

A Hand in Health Newsletter

Issue One Hundred-Fourteen

June 2020

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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!](#)

Riddle me this:



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!

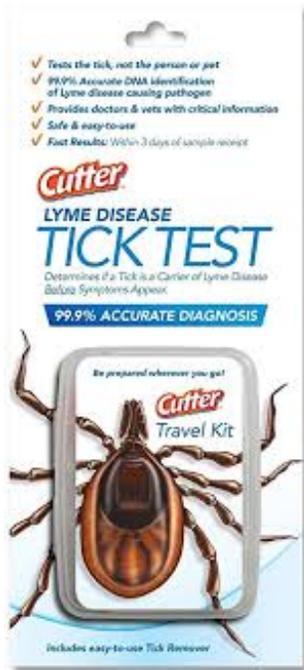
Summer SAD

Chances are good that you've heard the term "Seasonal Affective Disorder (SAD)" before. And you probably even know someone-perhaps a family member, friend or colleague-whose quality of life suffers as a result of this condition during the winter months. This happens because their pineal gland produces less serotonin (a "happy hormone") during shorter days with less daylight, causing depression and listlessness.

But did you know that SAD has a summer equivalent as well? Studies performed on subjects who live in countries close to the equator have found that people do indeed suffer

What word in the English language does the following: the first two letters signify a male, the first three letters signify a female, the first four letters signify a great, while the entire word signifies a great woman.
What is the word?

Cutter Tick Test



Providing a quick, inexpensive and 99.9% accurate DNA test result.

For victims of tick bites, a swift, correct diagnosis of the presence of Lyme Disease is of critical importance, so if infected, doctors or vets can determine treatment.

Tick Test kits are compact and durable, perfect for storing in your medicine cabinet, or for convenience, in your back pack, golf bag or first aid kit.

Available in the office for \$29.99!

Did you know?

One single, thin noodle of pasta is called a "spaghetti". Spaghetti is the plural form.

Find us on Facebook!

from SAD in the summer months, even without the more extreme seasonal changes in daylight hours that come with living closer to the poles. Although "Summer SAD" is thought to affect only 1% of the population, it is nevertheless a very real health phenomenon. For some people, the seasonal change to summer can cause depression, agitation and irritability. This is especially true in 2020, when we are working through a rough patch of quarantine/safer at home isolation. As we move past the unofficial start of summer known as Memorial Day Weekend, let's look at some factors that can play in to feelings of sadness and lulls in energy this time of year.



High Temperatures and High Humidity

Increased heat and humidity can make it more difficult to sleep and to be active. Even chores like shopping and cooking can become more difficult. Ongoing discomfort and loss of appetite make it harder to enjoy life.

Changes in Routine

We are also very much creatures of habit, and changes to our daily routines and circadian rhythms (which are responsible for the sleep-wake cycle, among other functions) can upset our balance. Households often go to sleep and wake up at different times and must adapt to new schedules. In the midst of all that, many families also choose to take their annual vacation during these months, which further complicates life- especially if there's travel involved. Your habits of sleep, work and meals can change radically in the summer months.

Fewer Clothes to Hide Behind

Then there's the issue of body image. During the cooler months, those people uncomfortable with their body image can cover up in loose sweaters. Not so in the summer!

Click [here](#) to finish reading.

On Top of the World in a Week

Like most other activities and events this Spring, my running events were either cancelled or postponed. I tend to be a person who needs something on the calendar to look



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

Riddle Answer:

Heroin

Upcoming Events

June 12th:

The office will be closed, and Giebler Chiropractic will be commencing our "Summer Hours" -- open Thursdays, closed Fridays.

June 12th:

Dr. Nic is taking his son and 3 friends camping. Good luck and don't forget your Tick Test Kit!

July 2nd & July 3rd:

Office will be

CLOSED

Happy Independence Day!



forward to as a goal, so, while I had more 'free time' on my hands in the last 2 months, I didn't really have anything to train for, when it came to running and exercising. Then I found the "Limitless Vertical Challenge."

The Limitless Vertical Challenge was an opportunity for runners, hikers, and athletes around the world to test the limits of their endurance and seek to surpass them. A virtual race, not measured in miles but by vertical gain, challenged its participants to keep working toward greater heights. One more step, one more mile, or even one more mountain. It ran from May 25 to May 31, and participants could use a treadmill, and stairway, or whatever hill or mountain they had access to. Again, the goal wasn't a certain distance, but instead elevation gain. I signed up almost immediately and began working out the logistics. You see, it was about more than just going 'uphill' a lot. I would also have to go back down! And if a hill was steep, that meant it would be more difficult to descend over and over again. Living where we live, there aren't any hills that are 200 feet tall either, so it was going to be a lot of repeats. On top of that, regarding scheduling, I was going to need to work around a work schedule that was getting busier and also family time-after all, I was the math and science instructor during their home schooling!



(sunrise from the Parnell tower on 5/25)

This was the third time in my running "career"-if you can call it that-in which I truly didn't know if I could do it. I remember getting dropped off at the start line of the Chicago Marathon in 2004 and truly wondering if I would finish. I also remember the start line of my first 50-mile run...having no idea how on earth I would cover 50 miles.

But on both occasions, I finished...and immediately was wondering, "Okay, what's next?" That's a fault of mine. I need to work on being happy and present with 'today' and not persistently looking for what's 'next'.

Going into this Challenge, I was not sure if I'd have the

time, or the legs, or the ability to remain injury free from the constant pounding of an entire week of uphill and downhill. I got off to a decent start with 4 hours of repeats at the Parnell Tower. Yikes...that sounds crazy in and of itself, yet after Monday (Day 1) I was only at 4,610 vertical feet of gain out of 20,029 (the elevation of Mt. Everest). If I only gained 4,600 feet in four hours of activity...I was never going to get to my goal.

Click [here](#) to finish reading.

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.