

A Hand in Health Newsletter

Issue One Hundred-Twenty Three Holiday Issue 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

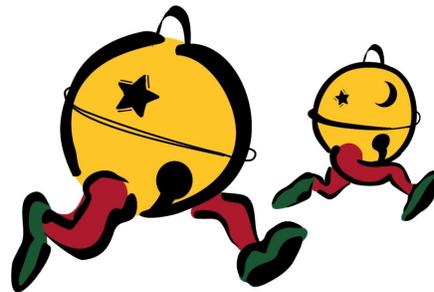
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A Note From Dr. Nic



"When I have experiences like this one with her, it's such a strong reminder of why I got involved and why I do what I do. We have a great bond. It gives me an indescribable feeling of gratitude."

That's a quote from Amanda R., a "Big", after taking a trip with her "Little" on the S. S. Badger. What's a "Big" and a "Little", you ask? They're a mentor and a child involved with the Big Brothers Big Sisters. It's an amazing group, and one that truly changes lives in our community.

You may not have the time to volunteer as a "Big" but you can still contribute to this great organization...and burn a couple calories in the process. This Saturday, I

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

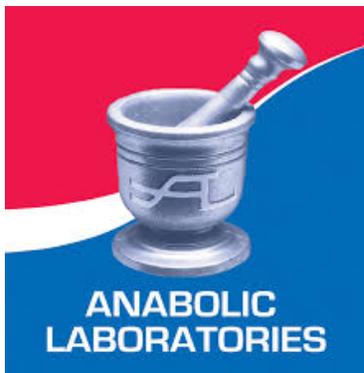
Receive A Hand in Health...

Join Our Mailing List!

Riddle me this:

I give you two coins worth 15 cents. One of the coins is not a nickel. What coins did I give you?

We carry Anabolic Laboratories supplements!



Founded in 1924, Anabolic Laboratories is a pharmaceutical manufacturer of clinically dispensed nutritional products for the licensed health care professional.

Our manufacturing facilities are located in Colorado Springs, Colorado & Irvine, California.

"PHARMACEUTICAL MADE" VERSUS "PHARMACEUTICAL GRADE" NUTRITIONAL

invite you to join in at the Sleigh Bell Run/Walk in downtown Kiel. It will be great to be back at an 'official' event once again!

Children are invited to participate in the Riesterer Reindeer Games! Riesterer Reindeer games are free of charge. However, if your child would want an official Sleigh Bell Run/Walk T-shirt, please fill out a registration form and pay the entry fee on Saturday morning. Awards will be given out to all participants.



The "First Saturday in December" is one of my favorite Saturdays in Kiel. It's a great event with so much holiday cheer, and the more, the merrier!

In addition to Big Brothers Big Sisters of Manitowoc and Sheboygan Counties, the Sleigh Bell also benefits the Kiel Cross Country program. I've worked with this program personally and can attest to the positive benefits it has to our little town as well.

Research has shown that those who walk regularly have reduced rates of heart disease, asthma, osteoporosis, obesity, type 2 diabetes, stroke and some cancers. It also improves circulation, increases bone strength and reduces cholesterol. Walking can also be one of the easiest forms of exercise to fit into your day for those who are pressed for time.

Walking is great for overall health, but those who want to lose some weight can benefit too. According to the American College of Sports Medicine, walking at a reasonable rate of three miles per hour burns 221 calories an hour, and walking at a brisk four miles an hour burns 334 calories per hour.

It looks to be Wonderful Wisconsin Winter Weather! You can sign up in the Kiel Middle School Gym on Friday from 6:30 - 8:00 pm, and Saturday morning, starting at 8:00. The 2-mile and 5-mile events begin at 10:00 AM. 'Tis the Season!



Why Do Chiropractors Use "Palpation"?

PRODUCTS

The Anabolic Laboratories' supplements that you provide to your patients are "pharmaceutical made," which means that an exhaustive manufacturing process has been employed to guarantee purity and potency. "Pharmaceutical made" supplements are very different from those that are "pharmaceutical grade."

All raw materials (vitamins, minerals, herbs, etc.) that enter a nutritional supplement manufacturing facility are "pharmaceutical grade." This is because all raw materials are powders of uniform size, such that they can flow through a tableting or encapsulating machine that was originally designed for manufacturing pharmaceuticals.

To put this terminology into perspective, recall in your mind the visual appearance of oatmeal flakes and coffee beans. Imagine putting each into a grinder; the outcome will be oatmeal powder/flour and coffee powder. You have just made pharmaceutical grade oatmeal and coffee.

The term "pharmaceutical grade" has nothing to do with purity and potency of a given nutritional product. In fact, "pharmaceutical grade" supplements commonly fail to meet label claims.

Did you know?

Did you know Disneyland has an underground tunnel system?

There are lots of quirky things that some think are underneath Disney parks, but these literally are! The tunnels were built in response to characters having to run through other lands to get to their posts, which spoiled the magic. Thanks to the tunnels, you won't see a Tomorrowland spaceman in the Old West-inspired

We all have heard the phrase, "Laughter is the Best Medicine." Want to know what else works really well? The touch of another human being. Sometimes a hug or a steadying hand on the back of your hand can work wonders as well.

And there's even research that back this up. In one landmark study, 16 happily married women were subjected to the threat of a mild electric shock; touching their husbands' hands brought immediate relief from the resulting anxiety. Even a stranger's touch was somewhat calming. "We know that anxiety decreases immune function and makes you get sick more often," says study author Jim Coan, Ph.D., a neuroscientist at the University of Virginia. "If touch can help you be less anxious, you're more likely to stay well."



This is one part of chiropractic that I really enjoy, but also occasionally find to be challenging. There are many people who do not like to be touched, or are uncomfortable with the idea. Yet, I have also seen people get healthier after they *were* touched. Sometimes all it takes is a good adjustment with a chiropractor's hands to solve chronic neck or low back tension. Palpation is the most frequently used diagnostic technique in chiropractic care and is a clinical cornerstone of most physicians' practice. It is a manual, non-invasive method of determining where a patient has structural or functional problems in the body.

In palpation, chiropractors use their hands and their detailed knowledge of anatomy to effectively see what is happening in the spine and its supporting structures, such as the muscles, tendons and ligaments. As your chiropractor palpates your spine, he or she will look for subluxations in your vertebrae, which are misalignments that may be causing pressure on spinal nerves, or other abnormalities that may be causing problems in your musculoskeletal system.





Find us on Facebook!



Click Here to go to our Facebook page!

Riddle answer:

A dime and a nickel;
one of the coins isn't a
nickel, but the other
one is

Upcoming Events

Merry Christmas
Office Closed
December 24th, 2021

Happy New Year

Health and Travel

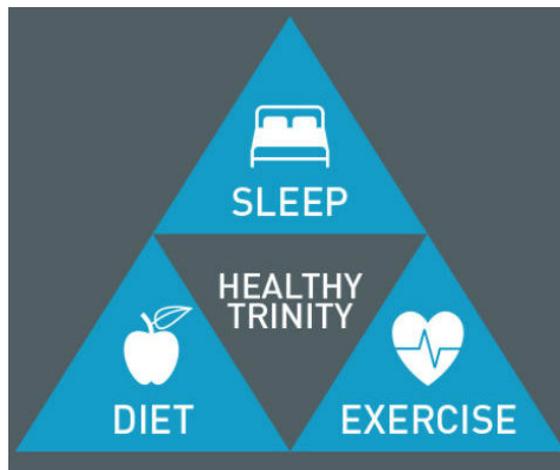
It's the holiday season, meaning many of us will be traveling near or far. Also, recently at the office we have had several people ask if there were any suggestions for long car rides, or airplane trips, and how to stay healthy and keep their muscles and joints in working order through the miles.

Frequent travel for work, and also long weekend trips, can have a big impact on your overall health. If you spend more time on the road than you do in the office or at home, you know the difficulty of managing the details of your business appointments, travel accommodations, and keeping records that give you a professional edge. Trying to stay on track with your exercise routine, diet and sleep schedule may seem like an impossible feat. But taking a proactive approach to staying healthy on the road may be simpler than you think.

Attitude Is Everything



Click [here](#) to finish reading



Office Closed
December 31st, 2021

Office Closed January
24-28th, 2021

Closing Early the
following dates:

Dec. 13, 2021
Dec. 21, 2021
Jan. 18, 2022
Jan. 28, 2022
Jan. 31, 2022

*Lord make Me an instrument of Your peace
Where there is hatred let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness joy.
O Divine master grant that I may
Not so much seek to be consoled as to console
To be understood, as to understand.
To be loved. as to love
For it's in giving that we receive
And it's in pardoning that we are pardoned
And it's in dying that we are born...
To eternal life.
Amen.*

That is the St. Francis Prayer. While I'm sure I've heard it on several occasions, I heard it last week and it resonated with me. 2021 hasn't been the easiest or the smoothest of years, but it has featured a lot of growth. The line that sticks out more than any in that prayer is when it mentions seeking to console, rather than be consoled...and seek to understand, rather than be understood.

On Thanksgiving Day, I volunteered at St. John Lutheran in Plymouth to serve the "Community Meal". I was put in charge of the dishwasher. Having never worked in a kitchen or a restaurant, I had no idea those industrial dishwashers even existed, and it was actually pretty fun to see it in action, cleaning an entire tray of dishes in about 30 seconds.

Working with the other volunteers, seeing the smiles, and serving the meals was exactly what I needed this Thanksgiving. I even shared a meal with a patient of mine—a great person with a great personal story that he shared.

If you're feeling down and struggling...look to console others, and understand others. Make it not about you, but look to help others, and you'll often find the answers you were looking for. That's what this season is all about.

And, if you're looking for some fellowship on Christmas Day, join us at St. John Lutheran on the 25th from 12:00 – 1:30. I'll be the one washing the dishes!



Faces in the Office

Marlene Schneider

If you see a Black Bug in the parking lot, that means Marlene is here! She has been making monthly visits as long as I have been in Kiel, and every time it puts a smile on my face to walk in to Room 3 and know that I'll be greeted with a smile and a kind word.



What brought you to Giebler Chiropractic for the first time?

Complimentary comments from my friends and a very friendly staff.

Does getting adjusted hurt?

No, it does not, as Dr. Giebler gives very careful and soothing massages.

Do you keep going back? If so, why?

Yes, I will definitely go back, as it always feels great!

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

It's wonderful that chiropractic care relieves my problems, without needing any medication.

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.
