



## A Hand in Health Newsletter

### Issue One Hundred-Forty One August 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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Visit our website

#### A Note From Dr. Nic

As summer turns to fall, lots of people (children and adults alike) will be spending more time inside and in closer proximity to one-another. Washing your hands is something simple we can all do to keep our schools, workplaces and homes just a little bit healthier. In fact, it's actually been identified by the US Centers for Disease Control and Prevention (CDC) as the single most effective way to prevent the spread of communicable diseases.

But researchers at Michigan State University found that only about 1 person in 20 actually washes his or her hands properly in even the most obvious hand washing scenario-after using a public restroom. According to the researchers' summary:

"Of 3,749 people observed leaving the bathrooms, 66.9 percent used soap, while 10.3 percent didn't wash their hands at all. The other 23 percent of people stopped at wetting their hands, in what the researchers, for some

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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!

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### **Riddle me this:**

**A bus driver goes the wrong way down a one-way street. He passes the police officer, but they don't stop him. Why?**

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### **Spotlight Product**

**MULTI-ENZYME**

reason, call "attempted washing" (as if maybe those people just weren't sure how to follow through). Although the researchers generously counted the combined time spent washing, rubbing, and rinsing, only 5.3 percent of people spent 15 seconds or longer doing so, thus fulfilling the requirements of proper hand washing. Their average time spent was 6 seconds."



To wash your hands properly, you need only two things: soap and clean, running water. If these two things are not available, you can use an alcohol-based hand sanitizer that has a minimum 60% alcohol content. Soap, however, is still the best. Period.

Before washing your hands, remove all rings and other jewelry. Using running water, wet your hands thoroughly, then apply enough soap to work up a nice lather. Keeping your hands out of the water, rub them together, being sure to scrub both the front and backs of your hands, including your wrists, and also washing between the fingers and under the nails. Do this for 20 seconds, then rinse completely under the running water. Be sure to turn off the taps with a paper towel rather than your bare hand. According to the CDC, the whole process should take about as much time as singing "Happy Birthday" twice.

As a chiropractor, I have a special interest in helping our patients (and non-patients, for that matter) avoid illness and injury. This means helping them develop healthy lifestyle habits-like regular hand washing-that prevent disease. I also work closely with them in areas like diet, exercise, sleep and stress management. If you'd like to learn more about what we can do to help you stay healthy and live your life to its fullest, please call or visit our office today!

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### **Treatment Options For Tension Headaches**



Proper nutrition and metabolism processes begins with the proper digestion of fats, proteins and carbohydrates. Native enzymes are created by the body to breakdown food and make the nutrients available for use. These can be supported with supplemental enzymes, taken just before meals. MULTI-ENZYME supports proper digestion.

### Did you know?

Our office now offers  
ePay!!!

Let's go PAPERLESS!



When your head feels like it's being squeezed in a vise, with pain radiating from the neck, the back of your head or your eyes, you may have what is referred to as a tension-type headache. Tension headaches are the most common type of headache, accounting for approximately 90% of all occurrences. Experts estimate that between 30% and 80% of the US adult population suffers from the occasional tension headache. It is also possible to have chronic tension headaches, but this is experienced by only about 3% of the population.

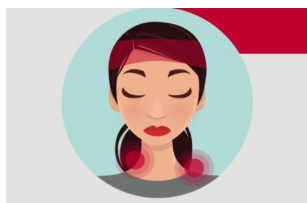
Unlike migraines, tension headaches do not run in families. There is no single cause of tension headaches. Most are due to emotional or physical stress of some kind.

Anxiety, fatigue, hunger and poor posture can also significantly contribute to the likelihood of a tension headache caused by tight muscles in the neck and scalp. Another possible source of some tension headaches may be the frequent or constant clenching of the teeth, which can cause chronic contraction of the muscles in the temples (which is why massaging this area sometimes brings some relief).

Those who suffer from chronic tension headaches tend to be people who suffer from poorly managed stress on a daily basis. Women are the most common sufferers of these chronic headaches, which can vary in intensity throughout the day, but which always produce some level of pain. Chronic tension headaches are classified as those lasting for 15 days or more. Most commonly, chronic tension headaches last for 60 to 90 days.

Analgesics such as ibuprofen, acetaminophen and aspirin are often used to treat the occasional tension headache. However, taking these on a long-term basis can cause what are referred to as medication overuse headaches (or rebound headaches), which are the third most common form of headache.

Click [here](#) to continue reading.



### TENSION HEADACHES

- Dull, aching pain in large areas of head
- Tightness/pressure across forehead and/or sides and back of head
- Tenderness on scalp, neck, shoulder muscles

## Online Statements

Your Name,

Conveniently review and pay your balance here.

**Pay Your Statement Online**

Thank you,  
**Giebler** Chiropractic

You can pay your bill online! All you need to do is get us your email. A link will be sent once per month.

**Find us on Facebook!**



Click Here to go to  
our Facebook page!

## MASSAGE

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

Click [here](#) to schedule  
your next massage.

School is now back in full swing and it sure seems like all of our schedules have filled up just that much more, especially if kids are involved! Despite that, we still need to make time for ourselves and our health as parents, and our kids will notice.

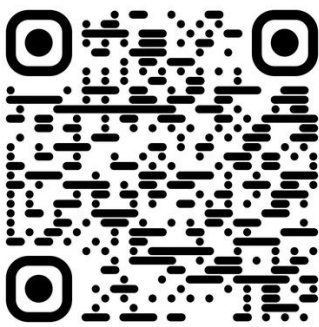
It's not news—obesity is a growing national epidemic among young people. The Centers for Disease Control and Prevention (CDC) estimate that obesity in children has doubled in the last 30 years and quadrupled in adolescents. Nearly 20% of children 6-11 years old are obese as are almost 23% of teenagers. This places them at increased risk of developing cardiovascular disease, diabetes, bone and joint problems, sleep apnea, type 2 diabetes, stroke, several types of cancer, and osteoarthritis. Finally—and even more concerning—studies have shown that people who are obese as children tend to be obese as adults.

What's happening here? In large part, it comes down to our lifestyle choices. Record numbers of both adults and children are succumbing to the temptations of TV, computers, and video games, and many of us simply don't get the exercise our bodies need to stay healthy. Naturally, parents who read statistics like these may be—and should be—concerned about their kids. More and more often, they ask themselves questions like "What can we do to help our kids be more active and physically fit?" One answer to this question is pretty simple: **To get your kids to be more active, engage in more active pursuits with them.** One of the keys to getting children to exercise more is to have them see their parents exercise more. That's the finding from a study published in the journal *Pediatrics*.



In the study, researchers at the University of Cambridge School of Clinical Medicine in England fitted 554 mother-child pairs with equipment to measure how much exercise they were getting when they were together as well as when they were apart.

Accelerometers tracked their exercise levels, and GPS devices measured how close they were to each other. Over the course of seven days, the findings were clear—the more physical activity the mother was engaged in while with the child, the more active the child was during the rest of the day. In fact, for every minute of moderate-



to-vigorous activity the mother got, the child was likely to get *ten percent more* of the same activity. Conversely, for every minute the mother was sedentary, the child was 0.18 minutes more sedentary. Both of these effects were more pronounced in girls than in boys.

These findings seem to indicate that parents can be effective role models for their children by getting more active exercise themselves. But parents don't have to drop their other priorities to do this. Incorporate small changes into your daily life. For example, rather than playing a board game together, go outside and play hopscotch. Or if you're planning a trip to your local playground, try walking instead of driving.

### Riddle answer:

He is walking.

### The Benefits of Exercise

### Popular exercise that you may be doing **WRONG!**

### The SQUAT

Read on to learn the proper way to perform the "perfect squat".



- Start by standing upright with your feet hip- to shoulder-width apart. Your weight should be on your heels — evenly distributed between left and right — throughout the movement.
- Keeping your back flat, push your hips back, bend your knees, and lower your body until your thighs are parallel to the floor (or as low as you can get them).



Other suggestions for becoming more active *with* your children include playing more sports with them, walking more with them, riding bikes together, or simply being outside and moving around in any capacity. Click [here](#) to continue reading.

### Faces in the Office

#### Meet Judy

As I have mentioned many times, I love working with families, and multiple generations of families. Judy is another example of that. Judy is also an example of someone whose original chief complaint of foot pain led to other ailments being fixed as well. Often, the problem isn't just where the pain is, but in other locations as well, and her foot pain led to resolution when we addressed the hip and low back as well!

Keep your head aligned with your spine (you should be looking at a spot several feet in front of you on the floor at the bottom of the move), and don't let your knees cave inward.

- Reverse the movement to return to the starting position.



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### Upcoming Events

Closed: Labor Day  
Closed: Sept 13th after  
3:00  
Closed: Sept. 15th

**Good Luck Dr. Nic on  
100 miles!**

BACK TO REGULAR  
BUSINESS HOURS

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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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