



A Hand in Health Newsletter

Issue One Hundred-Twenty One September 2021

In This Issue

[A Note From Dr. Nic](#)

[Should Covid-19 be a vaccine disease or a childhood disease?](#)

[Kindness and Compassion](#)

[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: By Appt Only
Fri: 8:00 AM to 5:00 PM
Sat & Sun: By Appt Only

730 Calumet Avenue
Kiel, WI 53042

920-894-2399
Fax 920-894-7981

nwg@gieblerchiropractic.com
www.gieblerchiropractic.com

[Visit our website](#)

A Note From Dr. Nic

Hug your kids.

It's not easy these days to be a kid. I was thinking about this as my son's baseball season came to a close a couple weeks ago. Eddy loves sports, loves those activities...but man sometimes it's a lot of activity! He played in almost 20 games this year and had just as many practices. That's a lot of time...and it's also a lot of ORGANIZED time and activity. You know...there's a score being kept. There are people watching. It isn't just 'free play.' After one particular game that involved a couple strikeouts, it got to him. Rather than tell him to forget about it, or suck it up, or try to 'fix' it in any other way, I just went in for a bear hug and decided he was going to have to let go of me first. A friend captured the moment, and it's one of my favorite moments.

The same thing happened after his last game of the year, last Sunday. This time it was his mom who wrapped him up. And I was the one to capture the moment in a photo this time. The moment made me want to remind the moms out there that their job seems endless. Laundry. Dishes. Taxi Service. You get the idea. But when a moment like that happens for Ellie and Eddy, I'm glad she didn't flinch and she absorbed it and

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:

What can fill a room
but takes up no
space?

Kid's Multivitamin
Gummies



Kids are back to school, let's keep them healthy so they can stay there.

Help Your Kiddo Beat Common Nutrient Deficiencies With This Tasty, Sugar-Free Gummy! These strawberry, papaya & super punch gummies are

didn't let it end. So much of life is "go go go" and often it's on to the next destination or project, yet life will give opportunities like the one I captured, and I'm thankful for it. Sometimes it's just two things that are needed. 1) Mom. 2) Time. So take that time. Ellie didn't say anything, and she didn't need to. Eddy didn't either. It was just time. She's an incredible mom and that was an incredible moment.



I'm gonna hug my mom that way next time I see her too. I'm never too old to not be her son, and to not hug her like that.

As I mentioned, baseball has ended. Soon enough, it'll be soccer, then school. More organized activity when maybe our kids just need to play. I am as guilty as anyone of looking to always be working on something with them, or organizing an activity. I've stated in the past that it's a practice for me to do nothing, and those moments of hugs reminded me of that.

Soon enough those organized activities will start stacking up the calendar again. But I'm going to remind myself to not let go when those hugs occur, and just be present when they happen. And even though I'm 40 now, I look forward to hugging my mom next time I see her. And to all you moms out there...hug those kids as tight as Ellie hugged Eddy in that parking lot.

That's the big take home point.

Should COVID-19 be a vaccine disease or a childhood disease?

Kids, Covid, and Vaccination. Should we be vaccinating children as young as 12, or even any younger than that, for Covid?

formulated to give your child the vitamin complex their growing bodies need!

Did you know?

The first rule of cheese curds is freshness.

Cheese isn't fresh. In fact, cheese is old — that's the point.

Cheeses are aged to reach their ideal flavor and texture. But cheese curds should be fresh, and if you aren't in Wisconsin or in the Midwest, the curds you're seeing pop up at your grocery store likely aren't the real deal.

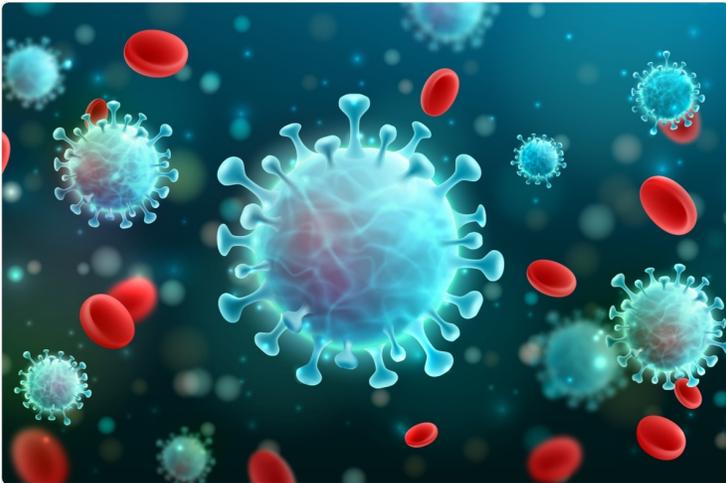
"There are cheese curds, and then there are *Wisconsin* cheese curds," Wills says. "Whether in Birmingham or in a Wisconsin service station, cheese curds are distinguished by how fresh they are.

Wisconsin works with particular state laws that permit cheese curds to be sold up to one day after production without being refrigerated."

Let's "follow the science", as we seem to hear so often. First, there has been a small Pfizer-sponsored study of 2260 adolescents who randomly either received a vaccination or a saline injection (basically, a placebo). The resulting paper concluded that the vaccine "had a favorable safety profile", however, based on data presented in the study, in the age group 12-15 years, 7/1131 vaccinated vs. 2/1129 unvaccinated had a severe adverse event, which is a 3-fold increased risk. I am not actually sure of the definition of a "severe adverse event", but I don't like the sound of it. Also in the study, it was found that in the 16-25 years age group, 9/536 vaccinated vs. 3/561 unvaccinated had a severe adverse event, likewise a 3-fold increased risk. The combined results indicate a 3.28-fold increased risk in severe adverse events among children and young adults, age 12-25.

This is the equivalent of 1 of every 100 vaccinated child experiencing a severe event, vs. 3 of 1,000 unvaccinated.

This is not to say that the vaccine isn't effective at stopping Covid. But like everything else in life, at what cost? And this is nothing new with vaccines. For example, an effective and protective measles vaccine had to be withdrawn after being associated with 2-fold higher mortality rate for females. There was also a malaria vaccine that was associated with 2-fold higher mortality rate in females and was also withdrawn. While the vaccines protected against the target disease (measles, and malaria), they *increased* the likelihood of other diseases substantially. Thus, as the Covid vaccine study showed, the protection against Covid may come at the cost of susceptibility to other infectious agents or side effects.



And there are other vaccines that were shown to have problems. The 1976 swine flu vaccine caused Guillan-Barre syndrome in at least 450 people. The H1N1 vaccine in 2009 caused several thousand cases of narcolepsy.

There has also been considerable concern about cardiomyopathy issues in young adults after receiving the Covid vaccinations. In fact, just last Friday in Pediatrics, a study was published showing that cardiomyopathy in vaccinated young adults (under the age of 21) showed signs of a marker associated with a

He continues, "If they have not been purchased by that time, they must be discarded," Willis explains. "Those warm, fresh cheese curds are the 'cream of the crop,' unless you work in the factory and can grab them right from the vat."

Outside of Wisconsin, the rules aren't so specific.

That means those curds you're picking up at the store could be not at all fresh. "Of course, that is a logistical challenge and potentially a source of waste.

So, sellers find various ways to extend the shelf life, from refrigerating to gas flushing to vacuum packaging. In all likelihood, the longer the shelf-life, the lower the quality."



[Find us on Facebook!](#)

5-times increased risk for long term major adverse cardiac events.

Given that children, all along, have been 'dead ends' for covid, meaning that they don't really spread it and show only minor symptoms, if *any* symptoms...is it worth pushing this vaccination on them?

Should COVID-19 be a vaccine disease or a childhood disease? Should it be something that we vaccinate against (add it to the CDC schedule) or should it be something that we allow children to naturally contract and then become defended against by their immune system? Many seem to assume that COVID-19 will become a disease for which we vaccinate the whole population perhaps annually or biannually, as there has been talk for several months already about 'boosters' needed, and that talk has increased with the increased Delta variant spread. To vaccinate an entire population repeatedly sounds incredibly expensive - and potentially harmful, if the (repeated) vaccinations have negative effects. I say this as a whole, but especially when it comes to our children...heck, I'd define 'children' as anyone under the age of 25.

Click [Here](#) to finish reading.

Kindness and Compassion

This week's column was scheduled to be a report from what was the most profound long-distance run I've ever participated in. I ran the "12 Hours of Road America" on August 14, and I look forward to sharing that story with you in the next week or two. Instead, this week, I'd like to just make a couple points regarding my previous two columns, and the replies I've received from them.

Thank you to everyone who has contacted me via email, text message, or in person. Whether you contacted me to support my articles or have contacted me with questions, or contacted me to disagree, when person-to-person interactions happen, there is an opportunity to grow and learn. Kindness is always the best approach to take, whether you agree with someone or not.

If you choose to mask your children in school, that is your decision. I dropped my kids off at school for their first day of school on Monday, and there were children wearing masks as they arrived. Not a word should be uttered by other adults or classmates about that decision. That is a decision for the parents of the children to make, and I fully support their ability to choose. There is a very well-written article that can be found online. Search the following terms: "nymag.com" and "science of masking" and look for an article from August 20, 2021.

I'll also share a link to an article that was written by a



Click Here to go to our Facebook page!

Riddle answer:

Light. Be the light!

Upcoming Events

Back to Regular Business Hours

OFFICE CLOSED: Labor Day
September 6th

OFFICE CLOSED
September 17th (Open 16th)

man with a PhD in Statistics from Cornell, to his local school board. *“Why kids should not be wearing masks, and how to calm those who think they should.”* While his degree is in Statistics, making Public Health not in his scope of practice, I think his points are incredibly valid and backed by CDC statistics. Please read. <https://wmb Briggs.com/post/37172/>

It appears that natural immunity to Covid provides much stronger and longer protection against the Delta Variant (and whatever the next variant is that is coming) than vaccination. That was my point in my most recent article about vaccinating children. Children rarely have serious symptoms—yes, those cases happen and those are tragic cases. No one wants to see a child suffering in ANY way, obviously. But there are other unintended consequences to vaccination, and there are other aspects of overall health that are part of the equation regarding the severity of the symptoms of Covid infection such as obesity, chronic inflammation, and other health ailments. Yet, if the child acquires the virus, has cold-like symptoms for a couple days, and then is basically bullet-proof against future viruses and their variants, that is the best option, and I stand by my previous position. Again, here’s an opportunity to choose for yourself. Search “vaccination vs natural immunity” and “science magazine” and read the article from sciencemag.org.



Click [Here](#) to finish reading.

Faces in the Office

Cullen Horst

Cullen is a little bundle of joy that arrived a bit early. With that comes some

issues with feeding and pooping and other digestive issues. The adjustments seem to be helping, as he's needed a "change" after his last two office visits. The littlest patients are my favorite patients.



What brought you to Giebler Chiropractic? My mommy comes here.

Does it hurt? I like to sleep the whole adjustment, no pain for me.

Do you keep going back? If so, why? Yes I do. I am hoping it helps my newborn tummy.

Any surprises or stories about Giebler Chiropractic's office, or Chiropractic in general that you'd like to share? Dr. Nic loves babies.

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.
