



A Hand in Health Newsletter

Issue Eighty-Eight

January 2018

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Giebler Chiropractic Business Hours:

M: 8:15 AM to 6:00 PM
T: 8:15 AM to 5:00 PM
W: 8:15 AM to 6:00 PM
TH: By appointment only
F: 8:15 AM to 5:00 PM
Sat & Sun: By appt. only

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Riddle me This:

Why didn't the comedian tell the joke about paper?

Receive A Hand in Health...

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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 received a great gift this year from the staff at Giebler Chiropractic. Kim, Holly, and Heather had a cool license plate piece of art done that simply spells out "GETOUTSIDE". I love it! When thanking them for it, Holly replied, "Well you say it all the time!"



I guess I do. And I'm glad it's catching on. As you probably know, I think it's essential for our individual and community wellness that we "Get Outside" more. Even in December and January in Wisconsin, that fresh air and exercise works wonders and is beneficial on our immune system, on our mental health, and of course on our physical health as well.

Something as simple as a walk around the block can help. There are also multiple "Candlelight Hikes" put on by the Wisconsin DNR which are wonderful. Ledgeview Nature Center in Chilton has snowshoes you can rent. Whatever it is...find an event, make a plan, and Get Outside!

Did You Know?

18 is the only positive number that is twice the sum of its digits?
($1 + 8 = 9$...and $9 \times 2 = 18$)

Riddle Answer:

Because it was tearable.

We Need Your Help :

Our Newsletter went to 446 people this month! Our goal is 500...please forward this email to your friends & family!!

Thanks in advance,
Dr. Nic

North Prairie Soaps

Milk Soap, Lotion Bars, Foaming Hand Soap, Body Butter, Lip Balm, Sunscreen, and Aluminum-free deodorant



Kathy Schuh-Ries
920-286-6112

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 Wimmer
N9647 Little Elkhart Lake Road
Elkhart Lake, WI
920-838-1005

Golden Bear Farms
Organic Pastured Pork and Grass-fed Beef



Steve & Marie Deibe
19714 Reichardt Road
Kiel, WI 53042
920-333-0005



I have several plans for January, including a six hour trail race on New Year's Eve. Yes, I'm going to see how many miles I can cover in six hours on trails around High Cliff State Park. Current temperature forecast is for a high of 10 degrees. Should be interesting!



I will also be sneaking out of the office for a couple days of skiing with my "Number 1 Buddy", Edwin. He was really starting to "get it" on his skis last year, and I'm excited to see the progress this year. Finally, on January 13, I will be running the Frozen Gnome 50k again. I ran it last year as a kind of experiment in figuring out how to run longer distances in winter. It was fun...and that "beardcircle" was my best yet!

As I write this on December 22nd, I'm reminded that last night was the longest night of the year--the Winter Solstice. Now we begin to march toward longer days of sun (hopefully) and daylight. It's scary to say, but June 22nd and the longest day of the year will be here before we know it. Let's get started today on a happier and healthier 2018...and that includes a visit to your local (crazy runner) chiropractor!

Merry Christmas, Happy New Year, and only the best in 2018.

- Dr. Nic

Health Link



Here's another article that gives you a reason to "Get Outside!" -- you'll live longer!

[Click here to read the article.](#)

Kim's Corner

I know many of you have been following my health story, and I want to give you an update. In early September, 2017, I found out that my original breast cancer, diagnosed in 2013, had metastasized to my bones. I began treating at Fox Valley Wellness Center in Fond du Lac in early October. Just before Christmas I had a second PET scan. I was not expecting there to be significant change so soon, but we did hope that there would be no further growth.

Unfortunately, we did not get the news we were hoping for. The scan showed many new spots of cancer throughout my skeleton--it is growing and spreading. My doctor compared it to lots of little weeds popping up everywhere and said that the cancer is looking for places to go and that it has a lot of momentum. He recommended going to Mexico to seek further treatment (sooner rather than later), because the cancer clinics there aren't limited or hindered by the backward rules and regulations of the FDA, etc., in the U.S., and they offer cancer treatments that are recognized around the world...except in America. And I have to say that Mexico is sounding very appealing and healing right now in the midst of our frigid Wisconsin weather! So my husband and I are pursuing that option, but the largest obstacle is the cost. Of course we know that God is bigger than any obstacle, and He will provide if that's the direction He wants us to go. This is a huge test of faith for us, and we will continue to trust Him and love Him whatever the outcome.



The Mexico clinics offer most of the same treatments I've already been getting, but it's the handful of additional treatments they offer that they consider the key treatments for cancer. Following are a few of those treatments:

- **Hyperthermia:** they put you under and raise the body temperature very high...normal cells can handle it; cancer cells can't and get cooked.
- **Sono-photo-dynamic therapy:** using light and sound waves to kill cancer cells.
- **IPTLD therapy** (insulin potentiated low dose chemo): they put you under and lower the body's blood sugar drastically then introduce a very low dose chemo with insulin; the cancer cells are starving for the sugar, so they suck it up. It uses significantly lower doses of chemo and it's so targeted that it does little damage to the rest of the body.
- **Cancer Viruses:** developed to specifically attack cancer cells.

2018 is bringing us new challenges, but our Hope hasn't changed, because it's founded in the God Who never changes.

[Click here to read the full update.](#)

Why Kids Don't Feel Cold the Same Way Adults Do

As millions of moms and dads will attest (I know I can!), kids frequently balk at being bundled up in coats, hats, and gloves when they go outdoors in the winter. The children claim they're just not cold, but parents usually err on the side of caution by bundling them up and making sure they don't get too wet or stay out too long.



The truth is that kids are at the same risk of heat loss and hypothermia as adults are, and maybe more. But it's also true that children often really don't feel cold, even when their parents do. Why is this?

Part of the issue involves a fundamental difference between how effective the human body is at actually regulating its own temperature and how sensitive it is to the temperature outside. We are born with the ability to generate, maintain, or get rid of heat as outside weather and circumstances dictate (remember my article about "Brown Fat"?). In general, our bodies are quite adept at creating heat in the winter (by shivering or becoming more active) and eliminating excess heat in the summer (by sweating). But some bodies are more efficient at these processes than others—people of the same height and weight can differ dramatically in their ability to maintain a healthy body temperature. In much the same way, different people can exhibit very different levels of sensitivity when outside conditions are jeopardizing their ability to conserve or dissipate heat.

[To read more, click here.](#)

Balance, Reflexes and Senior Health

It's that time of year where we become a bit more susceptible to slips and falls when outside. I remember vividly last December when I was out on a run and hit a patch of ice. It all happened so quickly...I was thinking to myself, "Tuck your chin," so that my head didn't hit the sidewalk...but I didn't even have time to execute it...my head hit, and I was seeing stars. It was a reminder that I'm another year older.

Sad but true: As we get older, our balance tends to deteriorate, and our reflexes tend to slow. When you're aware that it's happening, it can be very frustrating. But when you're not aware of these gradual changes, they can actually be dangerous as well. This is especially true as you exit middle age.

Part of the reason it's so frustrating to experience a decline in balance and reflexes is that, many times, it feels like there's not very much we can do about it. And to a certain extent, decline really is almost inevitable. However, there is some good news. Even for middle-aged adults and seniors, there are numerous ways we can help maintain or even improve our sense of balance.



The Relationship Between Balance, Reflexes and Overall Well-Being

By the time we're in our late 50s or early 60s, many of us will begin to have episodes where we feel dizzy or unsteady, or as if our surroundings are in motion. These feelings are triggered by gradual deterioration in the three major systems that work together to provide our balance and coordination: the *visual* system, the *vestibular* (inner ear) system, and the *proprioceptive* system (the sense of body position in space). A loss of balance makes falling more likely. And since our reflexes are also slowing, it becomes less likely that we will be able to catch ourselves if and when we do fall. According to the U.S. Centers for Disease Control and Prevention (CDC), roughly one-third of adults age 65 years and older fall each year. And among older adults, falls are actually the leading cause of injury-related deaths.

[Click here to finish this article.](#)

Upcoming Events

Dr. Nic is running the "Run Your Past Off 6 Hour Trail Race" on **New Year's Eve**. He is hoping to run his age (birthday is December 30th) in Miles. Good Luck and Stay Warm!

January 13: Dr. Nic is running the "Frozen Gnome 50k". Good Luck and stay warm!

Thursday, January 18: The office is open.

Friday, January 19: The office is closed.

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. 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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