



A Hand in Health Newsletter

Issue One Hundred-Twenty Two October 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: By Appt Only
Fri: 8:00 AM to 5:00 PM
Sat & Sun: By Appt Only

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A Note From Dr. Nic

While it was just last week I was killing mosquitoes in our office, now it's October and the leaves are falling. Time for outside "Fall Cleaning"!



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 do you call a grizzly bear with no teeth?

Immune System Health Pack



The immune system is a body-wide defense network, and its support strategy must be equally diverse. That's why Standard Process created Immune System Health Packs. They conveniently contain a number of products that deliver a variety of vitamins, minerals, and nutrients to help reinforce a number of body systems.

Fall yard work, leaf raking and other outdoor activities carry numerous risks, including upper and lower back strain, neck strain and shoulder pain. Just like sports, this type of physical activity can increase your chances of getting hurt if your body isn't properly prepared for it. You can avoid these types of injuries by warming up, stretching and maintaining good posture as you go about your work.

While raking your yard, good posture can also prevent back problems—make sure you keep your back straight and your head up! Use common sense while working: lift with your legs and bend with your knees, taking care that you don't strain your back while picking up bundles of leaves and grass. If you're likely to carry heavy items, hold them close to your body to help prevent back strain. In order to take the pressure off your back, rake using the "scissors" stance: put your right foot forward and the left one back, then reverse after a few minutes. When using a lawn mower, try to use your core body weight to move it as opposed to your arms and back.



Also remember that it's important to pace yourself and take some breaks. Maybe not week-long breaks... though...or else we will then be shoveling the leaves! Switching tasks regularly can help prevent repetitive motion injuries in vulnerable muscle groups—change body positions, or simply move onto another job for a short period of time before returning to the previous one. Investing in extra protective gear (maybe some gloves to prevent blisters, a mask if you're prone to allergies) can make life easier while taking on outdoor chores. Ergonomic tools with extra padding, larger or curved handles are less tiring to use over a long-time period. Work smart...not just hard!

Learn more at standardprocess.com/immune-packs

Did you know?

Injured at work?

Did you know you are 28 times less likely to undergo spinal surgery if the first medical professional you contact is a D.C. rather than a surgeon?



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One of the most useful things you can do to help prevent accidents and injuries is to have a plan for what you want to accomplish and to make sure that you have realistic expectations about how much you can get done in the time available. If you're unaccustomed to physical labor, chances are pretty good that you'll feel a bit stiff or possibly sore the next day. If this happens, you can use ice to soothe the discomfort. Of course, chiropractic care is always available if you need it.

As a chiropractor, I consider myself an expert in diagnosing and treating a wide variety of conditions that affect the musculoskeletal and nervous system. I see it every year, and I know from experience how easy it is for fall clean-up to unexpectedly go wrong. Please be smart and take reasonable precautions! Raking is one of the "Four Chiropractic Seasons"...along with Snow Shoveling, Gardening, and Spring Cleaning. Stay safe and healthy and keep your muscles and joints happy with some HANDS-ON chiropractic care!

12 Hours of Road America

On August 14th, I ran the "12 Hours of Road America". It is a fundraising event for a GREAT organization ([My Team Triumph](#)) that has people complete as many 'Laps' at Road America, either on bike or on foot, or as a combination of the two, from 7 PM on Saturday Night through 7 AM on Sunday morning. I attempted this event last year and it did not go well. After about 5 hours of running, I stopped, went home, took a shower, and went to bed. I was not prepared with a plan, and my stomach wasn't happy, and so I quit on the run. This year I came in with a different plan and a new mindset and I managed to finish 15 laps of the 4-mile course, finishing with 60 miles and an incredible experience.

Lap 1 was spent with a running friend, Scott, and we did our best to keep the pace easy and catch up on life. I knew that if I was going to reach my goals for the event, I needed to keep it slow!

Riddle answer:

a gummy bear

Upcoming Events

October 9: Eddy is running the Lutheran Schools State Cross Country Meet

October 10: Dr Nic is running the Glacial Trail 50k

October 23: Dr Nic is running the Fall 50

Office Closed
November 2, 2021

Lap 2 was the highlight of the event, with the exception of finishing that brutal FINAL LAP. I had my pacer join me. Eddy was a constant supply of questions about the course (where is the King of the Hill segment?), comments on running in general (when can I try to run an ultra?), thoughts on the course (holy cow this is a steep hill), and of course the inevitable how much longer (less than a mile to go, Buddy). Lap 2 with Eddy was a lot of fun and I look forward to more miles with him.

Lap 3-9 was spent with Chris. Chris was looking for the same goal I was, and we spent time talking and talking and thinking and then talking some more. We saw some other running buddies along the way as well (Matt, Brad, Jeff, Mel). It's a fun community of kinda crazy people, and we joked and enjoyed the interactions.

Lap 10 is when the Sleep Monster jumped on my back. It shows in the lap time. My 4-mile laps had been between 35 minutes and 39 minutes, up until Lap 10, which was 48 minutes. I was tired, my stomach was NOT happy, and I was just thankful to get back to the Start/Finish Area and complete the loop. On to Lap 11...

Lap 11 began and ended with me walking pretty much the entire time, and also I had some GI issues from both ends that set in. Probably the lowlight of the entire adventure was throwing up in a portapotty. I don't need to go into details. Lap 11 took me 71 minutes.

After Lap 11 I decided to take a nap. Oh, and I puked about 7 times. That too. Once again, I actually puked in to the hole of a portapotty... 1 star, I do not recommend.



At this point, I thought of last year. Where I quit and went home. This year, I didn't want to quit...but I NEEDED to rest/reset. I wanted to get back out on the course and reach my goal of 50+ miles (I was currently at 44). So, after getting a jacket and a vest from fellow runners Chris and Matt (they noticed immediately I didn't look great and was obviously cold), I went to my car and rested/slept in the backseat. Lap 11 had needed me to walk almost all of the 4-mile loop. I decided I needed about 2.5 hours of walking to complete 2 more laps and reach my 50 mile goal...so I set my alarm for 5:30. In my addled mind, waking up at 5:30 would give me 2.5 hours to walk before the event ended at 7:00. I know...the math doesn't quite work out. But I guess that gives you an idea of my state of mind at the moment!

At about 4:15 am I woke to a text, and I was feeling awake, and my stomach was doing better. I then realized my math error from earlier, and I got moving. If I could be out on the course by 4:30 AM, then I WOULD have 2.5 hours to finish my 2 laps and complete my goal.

Lap 12 was recorded as taking me 2 hours and 21 minutes. That's the total of my rest/reset/nap and also actually completing that lap. Upon completion of that lap, it was about 5:15 AM. A great friend and mentor, Tony M. was waiting for me at the finish line. I updated him on my plan to just complete one more loop...reach my goal of 50+ miles...and call it a day.



And Tony being Tony, he simply said, "You have time for more than one loop. You have time for two more...maybe 3." Tony is a great friend who has terrible ideas. But I'll never forget that moment, and how it kind of changed everything inside me. Why settle for 50+ miles? I have TIME. I had not quit on the run...I had chosen to rest and reset. And here I am. And he was RIGHT. I had time and had the capability for more than I thought. So I set out to do just that. I was capable of more than I thought I was. We all are.

Lap 13 and my mind was back in the game. And my body was listening. Keep a pace...walk the hills...catch that sunrise! Lap 13 was done and I was back on pace.

Lap 14, which I began at about 5:40 AM, was my fastest lap of the entire event. I knew that if I could be back at the start line at 6:20...then that left me 40 minutes for the final 4 mile loop, and that means I could grind out 10 minute miles to the finish. I ran more of the hills on Lap 14 than any other loop. I had music blasting loud in my ears. I had moments where I wanted to cry, but I kept my emotions in check. It was a profound moment, to say the least. I ran this loop in 34:39. Who would have known that was possible?!

Lap 15, as you'd expect, was the toughest one for sure. I said to myself over and over again "Shut Up, Brain" because I knew my body was capable of finishing it, but my brain kept saying that I should just stop, or take the shortcut back to the finish line, or just walk it in. Shut up, Brain. As I was about 1/4 mile from the finish, Tony and his crew saw me and cheered me in. I finished at 6:58:30 AM...90 seconds to spare, 60 miles completed. Thoroughly wrecked but fully satisfied.



Diderot Effect

I have to credit Pastor John Schultz of St. John Lutheran Church in Plymouth for introducing me to something called the Diderot Effect. I had never heard of this but after reading more about it, it seems incredibly applicable to several aspects of today's world.

Named after a French philosopher, Denis Diderot, the story is the following: after living his entire life impoverished and struggling to get by, in 1763, Catherine the Great offered him a large sum of money in exchange for his library. (Diderot founded Encyclopédie and was a notoriously well-read man.) Upon receiving the money, he purchased a new scarlet robe...but then he simply wanted more. And more. And more.

Rather than feeling content and grateful for what he was given, Diderot fell into a spiral of dissatisfaction. At one point, he wrote that there was "no more coordination, no more unity, no more beauty" in his life, because the scarlet robe was so out-of-place in comparison to rest of his humble belongings. So he began to acquire more, slowly sifting through every part of his life until he was drowning in excess and luxury and debt and, most importantly, dissatisfaction.



While it's something I still occasionally struggle with, I have grown in my ability to appreciate what I have in the present moment, rather than asking myself "what's next" or what more do I need? Recent articles of mine talked about going longer and farther than I ever had in running events. That may seem to be conflicting with this article, but what I know is that I found great satisfaction in those moments, but did not find myself thinking about how I could do better next year at those events, or how I want to find the next opportunity to go longer and farther and on a more difficult course, etc. I just truly appreciate those experiences, and much more than that, the people who were a part of it.

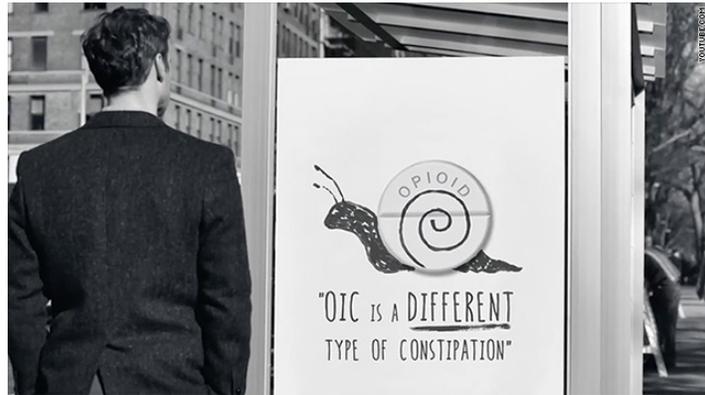
It's a simple concept, but it isn't easy. Especially right now, I'm sure I'm not the only person wondering who is BUYING all this stuff?! New cars, Used cars, New home construction...and now as we approach the Christmas season, I can't even imagine what is to come for the supply chain and the local mail service deliverers.

The same is true for your health. Every day there is a new bright and shiny drug or treatment or device that will help you feel better, have less pain, finally lose some weight, finally find the 'cure' to whatever disease you are fighting. There is a "Diderot Effect" to our health care system, in my opinion. In the treatment of Covid there have been a nauseating amount of 'news stories' about which treatments are effective, and which are not.

About who should get what treatment, and about how EVERYONE should be vaccinated. And now not just vaccinated, but also receiving boosters. More and more and more.

I think back to 2016, to a good example of the Diderot Effect in the pharmaceutical world. It was during the Super Bowl that an ad was aired that highlighted the problem of "Opioid Induced Constipation." Yes. Of all the issues that opioids contribute to in our world, there was an ad addressing constipation as a result of opioids. I remember thinking that perhaps this was satire or a parody. It wasn't. And the commercial was actually

for another drug that you could take, to help remedy your opioid induced constipation. It was an ad for a drug that you could take, to help you with constipation that was being caused by a drug that you took for pain relief. There is a lot of money in pharmaceuticals and Super Bowl Commercials, but there are simpler solutions to both of those problems.



Click [Here](#) to finish reading.

Faces in the Office

Jason Schneider



Jason is a great friend. He also has terrible ideas, and is the reason I ran the Marji Gesick last month. I blame him entirely for it. In other news, he also sees a lot more deer than I do while hunting, and even shoots a buck quite frequently, unlike myself. Jason has a passion for biking and for building trails, and he's done amazing work at Camp

Sinawa to bring trails to that area, and I suggest you all go check them out and soak in nature and fall colors! Thanks to Jason and Cheri and their kids, Shelby and Cole, for their friendship and trust in Giebler Chiropractic!

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.
