

### In This Issue

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It's all about perspective

Faces in the Office

### 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  
 730 Calumet Avenue  
 Kiel, Wisconsin 53042

920-894-2399  
 Fax 920-894-7981

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[www.gieblerchiropractic.com](http://www.gieblerchiropractic.com)

### 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...

[Join Our Mailing List!](#)

### Riddle me This:

When is 99 more than 100?

### Did you know?

October Is...



### 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

## It's the Chiro Kids Coloring Contest!



Next time your kids are in the office, pick up a pack of crayons and a sheet of your choice, and color away! Return the completed masterpiece by **November 1st** and you're entered. Prizes will be given to every contestant and a Grand Prize will be given to one special winner!

**Rules:** You must only use the colors provided in the crayon pack. You must post on FB and 'tag' our office. Contest is open to kids 10 and under. One entry per child.



*Have fun! We can't wait to decorate our office with your art!*

### "Move Well. Eat Well. Live Well."

That's a phrase that I've been using for years in Health

Adopt A Shelter Dog Month  
 American Cheese Month  
 American Pharmacist Month  
 Apple Month  
 Arts & Humanities Month  
 National Applejack Month  
 Breast Cancer Awareness Month  
 Caramel Month  
 Celiac Disease Awareness Month  
 Clergy Appreciation Month  
 Cookbook Month  
 Cookie Month  
 Cyber Security Awareness Month  
 Dessert Month  
 Domestic Violence Awareness Month  
 Dwarfism/Little People Awareness Month  
 Eczema Awareness Month  
 Filipino-American History Month  
 German-American Heritage Month  
 Hispanic Heritage Month  
 Italian-American Heritage Month  
 Lupus Awareness Month  
 National Arts & Humanities Month  
 National Down Syndrome Awareness Month  
 National Roller Skating Month  
 Pasta Month  
 Pickled Peppers Month  
 Pizza Month  
 Polish-American Heritage Month  
 Popcorn Popping Month  
 Pork Month  
 Positive Awareness Month  
 Pretzel Month  
 National Month of Sarcasm  
 Seafood Month  
 Squirrel Awareness & Appreciation Month  
 Vegetarian Month

Now you know...and you're much more aware!

Find us on Facebook!



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

AVED-KIDS

Classes that I lead. For me, quality of life is the 'big picture' concept that I try to help improve in the people I see at the office. And that first part-the "Move" part-is the most important.

Of course, as a chiropractor, I'm mainly talking about chiropractic adjustments. Restoring motion to the joints and muscles of the body through adjustments has profound benefits on pain levels and overall health. But when it comes to "moving" it isn't just about adjustments. It's about making your body move more efficiently, on a 'biomechanical' level.

A biomechanical chain-sometimes called the "kinematic chain" or "kinetic chain"-is a simple idea about a complex system. You already know that the hip bone is connected to the thigh bone, the thigh bone is connected to the leg bone, the leg bone is connected to the ankle bone, and the ankle bone is connected to the foot bone. Someone could even write a song about this-I know, they already have. This interconnectedness is the basis of how our bodies work, and it's about more than merely the bones that make up our skeleton. This biomechanical chain includes our muscles, tendons, ligaments, blood vessels, glands, nerves and much more.



The important thing to understand about the biomechanical chain is that if one link is broken, it will likely affect others in an adverse manner. The human body is brilliantly designed to compensate for these types of problems, but this compensation usually comes with a price as other parts of the body absorb additional or unusual stresses. For example, structural weakness, misalignment or asymmetries in the feet can trigger changes further up the body, particularly in the ankles, knees, hips, back and neck. In fact, nearly everyone that I see at the office with a low back pain also has problems with one or both of their feet! In addition, almost all neck pain issues originate in the upper back and shoulders.

There is a similar cause-and-effect relationship that can begin with just a single misaligned vertebra in the back. Resulting pain may cause the person to favor one leg over the other while walking, resulting in further distortion of the posture and greater misalignment, resulting in even more problems and pain.

The study of mechanics concerns itself with how matter reacts to forces, which can involve pressure and/or motion. We see this when someone uses a simple lever and fulcrum to lift a heavy object. Biomechanics merely takes these same simple principles and applies them to the body. The field of biomechanics includes both static (body at rest and in balance) and dynamic (body in motion) aspects.

Click [here](#) to finish reading.



**AVED-KIDS is a great-tasting, chewable Tiger-shaped multi-vitamin.**

Sweetened with fructose and natural berry powders and extracts, AVED-KIDS is low in sugar and high in antioxidants. AVED-KIDS contain 100% of eleven important vitamins and minerals that may be lacking in your child's diet.

**Nutrient & Excipient Amounts:**

Excipients are the ingredients in a supplement that are necessary to maintain shelf life and stability. Many children's vitamin products contain a multitude of excipients such as food colorings, dyes, whiteners and preservatives to make the product appear more colorful. AVED-KIDS provides the best nutrients for pediatric patients instead of appealing to their visual appetite. AVED-KIDS Chewable Multi contains a minimal amount of excipients with binders which are inert forms of cellulose derived from plants.

AVED-KIDS Chewable Multi contains high quality forms of vitamin A (Beta-carotene), vitamin C (calcium ascorbate), vitamin D3 (Cholecalciferol), and vitamin E (d-alpha tocopheryl). Bioavailable amino acid chelate forms of the minerals calcium, iron, magnesium, zinc, copper manganese & potassium are used in AVED-KIDS.

***It's all about perspective***

Earlier this week I had a great talk at the office with Keith, who is on an amazing health journey. Through dedication, nutrition, a commitment to a sustainable exercise plan, and a loving wife who is sharing in the journey, he shared with me that he and his wife walked all the way around Kiwanis Park in New Holstein for the first time.

You see, Keith has lost over 80 pounds through this program and is seeing those accomplishments and rewards. Not long ago he was out of breath simply taking the garbage to the end of the driveway. He finally said, "enough!" and along with his wife changed their diet and found proper motivation to invest in themselves. He's also taking care of his muscles and joints with adjustments at our office and is feeling more mobility through that commitment too. It truly is inspiring and it was the highlight of my day! Congrats, Keith...and keep it up!



As I mentioned, it's all about perspective. In June I had a leg bothering me-my left calf muscle to be precise-and I was unable to RUN! While I was still able to bike, walk, play 'GaGa Ball', lift some weights...I couldn't RUN. Because of this (and life's business in general) I wasn't able to train properly and cancelled some running plans I had. I hoped to run the High Cliff Ultra 50k in August was really hoping to run the Marji Gesick 50 Miler this Saturday in the Upper Peninsula. Unfortunately, I'm taking a DNS (Did Not Start) this weekend also...but I guess that's better than a DNF (Did Not Finish)?

Click [here](#) to finish reading.

***Faces in the Office***

This month's "Face in the Office" is **Tom Thielmann** of New Holstein. Tom and I share several passions. We are both downhill skiers, and have both been intrigued by the UP's Mount Bohemia. We both thoroughly enjoy Sprint Car racing as well. Tom always greets me with a smile when I see him and I really enjoy hearing what his next adventure will be--whether it's skiing, a race, or a cross-country road trip!

Thanks for being a member at our office, Tom!



Available in the office, stop to pick yours up today!

### Riddle Answer:

When you're using a microwave. "99" on a microwave sets it to run for 1 minute and 39 seconds...while when you input "100" in to a microwave it will only run for 1 minute.

## Upcoming Events

**OCT 12:** Dr. Nic is running the Glacial Trail 50k...assuming he stays healthy! Good Luck!

**October 15:** Edwin's Cub Scout popcorn order is due. If you haven't stopped to take a look at all the delicious popcorn flavors, see the front desk. You don't want to miss out!!



**October 17:** The office is OPEN, and closed on

**October 18.** Plan accordingly!

**October 24:** Nutrition Class at Giebler Chiropractic! Dr. Nic will talk about the essentials of the Anti-Inflammatory diet, which will reduce pain levels and promote weight loss. In addition, he will cover the "5 Essential Supplements" that he suggests. 6:00 and \$10 to attend, with a free sample of the supplements.

**October 26-27:** Dr. Nic and Edwin will be on a Hiking/Backpacking



### Meet Tom:

\*I'm retired and enjoy working in my shop and in my yard. My wife and I like traveling places in our RV and I like going to Sprint Car races.

### What you like about Giebler Chiropractic:

\*Dr. Nic was able to correct my back problems when other chiropractors couldn't. The staff here is very helpful.

### Best advice you've ever received:

-\*One thing my Dad told me, was to always tell the truth and life will be much easier. And he was right!

Thank you Tom for choosing Giebler Chiropractic, we look forward to seeing you!

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### **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.