



A Hand in Health Newsletter

Issue Ninety-One

April 2018

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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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www.gieblerchiropractic.com

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Patient Testimonial

*"I can walk and move
without pain! (The)
Doctor and staff were
helpful and takes good
care of you!"*

Riddle me This:

It is well known that there are



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

Happy Spring! Yes, while the calendar says it's officially Spring, Mother Nature, impervious to criticism, has decidedly remained kind of cranky and in Winter Mood. In fact, that most recent snowstorm we had brought more people in to the office with snow-removal-related injuries than we had seen in the entire previous Winter!

The days are getting longer, and no Winter lasts forever. Neither does a Spring ever skip its turn...so at some point, while I'm putting some miles in, I will finally have DIRT under my feet again instead of snow, ice, and mud...or some combination of all three!



As April winds down, please note that Giebler Chiropractic will be moving to 'Summer Hours' a bit earlier this year. In the past we have switched to Open Thursdays and Closed Fridays when June comes around. This year, however, as our staff's schedules fill in, we decided to start the Summer Hours in May. You see, the first weekend in May, I will be accompanying Edwin on a Cub Scout camping trip to Devil's Lake. Then, the second weekend in May is the Ice Age 50 Miler that

seven months with 31 days - January, March, May, July, August, October and December. February is always the shortest month, with only 28 days (or 29 days in a leap year). However, it is a little known fact that one month of the year is always longer than the others. Which month is it?

We Need Your Help :)

Our Newsletter went to 448 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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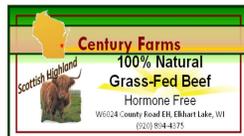
Did You Know?

Wisconsin residents enjoy the state's 7,446 streams and rivers. End-to-end they'd stretch 26,767 miles. That is more than enough to circle the globe at the equator.

Riddle Answer:

September -- it has 9 letters, the rest are between 3 and 8

Century Farms Grass-fed Beef from Scottish Highland cattle



Robin Schmahl
W6024 County Road EH
Elkhart Lake, WI
920-894-4375

Raw Honey Unheated & Unfiltered



Philip Wimmler
N9647 Little Elkhart Lake Road
Elkhart Lake, WI
920-838-1005

Golden Bear Farms Organic Pastured Pork and Grass-fed Beef



Golden Bear Farm
Organic Pasture Raised Berkshire Pork
& 100% Grass-fed Beef

Steve & Marie Deibele
19714 Reichardt Road
Kiel, WI 53042
920-333-0005
www.goldenbearfarm.net

I'm running for Kim, so I want to be off my feet and resting on that Friday. Then, the third weekend, we are missing a staff member. So, consider Giebler Chiropractic's decision to start Summer Hours in May as our way of prompting Ma Nature to bring us some WARMTH for goodness sake!

As always, I am always a phone call away on a Friday or on the weekend if need be, so please don't hesitate to ask!

Chiro & Acute Low Back Pain



Acute or sudden onset back pain can be due to a number of causes. It's easier than one thinks to sprain or strain the tendons, muscles and ligaments that support the spine, especially if we are out of shape. While sports injuries are common, sudden onset back pain may also be a result of just bending over to pick something up off the floor. Weakened muscles may suddenly go into spasm from performing the simplest movements. If you have a sedentary lifestyle or are

carrying a few extra pounds, that can weaken the structures supporting the back, which can lead to acute back pain. If your spinal discs, muscles and ligaments are chronically unbalanced, it can lead to a misalignment in your spine and create the perfect conditions for sudden onset back pain. Another common cause of acute back pain is a vertebral compression fracture due to osteoporosis. This type of fracture can happen at any time, even simply from sneezing, coughing or rolling over in bed, if the osteoporosis is sufficiently advanced. Acute back pain usually follows a vertebral compression fracture, which happens when the front part of the vertebrae collapse, making the vertebrae wedge-shaped. The acute pain from this type of fracture usually lasts for 4 to 6 weeks, when it becomes a more chronic type of aching pain.

[Continue Article HERE](#)

Increasing Energy

Sometimes it seems that even the simplest everyday tasks are hard to accomplish, even after we get a decent night's sleep. Our busy lives leave little time to stop and recharge our batteries, so sometimes it can feel as though we're operating on a chronic energy deficit. However, there are ways of gaining that energy back. Personally, I find it easier to "get moving" this time of year, as the sun starts rising earlier and earlier...although this weather sure has not been very Spring-like! But, along with longer days, it is possible to find more energy through the day!



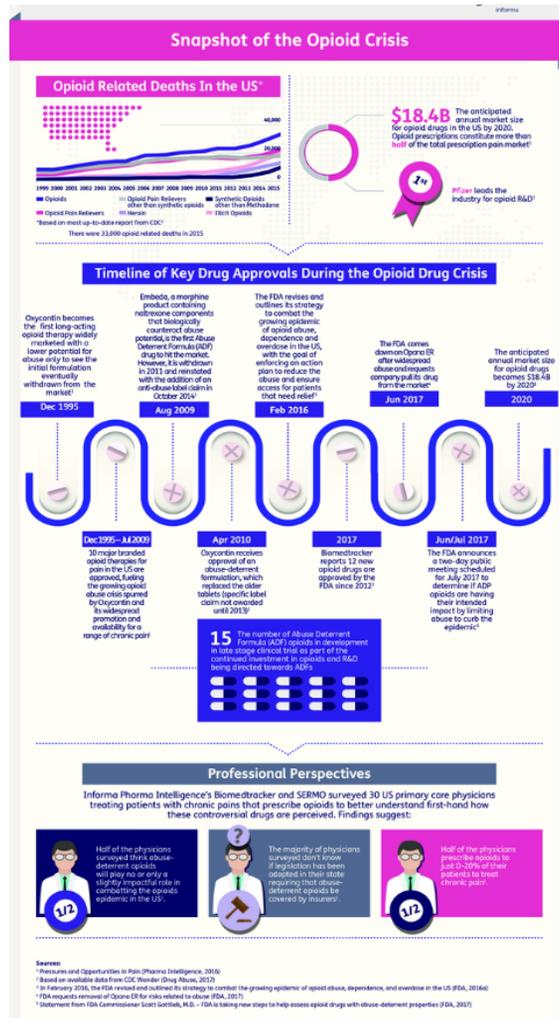
[Continue Article HERE](#)

Article Headline

-Boonie Mama's
Soaps, Lotion Bars,
Body Butter, Lip Balm



Deborah Baldwin
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Kiel, WI 53042
219-613-8454



Kim's Corner

On February 14, my husband and I left for Hope 4 Cancer Institute in Tijuana, Mexico, for three weeks of intensive alternative cancer treatments. We returned on March 7, following one of the most amazing experiences of our lives, and we are so deeply thankful for all of you who played a big part in getting us there with your generous, selfless gifts. The overwhelming response to Dr. Nic's inspired idea of raising funds for my Mexico treatments by asking people to sponsor his 50 mile trail race has quite simply left us stunned! (I believe it stunned Dr. Nic, too, since he is now running two races due to the number of people who wanted to contribute!)



As I said, the experience was amazing, and it was so much more than I thought it would be. I was simply anticipating three weeks of cancer treatment, but in addition to physical healing, I received spiritual and emotional growth far beyond my expectations. Before we left for Mexico I was struggling to control the severe pain in my right leg caused by the large amount of bone cancer present. The pain continued to be an issue in Mexico, but suddenly, after two weeks of treatment, the pain improved dramatically, and within a couple days of returning home, I began weaning myself off the pain meds, because I was no longer having any pain at all. As I write this, I have been completely off all pain meds for one week, and I still have zero pain! The only reason I can see for the pain going away is that the cancer is going away, and that seems to be backed up by my bloodwork. Bloodwork was done when I first arrived in Mexico and then again a couple days before I left. In those three weeks, the cancer marker that they check dropped 700 points-this is the first drop that I have seen since last fall when I found out that cancer had spread to my bones, so this is a big deal! In short,

the higher the cancer marker number, the worse the cancer, so it is definitely a number that we want to keep going down.

I brought several treatments home with me from Mexico, and we have also ordered some equipment to allow me to continue additional treatments at home that I did at Hope 4 Cancer. At the recommendation of my doctor in Mexico, I am still doing some of the same treatments that I was doing before I left for Mexico, but on a reduced schedule. Hope 4 Cancer and Fox Valley Wellness Center in Fond du Lac are sharing all my records and coordinating my care. I will have more bloodwork done in a few weeks, and then a PET scan done in June shortly before I return to Hope 4 Cancer for a three-month follow-up visit.

[Continue Article HERE](#)

Upcoming Events

April 26-29: Dr Nic will be attending the Spring Convention for WCA in Elkhart Lake.

May 4-6: Dr. Nic and Edwin will be camping at Devil's Lake

May 12: Dr. Nic is running the Ice Age 50 Miler in support of Kim! Please continue to support this great cause...and perhaps Dr. Nic ends up needing to run a THIRD 50 miler this year!

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.

Giebler Chiropractic

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