



A Hand in Health Newsletter

Issue One Hundred-Twenty Six April 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

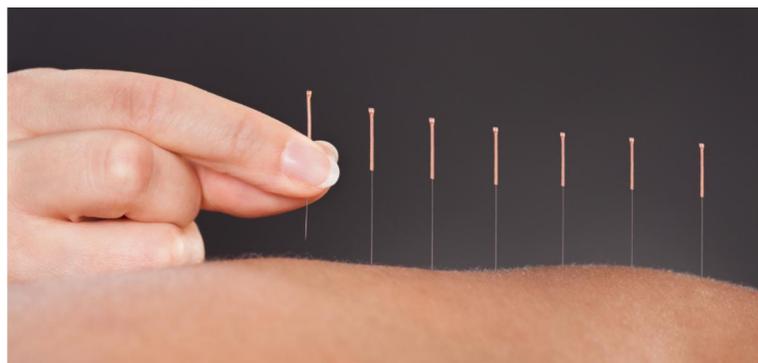
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A Note From Dr. Nic



Just as I had healed up from my ribs, I tore a muscle in my calf on a run. Grrrr....I do not do well with injuries and while I often say, "My patients need patience", I do not have much! In treating my calf, I have used acupuncture several times with excellent results.

Acupuncture is a healing technique based on traditional Chinese medicine that involves placing needles at a number of locations on the body. There are 400 such acupuncture "meridians," each tied to a specific set of health problems. For many, the thought of having

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:

Two fathers and two sons are in a car, yet there are only three people in the car. How?

Bone Support Formula



A broad-spectrum formula to support bone metabolism.

Three premium sources of calcium are included: calcium citrate-malate,

dozens of acupuncture needles jabbed into their skin may be frightening. A really good acupuncturist, however, will be able to place the needles without the patient feeling them, or with only a slight sensation of pressure.

For patients, the benefits of acupuncture can range from minor to significant depending on the circumstances and the skill of the practitioner. But how does it work? It isn't fully understood for certain how or why acupuncture works to produce beneficial health effects, but there is no shortage of theories.

One theory claims that by touching certain specific points in the nervous system, nerve pathways are activated, affecting various physiological systems in the brain as well as in the periphery. Others suggest that the needles activate the release of endorphins, serotonin and other chemicals in the body, stimulating healing and pain relief. Studies have shown that lowered blood pressure and increased endorphins result from acupuncture. A slightly different theory claims that sticking the needles at these points stimulates them and thus reduces obstacles to the flow of energy, making it possible for the body to heal itself.

Skeptics claim that any health benefits from acupuncture should be attributed to the "placebo effect" and not to any real, objective physiological change in the body. In essence, they believe that it is the patient's own expectations (reinforced by the acupuncturist) and not the treatment itself that may help to reduce a patient's perceived symptoms. One general practitioner commented, "That's not medicine, that's showbiz!" But one careful study showed that placing needles at the wrong spots was not nearly as effective as placing needles at the correct, acupuncture "meridians." Both sets of patients participating in this study did not know if they were getting the real therapy or not, but the benefits of accurate placement were clear.

There have been numerous accounts, however, of startlingly positive results attributed to acupuncture. One patient who I referred to a local acupuncture office had been having severe headaches since her teen years. Medical doctors had tried nearly everything, but nothing worked. When she was advised to try a much stronger drug with severe side effects, she searched for another alternative, and had two sessions of acupuncture a week for two weeks, then once weekly for a month. In less than 2 months, she was virtually free of all symptoms. My calf, in this instance, has shown dramatic improvement almost immediately after treatments.

In another case, a local runner (me!) tore one of the muscles in his calf. I couldn't run and was walking with a limp. I was seen by Dr. Elewa in Marytown 4 times and within a week I was running again pain free. Now...ribs are good, calf is good...let's keep it that way!

Avoiding Falls

Balance, Reflexes and Senior

calcium ascorbate, and high-grade microcrystalline hydroxyapatite. Also contains collagen, glycosaminoglycans and several additional minerals.

Premium magnesium sources include magnesium citrate, aspartate, and gluconate. A diverse blend of bone-protective soy isoflavones are included, as well as citrus bioflavonoids.

Did you know?

Potato Chips Cause More Weight Gain Than Any Other Food



A Harvard University study of more than 120,000 people found that potato chips were to blame for the gain of an average of 1.69 pounds per person over four years. Other fatteners: potatoes (1.28 pounds), sugar-sweetened beverages (1.00 pounds), and unprocessed red meats (0.95 pounds).



Health

Well, first I took a tumble on the ice, and last week my mom fell in her kitchen. The result was a seperated shoulder and small fracture to her shoulder blade. Not fun, to say the least. But now we move to the next step—rehabbing the shoulder, strengthening it, and then addressing any of the contributing factors to exactly why she fell. The shoulder will heal, but the underlying problem is the reason for the fall, and that’s what is most important.

Part of the reason it’s so frustrating to experience a decline in balance and reflexes is that—many times—it feels like there’s not very much we can do about it. And to a certain extent, decline really is almost inevitable. However, there is some good news. Even for middle-aged adults and seniors, there are numerous ways we can help maintain or even improve our sense of balance.



The Relationship Between Balance, Reflexes and Overall Well-Being

By the time we’re in our late 50s or early 60s, many of us will begin to have episodes where we feel dizzy or unsteady, or as if our surroundings are in motion. These feelings are triggered by gradual deterioration in the three major systems that work together to provide our balance and coordination—the visual system, the vestibular (inner ear) system, and the proprioceptive system (the sense of body position in space). A loss of balance makes falling more likely. And since our reflexes are also slowing, it becomes less likely that we will be able to catch ourselves if and when we do fall. According to the U.S. Centers for Disease Control and Prevention (CDC), roughly one-third of adults age 65 years and older fall each year. And among older adults, falls are actually the leading cause of injury-related deaths.

But even when they’re not fatal, falls can have serious consequences for an older person’s health and lifestyle. Falls can cause injuries that limit activity or make it more difficult to live independently while recovering. And when recovery is slow or incomplete, a lack of mobility can sometimes result in social isolation and depression. In some circumstances, the psychological effects may be more long-lasting than the physical ones. Fear of another fall and a loss of confidence can discourage seniors from returning to an active life—which actually tends to make balance and reflexes deteriorate faster. Unless something happens to change things, this can

Find us on Facebook!



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Facebook page!

Riddle answer:

They are
grandfather, father,
and son

Upcoming Events

May 19th Office Open

May 20th Office Closed

be the beginning of a downward spiral.

What Can Be Done?

For starters, chiropractors are specially trained to diagnose and treat conditions related to the musculoskeletal and nerve systems, and have a deep understanding of how these systems change as we age. As a chiropractor, I work to develop a personalized plan to improve your overall musculoskeletal and nervous system health, including strength, range of motion, stamina, balance, coordination and speed. And the adjustments help 'wake up' joints in your body that may have been 'stuck' and not working. This, in turn, can increase that proprioception and make you more aware of your body!

Regular chiropractic care and massage therapy can be particularly useful in maintaining flexibility, improving circulation and increasing muscle tone. Recent studies have identified strong links between the lifestyle habits we practice in young adulthood and middle age and overall health and wellness during our senior years. With this mind, a chiropractor can recommend specific nutritional and exercise strategies that can help in these key areas:

- Building healthy bone and muscle mass as the foundation for an active lifestyle.
- Stimulating and reinforcing neural pathways associated with activities requiring good balance and quick reflexes.
- Achieving a healthy weight that reduces unnecessary wear-and-tear on joints.
- Maintaining good overall cardiovascular fitness

Exercises to Improve Balance and Reflexes

Fortunately, there is a wide variety of exercises, both physical and mental, that will help improve balance and reflexes. And most of them don't even require a gym membership or any expensive equipment! Here are just a few to consider:

- If you know how much I enjoy it, this first suggestion will come as no surprise to you. Get off the pavement! When hiking in the woods, your body will need to react quickly to the changing terrain, in the form of obstacles like rocks and roots, (or uneven footprints in the soon-arriving snow) and uneven terrain. The more often you run in the forest—or just in your yard or a local park—the quicker your reflexes will get.
- Bouncing a rubber ball on the floor, throwing it against a wall, or having a catch with a partner. These activities will all improve anticipation, reaction time, hand-eye coordination and lateral movement.
- Kicking a soccer ball back and forth with a partner or against a wall. Or, in my case, with my kids! Moving to the ball builds coordination while stopping it and striking it with either foot requires balance. The more quickly you pass the ball back and forth, the more your reflexes will improve over time.
- Practicing an appropriate form of yoga can provide a wide range of health benefits, including improved balance and coordination.



Click [Here](#) to Continue Reading.

Faces in the Office

Join our TEAM!



We Are Hiring!

Receptionist Position (15-20 hrs/week) MWF 1:00-6:00pm

Our office is currently looking for an energetic person to join our team! The ideal candidate will be someone who has chiropractic office experience, loves people and excels in customer service! Previous chiropractic office experience is preferred...but we will train the right person!

Job duties include but not limited to:

- Answering phones & directing messages
- Greeting patients upon arrival
- Managing patient check-in & check-out
- Scheduling appointments
- Accepting payments
- Opening & closing office duties
- Update Social Media Posts
- Must be familiar with computers & printers
- Ensure reception & office area is tidy
- Coordinate mail flow in/out of office
- Send email & fax messages
- Perform basic filing & clerical duties
- Manage product inventory
- Gather patient intake information
- Assist with any projects
- Comply with HIPAA & protect patient information

If you or someone you know might be interested in joining our team, please inquire at our office located at 730 Calumet Ave. Kiel, or email nwg@gieblerchiropractic.com



Phone: 920-894-2399
nwg@gieblerchiropractic.com



We would love for you to join in on the FUN!!

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.

