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Giebler Chiropractic Business Hours:

Mon: 8:00 AM to 6:00 PM
 Tues: 8:00 AM to 5:00 PM
 Wed: 8:00 AM to 6:00 PM
 Thurs: 8:00 AM to 5:00 PM
 Fri: CLOSED
 Sat & Sun: By appt. only
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We Need Your Help :)

Our Newsletter went to 400 people this month! Our goal is 500...please forward this email to your friends & family!!

Thanks in advance,
 Dr. Nic

Receive A Hand in Health...

[Join Our Mailing List!](#)

Riddle me This:

Dr. Nic loves running on trails...so here's a trail running riddle!
 You are lost in the woods and the path you are following forks into two: a path to the left and one to the right. One path will lead you to safety while the



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!

A Note from Dr. Nic

Frustrating! I have a leg bothering me-my left calf muscle to be precise-and I haven't been able to RUN! I have biked, walked, played 'GaGa Ball', lifted some weights...but I haven't been able to RUN. Because of this (and life's business in general) I've not been able to train properly and have had to cancel some running plans I had. I hoped to run the High Cliff Ultra 50k this weekend, and was really hoping to run the Marji Gesick 50 Miler in September. Both are off my calendar now. Ugh. I often tell people at my office that "My patients need patience."

I don't like having it myself, though. I have tried running on the leg a couple times and it has simply seized

other will cause you to be lost forever.

At the fork are two twin sisters who know which path is which. The sisters are identical in every way except one: one of the sisters always tells the truth while the other always lies.

You can ask only one question and you don't know which sister is which. What can you ask them so you know which path to take?

Did you know?

The number 9 is considered 'bad luck' in Japan. 9 is sometimes pronounced ku - with the same pronunciation as agony or torture.

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Formula 303



Natural Relief For Muscle Spasm, Tension, and Stress associated with:

- * Leg Cramps
- * Fibromyalgia
- * Muscle Pain
- * PMS Menstrual Cramps
- * Neck and Shoulder Pain
- * Mild Insomnia
- * Restless Leg Syndrome
- * Low Back Pain
- * Back Sprain and Strain
- * Pulled Muscles
- * Nervousness

Riddle Answer:

Ask one of the sisters which path their sister would tell you to take.

Let's say the left hand path is the correct one to follow. The sister that lies knows

up in less than a mile. As I type this, I hope to try it out again tonight (July 30th) so wish me luck.

In the meantime, let me use this as a learning experience and an opportunity to be thankful for what I DO have. I don't have any broken bones. I can walk. I can work. I can still help others. I can still remain healthy through other venues. And I can practice patience. Just like I tell my patients too ♦♦

Hopefully I have an updated running schedule and training plan come September's newsletter!

Upcoming Meditation

September is right around the corner! Because of that, I'd like to run this article again about an upcoming opportunity here at our office!

Earlier this year, I wrote a couple of columns on a new interest I decided to investigate-meditation and mindfulness. Because of ongoing and, quite frankly, worsening, issues with anxiety and poor sleep, I found myself looking for ways to "quiet my mind" more. I simply was not very good at being present and taking deep breaths and working through the big and little stressors of this thing called life. I often was thinking about past mistakes or worrying about future issues long before they arrived, leaving me unable to simply enjoy whatever present moment I was in.

Because of that, I faced a pretty big fear of mine. Well, several of them. I forced myself to spend time alone, in a confined space, without sound or other people or other sensory distractions. I went "floating". I spent several sessions in a "Sensory Deprivation Tank". The sessions were anywhere from 60 minutes the first time (which was terrifying!) to 90 minutes. The entire idea of the tank is to remove sound, vision, and skin sensations, so that one is left to simply 'be present' and focus of one's thoughts (or lack thereof) and one's breath. I won't get in to all the details of that experience (but you can find my article in the February 6, 2019 Tri-County News. Search "Nic Giebler Sensory Deprivation Tank" on the internet and you should see it.) but I will definitely say that while it was incredibly difficult it was also incredibly rewarding and has had positive impacts on my life, to this day.

Interestingly enough, not long after I began those sessions of "Floating", Dr. Michael Hetzner approached me about a new group he was hoping to start in the area. We had a wonderful discussion about the possibility of him leading Meditation Classes, and I was more than excited to bring them to my office! Personally, I know that for a long time, if someone told me they 'meditated', I would scoff at the idea, or brush it off. "Okay," I'd think to myself, "so you sit on the ground with your eyes closed for a while. Big deal."

It actually is a big deal...and there's so much more to it than that!

their truthful sister would tell you the left hand path, so as they always lie they will tell you the right hand path.

The honest sister knows their lying sister will tell you the right hand path and because they're honest, they will tell you this. So you should follow the opposite path to that which you are told, regardless of which sister tells you.

"I have been meditating, sometimes irregularly for about 40 years, since I became interested studying world religions in college," Dr. Hetzner shared with me. "Within days to weeks one may notice increased calmness and awareness of what is going on in your world. In the longer term, these qualities are more persistent," he continued.



Click [here](#) to finish reading.

Upcoming Events

Reminder:

Summer hours are ending, which means starting **Friday September 6th**, the office will be **OPEN** on **FRIDAYS** and **CLOSED** on **Thursdays!**

For High School Athletes, Sports-Related Back Pain Starts Early

People often assume that lower back pain (LBP) is just a problem just for the elderly, or for middle-aged adults who have a history of physical wear and tear. But this is simply untrue. The fact is that over 31 million Americans live with lower back pain on a regular basis, and a great number of them are adolescents.



High school sports are starting up any day now, and it's important that parents and coaches realize that low back pain is a serious issue—one that no high school or middle school student should experience—and one that should be evaluated thoroughly.

Recent studies have indicated that many high school students who participate in sports programs are at high risk for developing lower back pain—and worse, very few of them seek or receive proper chiropractic treatment. This is increasingly recognized as a legitimate public health concern: A 25-year-long study of adolescent risk factors for LBP, published way back in 2000, revealed that students who had lower back pain at age 14 were likelier to have back pain 25 years later than students who didn't have LBP when they were teenagers. Prevention of back pain in youth may contribute to the absence of back pain in adulthood! Click [here](#) to finish reading.

Faces in the Office

New this month is a feature titled "Faces in the Office" and our first one features **Wendy Boll!** I have seen Wendy at the office every month since I first opened up and enjoy our visits as we always have topics to discuss, such as work schedules, kids, and mutual friends. I'm very thankful to know Wendy and am thankful she agreed to be our first "Face in the Office"!



Meet Wendy:

- My husband and I live outside of Kiel. We have 4 children and 9 grandchildren.
 - I co-own [Image By Design, LLP](#), a salon in the community of Kiel, along with Ann Klapperich.
 - I like how friendly and professional the staff are. Dr. Nic always listens to my concerns. He keeps me in alignment, which makes standing for long periods of time much easier!!
- Best advice you've ever received?
- Take time to relax and enjoy your family. They grow up way too fast!!!!

Thanks again, Wendy, and I'll see you soon!

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.