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## A Hand in Health Newsletter

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### Issue One Hundred-Thirty Two October 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 5:00PM  
Sat & Sun: By Appt Only

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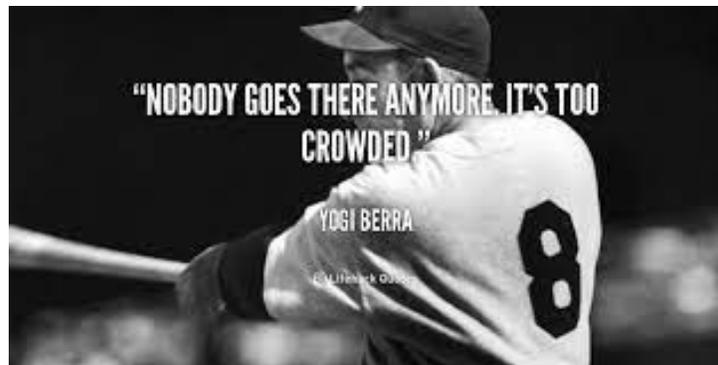
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[Visit our website](#)

#### A Note From Dr. Nic



“Nobody goes there anymore. It’s too crowded.” - Yogi Berra

Thank you!

I just want to start by saying that. Since August, our office has been busy. Starting

### **\*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 fungi move to a different house?

### **TRI Pillow**



The Tri-Core® Cervical Support Pillow helps alleviate headaches and neck pain by providing proper alignment of the neck while sleeping, and is commonly used to help treat a variety of conditions affecting the neck and shoulders.

the days earlier and working through lunch have been customary, and having taken a couple of days off, the schedule only tightened. In addition, we closed early on a couple of days so that I could attend my kids' cross country meets. We have also been a bit short staffed as well, and all of this culminates in the occasional increased wait times at the office. I am humbled and thankful for the opportunity to help you, and trust that the staff and I are doing our best.

Between exams and adjustments, therapies and exercises demonstrations, and nutritional consultations, our office provides so much for so many, and we want to help you as much as possible also! If you are interested in additional time for these other services, please don't hesitate to ask. There is always time to help you get healthier. And, once more, THANK YOU for trusting our office with your health!

### **Why do Chiropractors use "Palpation"**

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. Yes, even now, having had experienced the lack of physical touch and social distancing of the past couple of years. Sometimes a hug or a steadying hand on the back of your hand can work wonders as well. Skin to skin touch was the very first sensation we felt as an infant, and more and more research is showing just how important hugs and handshakes, and the contact of human skin, is to our health and well-being.

The June 2022 edition of National Geographic had an incredible cover story, titled "The Power of Touch" that I highly recommend!

"We know that anxiety decreases immune function and makes you get sick more often," says 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,

For back sleeping, a firm cervical roll supports the neck while a shaped center gently cradles the head for better sleep. For side sleeping, the raised side areas help keep the head level for proper alignment of the spine.

In order to provide therapeutic benefits and help restore the natural curve of the neck, two very firm cervical rolls provide different support options. Use the larger neck roll for maximum support. Use the smaller neck roll if you are in the adjustment phase or if you prefer slightly less support. For those who are new to sleeping on a cervical support pillow, or prefer gentle support, the “Gentle” version may be a better option (gentle option available for full size and mid-size pillow). The gentle version provides moderate to firm support, while the standard version provides very firm support.

**NOTE:** It may take some time to adjust to this cervical pillow and immediate overuse may increase neck pain. Those who slowly ease their way into orthopedic correction, by alternating between this pillow and their current pillow, achieve

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. If you have a pain that worsens with movement, it’s very likely that it is a muscle and joint based problem. Therefore, those muscles and joints can and should be touched in the healing process! It simply doesn’t make as much sense to treat a sore muscle or tender joint by taking a pill that must be ingested, then digested, and then absorbed and circulated through your blood in the hopes that the chemical from the pill makes it to whatever specific muscle and joint is ailing you.

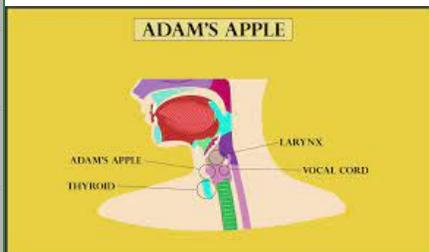
In palpation, chiropractors use their hands and their detailed knowledge of anatomy to effectively see what is happening in the spine and its supporting structures, such as the muscles, tendons and ligaments. As your chiropractor palpates your spine, he or she will look for subluxations in your vertebrae,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



the best results.

### Did you know?

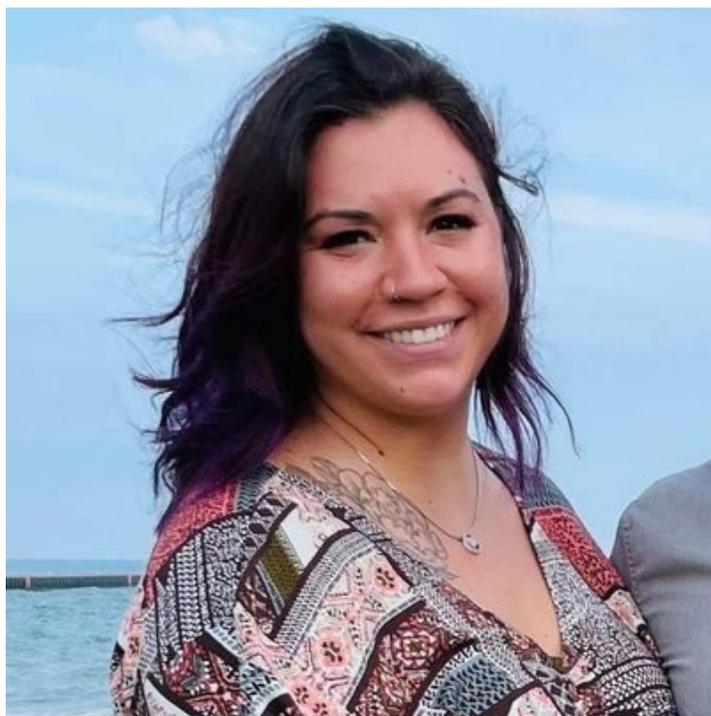
Where did Adam's apple get its name?



Click [HERE](#) to finish reading.

### Massage Is Back

Help us welcome Beth, LMT to Giebler Chiropractic!



The Adam's apple refers to a legend that claims a piece of the forbidden fruit stuck in Adam's throat. This part of the throat is actually a projection of the thyroid cartilage of the larynx.

Find us on Facebook!



Click Here to go to our Facebook page!

### Riddle answer:

Because there wasn't mush-

Hi! My name is Beth, I am a Licensed Massage Therapist practicing at two locations! Tuesdays I am at Giebler Chiropractic in Kiel and the other days I share space at The Refinery Wellness Center in New Holstein. My massages are always tailored to your needs, whether you need help with pain and chronic tension or stress relief and relaxation. I have my Level 2 Usui Reiki Certification and use this to help listen to what your body needs to get you back to feeling your best; physically, mentally and emotionally.

room!

I look forward to working with you on your wellness needs!

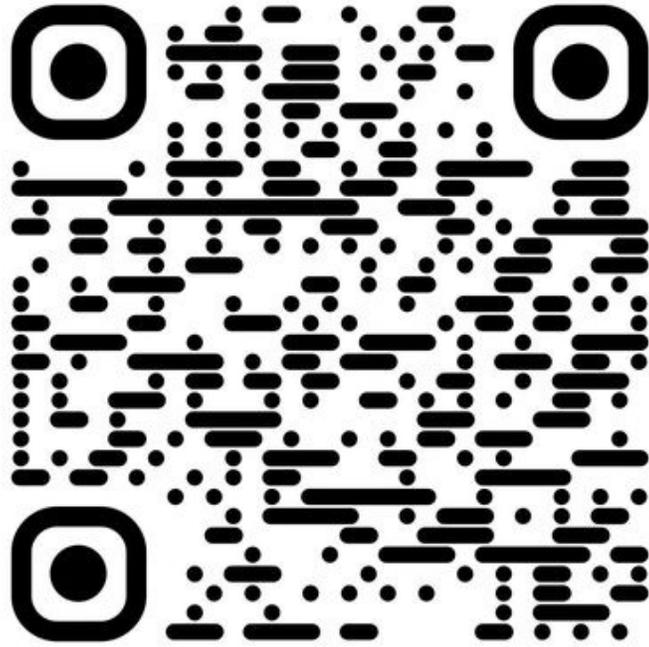
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### Upcoming Events

Dr. Hetzner's Meditation Class begin October 4th.

Office Closed Nov. 4th  
ALL DAY

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Scan the QR code and get yourself on Beth's schedule.

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### Faces in the Office

Monica and Jerry



This month's Faces in the Office are Jerry & Monica. They have been seen as patients of Dr. Nic since 2007, but have been seeing him regularly since 1980. In fact, Monica is the reason Dr. Nic 'discovered' chiropractic in high school! She had been seeing a chiropractor, and when he was injured in football, she made an appointment for him. Ever since that appointment, he knew.

Dr. Nic appreciates and loves these two more than any other patient he sees at the office. Look for them on Tuesday mornings!

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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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