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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

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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...

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Riddle me This:

During World War II, the mathematician Abraham Wald was asked to help with determining which parts of the allied forces' planes must be



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

As you'll read in other columns this month, it's Fall Race Season! On Sunday I'll be running the Milwaukee Lakefront Marathon. I've run this point-to-point course (it goes from Grafton High School to Veterans' Park in Milwaukee) once before. That was 10 years ago.
TEN YEARS AGO?!

Yikes. Time sure does keep moving! We are celebrating ten years of service here at Giebler Chiropractic, and that sure has flown by as well. I suppose it's not just work that makes the years move quickly. Those darn kids (Edwin 8, Estelle 6, Emerin 2) sure speed up life and busy up the schedule as well.

Looking forward to a busy October and a busy upcoming Autumn and Holiday season, I want to take this moment to simply say **THANK YOU** for 10 years of Chiropractic service to the Tri-County Community, thank you for your support, and here is to ten more years of kids, of health and wellness at work, and of more running and outdoor adventures!

One more note about getting older: In 2008, when running the Lakefront Marathon, I finished in 3 hours and 8 minutes, thus running a "Boston Qualifier" time. That meant, had I chosen to pursue it, I could have run the

armored better. After examining the surviving American planes, he noticed that there were many holes in the fuselage, and very few in the engines. After careful thinking, he suggested that the armor on the engines must be improved. Why?

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Did You Know?

Deca- means ten. So a decade is ten years, a decagon has ten sides and a crab is a decapod because it has ten feet. The Decalogue is a name for the biblical Ten Commandments.

So why is the 10th month...OCTOBER and not DECEMBER?

Riddle Answer:

Mr. Wald realized that the holes should have been distributed more evenly across the planes. Therefore the planes which had more holes in the fuselage survived, while the planes which had more holes in the engines got destroyed.

Ion Cleanse Detox

We now offer Ion Cleanse Detox Footbaths in our office!

Erin Klauck will be offering this service in our office on Tuesday and Friday evenings. Please contact the office to schedule an appointment.

Do 2 Ion Cleanses and receive your 3rd

Boston Marathon the following Spring. Oddly enough, 10 years older, and I'd actually need to run under 3:07 to qualify for either the 2019 or 2020 Boston Marathon. While I've gotten 10 years OLDER, the qualifying times have gotten MORE difficult! Sheesh!

Fox and Fall

It's finally beginning to feel like fall out there. The weather is a bit more crisp, football is in full swing, and the leaves are showing some changes of color. Also, the running events I signed up for and trained for through the summer are now right around the corner. On September 23rd I ran the Fox Cities Marathon and am happy with a result of 3 hours and 14 minutes. Going in to the run, I would have been ecstatic with anything faster than 3:10, and would have a bit disappointed with anything over 3:20. Overall, the Fox Cities Marathon effort felt good and steady. Fox Cities was part of a "bigger picture" of events this fall, and so I ran it with some extra miles on my legs, and less rest taken in the week leading up to it. On October 7th I will be running the Milwaukee Lakefront Marathon and then on October 20th is the 'big one'--the Fall 50. That Fall 50 is important to me, not only because it's a great event that covers 50 miles in Door County, but because it's in honor of my dear friend, Kim, who is continuing to battle cancer...and winning!

Recently Kim has had additional tests done, with some mixed results. Some blood markers have improved, while others have gone up in values. She had another scan come back with some new signs of inflammation, while other areas look better. All in all, her energy is better and her spirits are high, and she continues her treatments and remains confident and comfortable with the path she is on. It's all quite an inspiration, to say the least.

I had many thoughts during the marathon--obviously...it was over 3 hours of running! It really is amazing what the human body is capable of, and how much the body wants to take care of itself and heal itself. Training for a marathon is actually pretty simple. Run. If you want to run a marathon at a certain pace, run a lot of miles at that specific pace.

Keeping yourself healthy and improving your own wellness is actually pretty simple as well, despite that fact that modern medicine and popular culture really tries to complicate it. To improve health and wellness, optimize your body's ability to heal and regulate itself. Whether it's a cut in your skin or something more serious and long term, your body is doing its best to heal itself. Optimize that healing process through nutrition, exercise, stress-management, and a calm and restful mind. Whether you want to run a marathon or just want to lose some weight and feel better, that first step in the process is up to you. And if you want help, call our office!

Ion Cleanse

Recently at our office, Erin Klauck has begun to offer "Ion Cleanses". While I was very skeptical of the idea, having had several of the cleanses, I can attest to positive changes I saw in my own body. First and foremost, as someone who runs a lot and spends a lot of his work day

cleanse \$10 OFF!
(\$30/session)



UPCOMING EVENTS:

October 7: Dr. Nic is running the Milwaukee Lakefront Marathon. Good luck!

October 13: Dr. Nic is taking part in the **Kiel WhoDunnit event**. He will be "Harry Highstakes", owner of the Deadwood Saloon! It'll be a fun night out here in Kiel!

October 18/19: The office will be OPEN on Thursday the 18th, and CLOSED on Friday the 19th.

October 20: Good luck at the Fall 50 Mile, Dr. Nic!

November 8-9: The office will be closed.

on his feet, my feet are often sore and kind of 'beat up.' One immediate change I noted personal was how "light" my feet felt after the cleanse. It truly was a treat to feel refreshed feet!

In addition to that, I definitely noticed some changes in the 24-48 hours after the cleanse. As Erin explains, the Ion Cleanse works to free up toxins and radicals in your body, so that your body can more easily filter them out and eliminate them. My personal experience was that I was getting rid of a lot of toxins via my kidneys, liver, and digestive tract over the next day or two. I thoroughly enjoyed the cleanses and, quite honestly, look forward to my next appointment! I asked Erin to explain a bit more about the process, and she shared the following. Enjoy!

How Does It Work?

A somewhat simple answer is that the Ion Cleanse machine produces a negative current that feeds into an array, which is placed into a bath of water. The charge works on a cellular level, breaking down the water into hydrogen and oxygen molecules. Your feet are placed into the tub and the negatively charged energy is allowed to flow through the energy meridians at the bottoms of your feet and is drawn up into the body. (Much like energy flowing through power lines).

Your blood circulates approximately 3 times every minute, and as it circulates, the negative energy causes positively charged wastes and toxins to let go of their healthy partners. Over the next 48 hours, your body collects these free flowing wastes and disposes of them through the use of the liver, kidneys and bowels. This is why it is especially important to drink lots of water during this time, so the toxins will not be allowed to sit in the colon and can be eliminated.

An Ion Cleanse can be very useful in relieving many ailments. Acid wastes involved in fungal and yeast infections, fibromyalgia, gout, arthritis, muscle pains and edema (fluid under the skin) can be helped along in terms of your body's processes to 'fight' these conditions. Inflammation of the organs can heal up to 10 times faster with the help of an Ion Cleanse program, in conjunction with changing eating habits and the use of whole vitamins and herbs. During cancer treatment you can help your body detox from chemo and free radicals that have accumulated in your body.

When your body is freed from loads of toxins, your immune system is given the ability to go out and "fight the bad guys" and really do its job the way it was intended to. If you are bound with piles of trash laying everywhere, your immune system will eventually have no time or energy left to do normal healing and keeping the body in-check.

To learn more or schedule an appointment, feel free to contact our office at 894-2399. Comments and questions are always welcome!

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.