



## A Hand in Health Newsletter

Issue Ninety-Three

June 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

730 Calumet Avenue  
Kiel, Wisconsin 53042

920-894-2399  
Fax 920-894-7981

[gieblerchiro@gmail.com](mailto:gieblerchiro@gmail.com)  
[www.gieblerchiropractic.com](http://www.gieblerchiropractic.com)

### 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...



### 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

First 50 Miler down...on to the second (and third) event! I completed my first 50 mile run of the year. As you may know, I am running several 50 Milers as a fundraising effort for Giebler Chiropractic's Kim, who is battling cancer. I had never run the Ice Age Trail 50 Mile and was excited for the opportunity.

For the first 40 miles I felt pretty darn good. I was running a pace faster than I had expected and the weather had cooperated. Earlier

Join Our Mailing List!

#### Riddle me This:

Can you find the reason for the order of these numbers? 8, 18, 11, 15, 5, 4, 14, 9, 19, 1, 7, 17, 6, 16, ... and what comes next? which number would be next, 3, 10, or 13?

#### 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?

**A Bug Named June?**  
The June Bug, also known as June beetle, is the name for several large beetles seen in the United States during May and June. They are usually seen at night when the light attracts them. June bugs eat the young leaves of trees and plants. They deposit their eggs in the ground and the young larvae bury themselves in the soil in the autumn and stay there two years. They then come out in May or June as adult beetles.

#### Riddle Answer:

Ten would be next...the numbers are in alphabetical order

#### 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.

in the week the forecast called for an 85% chance of Thunderstorms all day. Because I knew they wouldn't cancel the event, I was expecting a lot of mud and rain and cold. Lucky for the runners, it only rained on Friday, and the trail on Saturday was better than expected, in terms of mud and slop and puddles. My bright orange shoes still went through plenty of mud, but it wasn't all that bad!

...Click [HERE](#) to finish the article!



To support the Olson Family please contact our office at 894-2399 or reply to this email newsletter!

#### TMJ

##### What is TMJ?

TMJ stands for Temporomandibular Joint. TMJ disorders are a set of conditions that involve pain along with limited range of motion in the jaw. The jaw is a sliding hinge joint that is connected to the skull through muscle pairs located in front of the ears. These muscle pairs are important for speaking, chewing, swallowing, and yawning, and are among the most frequently used in your body.

##### What causes TMJ disorders?

TMJ disorders can be caused by a variety of factors, often in combination. This means that it can sometimes be difficult or impossible to isolate the exact cause of a patient's problem. There is a disk in the jaw known as the articular disk, which separates the skull from the condyle head of the mandible. Misalignment of this disk (often from stress-related clenching and grinding of the teeth) is a frequent cause TMJ disorders. TMJ disorders can also be caused by missing or crowded teeth, or trauma including whiplash. Experts estimate that anywhere from 10 million to 35 million Americans suffer some form of TMJ disorder at any given time.

...Click [HERE](#) to finish the article!

#### Happy 10 Year Anniversary!

*"Chiropractic is one of the best-kept secrets in health care."* When I hear patients say this I know what they mean. They often are a little skeptical at first, but after getting results they can see the simplicity and effectiveness of chiropractic care. I'm always delighted to see another patient appreciate what we do here. But I remain troubled that chiropractic is still a secret to so many people we could probably be helping.

*Would you help us change that?*

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 evenings. Please contact us for more information, or to schedule an appointment.

*Do 2 Ion Cleanses and receive your 3rd cleanse \$10 OFF! (\$30/session)*



**Raw Honey  
Unheated & Unfiltered**



**Sunset Apiaries**

**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

I can't believe it, but this is our TENTH YEAR at Giebler Chiropractic! It is a lot of fun to reminisce about those 'early' times, when it was only Ellie and myself here all day...and Kim would come in for a couple hours each afternoon. I'm proud of the people I have met and of how our office has grown to be what it is today. It's a wonderful opportunity to be able to say that I truly DO love what I do!

The only way chiropractic has continued to flourish is by satisfied patients telling others. In fact, the vast majority of 'new patients' that we see at our office are referred by existing patients. In fact, it's well over 90 percent! Besides writing columns and articles for the Tri-County News and giving talks to the public, we focus most on taking care of the people we see at the office every day...and making sure that each person knows that they're valued, and knows that we'd love for them to tell a friend or family member or co-worker about Giebler Chiropractic. That's probably how you found out about chiropractic. Now it's your turn.

*Would you tell someone you know about chiropractic?*

Explain how chiropractic works. Tell them the truth about today's chiropractic care. Answer their questions, offer them hope. Doing so will feel good - for you and for them!

We are celebrating TEN YEARS here at Giebler Chiropractic and all we want is to...Help More People! Please share your story about your experiences at this office, and share this newsletter. If they bring it with them to the first visit...that first visit is on us!

<i>Gift Certificate</i>	
 <b>Giebler Chiropractic</b> 730 Calumet Ave., Kiel, WI 53042    920-894-2399	
Pay to	<b>\$ 240.<sup>00</sup></b>
The order of <u>Giebler Chiropractic</u>	
<i>Two Hundred Forty and 00/100</i> <span style="float: right;"><i>dollars</i></span>	
<small>This certificate will cover your entire cost for your first visit to this office, including a consultation, examination and spinal x-rays if needed. This offer does not apply to auto accident or work comp claims in which there is no charge billed directly to the patient. This certificate may not be applied toward an existing account balance and is not redeemable for cash. **One coupon per person. Not valid with any other offers.</small>	
<small>Expires August 1, 2018</small>	

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

Craving a home cooked meal? Do not let this recipe intimidate you! I have never made cabbage rolls of any kind, but after your 1st or 2nd roll, you will be a pro too! You will need to set aside some time for this recipe, but it is definitely worth the time and effort! Perfect for serving a large group of people, or enjoying leftovers for the week, these cabbage rolls will have you going back for seconds!



**Amazing Stuffed Cabbage Rolls**

[www.goldenbearfarm.net](http://www.goldenbearfarm.net)

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



Deborah Baldwin  
N590 Seven Corners Rd.  
Kiel, WI 53042  
219-613-8454

Century Farms  
Grass-fed Beef from Scottish  
Highland cattle



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

## Upcoming Events

**SUMMER HOURS** have begun!  
We are OPEN on Thursdays and  
CLOSED on Fridays for the  
remainder of the summer.

**June 17:** Happy Father's Day!

**June 30:** Dr. Nic will be running  
the Titledown 8 Hour Ultra (50  
Mile Run #2!) Good Luck and  
Stay Cool!

**July 4 & 5:** The Office will be  
closed. Happy Independence  
Day!

## 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,

Prep time: 30 mins  
Cook time: 2 hours  
Total time: 2 hours 30 mins  
Yield: 6 to 8 servings

*Tender leaves of cabbage stuffed and rolled with beef, garlic, onion and rice, simmered in a rich tomato sauce.*

The preparation time entirely depends on which method you use to soften your cabbage leaves. It can be anywhere from 30 minutes to an hour to 24 hours plus if you freeze it.

\* You can cook the rice before adding it to the meat mixture, if desired (just follow the rice manufacturer's directions for cooking ½ cup of rice, which should give you about 1½ cups cooked rice).

\*\*Feel free to substitute the beef with ground chicken or turkey!

### Ingredients:

Cabbage Rolls

- 1 large head green cabbage, about 2 to 2¼ pounds
- 2 pounds ground beef (or ground turkey/chicken)
- 2 eggs (not necessary, you can leave them out, but they bind and make the meat fluffier)
- 1 medium onion, grated or minced
- 2 garlic cloves, minced
- 2 teaspoons salt
- 1 teaspoon black pepper
- ½ cup uncooked white rice (I like using long-grain) \*

Tomato Sauce

- 2 tablespoons butter or vegetable oil
- 1 clove garlic, finely chopped
- 1 medium onion, chopped (medium dice)
- 2 15-ounce cans tomato sauce or one 32-ounce can whole tomatoes, pulsed in a food processor with juice until pureed.
- juice of one lemon or 2 tablespoons (or more to taste) apple cider vinegar
- 2 tablespoons to ¾ cup light brown sugar (Depending on amount of sweetness you prefer. Start with 1 to 2 tablespoons and taste the sauce, adding if you like it sweeter. If you prefer it completely savory, add only 1 tablespoon brown sugar and the juice from half a lemon)
- Salt and pepper to taste
- ½ cup golden raisins (optional)
- Chopped parsley, for garnish

Click [HERE](#) for the full recipe article

~Heather~

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, [730 Calumet Avenue, Kiel, WI 53042](#)