



Giebler Chiropractic

A Hand in Health Newsletter

Issue One Hundred-Seventeenth May 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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A Note From Dr. Nic



Last Thursday I was putting in some running miles along the Ice Age Trail. About a mile and a half south of Highway 67 I came across an Ice Age Trail volunteer doing some 'trail maintenance.' Although I had never seen it done quite like this before.

The Ice Age Trail is maintained by volunteers. So, if areas need to be mowed or trimmed back, it's usually someone hauling some equipment back to the area and the work is done. More often than not it's a downed tree

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:

Do you like Hawaiian pizza?

TICK TEST



Lyme Disease Awareness Month is observed every May internationally, especially in countries where Lyme Disease is common. Lyme Disease is caused by a tick-borne parasite, and Lyme Disease Awareness Month includes initiatives aimed at prevention and

that needs to be cleaned up. Usually that involves someone with a chainsaw, and perhaps some sort of ATV.

Not this time though. This volunteer was equipped with a jug of water, a backpack, and an axe. And that was it. I had been hopping or, if I was feeling especially spry, jumping over this particular downed tree since last summer. It was a biggie, and it was not exactly near any particular road.

As I approached, the volunteer looked up, sweaty, and said, "I'm cutting you a path through." And indeed, he was. He wasn't very far along in his project, but progress had been made, and I kind of 'skipped' through the opening that he had been working on. Once past the tree, I kind of stopped, looked back to see him take another swing, and thought to myself, "now THAT is cool."

Fast forward to Sunday, and I'm on the same trail...and not only is the trail clear, the giant log is rolled out of the way. He, in fact, cleared the entire thing, one axe swing at a time. Now I was admiring it even more and found myself inspired.

"Work smart, Not Hard" is an adage that I often try to remember. But every now and then, it's time for some good, hard, work. His muscles are surely sore. His axe will need some sharpening. But what a sense of accomplishment, what an excellent workout, and what a wonderful way to spend a couple hours—in the woods, working hard, accomplishing a goal.

May we all find more opportunities to Work Hard, and Make Progress, one step or one axe swing at a time.



Want Your Kids to Be Active? Here Is Why YOU Should Be their Lifestyle Role Model

early identification of possible Lyme Disease cases.

Did you know?

The top speed of the winning car in the first U.S. race was seven miles per hour.

Frank Duryea reached a top speed of 7 mph when he raced the second car he had ever built with his brother, Charles, on Thanksgiving Day, November 27, 1895. The Chicago-Times Herald sponsored race featured a 54-mile course that ran from downtown Chicago to Evanston and back.



It's not news—obesity is a growing national epidemic among young people. The Centers for Disease Control and Prevention (CDC) estimate that obesity in children has doubled in the last 30 years and quadrupled in adolescents. Nearly 20% of children 6-11 years old are obese as are almost 23% of teenagers. This places them at increased risk of developing cardiovascular disease, diabetes, bone and joint problems, sleep apnea, type 2 diabetes, stroke, several types of cancer, and osteoarthritis. Finally—and even more concerning—studies have shown that people who are obese as children tend to be obese as adults.

What's happening here? In large part, it comes down to our lifestyle choices. Record numbers of both adults and children are succumbing to the temptations of TV, computers, social media, addictive internet content, and video games, and many of us simply don't get the exercise our bodies need to stay healthy.

Naturally, parents who read statistics like these may be—and should be—concerned about their kids. More and more often, they ask themselves questions like “What can we do to help our kids be more active and physically fit?” One answer to this question is pretty simple: **To get your kids to be more active, engage in more active pursuits with them.** One of the keys to getting children to exercise more is to have them see their parents exercise more. That's the finding from a study published in the journal *Pediatrics*.



In the study, researchers at the University of Cambridge School of Clinical Medicine in England fitted 554 mother-child pairs with equipment to measure how much exercise they were getting when they were together as well as when they were apart.

Accelerometers tracked their exercise levels, and GPS devices measured how close they were to each other. Over the course of seven days, the findings were clear – the more physical activity the mother was engaged in while with the child, the more active the child was during the rest of the day. In fact, for every minute of moderate-to-vigorous activity the mother got, the child was likely to get *ten percent more* of the same activity. Conversely, for every minute the mother was sedentary, the child was 0.18 minutes more sedentary. Both of these effects were more pronounced in girls than in boys.

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Riddle answer:

The pineapples make it tricky to prepare. It must be cooked at Aloha temperature

Upcoming Events

The office will be Closed
Memorial Day Monday May
31st.

Reminder: Summer Hours
begin first full week of June
(6.7.21)



It's Tick Season

It's that time of year, where my column for the newspaper has already been written.

You see, it's Tick Season. On a recent trail run, I ended up with two of the disgusting little buggers crawling up my running shorts. Yuck!

This time of year I also thoroughly enjoy Geocaching with my kids, as it's easy to find some of the geocaches that haven't been 'hidden' by foliage and ground cover, nor are they buried in snow. That means that my kids are checked thoroughly for ticks as well. Having experienced Lyme Disease first hand, and having worked with a lot of people who suffer from Chronic Lyme Disease, I urge you all to check yourself thoroughly, and have a Tick Test Kit available as well (more on that later!)

The month of May is Lyme Disease Awareness Month, and here in Wisconsin, we ALL need to become much more vigilant about this disease. It continues to be on a dramatic rise, and it is not anything you want to take lightly. Having experienced Lyme Disease personally, and having seen it multiple times in the office in the last several years, I can attest that it is a terrible condition. You need to do all you can to protect yourself, your pets, and most especially...your children.

In June of 2008, while I was working in Plymouth, I attended a nutrition seminar in Stevens Point. (*Oddly enough, it was at this seminar that Dr. Mike Schleicher first asked me if I was interested in taking over the chiropractic office he owned in Kiel!*) Being an avid trail runner, I stopped just outside of Waupaca to go running on a segment of the Ice Age Trail.

That trail was not very well-kept and was very overgrown. For most of the run, I had to duck under tree branches and my legs were constantly brushing up against the long grass along the sides of the trail. The 'trail' was barely a trail.

After about a 2 hour run, I was back at my car and continuing my drive to Stevens Point. Upon arrival at my friend's house, where I was staying, I took a shower. In the shower I found 4 wood ticks on me. By the end of the day, I had found 3 more. It was absolutely disgusting.

That night, I was sitting on my bed and texting Ellie about my day. While doing that, I noticed a little black bug crawling along my thumb. This one wasn't a wood tick. It was a deer tick, which is much smaller, but much more likely to carry Lyme Disease. Needless to say, I didn't sleep well that night. I had a nonstop sensation of bugs crawling on me. Imagine that!

Know your ticks

Three of at least 16 reported species of ticks found in Wisconsin.

SOURCE: Department of Entomology, University of Wisconsin-Madison

Lone star



Female ticks have a white dot or star on their back.



Approx. size

Wood (American dog)



One of the most common types of ticks in Wisconsin.



Approx. size

Deer (Blacklegged)



Deer ticks are known to transmit Lyme Disease.



Approx. size

JASON KLEIN - State Journal

Fast forward 3 weeks, and I was feeling really run down. I remember finishing up a normal Friday at work and being exhausted. I had a headache that made my face hurt when I would move my head in any direction. Although I rarely get headaches, I just assumed it was no big deal, and went out for dinner that night. During dinner with my parents at an Irish restaurant, the headache subsided with a pint of Guinness.

Saturday morning I woke up with the same headache. And a low back ache. I'm a chiropractor, and was only 27 years old at the time. I had never experienced low back pain until then! Unfortunately, things continued to go downhill, and my temp continued to climb, all the way to 102 at one point. The worst part?

In bed Saturday night I alternated between sweating fevers in only my underwear and shivering chills in sweatpants and a sweatshirt. Three times during the night I woke up and changed clothes again. Sunday morning, same old story. Headache. Stiff neck. Sore low back. No energy. Swollen and painful lymph node in my right armpit. Something's not right. Then, it 'clicked.' It's probably Lyme Disease, but its hallmark symptom is *erythema migrans*, or a bulls-eye rash, which I didn't have. Nonetheless, I knew I needed blood work and scheduled an appointment with a doctor for Monday afternoon.

Sunday night I drenched the sheets in sweat. I was an absolute mess, and this was the sickest I have ever been in my life.

Monday morning I still felt like crap. Headache. Stiff back. Chills. But the icing on the cake was provided by a glance in the mirror as I dried myself off from the shower. There, right over my left shoulder blade, was a big old "Bullseye Rash".

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Faces in the Office

Not only is Drew a valued patient here at the office, but he also was my "5th Grade Buddy" when I was in Kindergarten! At Fairview Elementary School, each Kindergartener was paired up with a 5th grader, and once every week or 2, we would get together and play games. We both remember that...and all these years later here we are again! It is a pleasure to work with Drew and Tracy and their kids. They chose our office because of our approach to Family and Children and their chiropractic care, and it is always fun to have the Kreisas at our office to talk sports, family, and anything else. Thanks Drew!



What brought you to Giebler Chiropractic?

Recommendations from friends while looking for a new chiropractor. Reasonable cost and great service can be expected.

Does chiropractic hurt?

No! There is no pain associated with getting adjusted.

Do you keep going back? If so, WHY?

Yes, Consistent maintenance keeps me in good health.

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

Dr. Nic is a great resource for overall health. He has the ability to handle all ages, including the athletic teen that pushes their bodies past general maintenance scheduling. My family is grateful to have him in our corner.

We are having a **CoLoRiNg CoNtEsT!!!** Children 10 years or younger may participate. There will be **TWO** winners and your prize is a \$25 gift card to New Holstein True Value. Our only rule is that you use your gift card in the **TOY SECTION!** Best of luck!!!

Snake

Fire Engine

Umbrella

You can print off the coloring page by clicking the buttons on the left, on our website or Facebook page. OR, stop in the office to pick one up. While you're here....**GET ADJUSTED!**

Pictures are due May 21st and the winners will be announced in JUNE.

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.
