



A Hand in Health Newsletter

Issue One Hundred-Sixteenth April 2021

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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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Visit our website

A Note From Dr. Nic

Happy April!

March ended with trips to some of my favorite places--places I consider "Must See!" in Wisconsin. Devil's Lake and Gibraltar Rock are only separated by about 20 miles, and there's a car ferry you can take to get from one to the other!

If at Devil's Lake, check out the CCC trail or the Potholes Trail. It's worth the effort. Gibraltar Rock has a wonderful segment of the Ice Age Trail that leads you to the top. My daughter, Estelle, had been talking about Gibraltar Rock for an entire year, so I was happy to oblige and take her back. Even Emerin had a blast and was a trooper all day long.

Pack a lunch, hit the road, and #getoutside!

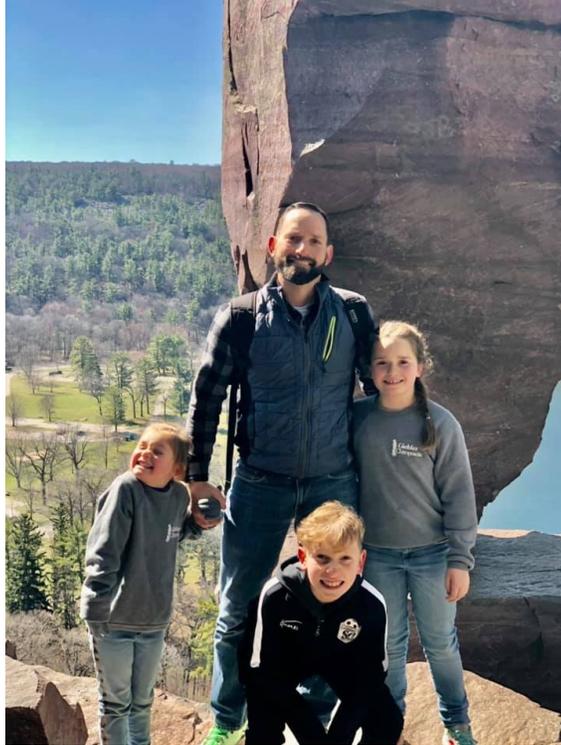
We Need Your Help

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

**Receive A Hand in
Health...**

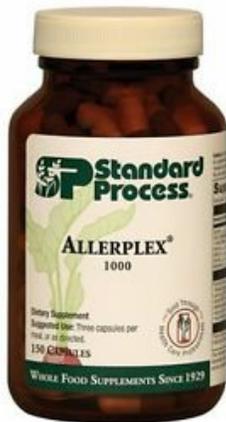
Join Our Mailing List!



Riddle me this:

What animal has more lives than a cat?

ALLERPLEX



Allerplex, with vitamin A, supports the body's ability to handle seasonal challenges. It supports the body's natural ability to manage mucus movement.

-Supports the body's ability to handle seasonal,

Back to the Basics

Let's talk this week about getting back to the basics. You may have noticed that's been a bit of a theme for me over my last several columns, and I want to touch on several topics today in that same subject.

For starters, I went back to "floating." It had been over a year since I had floated, and my return was overdue. What's floating, you may ask?

It's called a sensory deprivation tank, and it's something that is used to help you relax, meditate, and it can be helpful in treating anxiety, depression, can provide pain relief, stress relief, and mental clarity as well.

The container--sometimes referred to as a "pod", "tank", or "chamber"--is soundproof and pitch black, creating an environment for our bodies to be free from gravity and other external forces... Or as much as it can be here on earth.

The temperature is "skin receptor neutral", meaning the water is virtually undetectable by the sense of touch. And Epsom salts add density of the water making your body buoyant while floating on your back in the container. From the darkness, to the sound-proofing, to the buoyant nature of the water, it all works to create a very rejuvenating effect on the human body. It's about as close to outer space as one can get! While floating, our bodies and minds can sink away from the world that is built up around us and instead turn our focus internally. This truly helps deal with and address some of those anxiety issues or claustrophobia or other problems which may make your mind race.

environmental and dietary challenges

-Supports healthy liver function

-Supports healthy lung and respiratory function

-Contains a combination of key ingredients from Pneumotrophin PMG®, Drenatrophin PMG®, Cataplex® A-C, Betacol®, and Antronex®

-Good source of vitamin A



This particular floating session was much more of a 'nap' than it was a float, as I almost immediately was sleeping away my session in the tank. Apparently that's what I needed on that day. But I'll take it, and I look forward to going back.

Did you know?

Bon Appétit magazine brings us this tasty tidbit.

A chef's tall hat (officially known as a "toque") is traditionally made with 100 pleats, meant to represent the 100 ways to cook an egg.

EGGCELLENT!!!



In another effort to get back to basics, I have tried to make a point of making sure I am covering the basics when it comes to nutritional supplements. I highly recommend all of the people I work with are taking Vitamin D, omega-3's, and magnesium. From there, we can discuss additional nutritional needs and concerns... but those are the basic supplements that I take daily.

Another aspect of getting back to basics, is to get moving. We don't need to complicate this with an expensive piece of exercise equipment, or a monthly gym membership. We just need to move. The days are getting longer...the temperatures are getting warmer... let's get outside and move!

And finally, get back to basics on what you invest your energy in. I am doing my best to get away from social media and computer screens. I'm working to read more, write more, and talk to people more. What drove me to go "float" in the first place was a lot of anxiety and major difficulty in being alone with my own thoughts. That wasn't a fun place to be, and it still isn't, but with practice, and with better and healthier relationships with people who care, it can get easier. So choose wisely.

Click [HERE](#) to finish reading.



Find us on Facebook!



Click Here to go to our
Facebook page!



WE ARE IN-network!

Good news! We're IN!

Since Giebler Chiropractic opened in 2009, I have been trying to increase our availability in insurance networks. It is not always easy. As you know, some insurances are better than others. Some benefits are not feasible with running an office.

And some networks deem their provider network to be "saturated" and do not allow more doctors to join. I honestly don't understand why they do this, and it's frustrating to not be able to help our community through their insurance.

We have written letters. We have called. We have had patients contact their insurance companies also. And up until last week, none of it was successful.

Then, Stephanie wrote a letter...and it worked! I was very pleasantly surprised to hear that we were now "In" with Anthem. I thought I'd share her letter with you. And, if you have Anthem, I hope to see you soon!

Please accept this note as a request for an exception to Wisconsin's "Closed" network status. Giebler Chiropractic is in rural Kiel, Wisconsin, population 3,700. I, Nicholas Giebler, D.C., serve as the only "hands on" chiropractor in the city. Serving a radius of 20 miles in all directions, this office sees Anthem insurance daily. Although we have been billing out of network for many years, our Anthem patients need to choose an "out of pocket" option as they have no benefits or plans with such high "out of network" deductibles. The closest provider in the Anthem network is located 20 minutes away.

Click [HERE](#) to finish reading.

Riddle answer:

A frog. They croak every
night.

Upcoming Events

The office will be OPEN
Thursday, April 22nd and
CLOSED April 23rd.



Faces in the Office

This Month's Face in the Office is Bob Wilberscheid, who writes the Second-Best Column in the Tri-County News (that local chiropractor's column is really really good ;)). Bob is always fun to see because we catch up on what we will be writing about soon, and he has endless outdoors stories to share. Welcome back, Bob!



What brought you to Giebler Chiropractic?

Dr. Giebler was recommended to be by Dr. Hetzner. I wanted someone who was hands on.

Does chiropractic hurt?

No! If it ever does I would definitely let Dr. Giebler know.

Do you keep going back? If so, WHY?

Yes! I'm trying to operate on a daily basis with as little pain as possible.

Any stories about Giebler Chiropractic that you would like to share?

I enjoy seeing Bertha and the rest of the friendly staff.

I think we are starting to see who the true favorite is around here!!!



Are you interested in a beginner yoga class? If so, let us know what day would work best.

Monday 6:30 pm

Select

Tuesday 5:30 pm

Select

Wednesday 6:30

Select

**Thursday 9:00
am**

Select

Thursday 5:00 pm

Select

You can call or email the office with your selection.
(920)894-2399
Info@gieblerchiropractic.com

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.

