



A Hand in Health Newsletter

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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:

A man is sitting in a pub feeling rather poor. He sees the man next to him pull a wad of £50 notes out of his wallet. He turns to the rich man and says to him, "I have an amazing talent; I know almost every song that has ever existed."

The rich man laughs.

The poor man says, "I am willing to bet you all the money you have in your wallet



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 am going to keep this story brief. After all, this is a NOTE from Dr. Nic...not a NOVEL from Dr. Nic. If you'd care to hear more about it, feel free to ask next time you see me or send me an email.

A couple weeks ago my daughter, Estelle, began to limp. While we weren't sure why, we kept an eye on it, only to see it worsen over the course of about a week. We had her checked out, and the x-rays were "negative." The MD suggested Advil and giving it a week. As you can imagine...that wasn't the approach I really wanted, but I went along with it.

Well, another week passed, and things had worsened. Unfortunately, we couldn't get her back in for a couple days (no surprise there), and after I took another x-ray and noted something on her leg, I decided to take action.

I managed to get her an MRI through Children's Hospital without insurance authorization. I wasn't worried about insurance not eventually paying, since we had two different radiologist reports (one from me and one from the MD) saying that x-rays were negative and an MRI was indicated. Sure enough...she had a stress fracture in her fibula. Thanks to God it wasn't anything worse. She was seen by a pediatric orthopedist the next day and was placed in a boot.

The next day our insurance company authorized to have an MRI performed. So, we managed to have her diagnosed via MRI and

that I can sing a genuine song with a lady's name of your choice in it." The rich man laughs again and says, "OK, how about my daughter's name, Joanna Armstrong-Miller?" The rich man goes home poor. The poor man goes home rich. What song did he sing?

Receive A Hand in Health...

[Join Our Mailing List!](#)

Did You Know?

The Big Brothers & Big Sisters of Sheboygan County is the oldest Big Brother agency in Wisconsin. There are currently 17 Wisconsin agencies and nationally, there are 460 agencies in the Big Brother Big Sister of America family.

Help support Big Brothers & Big Sister at the Sleigh Bell Run on Saturday, December 2nd!

Riddle Answer:

Happy Birthday

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

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920-838-1005

treated and healing before the insurance company had even approved that an MRI be conducted!

What's the moral of the story? In today's medicine and insurance world, you **MUST** advocate for yourself and your family. Demand better from your providers and insurance and be persistent to make sure you get the care you need!



Health Link

As I walk into the rooms at the office, I will often open with, "Well...how are you doing?"

And often, the reply is, "Well, if I was fine I wouldn't be here."

But there is so much more to chiropractic than pain relief! You see, within your spine is your spinal cord and spinal nerves. Those spinal nerves leave your spine and go on to form part of the Autonomic Nervous System, which is the part of the nervous system that is "automatic"...like heart rate, digestion, and hormone production.

By having your spine adjusted as "Maintenance", you help that system to function as highly as possible...thus allowing your body to function as highly as possible.

So...even though you are not in PAIN, consider a maintenance adjustment to keep you WELL.

[Click here for a diagram explaining the Autonomic Nervous System.](#)

Kim's Corner

How Ozone Heals

In 1925 Otto Warburg was awarded the Nobel Prize in Medicine for discovering the relationship between oxygen and cancer. Warburg discovered that "Cancer has only one prime cause. The prime cause of cancer is the replacement of normal oxygen respiration of body cells by an anaerobic (oxygen-less) cell respiration." All healthy cells in the body burn glucose as fuel through a process called *oxidation*. When cells are deprived of their normal oxygen supply, they have no choice but to process glucose using the inferior method, *fermentation*, which occurs in the absence of oxygen. During normal cell respiration using oxygen, the cells give off carbon dioxide; during fermentation, the cells give off lactic acid. The limited amount of carbon dioxide is a crucial part of the disease process, because hemoglobin--which carries oxygen in the bloodstream--cannot give off oxygen without first receiving carbon dioxide. Not only is the damaged cell deprived of its oxygen nutrients, it is also poisoned by the resulting toxic pathogens.

Another role played by oxygen in healthy cells is the production of a tough enzyme coating around the cell which protects the cell from invading disease-causing agents such as bacteria and viruses. Oxygen-starved cells can't produce enough enzymes to form that protective cell wall, leaving the cell susceptible to destructive invaders. Viruses are especially problematic, since they can live indefinitely (bacteria have a definite life span). Viruses are not cells and do not have the ability to reproduce; they consist of genetic material. Viruses look for weakened cells that they can invade and then use and "reprogram" to constantly reproduce more virus material. The metabolic waste of the virus soon overwhelms the body faster than the body is able to eliminate the waste. All cells are pre-programmed to either continually replicate themselves or commit suicide (apoptosis). The purpose of apoptosis is to protect the rest of the body from dying or damaged cells, but sometimes instead of self-destructing, damaged cells will continue to reproduce. Normal cells have a natural life span that will end the tendency to continue replicating. A consequence of being damaged is the cell can lose the ability to limit its own growth, and

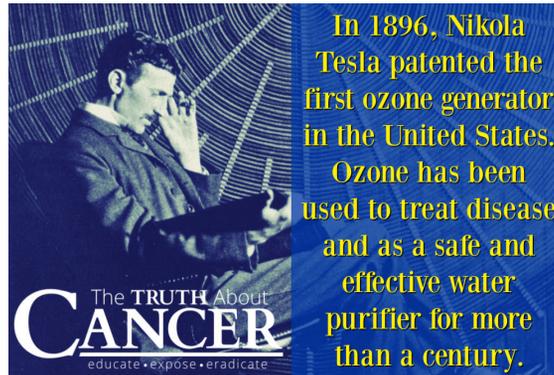
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the abnormal reproduction continues out of control. This pathogenic growth will go on forever as long as the cells have an oxygen deficient environment in which to thrive. The term for all cases of cellular overgrowth arising from inadequate cellular respiration is called **cancer**.



In 1896, Nikola Tesla patented the first ozone generator in the United States. Ozone has been used to treat disease and as a safe and effective water purifier for more than a century.

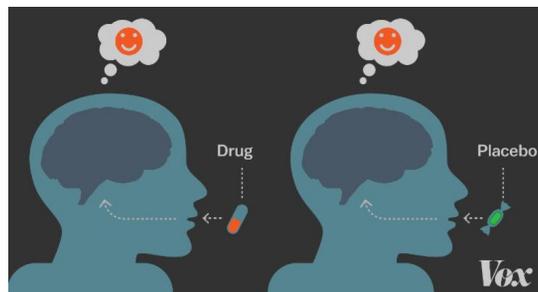
The TRUTH About **CANCER**
 educate • expose • eradicate

[Click here to learn more about ozone treatment.](#)

Placebos and Health

Originating in Latin, the word *placebo* is often translated into English as "I will please." In healthcare, the word typically refers to any type of "fake" treatment--medicine, manual therapy or surgery--that does not actually alter a person's health.

A placebo is anything that seems to be a real medical treatment but isn't. It could be a pill, a shot, or some other type of 'fake' treatment. What all placebos have in common is that they do not contain an active substance meant to affect health.



Why are placebos used? Researchers use placebos during studies to help them understand what effect a new drug or some other treatment might have on a particular condition. For instance, some people in a study might be given a new drug to lower cholesterol. Others would get a placebo. None of the people in the study will know if they got the real treatment or the placebo. Researchers then compare the effects of the drug and the placebo on the people in the study. That way, they can determine the effectiveness of the new drug and check for side effects.

What, then, is "the placebo effect"? Occasionally, a patient will actually respond to a placebo, either positively or negatively. The patient's symptoms may improve, or the patient may have what seem to be side effects from the treatment. Collectively, these responses are known as the placebo effect.

[To read more about the Placebo Effect, click here.](#)

Do Cooler Temperatures Really Help With Weight Loss?

Last week I finally broke down and turned on the heat at the office. I suppose...it's November and may be time to switch over the central air from cooling to heating. Maybe. I'm still holding out hope for more wonderful days. And, as you'll read, perhaps keeping my office at a lower temperature will have another health benefit!

Those who are a bit overweight and are trying to lose a few pounds are generally aware of many of the factors that make it harder to lose weight: the prevalence of high-fat, high-sugar junk foods everywhere we go, inactivity dictated by jobs that keep us at our desk all day, driving as opposed to walking--the list goes on and on. You can add one more item to the list of things that might be contributing to keeping you fat--your home's central heating system.

Yes, as odd as it sounds, a couple of recent studies have suggested that lack of exposure to cold or chilly temperatures may be contributing

to keeping us fat. Most of us spend 90% of our time indoors, which means during the winter we are in homes and offices that are heated to temperatures between 65 and 75 degrees Fahrenheit, with the nationwide average being about 72 degrees. In contrast to previous eras, "central heating" also means that we tend to keep *all* rooms in the house at the same temperature, which reduces exposure to what researchers call "ambient temperatures." We tend to feel temperature differences only when we go outside.

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

Does shivering count as exercise?



Upcoming Events

November 23-24: The office is closed. **Happy Thanksgiving!**

December 2: Join Dr. Nic at the 23rd Annual **Sleigh Bell Run!** The festivities start at 9:00 AM at the Kiel Middle School. Sign up online at www.sleighbellrun.com

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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