

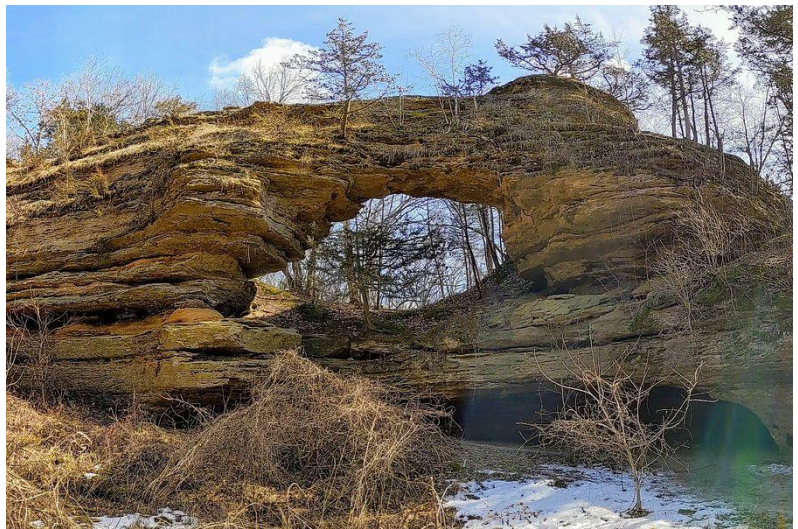


A Hand in Health Newsletter

Issue One Hundred-Twenty Five March 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

730 Calumet Avenue
Kiel, WI 53042

920-894-2399
Fax 920-894-7981

nwg@gieblerchiropractic.com
www.gieblerchiropractic.com

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A Note From Dr. Nic



I was recently asked how my practice had changed since early 2020. It's not an easy question to answer succinctly, but I do know the answer. My philosophy and intentions, when it comes to my office and what we attempt to accomplish for our clients, has only been reaffirmed.

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 is the healthiest kind of water?

Peppermint Leaf



Peppermint (*Mentha piperita*) is a folk remedy for stomach ailments. Found abundantly throughout the Americas and Europe, its volatile oil has been extensively

The 'big picture', for me and Giebler Chiropractic, is all about Quality of Life. Our health care system today focus much on lifespan, life duration, and avoidance of symptoms. What about Life Quality, and actual Health, rather than simply being alive. Are you actually living, or simply existing? There is a profound difference between being Healthy, and being 'Not Sick.' Think of it this way. Do you want to be someone considered Intelligent, or just Not Dumb? Attractive, or Not Ugly? Kind, or Not Mean? There are differences!

Getting back to our office and Quality of Life, I try to help clients understand that Quality of Life is directly derived for Personal Independence. The more you can do in life, physically, the higher your quality of life is. That is one aspect of my practice that was reinforced over and over again over the past couple of years. As we lost personal independence and freedom for the sake of the 'greater good' or 'public health', our quality of life suffered as individuals, and as a community and society. And I strongly question (and highly doubt) if all of the restrictions and mandates truly helped much, if at all.

Instead of restrictions and mandates, let's focus on independence and freedom, and mobility. The more you move, the more independent you are. That's where Chiropractic comes into the equation. When your muscles and joints move better and function better, you gain independence. And with that, comes quality of life. It's a small thing, a chiropractic adjustment, but it has profound effects throughout your life.

Quality of Life comes from Personal Independence. Personal Independence comes from Mobility. Chiropractic care, Proper Nutrition, and an Exercise Program all enhance your ability to move. And that's what it all comes down to.

Take care of yourself. Weigh the odds of health in your favor by doing the simple things like eating better, moving more, and getting your muscles and joints cared for...and see the difference that results!

Calories In Vs Calories Out

It is no secret that the prevalence of obesity in America has increased dramatically over the last few decades,

used in clinical studies.

Our Peppermint is carefully grown, tested and produced to certified quality standards.

Satisfaction guaranteed.

Take 2 capsules three times daily, preferably with food.

Did you know?

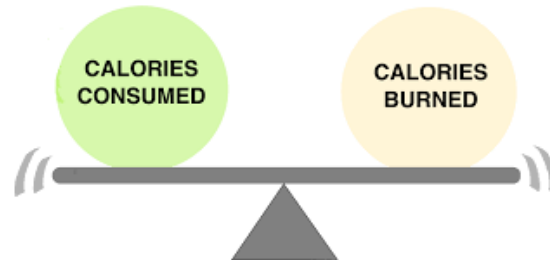
Chiropractors have extensive education and training.



Doctors of chiropractic have the initials "DC" after their name. They must go to college and study premedical subjects, similar to medical doctors. They must then attend an accredited chiropractic college, usually for 4 to 5 years. Their studies may include anatomy, bone disorders, nervous system disorders, X-rays, manipulations, exercise therapy, and nutrition. Chiropractors must

and coming off last month's Super Bowl parties, it may be even more so in the forefront of our minds.

Since 1980, the obesity rate in American adults has doubled from 15% to 30% in 2015. It is now at a staggering 42.5%. The reason behind this upswing might seem obvious at first: people are simply eating too much food. Recent research, however, isn't quite that simple. Are we eating too much food (taking in too many calories) or are we not burning enough calories (calories out)? Let's look at the "Calories-In & Calories-Out" Conundrum:



Side A: Caloric Intake Has Increased in the Last Three Decades

"During 1971-2000, a statistically significant increase in average energy intake occurred." These are the results of a U.S. Centers for Disease Control and Prevention (CDC) analysis of four National Health and Nutrition Examination Surveys (NHANES) conducted between 1971 and 2000. These surveys showed that in 2000 the average man consumed 168 calories a day more than in 1971. The average woman increased her intake by 335 calories a day over the same period. The primary cause of this rise was an increase in the amount of carbohydrates consumed due to a plethora of added sugars and refined grains to the standard diet. Calorie-dense foods are too prominent, too cheap, and too readily accessible in our diets.

Side B: We Simply Aren't Burning Enough Calories These Days

A study by a team of Stanford University School of Medicine researchers suggests that the recent rise in obesity might have a different culprit: sedentary lifestyles. The team looked at the same NHANES surveys and found a large increase in reported levels of inactivity. In 1988, 19% of women reported no physical activity. In 2010, this number was 52%. Men were similarly sedentary, with reports of inactivity rising from 11% in 1988 to 43% in 2010. The researchers also reported that they did not find a substantial increase in caloric intake over time.

So, what we really need to do is get more active and burn off some of those calories!

then pass a national exam to get a license to practice in their state.

Every 2 years your chiropractor needs 40 continuing education credits hours through the WCA, ACA, ICA , or courses sponsored by an approved Chiropractic College or Medical School. All courses need to be pre-approved by the Board.



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So, What Does This Mean for You?

Which is more important to maintaining a healthy weight: calorie consumption or activity? The results from these two studies make it clear that the answer is “both.” Whether average calorie consumption has increased over the past few decades or not, high caloric intake does lead to weight gain. The same is true of living a sedentary lifestyle. Both aspects must be in balance to maintain a healthy weight. While it is certainly true that the composition of the calories we eat and the timing (and size) of our individual meals matter, “calories-in versus calories-out” is the correct fundamental starting point for conversations about weight management and weight loss.

Click [Here](#) to finish reading

Your Hip Bone's Connected to the Thigh Bone

Riddle answer:

Well Water

A biomechanical chain—sometimes called the “kinematic chain” or “kinetic chain”—is a simple idea about a complex system. You already know that the hip bone is connected to the thigh bone, the thigh bone is connected to the leg bone, the leg bone is connected to the ankle bone, and the ankle bone is connected to the foot bone.

Upcoming Events

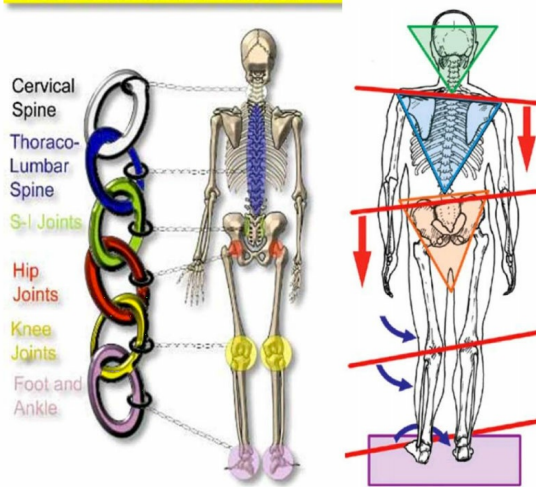
March 10,12: Dr. Nic will be attending Continuing Education classes, and Abbie will be getting certified as a Chiropractic Technician

March 18: Ellie turns 29! Happy Birthday!

March 22: Office closed after 9:45am

(Okay...maybe it's slightly more complicated than that, but you get the idea.) This interconnectedness is the basis of how our bodies work, and it's about more than merely the bones that make up our skeleton. This biomechanical chain includes our muscles, tendons, ligaments, blood vessels, glands, nerves and much more.

THE KINETIC CHAIN



The important thing to understand about the biomechanical chain is that if one link is broken, it will likely affect others in an adverse manner. The human body is brilliantly designed to compensate for these types of problems, but this compensation usually comes with a price as other parts of the body absorb additional or unusual stresses. For example, structural weakness, misalignment or asymmetries in the feet can trigger changes further up the body, particularly in the ankles, knees, hips, back and neck. In fact, nearly everyone that I see at the office with a low back pain also has problems with one or both of their feet!

There is a similar cause-and-effect relationship that can begin with just a single misaligned or movement-restricted vertebra in the back. Resulting pain may cause the person to favor one leg over the other while walking, resulting in further distortion of the posture and greater misalignment, resulting in even more problems and pain.

The study of mechanics concerns itself with how matter reacts to forces, which can involve pressure and/or motion. We see this when someone uses a simple lever and fulcrum to lift a heavy object. Biomechanics merely takes these same simple principles and applies them to the body. The field of biomechanics includes both static (body at rest and in balance) and dynamic (body in motion) aspects.

By studying the structure of the body and the forces involved in staying at rest or being in motion, it is possible to better understand the underlying sources of injury and teach improved

ways to perform repetitive or even competitive actions. Greater understanding of the biomechanical chain can help improve sports performance, functional training, and strength and conditioning. It can also help with injury management, rehabilitation and even injury prevention.

Poor biomechanics can lead to a range of musculoskeletal problems. When the body has to overcompensate for poor biomechanics, it has to work harder to produce the same effect. This leads to greater fatigue and pain. Even something as simple and seemingly low-stress as sitting at a computer desk can result in tension, stiffness and possible spasms in one or both arms, for example.



Click [Here](#) to finish reading.

Faces in the Office

Meet Jack Heckmann

Jack Heckmann, who also goes by Heck Jackmann, is hard to miss when at our office. He will be the young man who is apparently a spokesman for Muskie Innovations, and will be the patient giving me as much grief as I give him. I also see Jack's sister, mom, and grandfather at our office, but everyone else seems to know him as well, which makes for fun visits! Jack entertains not only myself but also the staff when he visits, and that makes every visit an adventure!



What brought you to Giebler Chiropractic for the first time?

Hurt my leg and was told a lot of good things about this place.

Tell us about yourself.

My name is Jack Heckmann, I am a sophomore at Kiel and my hobbies are playing basketball, running track and I love playing with our dog.

Do you keep going back? If so, why?

The absolutely wonderful people here are so nice. I guess Nic is also pretty cool.

Best advice you have ever received?

Google it.

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.
