



A Hand in Health Newsletter

Issue Ninety-Two

May 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 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

My Lyme Disease Story

The month of May is Lyme Disease Awareness Month, and here in Wisconsin, we ALL need to become much more vigilant about this disease. It's on a dramatic rise, and it is not anything you want to

Join Our Mailing List!

Riddle me This:

The more you take, the more you leave behind. What am I?

Patient Testimonial

"Dr. Nic is the BEST!! He cares not only for the body but the person. It is worth the trip to Kiel to be cared for!"

Find us on Facebook!



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

Did You Know?

In 2017 May was the 576th most popular name given to a girl baby, less popular than Maya (45), Amaya (220), Lilly-May (318), Ellie-May (383), Lily-May (393) and Mae (494).

Riddle Answer:

Footsteps!

Raw Honey Unheated & Unfiltered



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take lightly. Having experienced Lyme Disease personally, and having seen it multiple times in the office in the last several years, I can attest that it is a terrible condition. You need to do all you can to protect yourself, your pets, and most especially...your children.

In June of 2008 (it has been TEN YEARS ALREADY?!), while I was working in Plymouth, I attended a nutrition seminar in Stevens Point. (Oddly enough, it was at this seminar that Dr. Mike Schleicher first asked me if I was interested in taking over the chiropractic office he owned in Kiel!) Being an avid trail runner, I stopped just outside of Waupaca to go running on a segment of the Ice Age Trail.

Read the ENTIRE Story [HERE](#)



In addition, I highly recommend that you have one or two "Tick Testing Kits" available. Our office carries them. They test the tick and return a 99.9% accurate identification as to whether the tick was carrying Lyme Disease or not. It is safe and easy to use, and determines if the tick that you found was carrying Lyme Disease long BEFORE any symptoms appear. As my story shows, time is of the essence! The entire kit is \$24.99.

As you probably know, I'm a very big proponent of getting outside. It's unhealthy to be inside constantly, and we can't live in fear. Just be aware-May is Lyme Disease Awareness Month-and be vigilant for the tick not just this month, but year-round. Those little things are most prevalent from May to August, but I've seen them every month of the year here in Wisconsin. For more information and photos, see www.lymedisease.org

Acupuncture

Acupuncture is a healing technique based on traditional Chinese medicine that involves placing needles at a number of locations on the body. There are 400 such acupuncture "meridians," each tied to a specific set of health problems. For many, the thought of having dozens of acupuncture needles jabbed into their skin may be frightening. A really good acupuncturist, however, will be able to place the needles without the patient feeling them, or with only a slight sensation of pressure.

For patients, the benefits of acupuncture can range from minor to significant depending on the circumstances and the skill of the practitioner. But how does it work? No one knows for certain exactly how or why acupuncture works to produce beneficial health effects, but there is no shortage of theories.

One theory claims that by touching certain specific points in the nervous system, nerve pathways are activated, affecting various physiological systems in the brain as well as in the periphery. Others suggest that the needles activate the release of endorphins, serotonin and other chemicals in the body, stimulating healing and pain relief. Studies have shown that lowered blood pressure and increased endorphins result from acupuncture. A slightly different theory claims that sticking the needles at these points stimulates them and thus reduces obstacles to the flow of energy, making it possible for the body to heal itself.



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Upcoming Events

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

May 4-6: Dr. Nic and Edwin will
be camping at Devil's Lake.
May 12: Dr. Nic is running the Ice

Continue Article [HERE](#)

Food Allergies

One thing is certain: food allergies are on the rise. According to a 2013 study by the Centers for Disease Control and Prevention, there were 50% more food allergies in 2011 than there were in 1997. An estimated 15 million Americans have food allergies, and the numbers are increasing. Four percent of the population has a food allergy now, as opposed to only one percent ten years ago. What is not so certain is what is causing this increase in food allergies. Experts believe it is likely due to a few different causes, including over-cleanliness, reluctance to feed children certain foods at an early age, and the quality of the foods we eat. It may also be that physicians are becoming more skilled at recognizing the problem and, therefore, that food allergies are diagnosed more frequently.

One interesting thing to note is that American children are more likely to have food allergies than children in other nations. It may be due in part to Americans being better-off than people in other countries. The CDC noted on their website that, "Food and respiratory allergy prevalence increased with income level. Children with family income equal to or greater than 200% of the poverty level had the highest prevalence rates."

Continue Article [HERE](#)

Getting Healthy One Recipe at a Time...

We've all heard how Breakfast is "*the most important meal of the day*", but let's be honest...most of us don't have the time to make breakfast every morning! I would consider myself to be pretty healthy (most of the time), but I have to admit, I have skipped breakfast most of my life. I have recently committed myself to healthier eating habits and that includes eating breakfast daily. Those that know me, know I am *not* a morning person... so getting up a little earlier to prepare a healthy breakfast was a challenge, but I did it, and I know you can too!

One of my favorite breakfast recipes is Quiche cups. It sounds fancy but I promise it is SO easy. You can prepare them ahead of time for the week, and pop 1-2 cups in the microwave each morning and eat them on the go. It's a great alternative to protein shakes or cereal, and is a great source of protein.

According to Kathleen M. Zelman, MPH, RD, LD, Breakfast is linked to many health benefits, including weight control, and improved performance. Studies show that eating a *healthy* breakfast (as opposed to the kind containing doughnuts) can help give you:

- a more nutritionally complete diet, higher in nutrients, vitamins and minerals
- Improved concentration and performance in the classroom or the boardroom
- more strength and endurance to engage in physical activity
- lower cholesterol levels

Eating breakfast is important for everyone, *but is especially so for children and adolescents*. According to the American Dietetic Association, children who eat breakfast perform better in the

Age 50 Miler in support of Kim, and will end up needing to run a THIRD 50 miler this year!! Please continue to support this great cause...

May 13: Happy Mother's Day!

May 16: Dr. Nic's Turkey Hunting season begins...Good Luck Gobble Gobble!

May 28: The office will be closed in observance of Memorial Day (also, Happy 8th Birthday, Edwin!)

June 30: Dr. Nic will be running the Tiletown 8 Hour Ultra (50 Mile Run #2!)

classroom and on the playground, with better concentration, problem-solving skills, and eye-hand coordination.

Read more about the benefits of breakfast [HERE](#)



Cheese and Spinach Quiche Cups

Makes six muffin cups

75 Calories each

Ingredients:

10 ounces fresh or frozen chopped spinach

$\frac{3}{4}$ cup egg or egg whites

$\frac{3}{4}$ cup shredded fat free cheese

$\frac{1}{4}$ cup red bell pepper, chopped

$\frac{1}{4}$ cup onion, chopped

$\frac{1}{4}$ cup mushrooms, chopped

hot sauce (optional)

Directions:

Oil a muffin tray. Sautee or microwave the spinach until cooked. Drain completely. Combine eggs, cheese, mushrooms, spinach and onions in a bowl. Divide evenly among the cups. Bake at 350 degrees for 20 minutes, or until knife inserted comes out clean. Add hot sauce to taste. Let cool, and enjoy!

You can mix up this recipe by using broccoli, tomatoes, and other vegetables. I like to make a couple batches and freeze them for later!

Feel free to contact me for more recipe ideas! Until next time...

Heather

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.