



A Hand in Health Newsletter

Issue One Hundred-Thirty Eight May 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

"Do you want to know who you are? Don't ask. Act! Action will delineate and define you." -- Thomas Jefferson

Well, not a week after I wrote the article about Lyme Disease, I found a tick embedded on me! I had spent my lunch hour the previous day out on the Ice Age Trail near Walla Hi with Bertha...and sure enough one of them found their way on to my abdomen.

As I've said countless times, I just hate ticks and everything about them. I could have just sat in worry and disgust regarding it, but instead I took action.

1. I sent it to get tested.
2. I continue to thoroughly check Bertha (nothing yet!)
3. I increased immune-support supplements.
4. I let go of the worry.
5. I continue to exercise and do what I love in the woods.

If something is eating you up (kind of like a tick), take action! Whether it's muscle and joint pain, or nutrition

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...

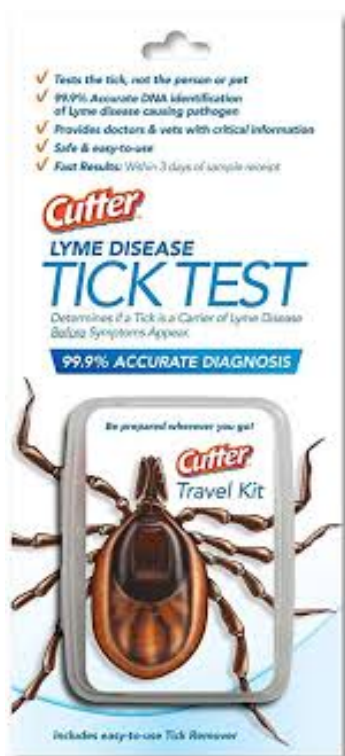
Join Our Mailing List!

Riddle me this:

How do you make the number one disappear?

Spotlight Product

Tick Test



and diet and weight loss, or worry about something in the near or far future...take action!

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. Just last week, while hiking with the kids, we arrived home to find Estelle had brought home a wood tick. Disgusting.

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.



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How the Cutter™ Lyme Disease Tick Test Works

STEP 1

When you find a tick or ticks on yourself, your child or your pet, simply remove the tick(s) with the included easy-to-use tick removal tool. Place tick(s) into the provided specimen bag. You may submit multiple ticks, but the TICKS MUST BE FROM ONLY ONE HOST (person or pet).

STEP 2

Complete the test submission form. Apply one of the unique control labels to your specimen bag, one to your submission form and one to the detachable stub to keep for your own records. Place the form and specimen bag into a standard envelope. Apply the pre-addressed mailing label to the envelope, add postage and mail.

STEP 3

Your tick(s) will be evaluated and results reported to you via email, phone, fax or U.S. Postal Service (your choice) within 3 business days of receipt. The result of the test is intended to provide you and your physician or veterinarian with important information to help determine risk of exposure and subsequent clinical treatment.

Did you know?

Wishing for warmer weather!

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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 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



The first day of May starts with a First Alert Weather Day and measurable amounts of snow.

This is only the 18th time measurable snowfall was seen in Green Bay since record-keeping started in the late 1800s. The last time was in 2010, when the area received an inch of slushy snow.

The National Weather Service says the morning wrapped up with a record 2.2" of snow on the ground in Green Bay, beating the previous record of 2.0" set in 1911. It's already the 6th snowiest May in the books.

This also gives Green Bay the 9th snowiest season in history, with over 77 inches of snow since last fall. The norm is 55.6". A year ago, we had 43.8".

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our Facebook page!

go downhill, and my temp continued to climb, all the way to 102 at one point. The worst part?

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.

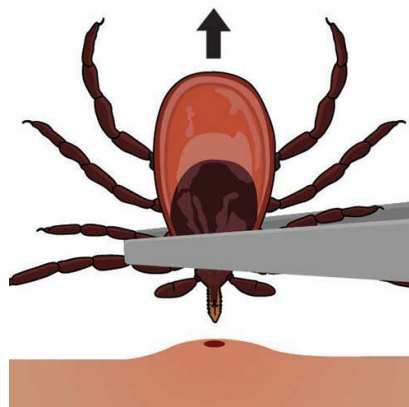
Sunday morning, same old story. Headache. Stiff neck. Sore low back. No energy. Swollen and painful lymph node in my right armpit. Something's not right. Then, it 'clicked.' It's probably Lyme Disease, but its hallmark symptom is *erythema migrans*, or a bulls-eye rash, which I didn't have. Nonetheless, 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!



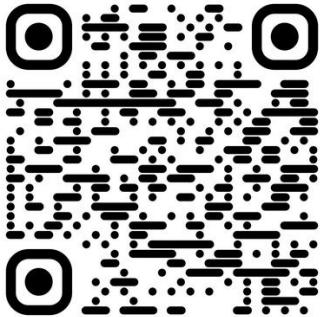
Click [Here](#) to continue reading.

Mental Health Awareness Month

Not only is May Lyme Disease Awareness month, but it's also Mental Health Awareness Month.

MESSAGE

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



Riddle answer:

Add the letter G and
it's "gone"

The Benefits of Exercise

Posture and Pregnancy

Let's start with some common
reasons for back pain during
pregnancy.

- An increase in hormones makes your ligaments more flexible, reducing the stability of the pelvis and back. Over-mobility of these areas is often to blame for lower back pain during early pregnancy.
- Increasing your body weight by 25% to 30% in a short amount of time is a lot for the body to handle. This can lead to sore muscles, ligaments, etc.
- The added weight also shifts your center of gravity forward, stressing the tissues of the back.
- Many also change their posture to support the belly, leading to strain and

It took me well into adulthood before I decided to address my own Mental Health. And I have found that it's a journey with no finish line, but it's a journey that doesn't need to be walked alone. Through counseling, support groups, and mentors, I feel better about myself and my own mental health currently than I really ever have in life. We are all products of the good and bad experiences of life, and especially childhood, and we are all unique in that experience, but so much can be shared and learned from and understood by and with others once we make the choice to open up, ask for help, and then accept the help.

I had lunch with my Pastor recently, and he shared a conversation that he had with a woman who was considering joining our church, but had some serious reservations. "None of you people are real. Your lives are all good and put-together and wonderful," she shared to him.

I couldn't help but immediately smile...I certainly know that MY life isn't put-together and wonderful all the time! I do believe my life is 'good', but that's a choice of my mindset. But considering I regularly attend that church, perhaps this woman saw me there and thought that I was one of those people she didn't think was 'real.' Boy did I fool her!

I recently read the following on a post by "Bigger Than The Trail", which is a non-profit that advocates for Mental Health through free counseling and other events:



We all strive to be "good enough." Good enough for our parents, our spouses, our jobs, our friends. But what does that really mean? And is it possible to ever feel like we're truly good enough?

The answer is that it depends on our perspective. If we're constantly comparing ourselves to others and trying to meet some arbitrary standard, then we'll likely never feel good enough.

Click [**Here**](#) to continue reading.

Welcome to the Team!

pain in the upper and/or lower back. The pregnant lady waddle adds insult to injury. Get some quick tips for good posture below.

InCorrect Upright Posture



Correct Upright Posture



We want to introduce a new face in our office. Meet Sharon!



Faces in the Office

Upcoming Events

Closed May 19th
Open the 18th

Closed Memorial Day
May 29th

Summer Hours Begin
June!



Meet Kayla, Knox, and Ivey! The Raquet's always bring a smile to my face, and Knox always gets carried out of the room and placed in Bertha's bed. Now that I think about that, maybe I should do that BEFORE I adjust him...



I truly love working with whole families, and Raquets are no exception!

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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