



A Hand in Health Newsletter

Issue One Hundred-Twenty Seven May Issue 2022

In This Issue

[A Note From Dr. Nic](#)

[It's Tick Season](#)

[Faces in the Office](#)



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



This column is intended to focus on Spring Wellness and allergies, and as I sit here on Monday, it's finally starting to resemble Spring a bit! Recently we have had wind, rain, snow, wind, and more wind. Welcome to Wisconsin, right?

I have joked at the office that in Wisconsin this time of year, you can only have 2 of the following

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

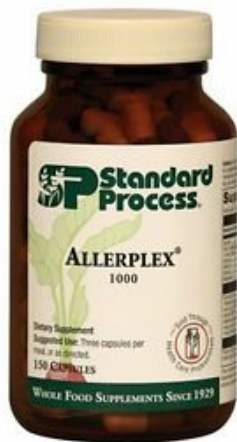
**Receive A Hand in
Health...**

Join Our Mailing List!

Riddle me this:

I always follow my brother, although very different we are.
You can see him, but not me.
You can hear me, but not him.
What am I?

Allerplex



Allerplex, with vitamin A and C, supports the body's ability to handle seasonal, environmental, and dietary challenges.

three:

1. Sunny Skies
2. No Wind
3. Temperatures Above 40 Degrees

It indeed seems like we have had literally 2 days thus far in 2022 that included all three!

In the previous couple weeks at our office, I have heard more and more complaints of allergies. So, what can we do about these seasonal problems?

The short answer is to reduce your body's own chronic inflammatory levels through diet and exercise. The less 'irritable' your body is, the fewer immune system over responses you will have. Reducing processed and highly refined foods, especially grains, will help profoundly. Improving cardiovascular health, through simply walking more, will help as well.

I also highly recommend Vitamin D and Zinc. Both are available in lozenge form at our office and are excellent immune system boosters. In addition, Allerplex, a Standard Process supplement have been very helpful for me personally, when I start noticing occasional Spring allergies (and, for me, it's the late-summer ragweed that really causes me to reach for the Allerplex).

In addition, there are upper neck adjustments that can help 'unplug the drain' and allow sinus relief. There are also certain pressure points and acupuncture points in the face and neck that often provide almost instantaneous relief. Finally, did you know there is a type of 'ear adjustment' that may help as well? Just this week I 'adjusted' a patient's ear, and as she stood up from her seat, she looked at me and her eyes got bigger and she said, "I can feel it opening up!"

A patient once shared a saying with me. "No winter lasts forever, and no spring skips its turn." I always remember that and remind myself to practice some patience here in Wisconsin, and with Mother Nature. After all, she is impervious to criticism and is going to do what she wants to do, despite our protests. And, we can always just wait a couple of hours and it will change.

Here's to a wonderful May and June, and continued growth in health and wellness to you! Don't hesitate to call our office, as we can

- Supports the body's natural ability to manage mucus movement
- Supports healthy liver function
- Supports healthy lung and respiratory function

Did you know?

The deadliest weather condition is considered heat.



Scientists have discovered that in the past 30 years, the most extreme type of weather condition is heat. However, floods, hurricanes, and storms are considered to be the most destructive form of weather conditions.

Find us on Facebook!



help you along the way!

It's Tick Season

It's that time of year, where my column for the newspaper has already been written.

You see, it's Tick Season. On a recent trail run, I ended up with two of the disgusting little buggers crawling up my running shorts. Yuck!

This time of year I also thoroughly enjoy Geocaching with my kids, as it's easy to find some of the geocaches that haven't been 'hidden' by foliage and ground cover, nor are they buried in snow. That means that my kids are checked thoroughly for ticks as well. Having experienced Lyme Disease first hand, and having worked with a lot of people who suffer from Chronic Lyme Disease, I urge you all to check yourself thoroughly, and have a Tick Test Kit available as well (more on that later)!



The month of May is Lyme Disease Awareness Month, and here in Wisconsin, we ALL need to become much more vigilant about this disease. It continues to be on a dramatic rise, and it is not anything you want to take lightly. Having experienced Lyme Disease personally and having seen it multiple times in the office in the last several years, I can attest that it is a terrible condition. You need to do all you can to protect yourself, your pets, and most especially...your children.

In June of 2008, while I was working in Plymouth, I attended a nutrition seminar in Stevens Point. (*Oddly enough, it was at this seminar that Dr. Mike Schleicher first asked me if I was interested in taking over the chiropractic office he owned in Kiel!*) Being an avid trail runner, I stopped just outside of Waupaca to go running on a segment of the Ice Age Trail.

That trail was not very well-kept and was very overgrown. For most of the run, I had to duck under tree branches and my legs were constantly brushing up against the long grass along the sides of the trail. The 'trail' was barely a trail.

After about a 2-hour run, I was back at my car and continuing my drive to Stevens Point. Upon arrival at my

[Click Here to go to our Facebook page!](#)

Riddle answer:

Thunder and Lightning

Upcoming Events

May 19th Office Open

May 20th Office Closed

June 1st Office Closed

June 2nd Office Open

June 3rd Office Open AM ONLY

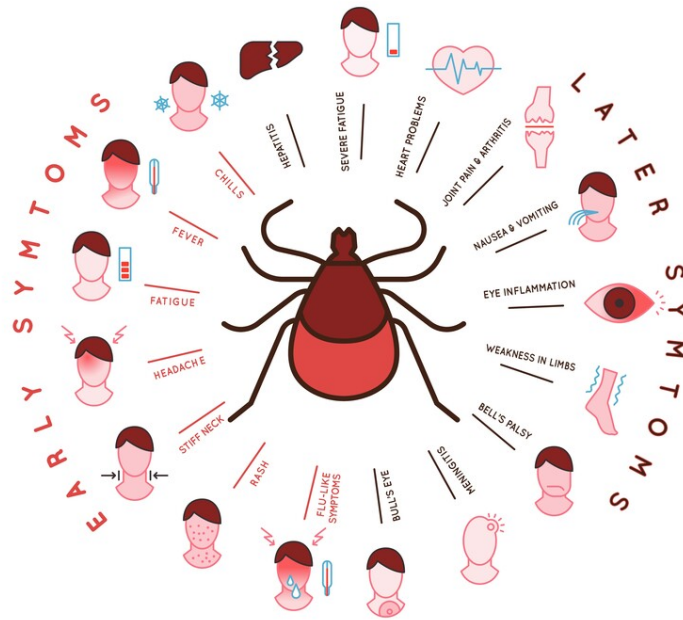
First full week of June:
Summer Hours Begin
Open M-Th

friend's house, where I was staying, I took a shower. In the shower I found 4 wood ticks on me. By the end of the day, I had found 3 more. It was absolutely disgusting.

That night, I was sitting on my bed and texting Ellie about my day. While doing that, I noticed a little black bug crawling along my thumb. This one wasn't a wood tick. It was a deer tick, which is much smaller, but much more likely to carry Lyme Disease. Needless to say, I didn't sleep well that night. I had a nonstop sensation of bugs crawling on me. Imagine that!

Fast forward 3 weeks, and I was feeling really run down. I remember finishing up a normal Friday at work and being exhausted. I had a headache that made my face hurt when I would move my head in any direction. Although I rarely get headaches, I just assumed it was no big deal, and went out for dinner that night. During dinner with my parents at an Irish restaurant, the headache subsided with a pint of Guinness.

Saturday morning I woke up with the same headache. And a low back ache. I'm a chiropractor and was only 27 years old at the time. I had never experienced low back pain until then! Unfortunately, things continued to go downhill, and my temp continued to climb, all the way to 102 at one point. The worst part?



LYME DISEASE SYMPTOMS

In bed Saturday night I alternated between sweating fevers in only my underwear and shivering chills in sweatpants and a sweatshirt. Three times during the night I woke up and changed clothes again. Sunday morning, same old story. Headache. Stiff neck. Sore low back. No energy. Swollen and painful lymph node in my right armpit. Something's not right. Then, it 'clicked.' It's probably Lyme Disease, but its hallmark symptom is *erythema migrans*, or a bulls-eye rash, which I didn't have. Nonetheless, I knew I needed blood work and scheduled an appointment with a doctor for

Monday afternoon.

Sunday night I drenched the sheets in sweat. I was an absolute mess, and this was the sickest I have ever been in my life.

Monday morning, I still felt like crap. Headache. Stiff back. Chills. But the icing on the cake was provided by a glance in the mirror as I dried myself off from the shower. There, right over my left shoulder blade, was a big old "Bullseye Rash".

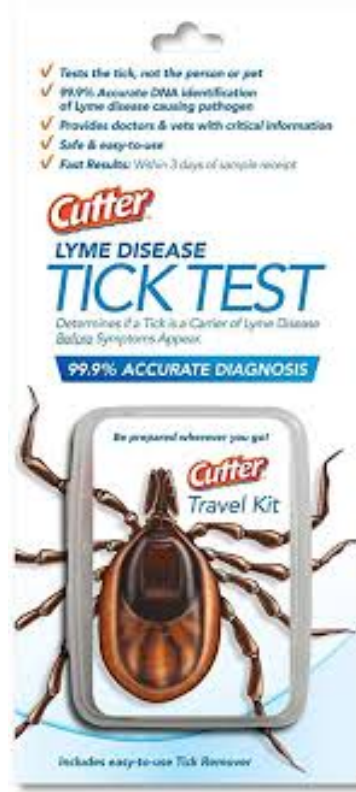
The last part of the diagnosis was now present. By the afternoon the rash had become even more distinct, to the point that the doctor told me he could take a picture of it for a textbook.

Because I try to be healthy, my immune system reacted very strongly to the infection, and that allowed me to be able to identify that something was seriously wrong very quickly. That made treatment much more likely to work quickly. I was in early "Stage One" which is best described in all the symptoms I had for those three days. Stage Two is when it gets more serious and can start affecting one's heart, liver, and nervous system. I was very fortunate to be able to "tell" that something was wrong. Lyme Disease is known as the "Great Imitator" because the symptoms can mimic other illnesses and can vary in severity. That's why it's important to stay vigilant and aware!

As I mentioned, that was the sickest I've ever been. It was terrible. I'm thankful to be better and not have to manage the terrible symptoms of chronic Lymes. I want to do everything I can to make sure YOU or your kids don't have to deal with it either, so remember these common 'first symptoms:

- "bulls-eye" or erythema migrans (EM) rash. The rash may appear on any area of the body and does not always take on the typical bulls-eye form.
- fever
- chills
- muscle and joint aches
- tiredness
- headache
- swollen lymph nodes

Also, when it comes to my kids, after showering, I encourage them to perform a "full body scan." They're used to it. They check themselves over everywhere, and I try to remind them every shower time, but am especially vigilant if they've been out in the woods or if we've been camping, etc. I can tell you every birth mark they have...as those little ticks can sometimes look a lot like a little mole.



Click [here](#) to finish 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.

