



*Dr. Aplin's*

# “In Touch”

~ JULY ~

PATIENT NEWSLETTER



Dear Patient,



What an adventure it has been for Mumta and I moving into our new place! Solie has already claimed her spot by the front door while Luna is still a little more cautious. As with any move, it didn't go perfect and day 2 our power went out. We decided to make the most of it and roasted marshmallows by our new fire pit (yum). With everything going on, time has slipped away and I can't believe it is already July! With the holiday coming up, I did a little research and found some cool things that I didn't know and I thought I'd share my findings with you.

The Declaration of Independence was not signed by all representatives until August 2, 1776. To make it official, John Hancock, then President of the Continental Congress signed it. Now, can you guess where we get the saying "put your John Hancock on it" ?

Fourth of July is not complete without parades and fireworks though. Fireworks are enjoyed by almost everyone including me and the family. Enjoy the fourth and remember why we're celebrating our freedoms as Americans. You do have the right of choice.

***Happy Birthday, America!!!!***

## Apple Pecan Pie

Apple pie lovers will rejoice at the extra flavor the pecans add.

### Ingredients

- 2 crusts for a 9-inch pie
- 2 tbsp. plus 1 tsp. flour
- 1/4 cup finely chopped pecans
- 3 tart apples, such as Granny Smiths
  
- 3 sweet apples, such as Golden Delicious
- 3/4 cup sugar
- 1 tsp. cinnamon
- 1 tbsp. lemon juice



### Instructions

1. Line 9-inch pie pan with bottom crust and sprinkle with pecans and 1 teaspoon of the flour. Preheat oven to 425 degrees.
2. Peel, core and slice the apples. Put in a large bowl with sugar, cinnamon and lemon juice and lightly toss. Spoon into crust-lined pie pan. Top with second crust and flute the edges. Cut several slits into top crust to let the steam out. Bake for 35 to 45 minutes, or until apples are tender and crust is golden brown. Serve warm or cold, with ice cream if desired. Makes 8 servings.

**Now for your monthly:**

**“COOL FACTS”**

*for the Fourth of July...*



- The names of the signers of the Declaration of Independence were withheld from the public for more than six months to protect the signers. If independence had not been achieved, the treasonable act of the signers would have, by law, resulted in their deaths.
- Thomas McKean was the *last* to sign in January, 1777.
- The origin of Uncle Sam probably began in 1812, when Samuel Wilson was a meat packer who provided meat to the US Army. The meat shipments were stamped with the initials, U.S. Someone joked that the initials stood for “Uncle Sam”. This joke eventually led to the idea of Uncle Sam symbolizing the United States government.
- On June 24, 1826, Thomas Jefferson sent a letter to Roger C. Weightman, declining an invitation to come to Washington, D.C., to help celebrate the 50th anniversary of the Declaration of Independence. It was the last letter that Jefferson, who was gravely ill, ever wrote.
- Both Thomas Jefferson and John Adams died on Independence Day, July 4, 1826.
- The 56 signers of the Declaration of Independence did not sign at the same time, nor did they sign on July 4, 1776. The official event occurred on August 2, 1776, when 50 men signed it.

**Your Health is your Most Important ASSET.**

***TAKE IT SERIOUSLY...***

**We Do!**

**>>>JOKE of the MONTH<<<**

Once, in the 1800's, there was a little boy playing around his house. He was twirling around, and suddenly, he knocked over the outhouse. Frightened that he would be caught, he ran into the woods and didn't come out until it got dark. When he arrived back home, his father was waiting for him. He asked suspiciously,

"Son, did you knock over the outhouse?"

"No, Pa," the son said. "Well, let me tell you a little story son," said the father. "Once, not that long ago, Abraham Lincoln received a shiny new axe from his father. Excited, he tried it out on a tree, and quickly cut it down. But as he looked at the tree, with dismay he realized it was his mother's favorite cherry tree," his father paused." and just like you, he ran into the woods.

So his father asked him again, 'Did you cut down the cherry tree?' Abraham answered with, 'Father. I cannot tell a lie. I did chop it down.' Then the father said, 'Well, since you were honest with me, you are spared from punishment. I hope you have learned your lesson, though.' So, the little boy's father asked again, "did you knock down the



outhouse?" "Father, I cannot tell a lie." said the little boy. "I did knock down the outhouse." Then the father sent him to his room without supper. The boy whimpered, "Father, I told you the truth! Why are you punishing me?" The father answered, "That's because Abraham Lincoln's father wasn't in the tree when he chopped it down!"

**THANK YOU** for being a special patient at this office, and a good friend. You may not know it, but I consider you a V.I.P. and a part of my family. Thanks again for being a patient.

## 1895

The year was 1895, the same year x-rays were discovered. At that time, health care was provided by a diversity of unregulated and unlicensed professions, including osteopaths, magnetic healers and “medical” doctors.

In those days, most medical education consisted of working as an “apprentice” for a medical doctor, and learning the craft by **observation**.

D.D. Palmer, the Father of Chiropractic, was a magnetic healer, with a huge practice in Davenport, Iowa. He had doubts about the “**germ theory**” as the complete explanation of the cause of all disease. After all, if germs could kill...shouldn't we all be dead?

He asked “*How it was that 2 brothers could work in the same shop, eat the same food, sleep in the same bed, and that one would succumb to a disease while the other one would not?*”

His belief was that it was not just the “seed” (or germ) which was the cause.

He felt that the "soil", or the bodies own recuperative power (which he later labeled the “**innate** intelligence”, and we now call **homeostasis**) was the missing part of the equation, which defined the difference between health and “dis-ease”.

One day D.D. was trying to talk with Harvey Lillard, the man who owned the janitor service in his office building. Harvey was deaf. He told D.D. that years prior to now, while lifting a heavy weight, he felt something “snap” at the base of his neck.

It was several weeks later that his hearing started to fade.

D.D. was intrigued, and asked Harvey if he could examine his back and neck. What he “felt” (and we now call “palpation”) was that one of the upper back bones was sticking out much more than the one above or below it.

He explained to Harvey that he felt that this “bone out of place” could be causing pressure on his spinal cord, and that this could be the reason that Harvey was now deaf.

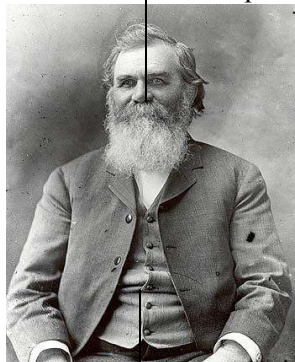
He convinced Harvey to lie down on the couch, and placed his hands on the transverse processes of the bone and, as D.D. explained, “**wracked it back into position**”. When Harvey got up, he said that he could hear a horse drawn cart down on the street!

This was the first thing he had heard in 17 years!

What an auspicious way for a profession to be born! Our “no drugs, no surgery” approach has remained true to D.D.'s philosophy of the “seed and the soil”.

What we accomplish with an adjustment of your spine, is to remove the interference to your brain, the control center of your body.

We call that interference, which impinges the nerves a “**subluxation**!!!”



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Call 301-907-6533 NOW to schedule your appointment.**

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This is for **NEW PATIENTS ONLY**.

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## “JULY Health Assessment”

Schedule Your Friend or a Loved One For Their  
FREE *July HEALTH Assessment* - **NOW!**  
(\$197 dollar value)  
( call me immediately!)

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Give this certificate to your **FRIENDS & LOVED ONES** during **JULY** and they'll receive a **FREE** Health Assessment. We care about you and your loved ones and we don't want to forget anyone, including the little ones. If you have a friend or family member that is currently "NOT" under our care, please give this certificate or a copy of it to them bring it to us immediately. **The Assessment is totally FREE.**

They are **NO HIDDEN CHARGES, NO OBLIGATIONS** and the purpose of this evaluation is to determine if they are a chiropractic candidate. As always, there are no guarantees whether I can help, but if I can, I want that chance. There is nothing more important than your **HEALTH**.

If you need additional copies of this certificate, please call the office and I'll send you them to you - **FIRST CLASS**, or through your email. Just call and give us your email address. It's that Simple! You, your family members and friends are always a top priority with me.

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**“CALL NOW... to Reserve Your Free Health Assessment.”**