



## A Hand in Health Newsletter

Issue One Hundred-Thirteen

May 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: 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 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...

### A Note from Dr. Nic

Well, it's been a heckuva month! April snuck right in and we didn't even notice nor create a newsletter, and now here it is, April 30th...and we are scrambling to get this one together!

Both of the following columns in this Month's newsletter touch on the importance of getting outside. I am going to touch on it here as well...as I can't emphasize enough how important this is, right now.

A friend and mentor of mine used the phrase, "Faith, not Fear." This is exactly what we need. We need to do everything we can to weigh the odds in our favor when it comes to our health. Eat right. Work on inner peace and stress management. Get adjusted. We cannot isolate ourselves and our lives and expect things to just get better. We need to LIVE!

All of us need to be taking care of our immune system. And exercise, sunlight, and the outdoors have all been shown to help with that.

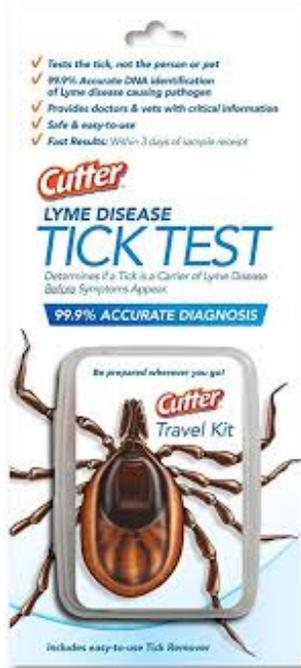
Exercise can contribute to general good health and therefore to a healthy immune system, according to literature from Harvard Medical School. It may contribute even more directly by promoting good circulation, which allows the cells and substances of the immune system to move through the body freely and do their job efficiently.

Join Our Mailing List!

### Riddle me this:

I'm heavy forward, but backward I'm not. What am I?

### 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?

Cinco de Mayo in Mexico, Spanish for "Fifth of May" is an annual celebration held on May 5. The date is observed to commemorate the Mexican Army's victory over the French Empire at the Battle

A study conducted by Georgetown University Medical Center acknowledges the role sunlight plays in vitamin D production, but also found another surprising benefit: "Sunlight directly activates key immune cells by increasing their movement," according to one of the researchers. T cells—a type of white blood cell crucial for immune response, were found to be more mobile after test subjects were exposed to sunlight.

And simply spending time outdoors has been associated with a range of health benefits, from lower incidence of diabetes to decreased blood pressure. It may even lower your risk of a heart attack.

Please **"#getoutside"** and get some fresh air!

### Most Effective Disinfectant? Nature.

If you've read my columns for any amount of time, you're aware of my propensity to urge you to "get outside." In my opinion, right now it's more important than ever. This may make some of you feel uncomfortable, but I believe we are safer outside and in nature than we are in other places that we are frequenting these days. Walmart, the grocery store, gas stations...all of these spots may get us sick. It's very unlikely that "the woods" will. And there is some pretty solid research to back this up, which I will share in a moment.



There is a plethora of scientific literature and anecdotal experiences that show that outside air is immensely safer than indoor air within constrained spaces. Recent studies have found that the vast majority of transmission in areas like New York City are due to public transportation (subways, buses, etc). Dense and heavily populated areas (perhaps like the stores that are currently deemed 'essential') may put you at more risk than the Kettle Moraine State Forest.

- One study from last month in China examined 1245 confirmed cases and found that exactly two of the cases could be attributed to transmission in an outdoor environment from one person to another.
- Nishiura et al., 2020: Transmission of COVID-19 in a closed environment was 18.7 times greater compared to an open-air environment (95% confidence interval).

of Puebla, on May 5, 1862, under the leadership of General Ignacio Zaragoza. The victory of the smaller Mexican force against a larger French force was a boost to morale for the Mexicans. Zaragoza died months after the battle due to illness. A year after the battle, a larger French force defeated the Mexican army at the Second Battle of Puebla, and Mexico City soon fell to the invaders.

In the United States, Cinco de Mayo has taken on a significance beyond that in Mexico.

More popularly celebrated in the United States than Mexico, the date has become associated with the celebration of Mexican-American culture. These celebrations began in California, where they have been observed annually since 1863. The day gained nationwide popularity in the 1980's thanks especially to advertising campaigns by beer and wine companies. Today, Cinco de Mayo generates beer sales on par with the Super Bowl.

Considering most of the Cinco de Mayo beer sales is Corona...this could be a big year of celebrating!

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**Riddle Answer:**

a TON

- Lidia Morawska, professor and director of the International Laboratory for Air Quality and Health at Queensland University of Technology in Brisbane, Australia, stated the following: Being outdoors is safe, and there is certainly no cloud of virus-laden droplets hanging around... Firstly, any infectious droplets exhaled outside would be quickly diluted in outdoor air, so their concentrations would quickly become insignificant.

Click [here](#) to finish reading.

## Corona & Lyme in the Month of May

There have been many 'silver linings' regarding the current pandemic. Much more time has been spent with our kids than ever before. (Sometimes too much!) We are also able to find new activities to take part in and spend more time outside in nature...despite our state's administration now shutting down many state parks and national forests.

I've been outside with the kids even more, and last week I found my first 2 ticks of the season. Luckily they were just crawling around on me, looking for a spot to start digging in. This is early April, but it's time to start checking.

The month of May is Lyme Disease Awareness Month, and here in Wisconsin, we ALL need to become much more vigilant about this disease. It continues to be on a dramatic rise, and it is not anything you want to take lightly. Having experienced Lyme Disease personally and having seen it multiple times in the office in the last several years, I can attest that it is a terrible condition. You need to do all you can to protect yourself, your pets, and most especially...your children.

In June of 2008 (it has been Twelve YEARS ALREADY?!), while I was working in Plymouth, I attended a nutrition seminar in Stevens Point. (Oddly enough, it was at this seminar that Dr. Mike Schleicher first asked me if I was interested in taking over the chiropractic office he owned in Kiel!) Being an avid trail runner, I stopped just outside of Waupaca to go running on a segment of the Ice Age Trail. That trail was not very well-kept and was very overgrown. For most of the run, I had to duck under tree branches and my legs were constantly brushing up against the long grass along the sides of the trail. The 'trail' was barely a trail.

After about a 2-hour run, I was back at my car and continuing my drive to Stevens Point. Upon arrival at my friend's house, where I was staying, I took a shower. In the shower I found 4 wood ticks on me. By the end of the day, I had found 3 more. It was absolutely disgusting.



That night, I was sitting on my bed and texting Ellie about my day. While doing that, I noticed a little black bug crawling along my thumb. This one wasn't a wood tick. It was a deer tick, which is much smaller, but much more likely to carry Lyme Disease.

Needless to say, I didn't sleep well that night. I had a nonstop sensation of bugs crawling on me. Imagine that! Fast forward 3 weeks, and I was feeling really run down. I remember finishing up a normal Friday at work and being exhausted. I had a headache that made my face hurt when I would move my head in any direction. Although I rarely get headaches, I just assumed it was no big deal, and went out for dinner that night. During dinner with my parents at an Irish restaurant, the headache subsided with a pint of Guinness.

Saturday morning I woke up with the same headache. And a low back ache. I'm a chiropractor and was only 27 years old at the time. I had never experienced low back pain until then! Unfortunately, things continued to go downhill, and my temp continued to climb, all the way to 102 at one point. The worst part?

In bed Saturday night I alternated between sweating fevers in only my underwear and shivering chills in sweatpants and a sweatshirt. Three times during the night I woke up and changed clothes again.

Click [here](#) to finish reading.

## Faces in the Office

Meet the Schefflers! I first met Lori shortly after opening Giebler Chiropractic, and not long after that I was seeing the kids and Robert as well.

Cameron is a lot of fun, and I enjoy giving him a hard time...and he takes it well.

I'm so humbled and thankful for the trust of the entire family! Thank you Scheffler Family!



*About the Scheffler Family:*

We are the Scheffler family from Valders. We are a family of 5; Rob (Dad), Lori (Mom), Garrett (24), Andrea (23) and Cameron (12). The family is involved in the agriculture community, home services, telecommunication for Outagamie County and a student at Valders Middle School.

Giebler Chiropractic and Dr. Nic have helped each and everyone in our family. He was there with much knowledge in helping our daughter during her 4 hip surgeries due to Legg Calve Perthes Disease and her gluten allergy. Our youngest son broke his femur almost 2 years ago and Dr. Nic worked with him keeping in alignment to help his body in the healing process. These are just a few extreme challenges that Dr. Nic has helped us with along with the everyday issues that my husband and I have with our back and hips. I have also learned a lot over the years from Dr. Nic in chiropractic care along with nutritional care. He is truly a wealth of knowledge and is always up for any type of question. If he is unsure of the answer, he is sure to look into it and will find the answer.

*What do you like about Giebler Chiropractic?*

Giebler Chiropractic is a friendly and welcoming office. The office ladies are always in a pleasant demeanor and always helpful. They are all always helpful in times of immediate need for an appointment as they ALL certainly care about the well being of their patients.

*Best advice you've ever received?*

Taking care of your body with routine alignments is as important as routine oil changes for your vehicles.

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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.