



A Hand in Health Newsletter

Issue One Hundred-Twentieth December 2020

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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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A Note From Dr. Nic

Well, there will be no new 'decorations' at the office this winter. My gun deer season provided no bucks to hang on the wall next to my monster spike buck skull that is in the hallway.

But it wasn't for a lack of effort. I spend quite a bit of time scouting and watching the land that I hunted on this year (off of Rockville Road). I didn't have much of note on the trail cam until the week before Opening Weekend, when the "Big Guy" showed up. He then made appearances throughout the week, and was even caught on the camera both Opening Morning and the next night. Unfortunately, he made his appearance at about 3:45 AM, and I arrived in the stand at about 5:15.

Once again, I've found that trail cams do one job very well: they show me that the deer are in the area when I am NOT in the area.

We Need Your Help

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

Thanks in advance
Dr. Nic

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Riddle me this:

I asked a woman how old she was, she smiled and said cryptically: "The day before yesterday I was 22, but next year I'll be 25." What is her birthday and when was the date of our conversation?



Nonetheless it was a wonderful season. I spent one morning with Edwin, several mornings and afternoons solo, simply observing a beautiful local area, and one afternoon taking part in a "drive" where we tried to get the "Big Guy" to get up and leave the swamp where he likely was spending daylight hours.

Alas...no luck. I'll have to settle for many moments in the peaceful woods, many photos on the trail cam, and the hopes that I catch another picture of the "Big Guy" on the trail cam in the upcoming weeks...meaning he made it through to the winter. Stay tuned...



Be Thankful. Be Grateful.



ZYMAIN

Welcome to December! Despite all that is 2020, I ask you to be the person who is Thankful. Be Grateful. It's a simple idea, but like most ideas...it isn't easy. But it's possible. While we haven't been able to do a lot this



A three part combination supplement consisting of systemic proteolytic enzymes, nutrients and minerals that regulate the inflammation process and support soft tissue repair. Zymain is designed to provide a nutritional foundation to the healing response following trauma, optimizing injury rehabilitation.

Did you know?

December is the only month name with the letter "D" in it.
December is also the only month with No EI

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year, the outdoors and personal growth are still possible! We can still get outside and get fresh air. With that in mind, I am sharing a GREAT article written by a young patient of mine, Jake Willeford. It originally appeared earlier this month in Strike Magazine, and it's better than most of the stuff I try to write on my own! As you know, I enjoy running. It's the simplest and purest form of exercise, and Jake does a great job of explaining and pointing out aspects of running that you may not have thought about. Happy Trails! (or sidewalks, or country roads, wherever...just get outside and put one foot in front of the other...

With the global mental state at its worst in decades, it's safe to say that we're all looking for methods and suggestions to get us back to a balanced and healthy lifestyle. Anxiety, depression and apathy are just some of what each and every one of us are dealing with on a daily basis. For some, this is new, but for others, this even more of a weight added on to a struggle that started before the infamous 2020.

Physical health is a little bit of a different story. The late '2010s have already been a time of advocating for physical wellness, deemed the "health craze" after light was shed on fast food establishments and United States obesity rates in the mid '2000s. Add a pandemic onto the already popular health conscious culture, and now everyone is starting to get into a consistent exercise routine. If you want to start conquering your physical and mental health simultaneously, running is the undeniable perfect start, especially when Orlando has such a beautiful climate for it. Here's a list including some of the ways that running can help not just your mental health, but overall health.



It Can Relieve Symptoms of Depression

Click [HERE](#) to finish reading



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Riddle answer:

We conversed on January
1 and her birthday is on
December 31.

Upcoming Events

Office Closed

Christmas Eve
December 24th

Christmas Day
December 25th

New Year's Eve
December 31st

New Year's Day
January 1st, 2021

Do Cooler Temperatures Really Help With Weight Loss?

Last week I finally broke down and turned on the heat at the office. Then, lo and behold, the following week it's SEVENTY DEGREES! In fact, I ran a 50k trail race last weekend and did it in shorts and a tank top...quite an unexpected and pleasant surprise! However...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!

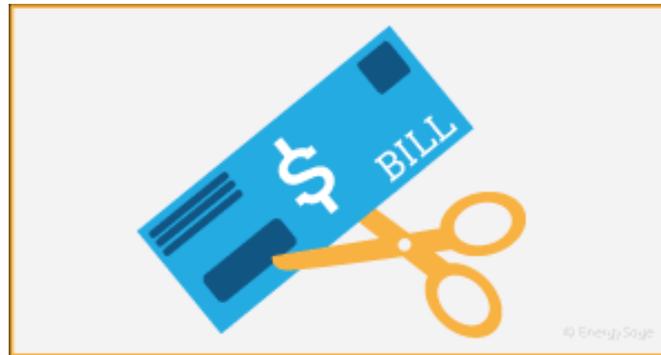
Those who are a bit overweight and are trying to lose a few pounds are generally aware of many of the factors that make it harder to lose weight: the prevalence of high-fat, high-sugar junk foods everywhere we go, inactivity dictated by jobs that keep us at our desk all

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, several 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.



Researchers in Britain and the Netherlands began to wonder ... Click [HERE](#) to finish reading



Faces in the Office

My name is Lisa Manz. I am a resident of Kiel and have been a patient at Giebler Chiropractic since Dr. Nic took over the practice from Dr. Schleicher. I am a boy mom of two, Logan and Grant, my pride and joy! I enjoy going to Giebler Chiropractic because I don't feel like a patient or a number, but rather a friend. Both of my boys are also patients of Dr. Nic. He keeps our entire family happy and healthy. Chiropractic care is not only for back problems. Dr. Nic has helped me complete a 1/2 marathon even with knee and ankle issues. He also helped me with recovery of two shoulder surgeries. He has also met me at the office on a Sunday for an emergency appointment and even offered to make a house call if needed. He is my go-to guy even when I'm just not feeling myself. I would recommend his friendly office to anyone with any kinds of aches and pains. You'd be surprised what he can all take care of.



I have seen Lisa and Logan and Grant at my office since I arrived in Kiel. There is always a smile and a kind word from Lisa, and sharing stories about kids adds laughter to the smiles.

Thanks for being part of the Giebler Chiro Family, Lisa!

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!

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.
