

### In This Issue

**A Note from Dr. Nic**

**Da Agony of Da Knees**

**"Now...just take a deep  
breath..."**

**Faces in the Office**

### 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

\*\*\*\*\*

730 Calumet Ave.  
Kiel, WI 53042

920-894-2399  
Fax 920-894-7981

[gieblerchiro@gmail.com](mailto:gieblerchiro@gmail.com)  
[www.gieblerchiropractic.com](http://www.gieblerchiropractic.com)

### We Need Your Help :)

Our Newsletter went to 377 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:

How can you turn SIX in to an odd number?

### ZINC



### A Note from Dr. Nic

Sometimes things don't go as planned. Nothing earth-shattering with that statement, right Dr. Nic?



Well, in this case I'm referring to the Cub Scout campout I helped to organize on the weekend of October 26th and 27th. In all reality, it actually was a good weekend, a fun weekend. 6 boys and 5 dads hiked in to the Zillmer Backpack Shelter near Dundee. The mile-long hike in and out went well with only minimal complaining about 'how much farther'. After setting up camp, which the boys were really excited about, we did a nature hike and learned about different plants

(deciduous vs 'carniverous'), different root systems, cedars vs pines, oaks and maples, and even caught a salamander. Ok...maybe 'caught' is an over statement...those things are quite odd and don't exactly move very quickly.

All along we knew that weather was going to be a problem. We packed accordingly, with a lot of dry firewood and a couple changes of clothing, and even some games to entertain the boys with once the rain started. And did the rain ever 'start.'



Excellent orange tasting formula for nutritional immune support during seasonal changes and throat irritation, scientifically designed to allow regular dosing throughout the day.

**Take 2 a Day and keep the COUGHS AND COLDS AWAY!**

### Did you know?

Dr. Nic and Edwin camped at a backpacking shelter in the Zillmer Trail System.

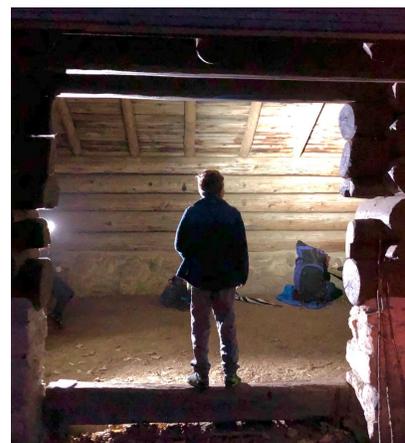
Ray Zillmer (April 19, 1887 - December 13, 1960) was an American attorney, mountaineer and conservationist. He is best known as the founder of the Ice Age Park and Trail Foundation, Inc. (later renamed the Ice Age Trail Alliance) and originator of the Ice Age Trail. He was also instrumental in the conservation of land in the Kettle Moraine of southeast Wisconsin.



Ray Zillmer had an important impact on the conservation movement. Without his efforts the Kettle Moraine State Forest would not be as large as it is today and the Ice Age Trail would not exist. His insistence that long, narrow corridors of public

The boys had set up in the backpack shelter- a 3-sided 'Adirondack' shelter with a stone foundation, wood log walls, and a dirt floor but benches for their sleeping pads and sleeping bags. The dads were outside in tents, and I was in my hammock with a rain tarp. All was good...until the mice started falling from the ceiling of the shelter. Literally.

I'm pretty sure that's the first time in my life I've held a field mouse in my bare hand, as I ran in to the shelter and threw 2 mice off the sleeping bags of the boys. I hope to never do that again.



It didn't take long and the boys were out of the shelter and piled in to their parents' respective tents...and Eddy was in the hammock with me! The hammock was plenty big for the both of us, but sharing a sleeping bag and trying not to move too much so that we could sleep was a bit of a problem.



Nonetheless, we made it through a cold, wet, long, rodent-infested night. And we are better for it! I rewarded him with hot coco and chocolate chip pancakes the next morning and my camping gear is still drying out...but we made it!

Mother Nature is impervious to criticism...so complaining about the rain wouldn't do much good. What we CAN do is be thankful that we missed the snow by 2 days!

## Da Agony of Da Knees

By some measures, your knees are your body's largest joints, but they are also the ones most likely to be injured. More than 11 million men and women over the age of forty visit doctors every year due to knee pain. Taking care of your knees helps to make sure these vital joints continue to work smoothly and comfortably so that you can continue to live an active lifestyle.

### 5 Steps to Healthier Knees

**Step 1: Stay Active, but Don't Overdo It.** If you don't put in the time and effort it takes to keep your knees moving, they can start to stiffen, leading to discomfort and increasing your risk of injury. At the same time, dramatically increasing your levels of activity (particularly if you haven't been physically active for a while) can cause injuries from repetitive strain. If you have never followed an exercise routine, ease into this type of activity slowly. If you work out hard on a regular basis, make sure to include rest days to give your knees a break.

land serve greater numbers of outdoor recreationists and proposal for a long-distance hiking trail in Wisconsin and tireless work paid off in the Ice Age Trail and the Kettle Moraine State Forest, which we often take for granted considering where we live! It's a truly special place.

### Find us on Facebook!



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

### Riddle Answer:

Remove the S and then you have IX, which is 9 in roman numerals.

## Upcoming Events

### NOV. 14:

Dr. Nic will be attending a seminar in **DOT Med Exam training**... attention CDL licensed workers--we can take care of your physicals upon completion of this class!

### NOV. 23:

Good Luck Hunters!

### NOV. 28-29:

The office will be closed.  
Happy Thanksgiving!



### DEC. 7:

Please support Kiel's Sleigh Bell Run!

[www.sleighbellrun.com](http://www.sleighbellrun.com)



**Step 2: Manage Your Weight.** Every extra pound you carry puts additional pressure on your knees. A study conducted by Stephen P. Messier of Wake Forest University found that losing even a small amount of weight can significantly decrease your risk of arthritis in the knees. If knee pain makes it difficult for you to lose weight through exercise, try using a stationary bike or elliptical machine to reduce the impact on your joints.

**Step 3: Build Muscle Around Your Knees.** The muscles that surround and support your knees also help to absorb shock. Strengthening your hamstrings and your quadriceps will help give your knees the backup they need. Talk to your chiropractor or a personal trainer for ideas on the best ways to strengthen these muscles.

**Step 4: Don't Forget to Stretch.** While the muscles around the knees do need to be strong, they also need to be flexible. Regular stretching helps to keep these muscles from pulling the knee out of alignment.

**Step 5: Don't Ignore Pain.** If your knee is painful, swollen, or making unusual noises, check in with a doctor as soon as possible. These symptoms can be a sign of damaged cartilage, an issue that can be corrected with early intervention. Trying to "push through" pain without knowing what is causing it puts you at risk of additional injury, so never hesitate to consult with a professional if you think there might be a problem.



### Chiropractic Care and Your Knees

Click [here](#) to finish reading.

## "Now...just take a deep breath..."

"Take a deep breath." It's something we say to each other-and even to ourselves-when the going gets rough and we need to get our emotions under control. But it turns out that this bit of advice isn't only useful in helping us recover our composure. When practiced on a regular basis, deep breathing can have real physical and mental health benefits.

Many health researchers and clinicians recommend controlling your breath as an easy way to improve your health. The benefits of slow, deep breathing include decreasing inflammation, reducing anxiety, improving heart health, reducing pain, and boosting your immune system. In addition, people



with migraines and irritable bowel syndrome may also experience benefits from deep, consistent breathing.

How does it work?

Deep and slow breathing stimulates the vagus nerve. This nerve connects the brain stem with the abdomen, and it is part of the parasympathetic nervous system. This system is responsible for so-called "rest and digest" activities. For example, it causes the heart rate to decline when we exhale. The sympathetic nervous system, on the other hand, controls our "fight or flight" responses.

The vagus nerve is activated when we slow our breathing to around 5 to 7 breaths per minute (our usual pace is around 12 to 18 per minute). In addition to slowing our heart rate, the vagus nerve controls the release of various neurotransmitters, such as acetylcholine. Acetylcholine slows both our heart rate and digestion and has anti-inflammatory properties. In fact, for people with severe conditions such as epilepsy, there are devices available that can stimulate the vagus nerve.

How can we learn to breathe more deeply?

Click [here](#) to finish reading.

### *Faces in the Office*

This month's "Faces in the Office" are **Jeff and Donna Berchem**. Donna and Jeff have been friends of our office and our family as long as we have been in the area. I have a photo of my first dog, Parsenn, hanging in my office that Donna gave to me, and I've even adjusted Jeff in a hospital bed at one point. Their daughters are amazing people as well and have watched our kids many times. I'm very thankful for the Berchem's and their friendship & kind words!



*Meet Jeff and Donna:*

\*We both love living at our 20 acre hobby farm outside of New Holstein / Kiel. We are happily married for 36 years and are also blessed and proud to have two daughters, Tara and Hayley. Tara is a math teacher in Sheboygan and Hayley a 4th grade teacher in Kiel. Also, we have a little dog named Lily.

*What you like about Giebler Chiropractic:*

\*Dr. Nic has helped both of us tremendously throughout the years. He focuses not only on spinal adjustments but also on other aging joints such as shoulders, elbows, wrists, knees, and ankles that also need attention. He is proactive at getting those joints aligned and moving freely as well.

Kudos to Dr. Nic, Ellie, Holly and Steph for providing the community with a wonderful service. Lastly, the office

mascot Bertha... for just being Bertha.

*Best advice you've ever received:*

*\*Enjoy the little things in life.*

Thank you Jeff and Donna for choosing Giebler Chiropractic,  
we look forward to seeing you!

---

### **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.