



A Hand in Health Newsletter

Issue One Hundred-Thirteenth January 2020 (just kidding 2021)

In This Issue

[A Note From Dr. Nic](#)

[Humbled by the Opportunities](#)

[Reflections on Aging](#)

[Faces in the Office](#)



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

There's a saying that I can never quite remember correctly. So, for the purpose of this letter, I looked it up:

"The whole is greater than the sum of the parts."

I use this phrase often when it comes to Massage Therapy and Chiropractic care. When applied together...the benefits are far greater than just a massage and an adjustment. Your body's muscles, joints, and nerves all work together, and when all aspects are addressed through Chiropractic and Massage, you WILL notice a bigger difference. Getting them close together is something I highly recommend. Last month, a good friend Mickaela Summers asked me if I knew of any office space available in Kiel for a massage therapist. Mickaela is one of the best therapists I've ever worked with, and I was happy to try and figure out how to bring her to Giebler Chiropractic. I'm excited to announce that Mickaela will be seeing clients on Tuesdays at our office!



I have personally been a client of Mickaela for almost a decade. I remember one moment, where her care for her clients really shone through. It was several years ago, and I was really going through a stressful moment.

We Need Your Help

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

Thanks in advance
Dr. Nic

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I thought it would be perfect to get a massage and relax a bit. Except, I couldn't. My brain just kept going and going and going. It didn't take long for

Mickaela to notice this mental tension in my muscles. She stopped for a moment, told me she didn't know what was going on or if I even wanted to talk about it...but if I did, she would listen, and in the meantime, she suggested I really focus on deep breaths and relaxing.

I did...and it really, really helped. Mickaela is more than just a massage therapist. There is a level of care with her that is truly special. I highly recommend you book an appointment...whether you just want to get your tight muscles calmed down, or really want to get away and 'vacation' for an hour or 90 minutes...she can help.

Welcome Mickaela!

[BOOK NOW](#)

Riddle me this:

Name the most recent year in which New Years Day came before Christmas.

Powerstep

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Humbled by the Opportunities



Last week I had the pleasure of seeing Theresa at our office on her 91st birthday. In the next room, I had the pleasure of adjusting Ensley on the day she turned 6 weeks old. One aspect of chiropractic that I love is the diversity of people I get to work with, and this was a perfect example of that. Theresa was receiving a regular adjustment for maintenance. She is active, healthy, and keeps busy with crafts, which can sometimes cause pain in her neck, shoulders, and arms. A regular adjustment helps to keep her moving and active, and most importantly, healthy! I truly enjoy seeing her every time I do, and we always seem to share a laugh during the visit as well.

Ensley was having some digestion issues as she figured out life outside of the womb, and to work with her and her mother has been equally rewarding. Infants and children often can't tell you what is wrong...but they know something is wrong. By checking their muscles and joints, and making any gentle adjustments that

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are needed, the child's nervous system can function more efficiently and lead to better growth and development. As the chiropractor, I just provide the adjustments. It's up to Theresa and Ensley's bodies to heal and grow. I am fortunate to be able to help and humbled by the opportunities. Thank you, Theresa and Ensley!



Did you know?

The "attack rate" of a disease is the percentage of an at-risk population that contracts the disease during a specified time interval. In other words, what percentage of people who were 'exposed' to the disease will actually get it?

A study from December 14th 2020 in the Journal of the American Medical Association found the Attach Rate of Covid in households was 18% if there was a SYMPTOMATIC person in the house.

It was only 0.7% among Asymptomatic or Pre-symptomatic people.

So...if you don't have symptoms but DO have the virus, the likelihood of passing it along to someone else is 0.7%, which was not statistically different than ZERO.

To really understand the importance of maintenance care in Chiropractic it is necessary to understand the other types of care as well. There are three main types of care that an individual will undergo while at a Chiropractic office; 1) initial intensive care, 2) corrective care, and 3) maintenance care. Each of these three types of care are essential in the process of getting an individual better and, just as important, keeping them better for the long term.

One important fact to remember as we go through the different types of care is that symptoms are only part of the injury, not all of the injury. When an injury or problem occurs, the symptoms are what motivate us to seek care, but they are not necessarily what require care. Pain is the most common symptom associated with an injury. Other common symptoms include numbness, tingling, loss of function, swelling of the area, a red coloration of the skin, and increased temperature over the injury just to name a few. Maintenance care is the best way that you can help keep your spine and nervous system functioning at peak performance. Getting your body checked at our office occasionally doesn't mean you will never have another problem again. It does, however, significantly decrease the likelihood that you will have further issues and if you do it can help you get through them much faster.

Consider a check up for yourself, and let's go in to 2021 on a healthier note!

From everyone at Giebler Chiropractic, Merry Christmas.

Reflections on Aging: Notable Quotes to Put it All into Perspective

The Big 4 – 0. It happened. I turned 40 on December 30th! I have big plans for my next 40 years (that sounds like a good country song...) and I can honestly say I'm healthier on my 40th birthday than I was at 30 or 20. Physically, Mentally, Emotionally...it's been a wonderful year of growth, and I'm thankful for it! Now, for something a bit different, I'd like to share 20 of my favorite quotes on aging. Enjoy!

- "Scientific studies show that constant, consistent physical movement throughout our daily lives is the single most important thing to do to be physically healthier and smarter, regardless of age."

-Stephen Jepson

Find us on Facebook!



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Riddle answer:

2021
It happens every year.

Upcoming Events

Office Closed

New Year's Day
January 1st, 2021

Dr. Nic out January 22nd
thru 29th.

Dr. Mark will be here
January 22nd & 29th

Dr. Grace here will be
here January 25th

Massage Starting
December 29th
Tuesdays only, 8AM-9PM

(<https://square.site/book/8PP0X50CQZQY2/massage-therapy-by-mickaela>)

- "How old would you be if you didn't know how old you were?"
-Satchel Paige

- "No one can avoid aging, but aging productively is something else."
-Katharine Graham

- "We have all met people that act 'old' or think a number makes them old, and I truly don't believe that is the case. If you have a good attitude toward aging, and you do what you can to live healthy and take care of yourself, I don't think the number matters."
-Tabatha Coffey

- When you're an athlete and you play every day and are conditioning yourself every year, the aging is gradual.
-Cal Ripken, Jr.

- "Nothing matters more than your health. Healthy living is priceless. What millionaire wouldn't pay dearly for an extra 10 or 20 years of healthy aging?"
-Peter Diamandis

- "We can't avoid age. However, we can avoid some aging. Continue to do things. Be active. Life is fantastic in the way it adjusts to demands; if you use your muscles and mind, they stay there much longer."
-Charles H. Townes



- "Old age isn't so bad when you consider the alternative."
-Maurice Chevalier

- "Men do not quit playing because they grow old; they grow old because they quit playing."
-Oliver Wendell Holmes (this was my Grandpa Toby Zinkgraf's favorite quote!)

- "I don't believe one grows older. I think that what happens early on in life is that at a certain age one stands still and stagnates."
-T.S. Eliot

- "We've put more effort into helping folks reach old age than into helping them enjoy it."
-Frank A. Clark

- "At 20 years of age the will reigns; at 30 the wit; at 40 the judgment."
-Benjamin Franklin

- "To get back my youth I would do anything in the world, except take up exercise, get up early, or be respectable."
-Oscar Wilde

Happy New Year, and here's to Health and Wellness in 2021... take action in your life! If you're looking for me on New Year's Day Morning...I'll be looking for the sunrise someplace in woods.

Faces in the Office

Hello, we are Ken and Nancy Spindler. We started coming to Giebler Chiropractic after a referral from Dr. Nic's father-in-law. If we are having any aches or pains, this is the place to be. Dr. Nic has helped us through back pain and shoulder pain. Worth mentioning is exceptional staff. They are the greatest we have ever encountered, they really enjoy th



Thanks for being part of the Giebler Chiro Family, Spindlers!
And...an even bigger thank you for hinting where to find the W in the Our Wisconsin magazine.

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.
