



## A Hand in Health Newsletter

### Issue One Hundred-Twenty Four February Issue 2022

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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**



“The overwhelming number of deaths, over 75%, occurred in people who had at least four comorbidities. So, really, these are people who were unwell to begin with.”

That is what the head of the CDC, Rochelle Walensky, said on Good Morning America earlier this week. She was referring to people who had been vaccinated and still died with a Covid diagnosis.

To say this is profound is an understatement. For the last several years, we have been given basically 3 statements from the CDC and the media:

- 1) Covid is incredibly dangerous
- 2) We need to do everything to stop the spread,

**\*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:

Why did the fly never land on the computer?

### AVED-KIDS Chewable



Stop in the office to today to pick up this easy to take, children's Multi-Vitamin.

AVED-KIDS is a great-tasting, chewable Tiger-shaped multivitamin. Sweetened with fructose and natural berry powders and extracts, AVED-KIDS is low in sugar and high in antioxidants.

AVED-KIDS Chewable Multi contains high quality forms of vitamin A (Beta-

including social distancing, isolation and contact tracing, shutdowns, lockdowns, cancellations of what was 'normal' daily life.

3) We must get vaccinated. The only way out is through vaccinations and then booster(s).

All along...the true way 'out' of this is to simply get healthier. That has never changed. Exercise. Eat healthier. Manage stress, whether that's mental, physical, or emotional. Perhaps even take a couple supplements like Vitamin D and Zinc!

I am not sure how long the CDC has known of this factor—the fact that 75% of the deaths were in people with *at least* four complicating health factors. The cynic in me thinks they knew this very early on. But to waste energy on the idea they have not been honest with us is, well, wasted energy. What I can do is continue to do is promote health.

Your quality of life matters, and it begins with your health. Yes, it's cold outside, but all along we knew that fresh air and sunshine are excellent for your immune system, so get outside and get some fresh air and sunshine!

Avoid the foods you know you should be avoiding. Do you best to get more fruits and vegetables and natural foods in your system. Drink more water too!

I also highly recommend Vitamin D, omega-3's, Magnesium, and a Multivitamin. We sell these 4 in a "Basic Nutrition Pack" that costs a little over a dollar a day.

Chiropractic adjustments can help profoundly as well. Most often people think of neck and low back pain when it comes to chiropractic, yet at our office currently we are working with individuals from 3 months old to 92 years young, with a variety of health concerns far more expansive than just muscle and joint pain. All are welcome at our office, in any state of health, and I'll do whatever I can to help!

None of these wellness changes cost much. There also aren't many bad side effects. That's probably why the majority of the 'experts' don't really care for them... there's no money in eating more broccoli and walking around the block with a smile on your face.

But remember, your health is your wealth. Make 2022 the year your health is better than it was last year. Your local chiropractor can help.



carotene), vitamin C (calcium ascorbate), vitamin D3 (Cholecalciferol), and vitamin E (d-alpha tocopheryl). Bioavailable amino acid chelate forms of the minerals calcium, iron, magnesium, zinc, copper manganese & potassium are used in AVED-KIDS.

### Did you know?

There is a name for when you feel your phone vibrate....but it doesn't.



"Phantom Vibration Syndrome" is the name for when someone thinks their phone is vibrating, but it isn't.

Research suggests the cause for this is someone being over-involved with their phone.

### Find us on Facebook!



Click Here to go to our Facebook page!

### Riddle answer:

## Improve Your Digestion

I often get asked what I eat in the mornings. As you may know, I am a strong proponent of vastly reducing (if not eliminating altogether) refined grains from one's diet. That means no cereal...no oatmeal...no bread or toast...and obviously no donuts. So, what does that leave for breakfast?

Believe it or not, breakfast for me is often just a glass of metamucil.

That normally gets me through until a mid-morning snack occurs. Our modern diet is dangerously low in fiber, as well as other important nutrients, and this leads to countless diseases and dysfunction in our digestive tract.



A well-functioning digestive system is crucial to maintaining your body's overall health. Without it, you are likely to have bowel problems and suffer from digestive upsets, not to mention a host of other conditions that can result from not getting enough nutrients from the food you eat. The digestive system affects all the other systems of the body, so it's important to do what you can to be sure it's working the way it should. Following are the top 5 things you can do to help improve your digestion.

Eat more fiber (like me!) – Soluble and insoluble fiber are both essential for moving food through the digestive tract. Soluble fiber, such as that found in beans, nuts and apples, turns to a gel in your intestines and slows digestion, helping to maintain stable blood sugar levels. It absorbs water, softening the stool, and promotes the health of the good bacteria in your gut. Insoluble fiber, such as that found in the skins of fruit and vegetables, speeds digestion, adds bulk and passes primarily intact through the digestive tract. Both are important in preventing constipation and can improve conditions such as irritable bowel syndrome (IBS).

Drink more fluids – Insufficient water intake can harden

He was afraid of the world wide web

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## Upcoming Events

Closing Early the following dates:

January 31st at 4:40

February 7th at 5:20

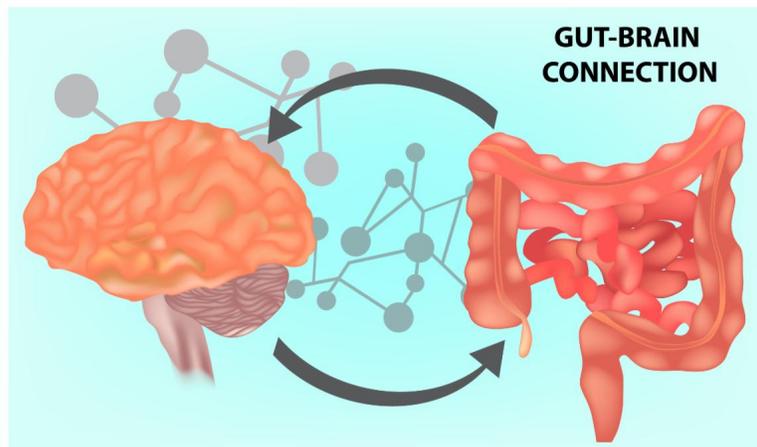
February 9th at 3:00

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the stool, increasing constipation. You should be sure to drink at least 1.2 liters of fluid per day, which is about 6 glasses. Some people need more, based on their activity level and the ambient temperature. However, do not drink more than about 6 ounces of liquid during a meal (taking the occasional sip), as it can dilute your stomach acid, making digestion more difficult. Aim to get most of your fluid intake 15-30 minutes before a meal or at least an hour afterward. Often, when asked how much water one should drink, I simply say, "enough so that your pee is clear."



Click [here](#) to finish reading.



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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 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.



Click [here](#) to finish reading.

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## Faces in the Office

### Jack Borkenhagen

Jack has been with our office for 2 and half years now. He is healthy and active and always looking for ways to improve his well-being. We enjoy starting our day with Jack every few weeks. Bertha enjoys that he has become her official tennis ball supplier.



What brought you to Giebler Chiropractic for the first time?

A friend referred me to Giebler Chiropractic.

Does getting adjusted hurt?

Very seldom anymore.

Do you keep going back? If so, why?

I keep going back because i am very happy with the treatments. He only tells me to make an appointment every 3 weeks now or when needed.

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

Very nice staff and pleased I get a Veteran's Discount.

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### **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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