

A Hand in Health Newsletter

Issue One Hundred-Eighteen

October 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 apt. only

730 Calumet Ave.
Kiel, WI 53042

920-894-2399
Fax 920-894-7981

nwg@gieblerchiropractic.com

www.gieblerchiropractic.com

* 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...

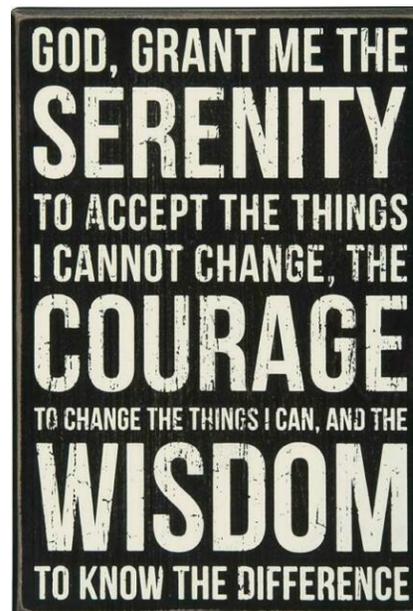
[Join Our Mailing List!](#)

Riddle me this:



A Note from Dr. Nic

Can we all just take a deep breath? I know I need one. 2020 continues to amaze in providing opportunities for me to practice something I'm not very good at: Letting go of Control.



From interactions on Facebook, to filtered images on Instagram, to nonstop political ads, I find myself arguing (often with myself) about current affairs. This only leads to anxiety and stress and a sensation of angst that I really do not care to feel.

One activity that has brought me joy is reading books along with my kids. I recently finished *The Silver Arrow* and really enjoyed it and am currently reading Gary Paulsen's *The Hatchet*, which my 10-year-old is also reading.

If eleven plus two equals one,
what does nine plus five
equal?

BONE SUPPORT FORMULA



Premium Calcium Complex Supplement with Soy Isoflavones and Support Nutrients.

Bone Support Formula™ is a unique 3-part formula to support bone health by providing high-tech sources of macrominerals (calcium and magnesium), support vitamins and trace minerals plus a special botanical complex.

Did you know?

There will be 2 Full Moons in October...on the first and last day of the month, October 1st and October 31st.

Find us on Facebook!



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

Riddle Answer:

11 o'clock plus 2 hours =
1 o'clock
9 o'clock plus 5 hours =

There's an inner peace and serenity with a good book, just as I can find it out for a run on the trails or on a walk with Bertha. Or just in the presence of family. We all want more peace...which for me means less Control.

Peace begins with me - is a mantra I have been repeating in my head over and over again for many months. I used to want to be in charge of others, in charge of situations, in charge of solutions. Having so much to be responsible for makes it quite impossible to find inner peace. Slowly, I've learned that I am only responsible for a few things, those that are in my control - when I stick to those, everything else seems to fall into place the way that it should be. What a relief, not having to be in charge of outcomes that were never even in my reach.

What can you control?

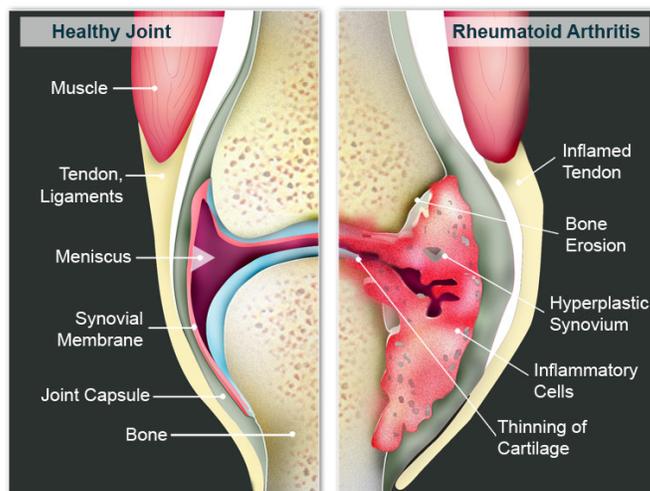
- Your own attitude
- Your own healing
- Your own actions
- Your own boundaries

You are not responsible for the things you can't control. Protect your energy. If you are a feeling like your life is a storm right now...take a breath and take a moment. What can you control? You can't control your first thought...but you can control your second thought and your first action.

As I mentioned...you can control your healing. Physically, emotionally, chemically...our office is a great place to start that process.

How can we help you or someone you know?

Joints: Move 'em or Lose 'em



According to the Centers for Disease Control and Prevention (CDC), arthritis affects an estimated 50 million Americans. The most common form of arthritis is osteoarthritis, in which the cartilage surrounding joints becomes brittle and wears away, causing the tendons and ligaments supporting them to become stretched and painful. Eventually, the bones may even rub directly against each other, triggering even more pain. The result is that the arthritis sufferer loses mobility in the affected joints, and may develop chronic pain whenever they use them. The joints most commonly affected by osteoarthritis are the knees and two areas of the spine - the lower back (lumbar spine) and the neck (cervical spine). Medical treatments for

Upcoming Events

****Starting in September
Office Closed Thursday &
OPEN Friday*****

**October 23rd
Afternoon
Office Closed**

cervical or neck arthritis-the form of osteoarthritis we are focusing on in this article-are primarily pharmacological, using NSAIDs (non-steroidal anti-inflammatory drugs such as diclofenac, ibuprofen, and naproxen) to reduce swelling and treat minor pain, codeine to treat more serious pain, and muscle relaxants. More serious cases are sometimes treated with amitriptyline, which reduces nerve pain in some cases, but which also has undesirable and uncomfortable side effects.

Neck arthritis has been treated by chiropractors for many years with a great deal of success. While much of the clinical evidence has been anecdotal, a study published in

Click [HERE](#) to finish reading.

What's the meaning of life?

What's the meaning of life?

Whoa...big question, right? Well, I don't plan on giving you the answer to that, but I have some thoughts on how to improve and lengthen your Quality of life.



According to the Harvard Medical School, in 1919, the average life expectancy for people born in the U.S. was about 56 years.

Today, that has risen to almost 79 years. Older populations in particular are growing. The National Center for Health Statistics reports that 65-year-olds can expect to live another 19 years on average, five more than in 1950. As baby boomers age, the number of U.S. adults over 65 is expected to more than double by 2060, outnumbering children for the first time, according to the Population Reference Bureau.

As progress on multiple fronts has made it possible for many people to live longer, interest has grown in how to age well: preserving physical and mental health to maximize quality of life in the elder years.

Those three words...Quality of Life. How do we maximize that?

At our chiropractic office, we do that by working with each individual's personal independence. The more independent you

are...the higher your quality of life is likely to be.

How do we improve Personal independence?

Click [HERE](#) to finish reading

Faces in the Office

Stephany & Lily Eckardt



"I have been getting adjusted regularly for ten years, so it is only fitting that I would have my family, including my kids get adjusted as well. Both my son and now Lily were adjusted at two weeks old. Lily was born with the cord wrapped around her neck. She slept with her head favoring one side and Dr. Nic found sublaxations if her neck right away. She took a good, long nap after that first adjustment too!!"

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.