



A Hand in Health Newsletter

Issue One Hundred-Thirty Five January/February Issue 2023

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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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A Note From Dr. Nic

It's a New Year, and that inevitably means resolutions to change. Often we wait until it's officially January 1st to make those changes, procrastinating right up to the clock striking midnight. And sometimes we wait a little longer than that as well.

I recently read a phrase: "Procrastination means paying twice the price when you eventually must act." The relationship between procrastination and self-esteem not coincidental. The reason is that self-esteem slips whenever integrity is sacrificed, and procrastination always demands the offering up of a tiny piece of our integrity. Heavy-duty procrastination is also a first sign of depression in many people.

I think there is a strong correlation between depression, self-esteem, procrastination, and failed or unacted-upon resolutions.

Suffering people say that when they are depressed, they

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:

A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

Do Vitamins Expire?



Yes and no. Vitamins don't "expire" in the traditional sense.

feel overwhelmed, overburdened with "so much to do" that there's no hope of ever getting it done. There's a feeling of powerlessness in insurmountable odds. I often think about another phrase: "Want something done? Ask a busy person!" It is when we stop taking action—sometimes massive action and other times just a small first step—that we start to procrastinate and start to lose our self-esteem. Inaction and not "showing up" is an exponentially harmful decision to make.

Getting back to depression, whatever the specific cause of it is, procrastination helps to set it up. Many of us have procrastinated until there really is an unmanageable pile-up of undoable tasks. In other situations, we allow a terrible buildup of pressure around a decision that we have put off repeatedly. In these ways, procrastination, one little moment at a time, invites negative self-talk and negative thoughts and reduces self-esteem insidiously, moment by moment.

So, conquer it! Take that first step! Even if it's a small one, do it earnestly and confidently. I believe our God doesn't want us to be perfect—He knows this is impossible—but he wants us simply to try. What is the first step you can take in a healthier 2023? Perhaps it's a phone call to our office, where you can simply start a conversation about weight loss, reducing inflammation, improving your ability to move and exercise, or any and all of the above. We can help. Why wait any longer? Take that first step, and feel an uptick in your self-esteem almost immediately.

Being Physically Active

Yes, it snowed this weekend. Yes, it is supposed to be snowing, and heavily, as you read this. Yes, we are in the shortest days of the year. Yes, it's getting colder. But now more than ever I ask each of you get outside more!

I have incessantly talked about the health benefits of physical exercise and time outside to the point that I sometimes receive an eye roll in return when talking about it. As I said, though, now more than ever we need to make an effort to get outside more!

Several studies indicate that physical activity is beneficial in fighting Covid (although, as you know, I would argue against the idea that exercise makes the vaccinations more effective, as I've discussed recently), according to a review and examination of the connection between exercise and the body's ability to defend against the virus that was recently published.

In the article titled, "Physical Activity May be a Major Deterrent of Severe Health Consequences from COVID-19: An Annotated Summary of Physical Activity and COVID-19 Research," eight studies were discussed that show that physical activity

Instead of becoming unsafe to ingest, they simply become less potent.

That's because most of the ingredients in vitamins and dietary supplements break down gradually. This means that they become less effective over time.

Taking an expired vitamin or supplement is highly unlikely to cause you harm. Unlike food, vitamins don't go "bad," nor do they become toxic or poisonous. At this time, there haven't been any documented cases of illness or death resulting from expired vitamins. Expiration dates on vitamins and dietary supplements are extremely conservative to ensure consumers receive quality products.

We do not throw away expired supplements, we simply discount them. You will find our discounted supplements up on our counter in the front waiting area.

reduces the risk of increased complications as a result of the virus.

One of the articles discusses how an extracellular enzyme, extracellular superoxide dismutase (EcSOD), is an antioxidant agent. Antioxidants are substances that can prevent or slow damage to cells caused by unstable molecules the body produces as a reaction to environmental and other pressures. Research indicates that endurance exercise increases EcSOD activity.

While that specific enzyme may not specifically target the Covid Virus, it does help one's body become stronger in its defense of infections. And we should no longer be concerning ourselves with Covid alone but also keeping in mind that the 'flu season' is especially rampant this year, as well as issues with RSV and the common cold!

People who have contracted the virus who have health problems, such as high blood pressure, heart problems, respiratory problems, obesity and compromised immunological systems, have substantially higher complications, including death. This is especially true of obesity.

The healthier you are, the better your chances are of not experiencing terrible effects from the virus. Younger people are more physically active than older people and it may be a prime reason why COVID-19 does not affect the young as much as the old.



Even in the snowy, windy, colder conditions that show up in November and December in Wisconsin, it is very important to stay physically active, even if you are sheltering in place at home. Don't begin to develop negative behavior practices that decrease your fitness level, and don't use it as an excuse to not begin some sort of exercise routine, even if it seems insignificant. Right now is a great opportunity to begin a physical activity program that you have been intending to begin, even if it's only 15 minutes. If you truly don't know where to begin, I suggest simply going outside and walking 5 minutes in one direction. If you're not "feeling it", then turn around. You'll have been outside and exercising for 10 minutes. Congrats!

Did you know?



2023 is the Year of the Water Rabbit

The rabbit is the symbol of longevity, peace, and prosperity in Chinese Culture, thus 2023 is predicted to be a year of hope.

Find us on Facebook!



Click Here to go to our Facebook page!

MASSAGE

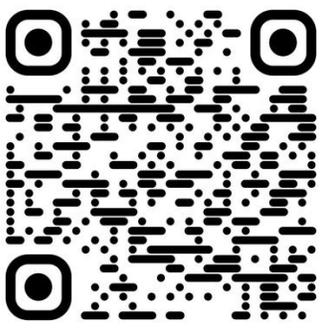
Scan The QR code to schedule your next massage with Beth.

Make Changes and Grow

Last week was our annual ski trip to Colorado, and this year was Emerin's second trip skiing. Last year she was sick on the drive out there and lost a day of skiing and add in the fact she's only 6 years old, and she was basically starting from scratch this year in terms of learning how to ski.

And it was a great opportunity for me to practice a multitude of skills. First was patience. ON the first day, I spent the entire time with her on the 'bunny hill' – 18 trips up the "Gallopig Goose" lift with her, and then going back down the run with her, holding her back with tethers to prevent any major crashes while at the same time trying to teach her how to turn and stop. Only once were there tears from her, and it was because I lost my patience with her for a moment. Other than that, we made some progress on that first day!

On the second day, we went up to what Emerin called the 'Middle Mountain'-- not all the way to the top, but higher than the Bunny Hill. Upon reaching the top, I told Emerin I was going to hold on to her, but she wanted to do it on her own. I thought about it and gave her a shot. As she began down the ski run, she made one great turn, then another, and then another...however she continued to increase her speed. And, with that, she began to lose control and didn't make that 'fourth turn', instead heading straight off the trail and into the trees. I could see what was coming so I skied down as fast as I could and set a new record for unclipping my skis and found her down in the snow crying. Thankfully she was physically okay but just scared and cold. After getting her back up on her skis and out of the trees, I pulled out the tethers and kept her in control the rest of the morning.

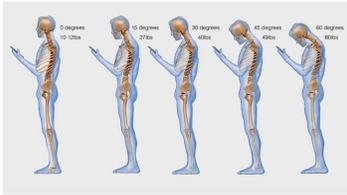


Riddle answer:

The river was frozen.

The Benefits of Exercise

Text/Tech Neck Syndrome



This clinical condition refers to the onset of cervical spinal degeneration that results from the repeated stress of frequent forward head flexion while we look down at the screens of mobile devices and while we “text” for long periods of time.



You should aim



As the week went on, I’m happy to report that was her worst crash of the week. In fact, as time went on, she went from requesting I “hold on to her” at the top of the hill, to being disappointed when I told her I was going to pull out the tethers and hold on to her. By the last day, she even went down the halfpipe successfully!

Click [here](#) to continue reading.

Vicky Ramminger Benefit



to exercise your trapezius muscles, which start at the base of your neck and extend through your shoulders and into the middle of your back. Strengthening these muscles can prevent neck and shoulder pain caused by tech neck. If you have strong trapezius muscles, you may also find it easier to maintain good posture while working at the computer.

**February 11th, 2023
10am-2pm
New Holstein High School Commons**

Help us raise money for Kate's mom, Vicky, who is facing the battle of her life. She has given so much to others and is a part of various groups in our area and needs our support now. There are more important things for her and her family to be worried about than the mounting medical bills arriving daily. For more information on her story please visit the Facebook page. Join us for raffles, food and more.



Facebook page: scan here or search for Vicky Ramminger Benefit:

Donate Now: scan the below code or find the link through Facebook, or email us: pamelalefeber@hotmail.com



Upcoming Events

February 11th 10-2
Vicky Ramminger
Benefit (see details in
newsletter)

Office Closed March
7th and 10th

Dr. Boll here March
6th and March 8th

Faces in the Office

Audrey Schneider



A lot of people think that chiropractic is only for neck pain and low back pain, but this isn't true! In fact, I see and help people with shoulders and feet just as often as I do with necks and low backs. In fact, I honestly think everyone should have their feet adjusted.

Why do I bring this up? Because I adjust Audrey's feet every time I see her, and she has amazing socks. They're fluffly and warm and cozy every time and I always tell her I wish I had a couple pairs of them!

As someone who thinks that life is too short for boring socks...Audrey always makes my day better when I see her!

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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