



A Hand in Health Newsletter

Issue Ninety

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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

730 Calumet Avenue
Kiel, Wisconsin 53042

920-894-2399
Fax 920-894-7981

gieblerchiro@gmail.com
www.gieblerchiropractic.com

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Riddle me This:

I always follow you around, everywhere
you go at night. I look very bright to
people, but I can make the sun dark. I
can be in many different forms and
shapes. What am I?

Receive A Hand in Health...

[Join Our Mailing List!](#)



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

Wow! Thank you so much for the support in our fundraising effort! It didn't take long and I had 50 "Mile Sponsors" for my upcoming Ice Age Trail 50 Mile Run. 67 days away!

Did You Know?

Ulysses S Grant's middle name was actually ULYSSES. He was actually born Hiram Ulysses Grant. His initials "HUG" led to a lot of other children making fun of him, so when he enrolled at West Point, he enrolled as Ulysses. The "S" was added erroneously by the bookkeepers! He was unable in several attempts to have his name corrected and eventually just resigned himself to being called Ulysses S Grant.

Riddle Answer:

The Moon!

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

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Highland cattle**



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

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Unheated & Unfiltered**



Philip Wimpler
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Elkhart Lake, WI
920-838-1005

**Golden Bear Farms
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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

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



In fact, the support has continued well beyond 50 Miles. We now have SEVENTY-ONE Mile Sponsors...which means I'm going to keep running! If we get ANOTHER 50 Mile Sponsors...I'll run another 50 Mile Race. It won't be earlier than July or August, but I'll get one on my schedule. So, please continue to keep Kim and her family in your prayers and please continue to help out in any amount!

Thanks again! It's time to go for a run!



Health Link



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



Why We Shrink as We Get Older

If you've ever noticed that the car ahead of you in traffic seems to be driving itself, there's a good chance that the person driving it is elderly. Shrinking in height as we age is quite normal, and some people start to get shorter starting at about the age of 30. Only about 20% of the population does not noticeably shrink, which is due to a combination of good genetics and a healthy lifestyle. Not only do we shrink with age, but our height also varies considerably each day, by up to three-quarters of an inch.

[Click here for the Full article.](#)

Chiropractic & Pain

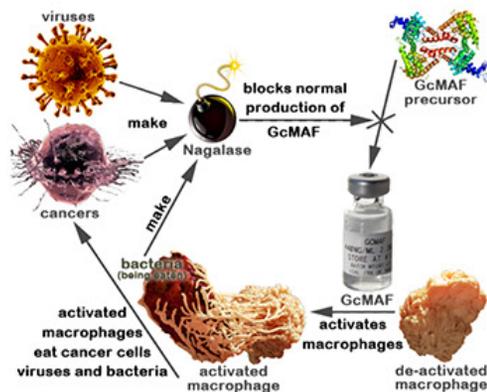
The impetus for many people to seek chiropractic help is acute or chronic pain, most commonly in the lower back or neck and shoulders. Although patients want the chiropractor to help with the underlying problem, lessening their pain is a very important part of allowing them to get on with life in some degree of comfort. Yes, I aim to fix the source of the pain--I want to not just cover up the pain--but ultimately, people want to feel better first and foremost!



Chiropractic treatment for pain rests on the principle that healing will occur as a natural function of the body once it is in correct alignment. Conversely, misalignment and joint mobility restrictions will lead to excess strain and wear on the body, resulting in pain. Misalignment can occur over time as the result of bad posture, repetitive activities (such as performing certain sports or occupations) and degenerative disease. It may also happen suddenly due to trauma from a road accident, a fall or a particular sports injury.

[Click HERE for the FULL article.](#)

Kim's Corner



My Key Cancer Treatment--gcMAF

In an earlier article I listed some of the treatments available here at Hope 4 Cancer, but I wasn't sure at the time which one would be my top treatment. Now that I have started it, I would like to explain it to you. The program is called *Sunivera*, but the treatment itself is something called *gcMAF*.

The human body produces gcMAF on its own; it stands for "gc Macrophage Activating Factor." Macrophages are defense cells that gobble up cancer cells--or bacteria, pathogens, etc.--and eliminate them. Macrophages look like a rounded Pac Man...they have a "mouth" and go around swallowing or absorbing enemy cells. However, macrophages do not go into action on their own; they must first be given the order to attack--they must be activated.

Before I can explain the activation process, I need to share some additional information. First, "gc" is a protein that binds vitamin D molecules together. When the body's lymphocytes interact with the gc from Vitamin D, they produce gcMAF, and gcMAF signals or activates the macrophages to go to work and start seeking and destroying the enemy. Problems occur because those evil cancer cells emit a substance called "nagalase" which blocks the formation of gcMAF. The more cancer present, the more nagalase is produced. It is now easy to see that although a person could have plenty of lymphocytes and plenty of vitamin D available and plenty of macrophages, nagalase allows cancer to short circuit the body's defense process by preventing the macrophages from ever receiving the signal to attack.

Dr. Tony Jimenez, founder of Hope 4 Cancer, has been following the research on gcMAF, communicating with the developing scientists, and has been able to obtain quality sources for it and start implementing the program at his clinic. By directly giving cancer patients gcMAF, the signal-interrupting nagalase is foiled, and the macrophages are activated. This treatment is one way in which cancer can be outsmarted, and it is exciting stuff!

The gcMAF is administered via daily injections from a small syringe...comparable to those used by diabetics to inject insulin. The Sunivera program combines the gcMAF injections with four other supplements that simply enhance the natural body process but aren't necessary for the gcMAF to work. I began the program one week into my stay at Hope 4 Cancer, and will continue it for 3 months at home.

Upcoming Events

- March 7:** Kim returns from Mexico!
- March 11:** Daylight Savings Time Begins!
- March 23:** Dr. Nic will be out of the office, Dr. Mark will be taking appointments.
- March 26:** The office is CLOSED.
- March 30:** The office will close at Noon for Good Friday.

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

730 Calumet Avenue, Kiel WI, 53042

Phone: 920-894-2399

email: gieblerchiro@gmail.com

Kim Olson
Office Manager