

A Hand in Health Newsletter

Issue One Hundred-Seventeen

September 2020

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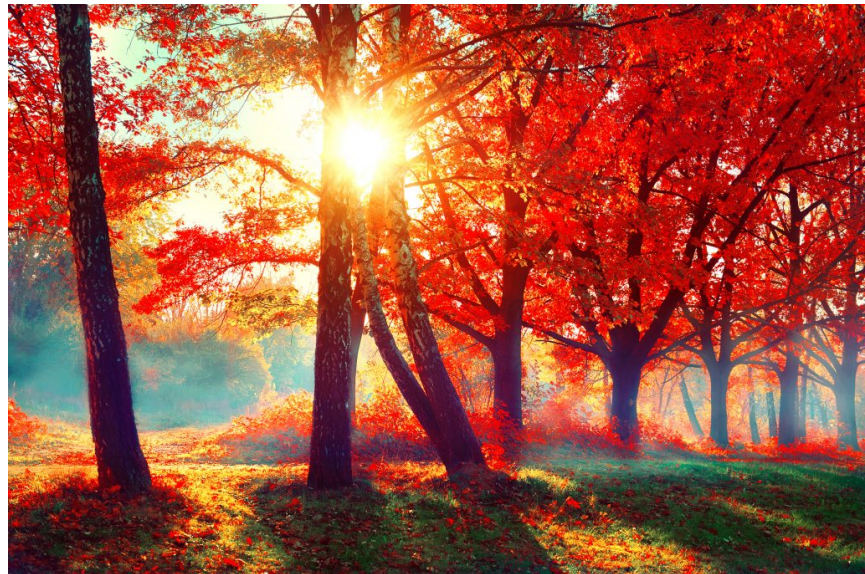
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Giebler Chiropractic Business Hours:

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

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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

A Note from Dr. Nic

As you probably know, I enjoy running. Specifically, trail running and longer distances. I did not grow up a runner but signed up for my first marathon with my sister, Kathy, in 2004. I was looking for something to fill the void of competitive team sports and running a marathon (26.2 miles) seemed like something that I wasn't quite sure was possible. I remember being at the start line with Kathy in 2004 in Chicago, and truly wondering if I could do it.

Since then I have run 31 more marathons, 28 50-kilometer runs, and 7 50 milers. During those events, I've never run later than 10:00 pm. I've never been on my feet for more than 9.5 hours. And I've never gone longer than 50 miles.

So, why not sign up for an event at the last minute that entails I run through the night for 12 hours, and hopefully ends up with me running longer than I ever have?

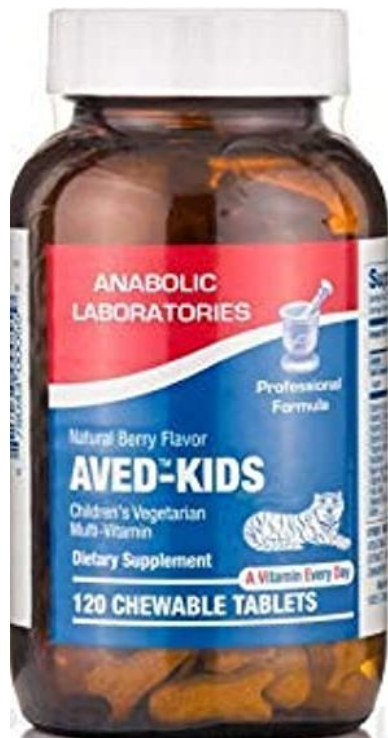
What could go wrong?

Receive A Hand in Health...

Riddle me this:

I am an odd number. Take away a letter and I become even. What number am I?

AVED-KIDS



Superior Nutrient Forms:

AVED-KIDS Chewable Multi contains high quality forms of vitamin A (Beta-carotene), vitamin C (calcium ascorbate), vitamin D3 (Cholecalciferol), and vitamin E (d-alpha tocopheryl). Bioavailable amino acid chelate forms of the minerals calcium, iron, magnesium, zinc, copper manganese & potassium are used in AVED-KIDS.

Nutrient & Excipient Amounts:

Excipients are the ingredients in a supplement that are necessary to maintain shelf life and stability. Many children's vitamin products contain a multitude of excipients such as food colorings, dyes, whiteners and preservatives to make the product appear more colorful. AVED-KIDS provides the best



At 7:00 pm on August 22nd I started the "12 Hours of Road America". It started as a cycling relay event, where teams of cyclists would ride around the 4.048-mile Road America course for 12 hours, accumulating as many miles as possible. It then morphed into a solo cycling event as well as a team event...and this year they added a solo running and

team running category. Having received a discount code on the registration fee, I signed up. For the first time, I'd be running straight through the night, hoping to earn a cool belt buckle by covering 100 kilometers-just over 62 miles.

Like I said...what could go wrong?

For the first time since that 2004 marathon, I was truly wondering if I could accomplish this. Why scary, it's also motivation, and I kind of enjoy the head games I play with myself as I tried to prepare and plan.

How'd it go? Well...you'll need to find the rest of the story later in the newsletter...

Loss of Activity, Loss of Health

August 12, 2020, was the last time the sunrise will occur before 6:00 here in east central Wisconsin, until late April of 2021. Yikes! I always dread the shortening of daylight, and it seems especially saddening this year with so much chaos in our current world. I was able to catch the sunrise on August 12th at 5:59 AM, and I'm thankful that I got my butt out of bed and put some running miles in that morning.



One day at a time...one morning at a time, we need to keep working on our wellness. Health, just like disease, doesn't happen gradually. It actually happens exponentially. We can gain health quickly and we can

nutrients for pediatric patients instead of appealing to their visual appetite. AVED-KIDS Chewable Multi contains a minimal amount of excipients with binders which are inert forms of cellulose derived from plants.

Easy To Take:

AVED-KIDS is a great-tasting, chewable Tiger-shaped multivitamin. Sweetened with fructose and natural berry powders and extracts, AVED-KIDS is low in sugar and high in antioxidants.

Did you know?

In the early 1950's, sports car races were being run on the streets in and around Elkhart Lake. When the state legislature banned racing on public roads, a man named Clif Tufte organized a group of influential local citizens and leaders of the Chicago Region of the Sports Car Club of America (SCCA). This group developed plans and sold stock to build a permanent racecourse. The overall vision of Road America grew out of the dreams of Tufte, a highway engineer, who chose 525 acres of Wisconsin farmland outside the Village of Elkhart Lake for the track.

Tufte's dream became a reality in April 1955. The natural topography of the glacial Kettle Moraine area was utilized for the track, sweeping around rolling hills and plunging through ravines. By September 10, 1955, the track's first SCCA national race weekend was held. At 4.048 miles in length, with 14 turns, the track is virtually the same today as it was when it was first laid out and is revered the world over as one of the world's finest and most challenging road courses.

also lose it quickly. It's my opinion that we need to look not only at the long term but also at the short term-what can we do TODAY to get healthier? How can we be more active TODAY, even if it's just for a couple minutes?

A great deal of recent research has highlighted the health risks associated with inactivity, primarily as they relate to obesity, metabolic disorders, and cardiovascular disease. This is why you've probably seen or heard the phrase "Sitting is the new smoking" at some point over the past few years. But there are also health risks to your musculoskeletal system that haven't generally received the same degree of media attention. In particular, there are several different ways in which inactivity, weight gain, relate to the condition of your bones, muscles and joints. And beyond just muscle and joint pain, inactivity has a direct correlation to mood disorders like depression and also poorer immune system function!



The first thing to understand is that the chain of events (or non-events, in this case) can actually run in a number of directions. Poor physical conditioning, injury, inactivity, and weight gain can all be both causes and effects. For example:

Click [Here](#) to finish reading.

Why Lose Weight



It almost seems like a silly question, but it's worth answering nonetheless. Why? Because it's too important not to-a great many people could avoid the potentially serious health problems associated with being overweight or obese by losing the extra pounds. And the

Road America also hosts "4 Miles of Fitness" on Monday and Wednesday evenings, where you can walk/run or bike the course! It's a great opportunity to see the track up close!

Find us on Facebook!



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

Riddle Answer:

Seven

Upcoming Events

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

**September 7th:
Labor Day
Office Closed**

sooner the better.

Obesity and related conditions take an enormous toll in terms of reduced quality of life and lost productivity for individuals. They're also extraordinarily expensive for society at large, accounting. The U.S. alone spends an estimated \$168 billion annually to treat chronic diseases like Type 2 diabetes, heart disease, cancer, high blood pressure, metabolic syndrome, polycystic ovary syndrome (PCOS), high cholesterol, gallstones, osteoarthritis and more.

- Type 2 diabetes is a disease most commonly caused by obesity. Though it used to develop primarily in adults, it is now quite common in children as well, with the recent increase in the rate of childhood obesity. Blood sugar levels become elevated due to the insulin resistance caused by obesity and greatly increase the risk of developing diabetes.
- Heart disease can develop as a result of fatty deposits building up in the arteries, and hardening of the arteries (atherosclerosis) is 10 times more common among the obese than in the population with normal body weight. Fat tissue also requires blood to survive, so more blood vessels are created, putting greater strain on the circulatory system, increasing blood pressure and making the heart work harder to circulate that extra blood.
- Those who are obese have an increased risk of cancer, especially cancer of the colon, breast, prostate, gallbladder and uterus.
- Obesity adversely affects both the metabolism and endocrine system, often resulting in metabolic syndrome, the fastest-growing obesity-related health problem. This refers to a group of risk factors that increase your risk of more serious diseases, such as coronary heart disease, stroke and diabetes. Symptoms include excess weight particularly located around the middle of the body, insulin resistance, low HDL ("good") cholesterol and high triglycerides.
- Women who are obese can suffer from a number of reproductive health problems, including infertility, uterine cancer, and PCOS. Because obesity causes disruption in the menstrual cycle and the endocrine system that is responsible for the delicate balance of hormones necessary for successful ovulation, studies have found that even a modest reduction in body fat of between 5 and 10 percent is often enough to restore ovulation and fertility.

Click [here](#) to finish reading.

Faces in the Office

SHE'S BACK!!!!



Tammy is originally from the Chilton Area. She currently lives in Charlesburg with her husband, Dave and their new puppy Zeke. She was a part of the Giebler staff about four years ago and left to explore some new adventures. She is looking forward to reconnecting with familiar faces and meeting new ones.

WELCOME BACK TAMMY!!!!!!

How'd it go?

Well...it wasn't my day.

Or night, I guess.

Perhaps it was the late start or the humidity, or both, but my stomach didn't cooperate. I thought I had a pretty good plan for the event, and kept my pace under control, and took in fluids and fuel as well as I could. I finished my first two loops feeling strong and in control. A friend of mine joined me for several loops and we had good conversation and kept putting in miles. I finished up the marathon distance (26.2 miles) in just under 4 hours, and at about that time, I was starting to notice that my stomach just wasn't feeling great. It felt like it just was not emptying. I've experienced this before and normal some salty foods or salt tabs, or just some time will turn it around. But that didn't seem to be the case this time. I tried having a banana at this point. Something different than what I was taking and something that could be considered "real food" rather than sports drink or sports gels.

It wasn't long before that banana came back up, along with everything else in my stomach.

Ugh.



I was correct in feeling like my stomach wasn't emptying...but now it had! I had a bit of a post-puke "high" for a bit and put in some decent miles before the low spell returned. This time I just tried to walk through it. Keep moving forward, let my digestive tract figure it out. I headed out for Lap 8 and (see photo) tried to put a smile on my face. It was now about 11:30 pm. Let's figure it out. Fake it until I make it...maybe.

Or maybe not.

I tried taking in a Dixie cup of water and that didn't stay down for more than 30 seconds. Now I had dropped off of any real goal pace that I had, and I was tired...and getting more tired by the moment. I decided to stop after that eight loop, after 35 miles.

All of the factors and aspects of this event that had me worried ended up teaching me many lessons. As I stated earlier...I had never attempted an event like this-over night, in heat, and for this long amount of time. And the fact that it started in the evening rather than in the morning probably played in to the outcome as well.

Nonetheless I tried. I learned. I will try again and see if I can get beyond that 50 mile goal. Live and learn and keep getting better, one day at a time.

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.
