



## A Hand in Health Newsletter

### Issue One Hundred-Eighteenth June 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: 8:00 AM to 5:00 PM  
Fri: By Appt Only  
Sat & Sun: By Appt Only

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#### A Note From Dr. Nic

#### THIS IS WHY YOU SHOULD HAVE A TICK TESTING KIT!

The tick testing kit lets you know if the tick was a Lyme Disease carrier, and is 99.9% accurate. You don't need to wait for a rash (which may not even present itself), or for symptoms (which vary GREATLY in timing and severity)! May is Lyme Disease Awareness Month. Please stop in and pick up a Tick Testing Kit so you're ready as needed.



This test was from a tick found on 4 year-old Emerin Giebler. Emerin had a tick on her for about 3 hours. It was then removed--it had not yet started to 'feed'. But to be careful we had the tick tested. The photo is the test result, which shows that the tick was a carrier of Lyme Disease. I believe Emerin is safe, as the tick was not attached for very long, but the fact we could have the tick tested makes us aware of the possibility.

If the tick had been attached for a day or two, and then knowing that the tick was a carrier, I would pro-actively start her on an Antibiotic.

The benefit of testing the tick is that the test is incredibly accurate! The human blood test for Lyme Disease isn't great, and the early

## \*We Need Your Help\*

Our Newsletter went out to 380 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:

When does a joke become  
a Dad Joke?

## ESSENTIAL NUTRITION PACK



Each Essential Nutrition Pack contains 30 individual packets which contain a disintegration-tested multi vitamin (1 tablet), concentrated EPA/DHA omega-3 fish oil (2 softgels), vitamin D3 – cholecalciferol (2 softgels) & magnesium from organic chelate sources (2 capsules). The Essential Nutrition Pack is a 1-month supply of supplements which provide a solid nutritional foundation for your patients.

Research continually supports the need to bolster a healthy diet with nutritional supplements to promote health and prevent disease. The supplement combination contained in the Essential Nutrition Pack helps support the key biochemical mechanisms of an improved diet and nutritional status; inflammation

symptoms are often missed. So, by being able to test the actual tick you are ahead of the game and removing variables from the equation.

I shared this information on Facebook a couple weeks ago, and we immediately sold out of the test kits. Since then, we have restocked our inventory. Stop in, pick one up, and have it when you need it!

C-1200028522  
PDF - 58 KB

**Tested specimen:**

- Adult female deer tick (*Ixodes scapularis*) unengorged with blood. If attached, it was likely not attached for more than 7 hours, based on its body size.

Tick specimen C-1200028522 tested positive for the presence of *Borrelia burgdorferi*.

**Pathogen Testing Breakdown:**

Pathogen	Associated Disease	Pathogen Presence
<i>Borrelia burgdorferi</i>	Lyme disease	<b>POSITIVE</b>

PCR test results were reported by the Northeast Wildlife DNA Laboratory on 05/17/2021 at 4:40 PM.

Report results are provided by the Northeast Wildlife DNA Laboratory in accordance with their standard procedures, terms and conditions. The test result for infectious agent screen does not rule out or confirm the presence of the agent or exposure to the patient. The result is intended to provide you and your physician or veterinarian with important information, when combined with other information, to help determine risk of exposure and subsequent clinical treatment and follow-up.

We keep your tick specimen's DNA on file for future testing. To request additional disease tests at any time, call the

## Escape to Camp Sinawa!

That's what I did on May 15<sup>th</sup>, at the first annual Camp Sinawa 6 Hour. There were trail running events on Saturday and mountain biking on Sunday, and it was a great weekend! Jason Schneider and his family of St. Nazianz has spearheaded a trail building effort in the land to the west of Camp Sinawa Road, and the efforts have resulted in some amazing single track trails that have a mix of soft pine needles, rugged rocks and roots, and plenty of elevation change.

I participated in the 6 Hour run and had a great time...for the most part. Doing anything for 6 hours is probably going to cause some low moments, and for me those came on the 2<sup>nd</sup> last of the 7 loops I completed. I wanted to be 'done.' I ended up finishing the loop with about 70 minutes left in the event.

And I didn't sign up for the "Sinawa 5 Hours and 50 Minutes". So, out I went for one more of the 5 mile loops. My pace was the slowest on the 7<sup>th</sup> loop but that also allowed me to really take in the nature of the trails. Oddly enough, I noticed parts of the woods that I hadn't noticed in the previous loops, and the slower pace seemed to help my stomach and my legs recover a bit. I finished the 7<sup>th</sup> loop with 9 minutes left in the event, and at that point, when asked if I wanted to run another mile, the answer was an immediate 'Nope!', and I sat down.

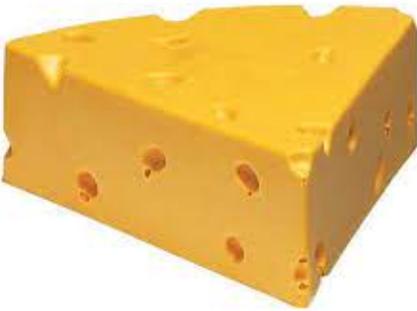
I highly encourage you to wander around a bit out at Camp Sinawa sometime soon! The trail system will continue to grow, and the things you will notice out there throughout the seasons will grow as well.

reduction, antioxidant protection and cellular energy production. The Essential Nutrition Pack allows you, as a health care professional, to provide these important nutritional supplements manufactured at a higher quality, packaged more conveniently and at an economic price to maximize patient compliance.

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### Did you know?

The term “cheesehead” actually started as a term the German soldiers used to insult the Dutch during World War II. These days, the term is used in a bit more endearing way to describe cheese-lovin’ Wisconsites. The first cheesehead was worn at a Brewers game, not a Packers game, and was a couch cushion with holes burned in the foam and painted yellow.



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[Find us on Facebook!](#)



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### Grandmother Hypothesis

Did you know that only two types of animal life actually outlive their fertility? Only humans and killer whales live longer than their ability to have offspring. Chimpanzees, the closest animal to a human, for example, usually die before their 50s, when they are still fertile.



Part of this is modern health care. Not only do we live longer, but we also have a much better chance at surviving infancy. But I think there is more at play than just better medicine.

The **grandmother hypothesis** is a theory to explain how a long post-fertile period (up to one third of a woman's lifespan) could confer an evolutionary advantage. One anthropologist at the University of Utah was studying a hunter-gathering group in Africa, thinking that she would uncover the origins of hunting. Then, she noticed the many older women who seemed to be always busy, either collecting roots and plants, preparing meals, and taking care of babies and young children. It turned out that these old women played an important role in providing nutrition for the group, as much as the young male



Click Here to go to our Facebook page!

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### Riddle answer:

-"when it's not funny?"

No, go to your room you're grounded.

**It's when it's apparent.**

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### Upcoming Events

#### Summer Hours Have Begun

Open Thursdays 8-5 and  
Closed Fridays

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hunters and fighters. Much more important and crucial than food, though, was the role these older women played in the raising of their grandchildren.

Despite countless biological similarities, there are obviously many differences both biologically and societally. Not only do we live much longer than other mammals, our kids depend on their parents and grandparents much longer as well. Heck, I know I still depend on my parents for support and love to this day!

By the time a chimpanzee is 7 years old, it's gathering as much food as it will eat. But even in hunter/gatherer societies, human children pull their weight only when they are teenagers. Why would our babies be helpless for so long? That long immaturity helps make us so smart: It gives us a long amount of protected, nourished, and sheltered time to grow large brains and to use those brains to learn about the world we live in. Human beings can learn to adapt to an exceptionally wide variety of environments, and those skills of learning and culture develop in the early years of life.

Because it takes so long for us humans to mature—and it seems endless when one is dealing with a teenager!—mothers need help. And that's where grandmothers can help and provide such crucial assistance. Believe it or not, in some hunter-gatherer groups, grandmothers could "relactate," actually producing milk after having already gone through menopause.



The "Grandmother Hypothesis" proposes that grandmotherhood developed directly as a result of our long childhood. In fact, grandmothers are exactly what allowed our long childhood, and the learning and culture that go with it, to emerge. In mathematical models, you can see what happens if, at first, just a few women live past menopause and use that time to support their grandchildren (who, of course, share their genes). The "grandmother trait" can rapidly take hold and spread. And the more grandmothers contribute, the longer the period of immaturity can be. My mother, affectionately known as "GG"—Grandma Giebler—to my children, makes so much possible in our lives. She is Edwin, Estelle, and Emerin's primary babysitter. She is the one my kids go to when they really, really, really want a buttered slice of bread for a snack. She is their favorite place to 'escape' to for a sleepover. Well, that's actually a tie. "Nana's House" (Ellie's parents' house) is also

high on their list. Edwin even named one of his stuff animals “Dickens”. When we asked why, he shared with us that when he isn’t behaving, GG calls him her “Little Dickens.” Apparently, even when misbehaving, Edwin and Estelle know that they are loved.

Ellie and I are so thankful and blessed to have our children’s grandparents so close to our home, and it’s always fun to see some of my patients bring their “little dickens” to the office with them. It’s a true blessing for us, and I know Edwin and Estelle love their time with GG and Nana...and especially the snacks that happen to be available at those times!

The last year has taught us so much. I won’t ever forget my parents coming over to visit their grandkids by waving at them through a glass door. Let’s not do that again any time soon. The quality of life benefits, as well as immune system and overall health benefits, of kids and grandparents is something that we won’t be able to ever fully understand or prove...but to any grandparent and grandchild...it’s there. And we know it.

While it’s only the “Grandmother’s *Hypothesis*”, and not the “Grandmother’s *Law*”, I know that this theory is proven true in my life on a weekly basis.



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## **Faces in the Office**

### **Judy Roeseler**

It is always fun to see Judy at the office. She doesn't slow down, nor do I want her to! I want people to remain active and independent as they age, and Judy is a shining example of that!



**What brought you to Giebler Chiropractic?**

I was having sciatica pain.

**Do you still have pain?**

No. The pain is gone. What a relief!!!!

**Do you keep going back? If so, WHY?**

Yes, I get relief and feel a lot better.

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

A great place to take care of pain that was unbearable. Not to mention the wonderful staff!

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**CoLoRiNg CoNtEsT**  
WINNERS ARE.....

**Valentina Rios**

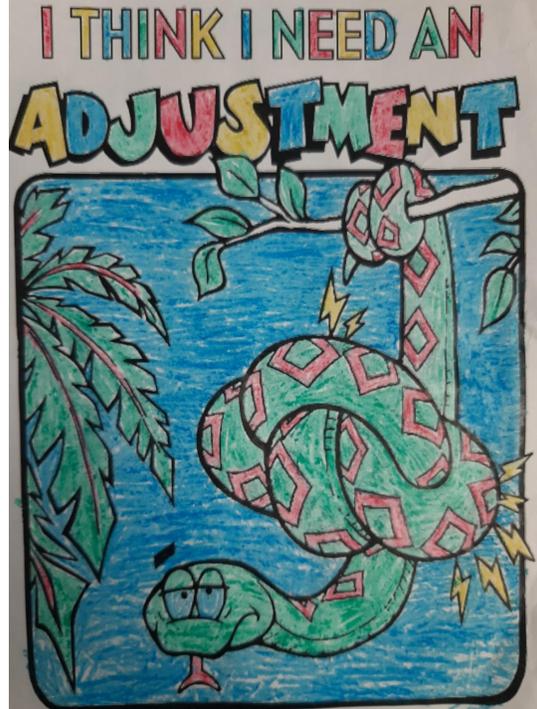
**&**

**Madalyn Novak**

Your prize is a \$25 gift  
card to New Holstein

True Value. **TOY**  
**SECTION ONLY**  
**PLEASE!!!**





### 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.

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