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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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* 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!](#)



A Note from Dr. Nic

We're back! As on Monday June 8th, Giebler Chiropractic will be returning to regular Summer office hours as listed on the left sidebar, and we will be welcoming new patients and reactivating patients who haven't been in for a while due to 2020 being CRAZY.

We are looking forward to a return to something regularly scheduled and normal. We won't have magazines for your reading enjoyment anymore, nor will there be toys for the kids. We WILL have magazines available for you to take home, and please sign up for our newsletter, or pick up a copy of it at the office and share with a friend!

We miss you and look forward to smiles and wellness soon!

Nutrition and Immune System

Everything Begins on Day One

Over the past few years, scientists have continued to learn remarkable things about the way that the microbes in and on our bodies--sometimes referred to as our "microbiome"--affect our health. In particular, they've discovered that the number and kinds of bacteria that colonize our digestive tract early in

Riddle me this:

A young man lives in an apartment in rainy London, England.

He goes outside only a few times per week to get supplies due to the coronavirus affecting the United Kingdom.

However, these incidences follow a weird pattern. When it rains or when there are others inside, he takes the elevator.

Yet when he is alone or it is sunny outside, he takes the stairs.

Why might the man do this?

Florajen



Florajen Digestion is recommended for adults taking antibiotics because it contains a unique blend of three probiotic cultures especially effective for restoring and maintaining gastrointestinal health, which can be disrupted by antibiotic treatment.

A healthy balanced body has over 100 trillion microflora, but when you take antibiotics, things can get off track. Antibiotics don't discriminate between good and bad bacteria - they kill both and can disturb the natural microbial balance, often with unpleasant side effects.

life seem to play an important role in the development of our immune system. Along with this discovery, researchers have also begun to identify specific factors that they believe can prevent the right combination of microbes from being introduced, potentially resulting in a variety of immune disorders.

What are some of these factors?

Vaginal birth versus cesarean section. By traveling through the mother's birth canal, babies receive bacteria that colonize the gut and help to regulate immune system development. Some research suggests that babies who are born through cesarean section do not receive them and are more prone to allergies and other immune system problems.

Breast feeding versus formula feeding. A mother's milk kick-starts the baby's immune system. It contains antibodies that help ward off infections--especially those that involve the digestive system--while the baby's own system matures.

Babies who are formula fed do not receive these antibodies (though they do receive a degree of passive immunity through the placental wall in the three months prior to birth) and tend to have a higher incidence of bacterial and viral infections.

Early use of antibiotics. Early use of antibiotics--particularly broad-spectrum antibiotics--can kill off the good bacteria that are colonizing the baby's digestive tract as well as the bad ones being targeted. This can change the composition of microbes that live in the baby's gut at the same time his or her immune system is developing.



Later in Life: Your Diet and Your Microbes

While the evidence linking gut bacteria with immune system development continues to grow, there is also mounting evidence that the food you eat can have an impact on those microbes later in life. This in turn may have a real impact on your overall health and wellness.

One of the more recent studies that show the relationship between diet and microbiota was conducted in 2014 by researchers at Duke and Yale. In this study, researchers compared the microbiota of a group of volunteers. For five days, the volunteers limited their diet to rice and vegetables. After eating their regular diet for a week, the volunteers then spent another five days eating only animal and fatty products. The results showed that only three days after each dietary change there was a significant variation in the type of

Did you know?

On July 3, 1776, John Adams, who went on to become our second president, wrote a letter to his wife, Abigail, to tell her how excited he was that Congress had voted in favor of independence. "The Second Day of July 1776, will be the most memorable Epoch, in the History of America," he declared. Adams so firmly believed that July 2 was the correct day on which to celebrate American independence that he refused to appear at July 4th events as a matter of principle.

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Riddle Answer:

He is too short to reach the floor button, so he needs an umbrella or someone else to push it for him

Upcoming Events

**July 2nd & July 3rd:
Office will be
CLOSED
Happy Independence Day!**

**July 20th & 22nd:
Office will be
CLOSED**

microbiota present.

Click [here](#) to finish reading.

New Normal

As we move beyond the Summer Solstice and fully into the Summer months, what would you like your "New Normal" to be?

Many people who I see at the office are beginning to find their New Normal with their first visit to a chiropractor because they want to feel better. Getting some pain relief through chiropractic often isn't instantaneous. After the first adjustment or two I often hear from people that they feel a little bit more sore. This is common and the way I explain it to them is that I'm kind of like a personal trainer, finding tight joints and weak muscles and exercising them. One goal that I have is to create a "New Normal" of range of motion and muscle tension within certain parts of the body so that the body can move more efficiently and with more ease...and less disease.

The human body is pretty amazing and will adapt incredibly quickly to new challenges. An object in motion will stay in motion, and an object that is "stuck" will stay stuck. That's the power of the adjustment and exercise. One perfect example of someone discovering a New Normal has been going on in Wisconsin for the last several weeks.

Coree Wolterning started running the Ice Age Trail in Western Wisconsin on June 1st. This past weekend I had the pleasure of meeting up with Coree as he works towards completing a "Fastest Known Time" on the Ice Age Trail. The IAT, a National Scenic Trail, meanders through Wisconsin for a total of 1200 miles. Its Western Terminus is at Interstate State Park on the St. Croix River in Northwest Wisconsin. The Ice Age Trail travels East in northern Wisconsin and then turns to the South, heading through Wausau, then the Dells/Devils Lake, and around the Madison area, before heading northeast to the Southern Kettle Moraine State Forest, Northern Kettle Moraine State Forest, and then Northeast where it finally ends at Potawatomi State Park. Coree has averaged over 50 miles per day, battling heat, humidity, storms, mosquitos and ticks, and as seemed to get stronger by the day! He as carried a GPS tracker which allowed people to follow along online as he made his way, leading to many people joining him for some miles or providing some aid as he goes. Last Sunday, he started his day just south of Plymouth, where the Ice Age Trail crosses at Highway 67, and by the middle of the day had made his way all the way to Walla Hi County Park. That's where I, along with my son Edwin, met him and his crew, and shared a couple of miles of running. It was really exciting, and although

Eddie was a bit shy at first, once we were back in the car, he asked a lot of questions. One being... "When are you going to run the whole Ice Age Trail, Dad?"

Click [here](#) to finish reading.



Faces in the Office

It is a pleasure to see David and Laura and their girls in our office each month! David and Laura are both avid runners--with Laura even completing a 100-mile run!--and they are kind, friendly, and always smiling. See you both soon at the office and thank you for being part of our Chiropractic family!



Tell us a little about yourselves:

We live in Kiel with our 3 daughters, ages 6, 8, and 10. David works as an engineer for Oshkosh Defense. Laura just finished up our third year of homeschooling and before that taught elementary and middle school in Kiel for 14 years. We live a healthy lifestyle and enjoy being an active family. We love being outside, going camping, biking, hiking, and swimming. David loves all kinds of sports and did a half ironman triathlon last summer. Laura loves running trails and doing ultramarathons. She completed the Kettle 100 Miler last summer and is currently training for the Hennepin 100 Miler this fall. She also teaches skin care using healthy, natural L'BRI aloe-based skin care products. What you put on your body is just as important as what you eat. We try to eat healthy and pass on our values to our daughters and they love picking food right out of our garden. We are active with

our church at Gloria Dei Lutheran Church and lead Sunday School and Vacation Bible Camp. We love Girl Scouts and Laura coaches Girls on the Run every fall.

What do you like about Giebler Chiropractic?

We like how helpful and caring everybody is. There are always friendly smiles to greet us when we come in for appointments. As endurance athletes we feel we are in great hands with Nic because as an ultrarunner himself, he knows exactly what our bodies need and how to properly care for them. He's positive, goal-oriented, and loves helping others.

Best advice you've ever received?

Think positive. Dream big. Believe in your dreams. Nothing is too crazy. Is it scary, but exciting? Then be brave and go for it. There is no practice life.

David, Laura, Sara, Katie, & Emily Hoban

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.