

In This Issue

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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: CLOSED
 Fri: 8:00 AM to 5:00 PM
 Sat & Sun: By appt. only

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* We Need Your Help *

Our Newsletter went to 385 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



Last week I had an opportunity to speak to a group about "Fall Prevention" at Fox Valley Tech in Chilton. I thoroughly enjoy those opportunities.

This is a group who is taking time out of their Tuesdays to be active, to learn, and to invest in their long-term health. I love the opportunities to talk to groups, small or large, and if you have an opportunity for me, please let me know!

Jaw Pain and How We Can Help

Ever heard of a "TMJ" issue? Ever had jaw pain? I'm fortunate that I haven't, but I've seen it over and over again at the office and thought I'd share a bit about the jaw.

TMJ stands for Temporomandibular Joint. TMJ disorders are a set of conditions that involve pain along with limited range of motion in the jaw. The jaw is a sliding hinge joint that is connected to the skull through 68 muscle pairs located in front of the ears. These muscle pairs are important for speaking, chewing, swallowing, and yawning, and are among the most frequently used in your body.

What causes TMJ disorders?

TMJ disorders can be caused by a variety of factors, often in combination. This means that it can sometimes be difficult or impossible to isolate the exact cause of a patient's problem. There is a disk in the jaw known as the articular disk, which separates the skull from the condyle head of the mandible.

Riddle me this:

What is seen in March and April, but never at the beginning or end of the month?

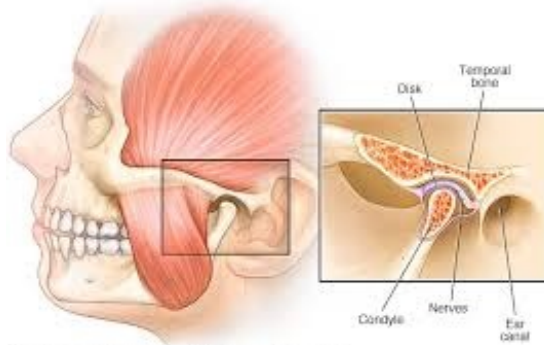
Multi-Enzyme

High potency plant and animal-based enzyme complex with hydrochloric acid and ox bile extract for comprehensive digestive support.



Because different enzymes are needed to break down proteins, carbohydrates, and fats, a combination of multiple enzymes is recommended for overall digestive support. Included in this formula are the following enzymes: pancreatin (supplying amylase, protease, and lipase), pepsin, papain, and betaine HCL for the breakdown of proteins, and diastase for the breakdown of starches. Ox bile extract assists in lipid breakdown so that lipase is even more effective. It also aids in absorption of fat soluble vitamins. Supplementation with digestive enzymes such as amylase, protease, and lipase can help the body to digest fats, proteins, and carbohydrates. When patients

Misalignment of this disk (often from stress-related clenching and grinding of the teeth) is a frequent cause of TMJ disorders. TMJ disorders can also be caused by missing or crowded teeth, or even sleeping on your side with your hand under your



face, or trauma including whiplash. Experts estimate that anywhere from 10 million to 35 million Americans suffer some form of TMJ disorder at any given time.

Symptoms of

TMJ disorders include pain and stiffness upon opening or closing the mouth, or a cracking, grinding or popping sound when using the joint. The condition creates significant wear on the joint and can have serious consequences for normal daily use of your jaw.

What can be done?

Chiropractors are experts in diagnosing and treating musculoskeletal problems, including TMJ disorders. Their specialized training and experience in using manual therapies to realign joints make them particularly well-suited to treating TMJ disorders.

Click [here](#) to finish reading.

Are We Sitting Ourselves to Death?

Whether we like to admit it or not, the technology in our lives-and the fact that we use much of it while sitting down-is contributing to a growing list of health problems in our society. Those who sit at a desk all day or sit behind the wheel of a car or truck with little or no exercise are at increased risk for a number of chronic health problems.

According to the Mayo Clinic, those who have such a sedentary lifestyle are in danger of things like "obesity and metabolic syndrome - a cluster of conditions that includes increased blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels."



One study showed that those who spend a large amount of time in front of a television or other forms of screen

exhibit decrease digestive ability, digestive enzyme supplementation may prove beneficial.

On **SALE** this month only-
25% off !!

Did you know?

Alaska is the only state whose name can be typed within the same line on a keyboard.



Find us on Facebook!



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

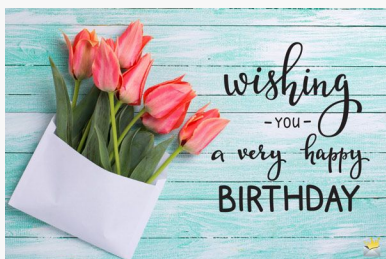
Riddle Answer:

The Letter R

Upcoming Events

March 18th:

Happy Birthday to the Assistant to the Office Manager, Ellie!



March 23rd:

OFFICE CLOSED

March 24th:

OFFICE CLOSED

entertainment had roughly a 50% greater risk of death from any source. It's not really difficult to imagine why this might be the case. Greater body weight combined with lower strength and stamina and reduced balance and flexibility means less agility and durability. This in turn raises the likelihood of more accidents or injuries. The same study showed a 125% greater risk of problems from cardiovascular disease. Care was taken to separate the risk of sitting from that of high blood pressure. Those who had the same high blood pressure, but who sat less, had fewer incidents of health problems.

WebMD has added cancer to the list of ailments for which excessive sitting may be a risk factor. One Australian study of 63,000 older adult men showed that men who sat for more than 4 hours a day were more likely to have a serious, chronic illness than those who sat for less than 4 hours per day. Above 6 hours per day, men were at significantly greater risk of diabetes. Those who regularly sat more than 8 hours a day had the highest level of health risk.

Yet another study showed that back pain strikes 80% of all adults at some time in their life. A significant number of these people suffer because they sit too much. Their core muscles lose conditioning and their waistline becomes a burden that causes the back muscles to do more work to make up for soft abdominals.

Click [here](#) to finish reading.

Faces in the Office

This Month's "Faces in the Office" are Tony, Kelly, Lucas, and Leah! I have worked with them on a variety of health needs, from running-related hip pain, to foot issues in Lucas, to shoulder problems in Kelly. I also thoroughly enjoy how Leah hides on me and then scares me every time I walk in to the room...one of these times i'll remember to look for her and maybe scare her back! Thank you to the G's for all the fun visits here at the office!



Meet the Gozdziwski Family:

Tony and I have two children, Lucas and Leah who attend Divine Savior School in Kiel. I am a 1st grade teacher at New Holstein Elementary School, and my husband works for the Kohler Company in the communication department. We enjoy running, taking family walks/hikes, golfing, and playing basketball and softball. We love to exercise and greatly enjoy being outside!

What do you like about Giebler Chiropractic?

EVERYTHING!!!! Dr. Nic is a phenomenal person, he is more than just a doctor , he is a friend who truly cares about everyone he meets!

His staff is absolutely the best! They are the sweetest women, always kind, cheerful and caring. And always ready for a good laugh when the G family walks in the doors!!

Never in a million years would I have thought our son with sensory processing disorder would be able to get adjusted, but because of Dr. Nic he has helped change his life! Our son has been through so many different surgeries, procedures and tests in his life, and has seen numerous medical doctors, however after meeting Dr. Nic there is no one else we trust more! Dr. Nic is so compassionate to our son, and no one else has been able to do what he does for him! Dr. Nic makes my children laugh so much they BEG to come see Dr. Nic!!! We ALL LOVE Dr. Nic and are so grateful to him and his staff for all the help and advice they have given us in the last couple of years!! We are so appreciative of the friendships we have gained through Giebler Chiropractic!

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.