



Giebler Chiropractic

A Hand in Health Newsletter

Issue One Hundred-Twentieth August 2021

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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: 8:00 AM to 5:00 PM
Fri: By Appt Only
Sat & Sun: By Appt Only

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A Note From Dr. Nic

Hug your kids.

It's not easy these days to be a kid. I was thinking about this as my son's baseball season came to a close. Eddy love sports, loves those activities...but man sometimes it's a lot of activity! He played in almost 20 games this year, and had just as many practices. That's a lot of time...and it's also a lot of ORGANIZED time and activity. You know...there's a score being kept. There are people watching. It isn't just 'free play.' After one particular game that involved a couple strikeouts, it got to him. Rather than tell him to forget about it, or suck it up, or try to 'fix' it in any other way, I just went in for a bear hug and decided he was going to have to let go of me first. A friend captured the moment, and it's one of my favorite moments. The same thing happened after his last game of the year, last Sunday. This time it was his mom who wrapped him up.

As I mentioned, baseball has ended. Soon enough, it'll be soccer, then school. More organized activity when maybe our kids just need to play. I am as guilty as anyone of looking to always be working on something with them, or organizing an activity. I've stated in the past that it's a practice for me to do nothing, and those moments of hugs reminded me of that. As I write this on

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:

What starts with a T,
ends with a T, and
has T in it?

Activated Charcoal Capsules



Our Activated Charcoal, made from Organic Coconut Shell, comes in easy-to-take, vegan, non-GMO capsules derived from pine trees. Activated charcoal is charcoal that has undergone an activation process giving it greater

Monday, after last night's game, I've been informed the kids have done a whole lot of NOTHING today. And that's a good thing.

Soon enough those organized activities will start stacking up the calendar again. But I'm going to remind myself to not let go when those hugs occur, and just be present when they happen.

That's the big take home point.



Masks and School

As the fall school year approaches, I want to share some thoughts and evidence as to why our kids should be in school, without masks, and returning to normal like. It seems that as the "Delta Variant" of covid spreads, there is once again a strong push developing to mask and restrict our kids from experiencing a school environment that is 'normal', or pre-covid.

Without further ado...here's some information regarding masks and kids in schools.

- A study from Yale University looked at mitigation strategies in school districts in Florida, New York, and Massachusetts. It found "We do not find any correlations with mask mandates."
- Despite the American Academy of Pediatrics recommending masks, there are zero credible studies done to back up their recommendation. In

adsorption ability due to increased surface area. Unlike *absorption*, which draws molecules into a material, *adsorption* draws molecules to adhere to the surface of the material.

Activated charcoal is suggested for use in the adsorption of certain types of ingested toxic substances, which may support overall health.

Since limited studies have been done on the use of activated charcoal for occasional gas and bloating, we recommend speaking with your healthcare professional to determine the best dosage for you or your family.

Each bottle comes with 20-40 servings.

Did you know?

Your joints can make a variety of sounds: popping, cracking, grinding, and snapping.

The joints that “crack” are the knuckles, knees, ankles, back, and neck.

There are different reasons why these joints “sound off”.

-Escaping gases:

fact, several studies have shown increased CO₂ in masked kids, with the highest rates occurring in younger children.

- To be straight forward and blunt, kids do not wear masks appropriately. They often touch them, adjusting them, even sometimes salivating into them. Add in the fact that often these masks are not clean or new, and may harbor harmful bacteria, and you have the result of kids actually exposing themselves and others to MORE infectious agents, rather than preventing the spread of viruses or bacteria.
- Click [Here](#) to finish reading.



"Follow the Science"

Kids, Covid, and Vaccination.

Should we be vaccinating children as young as 12, or even any younger than that, for Covid?

Let's “follow the science”, as we seem to hear so often.

First, there has been a small Pfizer-sponsored study of 2260 adolescents randomly either received a vaccination or a saline injection (basically, a placebo). The resulting paper concluded that the vaccine “had a favorable safety profile”, however, based on data presented in the study, in the age group 12-15 years, 7/1131 vaccinated vs. 2/1129 unvaccinated had a severe adverse event, which is a 3-fold increased risk. I am not actually sure of the definition of a “severe adverse event”, but I don't like the sound of it. Also in the study, it was found that the 16-25 years age group, 9/536 vaccinated vs. 3/561 unvaccinated had a severe adverse event, likewise a 3-fold increased risk. The combined results indicate a 3.28-fold increased risk in severe adverse events among children and young adults, age 12-25.

This is the equivalent of 1 of every 100 vaccinated child experiencing a severe event, vs. 3 of 1000 unvaccinated.

This is not to say that the vaccine isn't effective at

Scientists explain that synovial fluid present in your joints acts as a lubricant. The fluid contains the gases oxygen, nitrogen, and carbon dioxide. When you pop or crack a joint, you stretch the joint capsule. Gas is rapidly released, which forms bubbles. In order to crack the same knuckle again, you have to wait until the gases return to the synovial fluid.

-Movement of joints, tendons and ligaments:

When a joint moves, the tendon's position changes and moves slightly out of place. You may hear a snapping sound as the tendon returns to its original position. In addition, your ligaments may tighten as you move your joints. This commonly occurs in your knee or ankle, and can make a cracking sound.

-Rough surfaces:

Arthritic joints make sounds caused by the loss of smooth cartilage and the roughness of the joint surface.



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stopping Covid. But like everything else in life, at what cost? And this is nothing new with vaccines. For example, an effective and protective measles vaccine had to be withdrawn after being associated with 2-fold higher mortality rate for females. There was also a malaria vaccine that was associated with 2-fold higher mortality rate in females and was also withdrawn. While the vaccines protected against the target disease (measles, and malaria), they *increased* the likelihood of other diseases substantially. Thus, as the Covid vaccine study showed, the protection against Covid may come at the cost of susceptibility to other infectious agents or side effects.

And there are other vaccines that were shown to have problems. The 1976 swine flu vaccine caused Guillan-Barre syndrome in at least 450 people. The H1N1 vaccine in 2009 caused several thousand cases of narcolepsy.

There has also been considerable concern about cardiomyopathy issues in young adults after receiving the Covid vaccinations.

Given that children, all along, have been 'dead ends' for covid, meaning that they don't really spread it and show only minor symptoms, if *any* symptoms...is it worth pushing this vaccination on them?



Should COVID-19 be a vaccine disease or a childhood disease? Should it be something that we vaccinate against (add it to the CDC schedule) or should it be something that we allow children to naturally contract and then become defended against by their immune system? Many seem to assume that COVID-19 will become a disease for which we vaccinate the whole population perhaps annually or biannually, as there has been talk for several months already about 'boosters' needed, and that talk has increased with the increased Delta variant spread. To vaccinate an entire population repeatedly sounds incredibly expensive - and potentially harmful, if the (repeated) vaccinations have negative effects. I say this as a whole, but especially when it comes to our children...heck, I'd define 'children' as anyone under the age of 25.

It has been shown over and over again, in copious data, that Covid very rarely causes severe disease in children. Therefore, the safest and cheapest way

Facebook page!

forward would be to treat it as a 'childhood disease', something that kids get, respond to, and then live with innate protection against. This may sound scary to some of you, but it is ok to allow Covid to infect children, who thereby likely become protected against severe disease well into late adulthood. In fact, I read the following while putting together this column:
Click [Here](#) to finish reading.

Riddle answer:

A teapot.



Upcoming Events

OFFICE CLOSED
Tuesday, August 10th.

SUMMER HOURS
End the week of Labor Day

Faces in the Office

John Riehn



I have been seeing John (and, because of John, several members of his family too) about once a month for as long as I have been in Kiel...which is longer than I thought, now that I bring it up. John is friendly, funny, and engaging, and he is always pretty easy to adjust because he almost always schedules his

adjustment right after a massage. The total benefit of Massage and
Chiropractic is much greater than the sum of its parts!

I will look forward to seeing John in the next couple months...as it's almost
Hunting Season!

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.
