



## A Hand in Health Newsletter

Issue Ninety-Four

August 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: 8:00 AM to 5:00 PM

F: By appointment only

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...**



### 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

I'm back!

It was a wonderful week off of work but is also great to be back at the office. Ellie and I spent last week August 6-10) on a 'stay-cation' with the kids, and it included trips to the Dells, to Chicago, to Milwaukee, as well as a couple outings in the local area. The kids slept great each night, and smiles were plentiful. Here are some of the highlights:

**Ducks** -- the kids experienced the Original Wisconsin Ducks in the Dells. They loved the trip, and we all learned something about the

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#### Riddle me This:

If there are 3 cups on a table, and you take away one, how many do you have?

#### Patient Testimonial

*"Dr. Nic is an absolute godsend to me and my family!! His staff is always warm and welcoming with smiles on their faces when you walk in the door!! Down home good people :) "*

Find us on Facebook!



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

#### Did You Know?

One of the oldest sites to appear on maps of the western Great Lakes region is the "Dalles" of the Wisconsin River. It was identified as a convenient reference point by French explorers in the 1700's. The name stuck after the French explorers left Wisconsin, with the spelling and pronunciation Anglicized as the "dells". When the railroad arrived in 1857, the new village established at the point where the tracks crossed the Wisconsin River, was named Kilbourn City in honor of the railroad's president - but locals and visitors alike never stopped referring to the area as the "Dells". In 1931, the city of Kilbourn officially changed its name to Wisconsin Dells.

#### Riddle Answer:

You have the ONE cup that you took away.

#### 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.

geology of the area, as well as the dam failure that resulted in the draining of Lake Delton in 2008.

**Tommy Bartlett** -- while I've been going to the Dells since I was a child, I had never been to the Tommy Bartlett Water Show, dubbed as "The Greatest Show on H2O". It was a blast and is highly recommended! Fun fact...The first time Tommy Bartlett ever actually waterskiied personally was on his 75th birthday!

**GoKarts** -- this was one of the highlights of Edwin's week, and something he was really looking forward to...until he attempted to lap his sister, and she crashed him in to the wall. It was an 'accident', according to Estelle, but the photographic evidence sure seems to prove otherwise!



**Stingrays** -- at the Shedd Aquarium in Chicago, our kids had the opportunity to pet a stingray as it swam past them!



**Gessert's** -- several scoops of "Caramel Collision" were had at the Elkhart Lake Ice Cream Parlor, including Emerin, who showed off her adorable "Ice Cream Dance" for all in attendance.

Click [HERE](#) for entire article...

#### Back Pain Causes

Back pain will be an issue for roughly 80% of the US population at one point or another in their lives. However, the nature of the pain and its effect on their lives can vary greatly from one person to another. As a chiropractor, I work closely with our patients to understand exactly what they're experiencing so that I can diagnose the problem and provide the most effective treatment possible. This starts with asking the right questions. For example:

- Where do you feel the pain, and how would you describe it? For many people, the pain may be mild-little more than a minor

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)*



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Kiel, WI 53042

inconvenience when they first get out of bed in the morning. But for others, it may be severe, potentially limiting their day-to-day activity and changing their lifestyle until it goes away. In addition to its intensity, the pain may also have a particular character. Is it a dull, aching pain or is it a sharp, shooting one?

- Was the pain triggered by something specific, how long have you had it, and is it constant or does it come and go? In some cases, the pain may be acute (perhaps related to a recent sports, auto or work injury), while in others it may be recurring or chronic-either reemerging from time to time or lingering on for weeks, months or even years. It may also be the result of some other underlying health conditions.

- Does the pain seem to get better or worse in certain situations? It's not unusual for the pain to change in response to particular body positions or movements.

These types of diagnostic questions-along with a comprehensive physical examination and appropriate tests-can help us identify specific structural or mechanical problems that may be affecting your musculoskeletal or nervous systems. Some of the more common causes of back pain are described briefly below.

Muscle strains and muscle spasms are the most common causes of low back pain. While patients may or may not remember the initial event that triggered their problem, muscle strains and spasms can be incredibly painful.

Click [HERE](#) for entire article...

### Getting Healthy One Recipe at a Time...

Summer months are perfect for a light meal, and salmon is by far my favorite dish...BUT it has to be cooked correctly (it's NOT good when dried out). If you like salmon, you're going to love this month's recipe! If not...the sauce tastes great on chicken too!

#### Salmon with Lemon-Butter Caper Sauce



#### Ingredients:

- 1 Tbs Olive Oil
- 3 Lbs skinless salmon fillets
- 2 med. shallots, chopped
- 1/4 c. white wine vinegar
- 1/4 c. white wine
- 1/2 c. butter, cubed
- 2 Tbs parsley, chopped
- 2 Tbs capers, drained
- 1 Tbs Lemon zest
- salt & pepper

#### Directions:

- Heat oven to 400 degrees.
- Line a baking sheet with foil; brush with olive oil.
- Season both sides of the salmon filets with salt and pepper.
- Bake until salmon flakes easily, about 20 - 25 minutes.

920-333-0005  
[www.goldenbearfarm.net](http://www.goldenbearfarm.net)

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-Meanwhile in a heavy saucepan, simmer shallots, vinegar and wine until shallots are soft and very little liquid remains.  
-Add the butter and 2 tablespoons water, whisking constantly over high heat until the butter is melted and incorporated.  
-Stir in the parsley, capers and lemon zest.

Serve over the salmon.

\*BONUS: enjoy with a glass of remaining white wine!

~Heather~

## Upcoming Events

**Sept 3:** The Office will be CLOSED in observance of Labor Day. We will re-open on Tuesday Sept. 4.

**Sept 6:** Regular Hours begin again. We will be CLOSED on Thursdays and OPEN Fridays

**Sept 23:** Dr. Nic will be running the Fox Cities Marathon. Good Luck!

**Sept 27:** The Office will be OPEN Thursday Sept 27th and CLOSED Friday Sept 28th, as Dr. Nic will be camping with the Cub Scouts

## **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.

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