDDING ANNIVERSARY!**



They're normally here on Tuesdays. My parents are truly amazing, and I can't even imagine where my family or my kids would be without "GG" and Grandpa. In fact, Ellie and I both have to laugh when we arrive at "GG's" to pick up our kids, as we are normally 'greeted' with groans, grumbles, and occasionally downright tantrums, when it's time to take them home.

They celebrated with a wonderful dinner in Door County and then a trip to another family favorite--Minocqua. They also exchanged cards, and it was no surprise that they BOTH wrote in their cards to each other..."Here's to the NEXT 50!"

Congrats, Mom and Dad. I love you.

## Find us on Facebook!



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

## Did You Know?

The idea of covering 50 Miles by foot is actually not a new one. In fact, the Oldest 50 Mile event in the United States is the JFK 50 Mile in Washington DC.

The JFK 50 Mile was first held in the spring of 1963. It was one of numerous such events held around the country as part of President John F. Kennedy's push to bring the country back to physical fitness.

Although open to the public, the JFK 50 Mile is in spirit a military race. It always has been and always will be. In 1963, the initial inspiration behind the event came from then President John F. Kennedy challenging his military officers to meet the requirements that Teddy Roosevelt had set for his own military officers at the dawn of the 20th Century. That Roosevelt requirement was for all military officers to be able to cover 50 miles on foot in 20 hours to maintain their commissions. When word got out about the "Kennedy Challenge", non-commissioned military personnel also wanted to take the test themselves as did certain robust members of the civilian population.

## Riddle Answer:

C and Y

I wrote the following before I actually RAN this year's Fall 50. But I wanted to share it here, looking back on 10 Years at Giebler Chiropractic!

~ ~ ~

Perhaps you've driven past our office on Calumet Avenue and noticed that new sign up front (that keeps getting blown over by these storms we've had roll through!) celebrating Ten Years in Business at Giebler Chiropractic. I still can't believe it's been ten years already...but I'm coming to realize that each year, each month, each day, seems to pass more quickly than the last. It got me to thinking about what was going on ten years ago...

In 2008, I was preparing to run my first-ever 50 mile run. It was the Fall 50. I managed to crawl my way to the finish line in barely under eight hours. At the time, I was still working with Dr. Mike Schleicher here in town, and the following Monday I had to leave work early due to overwhelming pain in my legs and my mouth, of all places.

I ended up seeing a dentist, then an ENT medical doctor, and then an endodontist...who finally figured out that the pain I was experiencing in my mouth was from a strained soft palate muscle. You see, that run was in some cold and windy weather, and all the breathing actually strained a throat and mouth muscle. That was a new one. In 2008, often my Friday nights would include so much 'fun' that my Saturday mornings were a mix of sleeping in and then maybe some sluggish miles of running. Those Friday nights and Saturday mornings have been replaced with early bedtimes and early mornings...mornings that lead to early breakfasts and then it's off to soccer games with Edwin and Estelle. 2008 for the Gieblers was still in the B. C. years..."Before Children." Now with Edwin, Estelle, and Emerin, life is busier but a heck of a lot more fun and interesting!

Click [here](#) to finish reading.

## Fall 50

"Okay...20 miles done. Let's just get through another 20 miles just like that...and then you'll have 10 miles to go."

That's what I said to myself at Mile 20 of the Fall 50, which I participated in last Saturday. Immediately upon finishing that thought, I laughed at myself. What a crazy statement. What a crazy idea...run 50 miles...in this weather.

## Ion Cleanse Detox

We now offer Ion Cleanse Detox Footbath's in our office!

WHY? Acid wastes attack joints, tissues, muscles, organs and glands, causing minor to major dysfunction in the body.

HOW? Place your feet in the water for 30 min. The Ion Cleanse machine generates ions which gives the body energy to release toxin buildup quickly. Our blood circulates through our body about every six minutes. During the course of a session, impurities are drawn out.

**Erin Klauck** will be offering this service in our office on Tuesday and Thursday evenings. Please contact the office for more information, or to schedule an appointment.

*Do 2 Ion Cleanses and receive your 3rd cleanse \$10 OFF! (\$30/session)*



## UPCOMING EVENTS:

**Friday, November 9:**  
The office will be closed.

**Friday, November 23:**  
The office will be closed.  
Happy Thanksgiving!

**Saturday, December**



You see, the forecast for Saturday hadn't been all that great, but as I woke up on Saturday morning, it was 44 degrees and wasn't raining. I could definitely handle that. Unfortunately, by the time I reached Gills Rock at the northern tip of Door County, it was about 15 degrees colder, windy, and raining.

Well, time to make the best of it! I kept on the windbreaker I was planning on ditching at the start. I overheard that the rain was supposed to be done for the day within about 2 hours, so I was optimistic the weather would turn around a bit!

With the blast of a shotgun, I was off and on my way to Sturgeon Bay, via 50 miles of scenic Door County roads. These first couple miles are always filled with some excitement, a pace that is probably a bit too fast, and all kinds of emotions. The 'big day' is finally here! I had thoughts of Kim going through my mind--at my previous 50 Miler in May, she was able to surprise me at the finish line. This time I knew that wouldn't be the case due to increased pain and fatigue recently. Fortunately, I did have my kids and family along for this crazy day of running. Ellie would be maintaining some semblance of order with the kids while I made my way South, my parents acting as my 'crew' and helping out at aid stations.

Despite the constant rain and wind, the first 5-10 miles pretty much went smoothly. I was far from too hot in my windbreaker, and while my feet, shoes, and socks were getting soaked, nothing else seemed all that uncomfortable. At Mile 11 I made my way through Sister Bay and dared to take out my phone and take a picture--the rain had subsided! While I was pretty soaked, I was drying out with each step, and it had stopped raining! Dare I say the sun even peeked out a bit.

Then, not more than 2 miles later, it started to sleet. Then snow. Welcome to Wisconsin.

Working my way through Ephraim now, that snow had passed. I worked my way past a fellow runner named Kevin, and we shared some "good lucks" and "yep it's cold and WET" as we made our way south.

Next up was a beautiful 5 miles through Peninsula State Park. My stomach wasn't doing so great at this point. It didn't seem to want to process the food and water I was putting in to it. While I had never actually done this in previous races, I decided that at the next aid station I was going to STOP, sit down, change my socks, regroup, and

**1st:** It's the Sleigh Bell Run! Please support this great event that Dr. Nic helps to Organize! All Giebler Chiropractic patients who register for the event will be entered to win a PRIZE!  
[www.sleighbellrun.com](http://www.sleighbellrun.com)

then get going again. I really don't like doing this because it's obviously just idle time where I'm not taking any steps (literally) toward the finish line, but in this case, I was mentally tired, my tummy wasn't happy, and my body was cold.

Click [here](#) to finish reading.

## Heather's Recipe

# Hearty & Healthy Chili



This recipe is a great change up from many traditional chili recipes with its simple ingredients and blend of seasonings. This chili recipe is easy to make, and offers variations and substitutions that can be used to accommodate a variety of dietary needs including lactose intolerance, vegetarian, vegan, and gluten-free. Another great thing about this chili recipe is that you can substitute different types of beans to suit your preferences! Enjoy!

### Ingredients

Olive oil or olive oil cooking spray  
3 cups chopped yellow onion  
1 ¼ lb. 99% lean ground turkey OR 1 ½ cup cooked quinoa (follow directions on quinoa package)  
3 cups diced tomatoes OR 1 - 28 oz. can of diced tomatoes  
1 - 14.5 oz. can pinto beans  
1 - 14.5 oz. can black beans  
1 - 14.5 oz. can sweet corn or 16 oz. bag frozen corn  
1 cup low sodium chicken broth OR 1 cup vegetable broth  
2 Tbsp. chopped garlic  
2 Tbsp. chili powder  
1 Tbsp. chopped fresh oregano OR 1 tsp. dried oregano  
1 tsp. ground cumin  
1 tsp. mustard powder  
Optional garnishes:  
1/2 cup chopped black olives  
Sour cream  
Shredded cheddar cheese

### Directions

Coat large saucepan with olive oil or olive oil cooking spray. Add the chopped onions and cook over medium-high heat until soft and just starting to brown. Add either the ground turkey and cook, breaking up with a spoon, for about 6 minutes or until no longer pink, OR add the 1 ½ cup pre-cooked quinoa. Add remaining ingredients and seasonings except optional garnish ingredients. Bring to a boil over high heat, then reduce heat to low. Cover and simmer for 15-20 minutes. Garnish with your choice of chopped black olives, sour cream, cheddar cheese.

Makes 12 (1 cup) servings.

**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.