



A Hand in Health Newsletter

Issue One Hundred-Thirty Four December Issue 2022



In This Issue

[A Note From Dr. Nic](#)

[Meet Rolly](#)

[Exercise and Vaccination](#)

[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 5:00PM
Sat & Sun: By Appt Only

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A Note From Dr. Nic

This time of year is often a season of excess. Excess spending, excess eating excess consumption of alcohol, and sometimes excess time with family :)

From Thanksgiving through New Year's Eve, our schedules are often filled with family parties and work parties and other holiday opportunities to indulge. There's plentiful opportunities for extra turkey, gravy, pumpkin pie, another beer while watching football, and maybe even some eggnog and spirits at Christmas. In the back of our mind we may have New Year's Day as a chance for a resolution and a new beginning and a new attempt at a better style of health and wellness...but until then, bottoms up and loosen that belt a bit! A couple years ago I wrote a column for the newspaper that was titled, "I gained 7 pounds in 4 days", so I can

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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:

Penny has 5 children, 1st is January, 2nd kid February, 3rd is called march , 4th is April. What is the name of the 5th.

Immune System Health Pack



Are you "sick again" or "sick still"? Or are you looking for ways

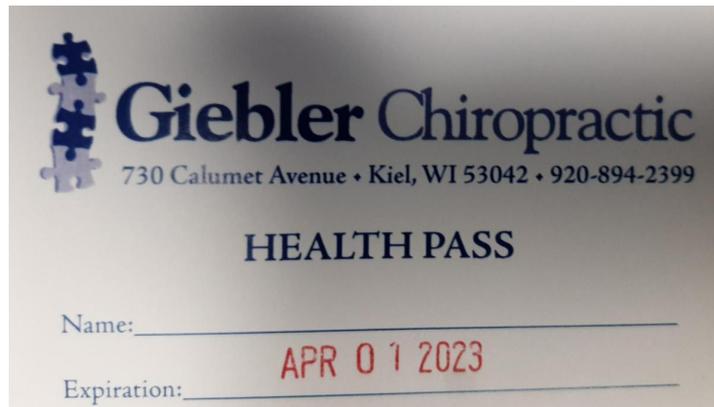
relate to indulging in excessive consumption and eating without much exercise included.

In that column, I then talked about doing a 'reset' of my diet and exercise and getting back in to a bit of better shape. I know I personally struggle with the short days and darkness, and the seemingly endless opportunities to have another cookie or piece of candy that comes with this time of year.

And there's always that opportunity on January 1, 2023, to reset everything, right?

But why wait?

At Giebler Chiropractic, we want to give you an opportunity to get started on a newer, healthier, better version of yourself. Stop in or call and pick up one of our Health Passes. It's an opportunity for an evaluation, examination, any xrays if needed, and also a consultation regarding your overall current state of health—both muscle- and joint- wise, and all other aspects of your health (digestive system, headaches, sleep quality, to name a few). Looking to exercise more? Lose weight? Simply get rid of those chronic aches and pains? It's likely that a stop in our office can get you started in the right direction. Our health passes will be renewed next year *but not at this current price*. So stop in or call and request one today, while they last at this price, and let's get you off to a great start before the new year even arrives. Better yet, pick up a couple of them and give them to a family member or friend!



Meet Rolly

About six weeks ago a patient of mine, Doreen, mentioned that she had a stray cat showing up at her back door throughout the week. She described him as incredibly friendly and that he liked to roll over a lot, flat on to his back, making himself available for belly scratches, leading to her naming him Roland.

As I saw Doreen on several occasions over the next couple weeks she continuously updated me on Roland. She repeatedly asked if I was interested in a cat, and how friendly he was, and how she really liked him.

Finally in early November, she took Roland to the Humane Society. And her next appointment at the office, when telling me about dropping him off at the Humane Society, she showed me a couple pictures of

to stay healthy while everyone else around you is feeling sick. Try our Immune System Health Pack to jump start your immunity this winter season.

Immune System Health Packs are designed to provide support in three convenient daily immune system supplement packs.*

-Excellent source of calcium, iron, zinc, copper, chromium, folate, iodine, and vitamins A, B₆ and B₁₂ and antioxidant vitamins C and E

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Each box includes a 10-day supply of individual packs (taken 3 times a day). Each pack contains:

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-Cataplex® F Tablets (2 tablets) – provides an excellent source of vitamin B₆ and iodine*

Roland. Having two daughters who absolutely love cats and after seeing those pictures I started to feel like Roland and I would be a good match. Estelle, my ten-year-old daughter, had been asking for a Maine Coon cat for, oh, I don't know, about 2 years. Considering how much Roland look like a Maine Coon, it was rather fitting that I got to know him, and I knew Doreen would approve as well.

So, the following Tuesday I went to the Humane Society. I visited with Roland, who they had renamed Rolly. He was indeed incredibly friendly with long hair end an affinity for rolling over onto his back and letting you pet his belly. The name was definitely applicable.

I spent a little bit more time with Roland, and decided, "yep it's time for a cat". My pets always have mountain related names. First was Parsenn the dog named after the Parsenn Bowl Ski Area. Now, our office has the mascot Bertha the Bulldog. She is named after Berthoud Pass in Colorado, another of my favorite places to ski. So Roland was renamed Rollins, or Rolly for short. Rollins Pass is an area in Colorado I visited this past summer and used as a parking spot for trail running along the Continental Divide Trail. Those trails runs and adventures at Rollins Pass were some of my favorite adventures I'd ever had on any trail, and it became the namesake for Rollins the Maine Coon cat. I have grown very fond of Rolly in the last couple of weeks and learned quite a few things about him. First off, he is not the most athletic or nimble of cats. He cannot jump from the floor to the countertop and sometimes it takes him more than one attempt to simply get from the floor the couch.

He also is incredibly fond of human food. I guess that comes with the territory, being a stray for the first 5 years of life.



-Cataplex® C (3 tablets) – supports the immune system, skin and connective tissue, and bone health*

-Calcium Lactate (1 tablet) – contains calcium and magnesium which provides support in the immune system response function*

Stop in or call us at the office to see what other IMMUNITY SUPPLEMENTS we carry.

Did you know?



The cranberry is Wisconsin's official state fruit. Wisconsin is the largest producer of cranberries in the United States, growing over 60% of the nation's crop (Wisconsin State Cranberry Growers Association).

What does this really have to do with overall health, you may be asking? Well, I have learned, or been reminded, of a couple pertinent health-related ideas in my time with Rolly.

1. **Control what you can control.** You've probably heard the expression 'herding cats', and that term is true to life also. What aspects of your overall health can you control? Your exercise level, your mental status, your peace of mind (to some extent), your nutrition. I cannot control Rolly in many ways. If I try to hold him, he wants out. If I want to just sit and enjoy some food, he wants the food. What I can control with Rolly and in life is how I react to certain aspects of life. Life is 5% what happens to you, and 95% how you respond.
2. **There is always a different approach.** As I mentioned earlier, Rolly is not all that athletic. He can't get to the kitchen countertop directly by jumping. But...if he goes to the ottoman, then to the tv stand, then to the stairs railing...then voila, he's on the countertop, again looking for some of that human food.
3. **Personal Hygiene Matters.** Cats are obviously meticulous groomers of themselves, but I also have learned to wash my hands more frequently, and avoid touching my face as much, now that I spend time everyday petting Rolly. You see, I apparently have a bit of an allergy to Rolly, and if I go straight from his fur to my face, my eyes react strongly. I have learned to wash my hands more and also keep my hands away from my eyes and nose and mouth, thereby avoiding an eye itch that I have never previously experienced—it was terrible!

Click [here](#) to continue reading.



Exercise and Vaccination

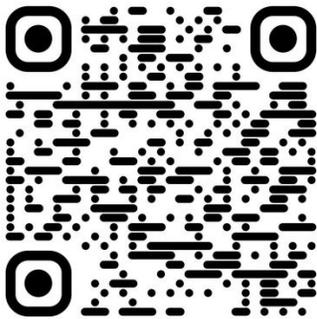
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our Facebook page!

MASSAGE

Scan The QR code to
schedule your next
massage with Beth.



Riddle answer:

If you notice the difference, There is no question mark (?) at the end of the actual puzzle.

In that case, **“What”** is the name of the 5th child.

**The Benefits of
Exercise**

Two weeks ago I came across several headlines in national news outlets stating that 'new research' showed that people who exercised had 'better Covid 19 vaccine effectiveness'.

"Regular exercise may improve the effectiveness of coronavirus vaccines" stated the Washington Post.

"Exercisers who were vaccinated were about 25 percent less likely to be hospitalized with covid than sedentary people who received the same vaccine, a new study found," continued the byline.

Please understand the following. Your body and immune system benefit from exercise. The vaccine does not benefit from your exercise. If you exercise, and are therefore 25% less likely to be hospitalized with Covid, that is because the exercise routine that you engage in is beneficial to your overall health. Period. So exercise more...it makes you healthier!

In fact, a search of a research database (pubmed.gov) of the terms "exercise" and "immune system" results in almost 7,000 research reports on varying positive benefits of exercise for your immune system. In fact, one study from February of 2021 states the following: "The practice of physical exercises acts as a modulator of the immune system. During and after physical exercise, pro- and anti-inflammatory cytokines are released, lymphocyte circulation increases, as well as cell recruitment. Such practice has an effect on the lower incidence, intensity of symptoms and mortality in viral infections observed in people who practice physical activity regularly."

It continued..."The practice of physical activities strengthens the immune system, suggesting a benefit in the response to viral communicable diseases. Thus, regular practice of adequate intensity is suggested as an auxiliary tool in strengthening and preparing the immune system for COVID-19."

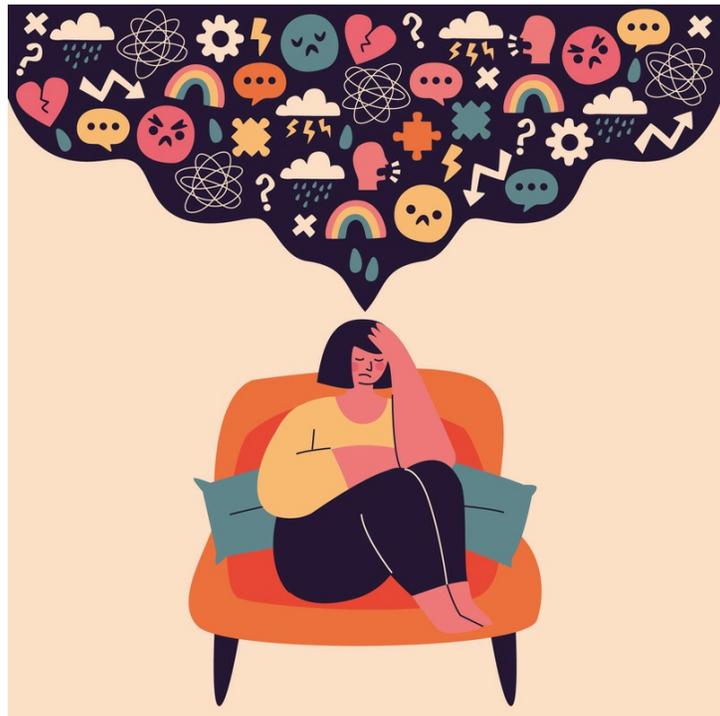
Also, let me just state the following, before it is reported by the establishment news industry: Eating healthier makes you less likely to be hospitalized with Covid! Eat more 'real food' like fruits and veggies and natural meats, and your body will be much more likely to fight off Covid and not need hospitalization! That apple

that you have as a snack will have zero impact on Covid 19 Vaccine Efficacy...but it will make you healthier than you were before you ate it.



Click [here](#) to continue reading.

Tight chest muscles can lead to neck pain, shoulder pain, difficulty taking deep breaths, and difficulty lifting heavy items. Stretching your pecs activate the chest muscles, stimulates blood flow, and can increase your short-term range of motion and flexibility.



Upcoming Events

Office Closing December 19 at 5:30

Office Closed December 26th in Observance of Christmas

Office Closed January 2, 2023.

Faces in the Office

Meet the afternoon crew!





If you are here on a Friday afternoon you will have the pleasure of working with Holly. She is back after a year away and we are lucky to have her!



Kelly joined our team a couple months ago. You will see her smiling face here on Monday and Wednesday afternoons. If you are lucky, you may have a chance to meet her children as well, Leah and Lucas.

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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