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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 apt. only

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730 Calumet Ave.  
Kiel, WI 53042

920-894-2399  
Fax 920-894-7981

[nwg@gieblerchiropractic.com](mailto:nwg@gieblerchiropractic.com)  
[www.gieblerchiropractic.com](http://www.gieblerchiropractic.com)

#### \* We Need Your Help \*

Our Newsletter went to 390 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:



#### A Note from Dr. Nic

As you'll read about in another column in this newsletter...I think it's important to practice doing less every now and then. Here's another example.

Last weekend I participated in the "Bunkhouse 50k", which is a 33 mile run in the Southern Kettle Moraine State Forest. I completed the event last year, finishing in 5 hours and 18 minutes...but really struggling to finish the last 8 miles. A friend at the aid station got me to the finish line when I wanted to quit by reminding me that, "once you're done, your brain will have a much easier time finishing than your brain will if you don't."

He was right. I gutted it out and finished.

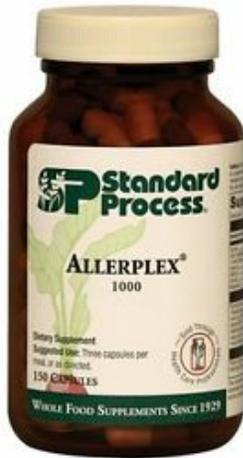
This year...I didn't make the entire run. I stopped after 22 miles. I'd like to say it was too hot, or there were too many biting insects, or my stomach didn't feel great, or I was injured.

The reality of it, though, was that I just didn't want to finish. I was tired. I was hot. But nothing was terrible. I was just ready to be done with that event. So I walked to the start-finish line after 22 miles and said, "I just don't want to run any more." I packed up and left.

I was worried that I'd be really beating myself up about it that

How many legs does a dog have, if you count the tail as a leg?

## Allerplex



Allerplex, with vitamin A, supports the body's ability to handle seasonal, environmental, and dietary challenges.\*

- Supports the body's natural ability to manage mucus movement
- Supports healthy liver function
- Supports healthy lung and respiratory function
- Contains a combination of key ingredients from Pneumotrophin PMG, Drenatrophin PMG, Cataplex A-C, Betacol, and Antronex
- Excellent source of vitamin A\*

## Did you know?

THE ANNUAL DELTA AQUARIIDS METEOR SHOWER IS UPON US, and it happens to coincide with a faint Moonlight that will make for a better viewing experience of this light show in the skies.

The meteor shower is active from about July 12 to August 23 every year, and peaks this week. Therefore, this week is the

afternoon, or the next day...but I haven't. I'm ok with it.

Do I plan to make "DNF's" a regular occurrence (this was my 2nd DNF while I have 76 finishes)? Absolutely not. But I was ok with myself doing less that day. I'm okay with that decision right now too.

Sometimes it's hard to do less. But sometimes that is the absolute correct decision too.



## The Role Exercise Plays

When someone decides to visit our office about musculoskeletal pain, back pain is the most common complaint. Sometimes back pain is the result of very specific trauma—a car accident or a slip-and-fall. Other times, however, its causes are much less obvious—cumulative years of poor posture, inactivity or bad nutrition, for example. The rest of this article looks at the role exercise can play in preventing and treating back pain.

It should come as no surprise that weak muscles are more easily injured than strong ones. That's why exercise (along with a good diet of healthy food) is the most important thing you can do to help ensure a healthy and pain-free back. Following are some of the best exercises\* to help prevent and treat back pain.

\*I add this asterisk because there are a lot of "back exercises" that you can find. Some are perfect for certain conditions, and others may not be as good. It's best to consult with your local chiropractor over at 730 Calumet Avenue in Kiel before getting serious about certain stretches, but I want to talk about the following exercises because they're a great place to start. And often, simply getting started and getting some movement will work wonders!

### Stretch: Knee-to-Chest

Start by lying on your back, knees bent and feet flat on the floor. Use both hands to pull one knee to your chest. After holding for about 20 seconds, return to the start position. Repeat this with the other leg. Next, repeat with both legs. These 3 pulls give us one complete set. Do one or two more sets to complete the session. Perform a session in the morning and at night.

perfect time to marvel at the Delta Aquariids shower.

Meteor showers are the broken off bits that fall off of comets and asteroids. As these rocky bodies of frozen gas, dust, and material that likely dates back to the formation of the Solar System travel closer to the Sun, the star's powerful gravitational pull can weaken them, breaking them apart as they draw near.

The dust that trails off from comets forms into a trail around their orbits. Our planet Earth passes through these trails each year during its orbit around the Sun, and some of the dust interacts with Earth's atmosphere and disintegrates to form the fiery streaks that we observe in the sky, known as meteor showers.

To view, find a place (get outside!) away from ambient lighting (put your phone down!) and look to the southern sky!



### Stretch: Rotate Lower Back

Start by lying on your back, knees bent, feet flat on the floor and arms stretched out to each side. While ensuring both shoulders remain flat on the floor, tilt your knees to one side, hold 5-10 seconds and return. Repeat on the other side. Do two or three more sets to complete the session. Perform a session in the morning and at night



Click [here](#) to finish reading.

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[Click here to go to our Facebook page!](#)

### Riddle Answer:

4. The fact you called a tail a "leg" does not mean it's a leg.

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In the age of political correctness we're living in, this nugget of wisdom from Abraham Lincoln (true story!) has never been more relevant.

### Upcoming Events

**Aug 3:**  
**The office will be closed.**

**Aug 8:**  
Dr. Nic is attending a

### Practicing Doing Nothing

For four or five Summers in a row, I've gone on a camping trip with my kids to a place in Wisconsin near and dear to my heart... The Minocqua area.

Growing up, I would camp there every summer and loved exploring the trails and campgrounds around "Big Muskie" and Crystal Lake, as well as Firefly and Fallison Lake. I had plans once again this summer to Camp up there with Edwin, 10, and Estelle, 8. Emerin will join us soon enough...when she's out of a diaper permanently.

Then, like most things about 2020, plans changed. The uncertainty of even being able to camp along with uncertainties regarding work, kids' sports, and pretty much everything else, and I decided to cancel that trip "Up Nort."

Instead we chose a staycation. We spent last Sunday through Wednesday camping at Long Lake in the Northern Kettles. The Kettles are another place near and dear to both my childhood self and my current self as I love camping and hiking and trail running throughout. While it wasn't a big adventure where we drove 4 1/2 hours North, it was absolutely wonderful. Because of less travel time and closer proximity to home, we had much more

Nutrition Seminar. Reduce your grains!

**August 22:**  
Dr. Nic is attempting the "12 Hours of Road America"  
Good Luck!

**August 30:**  
Stephanie's Due Date  
(boy or girl, we don't know)

time to simply relax and practice doing nothing.



Click [here](#) to finish reading.

### Faces in the Office

We would like to introduce two new faces to the office.

### Welcome Kate and Erin!



Kate (on the left) was born and raised in New Holstein. After moving away for several years, she moved back with her husband to her home town. Kate knows her way around the office well. On days off she enjoys hiking and geocaching with her husband Caleb and dog Kera. Kate recently finished her Chiropractic Technician Certification and looks forward to helping you heal quicker.

Erin (on the right) lives in Plymouth with her husband Mark & their son Liam. She attended the University of Wisconsin-Green Bay and graduated in 1995 with a Bachelor's Degree in Psychology & Human Development with an Emphasis in Clinical and Community Counseling. She enjoys going up north with her

family, fall weather, knitting & is an avid reader of many genres of books. Erin is active at her Church and in Scouting. She brings with her many years of Insurance and Human Resources experience.

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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.