



A Hand in Health Newsletter

Issue One Hundred-Nineteen November 2020

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A Note From Dr. Nic

Giebler Chiropractic Business Hours

Mon: 8:00 AM to 6:00 PM
Tues: 8:00 AM to 5:00PM
Wed: 8:00 AM to 6:00 PM
Thurs: Closed
Fri: 8:00 AM to 5:00 PM
Sat & Sun: By Appt Only

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Happy November! I'm very proud of the articles present in this month's newsletter, and I'm confident you'll enjoy them as well. Now...may I ask a favor? Would you please like me?

By that...I mean give me a "Like" and a recommendation on Google and Facebook! Those things matter and they're also

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greatly appreciated...and they'll earn you a Giebler Chiro Tshirt also, just like the Farleys (see our Faces in the Office)!

Click right here, "Like" our page and leave a www.facebook.com/gieblerchiro

We Need Your Help

Our Newsletter went out to 390 people the month! Out goal in 500 ... please forward the email the your friends and family!!

Thanks in advance
Dr. Nic

Receive A Hand in Health...

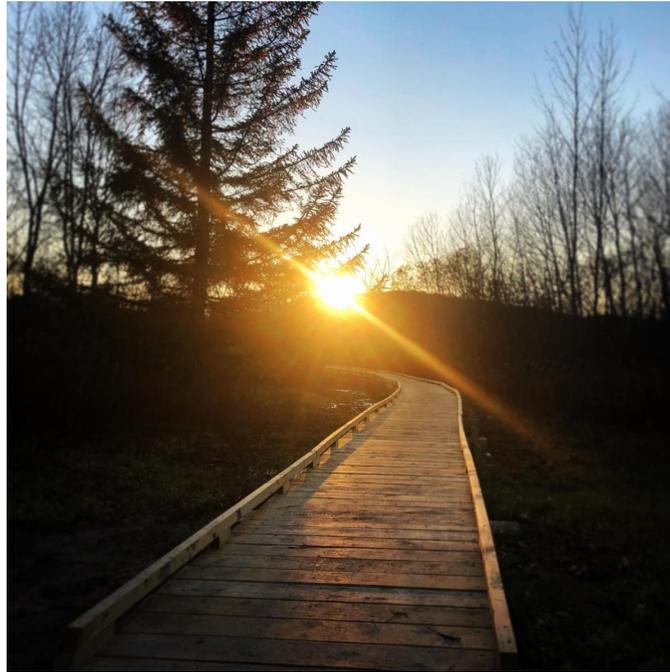
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Riddle me this:

Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday or Sunday?

Calm

Get Outside to get Immune System Health



Yes, it snowed this weekend. Yes, the days are getting shorter. Yes, it's getting colder. But now more than ever I ask each of you get outside more!

I have incessantly talked about the health benefits of physical exercise and time outside to the point that I sometimes receive an eye roll in return when talking about it. As I said, though, now more than ever we need to make an effort to get outside more!

Several studies indicate that physical activity is beneficial in fighting COVID-19, according to a review and examination of the connection between exercise and the body's ability to defend against the virus that was recently published.

In the article titled, "Physical Activity May be a Major Deterrent of Severe Health Consequences from COVID-19: An Annotated Summary of Physical Activity and COVID-19 Research," eight studies were discussed that show that physical activity reduces the risk of increased complications as a result of the virus.

One of the articles discusses how an extracellular enzyme, extracellular superoxide dismutase (EcSOD), is an antioxidant agent. Antioxidants are substances that can prevent or slow damage to cells caused by unstable molecules the body produces as a reaction to environmental and other pressures.

Research indicates that endurance exercise increases EcSOD activity.

While that specific enzyme may not specifically target the Covid Virus, it does help one's body become stronger in its defense of infections.

People who have contracted the virus who have health problems, such as high blood pressure, heart problems, respiratory problems, obesity and compromised



Magnesium and calcium are fundamental nutrients that need to be in balance with each other in order for you to fully experience good health. Their importance on a cellular level is critical. Calcium and magnesium are like opposite sides of a coin. Calcium excites nerves, while magnesium calms them down. Calcium makes muscles contract. Magnesium is necessary for muscles to relax. Calcium is needed for blood clotting, but magnesium keeps the blood flowing freely.

Did you know?

Wisconsin's name comes from the Wisconsin River, which was called Meskousing by the Algonquian-speaking tribes. The name was recorded in 1673 by French explorer Jacques Marquette. Over time, the word was Anglicized into Ouisconsin, Wiskonsan and finally into its current spelling and pronunciation. Linguists think the original name must have been borrowed from the Miami

immunological systems, have substantially higher complications, including death. This is especially true of obesity.



The healthier you are, the better your chances are of not experiencing terrible effects from the virus. Younger people are more physically active than older people and it may be a prime reason why COVID-19 does not affect the young as much as the old.

Even in the snowy, windy, colder conditions that show up in October and November, it is very important to stay physically active, even if you are sheltering in place at home. Don't begin to develop negative behavior practices that decrease your fitness level, and don't use it as an excuse to not begin some sort of exercise routine, even if it seems insignificant. Right now is a great opportunity to begin a physical activity program that you have been intending to begin, even if it's only 15 minutes.

If you truly don't know where to begin, I suggest simply going outside and walking 5 minutes in one direction. If you're not "feeling it", then turn around. You'll have been outside and exercising for 10 minutes. Congrats!

If you feel, after those first 5 minutes, of moving a bit longer, go for it! Add another 2 minutes to your walk, then turn around. Again...moving your body outside in the fresh air is making you healthier and more likely to stay healthy despite any virus you may come in contact with.

A recent study just came out of the university of Wisconsin and it looked at infection rates in high-school athletes. The group of 14-17 year-old with the lowest level of infections were those kids that were in sports, and in school. The highest level of infection rate was among the kids not in sports, and not in school. Even if it's only an hour of practice once or twice a week for those kids, that time in sports mattered! Exercise and outdoor time matter!

In closing, I want to remind you to control what you can control. Get outside, even if it's only 10 minutes. Fresh air will do wonders for your body and your soul.

50 kilometers & 6 months

Well, it had been a while. I haven't had what I would consider a 'successful' trail run in quite a while. You may recall back in August, I wrote a column about my attempt at running a 100 Kilometers at Road America. The run did not go well. Several factors culminated in my decision to quit the run much earlier than planned. Earlier this summer I also attempted a trail run in the Southern Kettle Moraine State Forest,

word “meskonsing” which translates to “it lies red” or “this stream meanders through something red”, likely referring to the sandstone formations in the Wisconsin River.

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[Riddle answer:](#)

**Yesterday, Today,
Tomorrow**

[Upcoming Events](#)

November 6th
Closing at 3:00

November 27th
Closed for Thanksgiving

and stopped early due to it being hot and me just not being in the right mindset to finish.

Over the last 15 years, I have really enjoyed taking part in trail events, but this year has been difficult. Almost all events have been cancelled or moved to become “virtual events” or something along those lines. My favorite all-time event is the Glacial Trail Run, which starts and ends in Greenbush and runs along the Old Wade House Trail, before joining the Ice Age Trail. There are 50 km and 50 mile distances, and this would be my 8th time running at the event. The weather and peak fall colors could not have set up a better venue for the event. Unfortunately, due to COVID limitations and permit restrictions, the only people there were the runners and the volunteers. It was definitely an odd environment but one which made me adapt my plan for the run. I carried all of the nutrition I would need in a backpack and started off at 7 a.m. last Sunday. In training for this event, I had put in several long runs varying from 23 miles all the way up to 31 miles. Today was a 50 km, or 31 mile run. I felt pretty strong and had a decent nutrition plan, and with the exception of the last two or three miles, where I was super tired, I felt good all day. In addition to that, I managed to win the event! That had always been a goal of mine – to win my “home event” at the Glacial Trail Run. I had previously won the 50 mile event but had always wanted to win the 50k as well. Upon finishing, I felt such relief and gratitude that the event was held and then I was able to complete it in 4 hours and 19 minutes.



As I write this article on Monday, October 12th, my legs are definitely aching! As I work, bending down or to the sides, or any small movement with my legs is accompanied by an audible groan. Looking back at the last 2 or 3 months, the training I put in was definitely challenging, and the result was definitely rewarding.

Unlike the run I did, I don't see a “Finish Line” for my new life without alcohol. I'll just take that one day at a time. That's all we get, anyway, right?

If you want to get healthier, whether it's through exercise or nutrition or if you think maybe you do need to cut back or cut out alcohol or something else from your life, I'm here to help. I'm willing to talk about it and share what

worked and what didn't work for me and perhaps we can get there together. When it comes to our own physical, mental, nutritional health...we can't do it on Will Power alone. We need teammates in this. I'm willing to help. Feel free to give the office a call and let's chat, or drop me an email at nwg@gieblerchiropractic.com. You can do this!

Faces in the Office

I have known Tessa as long as I've been in Kiel. I can vividly remember her telling me that she was being 'courted' by Luke...I'm very humbled to know them and share laughs every time they're in my office, and now that they bring along their sweet daughters it's even better!

I'm thankful to call so many patients 'friends' as well. Thanks to the Farley's!



What Brought you to Giebler Chiropractic for the first time?

Tess was a baby since she has been going to the chiropractor. Luke had to be convinced to go by Tessa, that going to Dr. Nic was going to be helpful and not just some vudu. While Charis and Inara have been coming since in vitro.

Does it hurt?

At times there is a short moment of discomfort and then you feel **SO** much better.

Do you keep going back? If so, why?

Well, there are two little kids that enjoy wrestling and jumping on Mama and Daddy, so there are always new injuries. But we've found that we feel much better when we keep up with maintenance visits, even when we feel good. We have also noticed that we are sick less and sleep better when we come regularly.

Any surprises or stories about Giebler Chiropractic's office, or Chiropractic in general that you'd like to share?

Tessa: When I recently messed up my wrist really bad and thought that I would need surgery, Dr. Nic had it back to tip top shape in 3 weeks with adjustments and therapy.

Luke: I had years of severe sinus infections. Staying on top of my maintenance visits have kept the sinus infections away for years.

Luke, Tessa, Charis, Inara Farley