



Dr. Aplin's Patient Newsletter July, 2016



Dear Patient,

Well it's July and I'm loving the beginning of summer so far. Mine and Mumta's wedding went perfectly! Thanks to the heat wave the Midwest was having, even at 11,444 feet above sea level, our venue in Keystone, Colorado was still 80 degrees without a cloud in the sky. I hope you all enjoy the pictures.

4th of July brings back a flood of fond memories for me. As a kid, my family would drive to my grandmother's ranch in Cheyenne, Wyoming

with wide open space to light off would-be-illegal-today fireworks. Now, I'm more than happy to sit at home with the wife and puppies, open a bottle of wine and watch the festivities on TV.

We have some big and exciting things in the pipeline for the summer and will be rolling out some new and innovative treatments in the coming months.

More on that later, but first let's talk about some 4th facts:

1. Initially adopted by Congress on July 2, 1776, the revised version of the Declaration of Independence was not adopted until two days later. I guess people back then do the same things they do today. They

procrastinate.

2. The oldest, continuous Independence Day celebration in the United States is the 4th of July Parade in Bristol, Rhode Island; it began in 1785. Now I don't know about you, but 1785 seems like a long time ago, so these people must really believe in the 4th like I do.

3. The Declaration of Independence was penned by Thomas Jefferson and signed by 56 men representing 13 colonies. Of course, we now have 50 states, but can you imagine the communication problems they had back then. Well with the internet, we have more knowledge floating around than ever before.



Here's a few UNIQUE holidays besides the 4th you may not be aware of.

- **National Blueberry Month**
- **National Anti-Boredom Month**
- **National Cell Phone Courtesy Month**
- **National Hot Dog Month**
- **National Ice Cream Month**

Now based on a few things that you and I both know, the last two, Hot Dog month and Ice Cream month are not the best ideas for you if you celebrate those, and want to lose weight.

The main thing I want you to remember about your health is this. If you want to live a life with quality built in, take care of your body now. If you subject your body to alcohol in excess, along with smoking and eating fatty & greasy foods - you're probably not going to have that quality of life in your later years. Plan ahead and take care of yourself.

Ask anyone in a wheelchair or in the hospital what they did if they're suffering from disease & what their diet consisted of. You'll find out that most subjected themselves to poor quality food, in an abundant amount. I just want the best health for you and if you work with me, I'll make sure I do everything I can to help you achieve the best health for you and your family members.



Staying Cool in the Heat

As the weather heats up, staying cool can be a constant battle. Doing it efficiently can be even harder. Here are a few tips for staying cool in the heat, with tricks that won't break the bank. So sit back, relax and enjoy these money-saving stay-cool strategies.

1. Use Those Fans – The average ceiling fan makes it feel like it's 4 degrees cooler than it actually is. Just remember fans cool you, not the actual air. Turn off fans when you leave the room, otherwise they actually add to the heat.
2. Save the Satin & Silk – In the summer make sure to use cotton bed sheets and covering. Cotton allows for better ventilation than its silk, satin and polyester counterparts. Really hot? Try throwing the sheet in the freezer for about 5 minutes before you hit the sack.
3. Change That Filter – Most home ventilation systems use filters to keep the junk out of your furnace and your air. But most people change these very rarely, so they get dirty and actually restrict the air-flow. A good practice is to change the filter every Memorial Day and again at Thanksgiving. Also purchase three to four at a time so you always have one around.
4. Use Appliances At Night – When you're able to, run the dishwasher, washer and dryer at night, especially when it's cool enough to have the windows open because of the heat they put out.
5. Cook Outside – Not surprisingly, nothing adds more heat to your home than using the stove or oven. On those hot days "fire up the barbie" and take the party outside, and use it as an excuse to hone those grilling skills.

What Causes Your Back To Hurt?

What causes your back to hurt is a question I get asked a lot in the office. Do you know a person whose back hurts? Well here are some insights you may not have thought about and should know in case you or someone you know... has back pain.

Millions of Americans unfortunately have ongoing back pain.

And even though it's hard to believe, it's the leading cause of disability in people younger than 45, and many things can cause it.

Here's the deal. Back pain often happens because something is off in the way that your spinal joints, muscles, discs, or even how your nerves fit together and move in relationship to everything around them.

If you or someone you know has a back problem, we can check to see if you or they have:

Herniated or slipped discs: If your medical doctor mentions this, the soft tissue in the discs between your joints has leaked out. It's usually caused by wear and tear. Herniated discs can cause pain in your lower back or hip because the nerves there are pressed, but then again, you can have a herniated disc and have no pain. That's why it's a good thing to get checked regularly.

Bulging discs: These types of discs protrude, or "bulge," but not as much as with the herniated disc. You don't usually have symptoms with a bulging disc. You'll feel it if it pushes on a nerve root, but that's the only reason you might know you have a bulging disc(s).

Degenerative disc disease: The discs, or "shock absorbers" between your spine's vertebrae (bones), can shrink or tear. That causes your bones to rub together to compress the nerves somewhat. This can happen a lot more often as you get older.

Inflammation and wear of the sacroiliac joint: This S/I joint. lies where your spine and hip come together. You have one on each side of your lower body, just above your buttocks. These two joints don't move much, but it's important because they move the load of the upper body to the lower body. Swelling and wearing away of the S/I joint cartilage can happen after an injury, because of arthritis, infection, or even after pregnancy. Your weight also causes abnormal wear and tear on these joints.

Spinal stenosis: If you have this, your spinal canal has narrowed. That makes things TIGHT in the canal. That adds pressure on your spine and nerves. As a result, your legs and shoulders probably could feel numb. This happens to many people older than 60, but it can also happen when you're younger.

Cervical radiculopathy: This is what most people would call a pinched nerve. It's usually caused by a bone spur or a herniated disc.

Spondylolisthesis: This is where a bone in the spine slips forward and out of place, typically in the lower back. Now when I say slips forward, I'm not talking about a lot of area. It's a small movement, but when things are so compact in your body, just a little bit one way or another makes a huge difference in the way you feel. The degenerative form of this condition is arthritis, which weakens your joints and ligaments keeping the spine aligned. It can cause a disc to move forward over a vertebra.

Accidents and Injuries: Car accidents, falls, muscle sprains, strains, and fractures are also causes of back pain. Injuries of this type can lead to some of the physical problems you can experience, but some can cause pain-all on their own.

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Want help or know someone who could have any of these conditions which is causing their back pain? CALL my office right now and schedule a FREE CONSULTATION!!! 301-907-6533

My Jokes for July

A grasshopper walks into a bar, and the bartender says, "Hey, we have a drink named after you!" The grasshopper looks surprised and asks, "You have a drink named Steve?"

A woman notices that her coworker has a thermos, so she asks him what it's for. He responds, "It keeps hot things hot and cold things cold."

The woman immediately buys one for herself. The next day, she goes to work and proudly displays it. Her coworker asks, "What do you have in it Mary?"

She replies, "Soup and ice cream."

I recently heard from a relative who had just gotten some new hearing aids. Because my uncle is thrifty and often buys the cheapest option of anything, including hearing aids, he has struggled for years to hear well.

This time though he boasted, "I bought the best and most expensive ones that money could buy. It cost \$3,500 but they are amazing!"

"Wow! That's great." I told him.

"What kind is it?"

"Oh, let me check," he said. "It's about half-past four."

Generation Z

There's been a not-so-quiet invasion in the last 20 years here in the US.



This invasive group now accounts for one in four people living in the country today* and chances are better than not that you have one as a friend, relative or even child! We're talking about Generation Z...

Also known as iGen, this up and coming group has different needs, wants and spending habits than those that came before them. Here's a look at some trends with this estimated 79 million person group.

They are BIG Spenders... Generation Z, loosely defined as those born between 1995 and 2015, and are not yet 20 years of age, spent an approximated \$51 billion in 2014.

...AND Influencers! Over \$171 billion of spending was said to be influenced by this generation with 9.7% of Gen Z parents saying their children influenced 100% of their buying decision.

BUT...They Are Spending Differently. This generation is defined by the fact that they have never known life without the Internet, and many prefer life online to traditional entertainment. Referred to as KGOY kids (Kids Growing Older Younger) traditional toy companies like Mattel have suffered greatly. While their target age for Barbie dolls was 10 in 1990, it's dropped to the age of three! Gen Z is playing more and more online via phones, tablets and computers.

*Source: Forbes.com

Fun Facts That'll Astound Your Friends >>>

- The Tour de France is a three-week bicycle race that covers approximately 2,186 miles, though in 1926 the route covered 3,570 miles
- An average rider burns 6,071 calories today...that's the equivalent of 32 jelly donuts
- The race includes many elevation changes including a 13.5 mile climb to ascend the famed Mont Ventoux
- Over 12 million spectators line the route each year making it the world largest sporting event



Final thoughts...

June was a busy month with Father's day, my wedding, and a conference in Southern California. It makes me realize how great of a team I have at the office to keep things running smoothly and continue to provide the best quality of care for our patients. Don't be afraid to tell one of the staff when you think they are doing a great job, even if it's one of the doctors! We all got into this line of work because we love helping people live happier, healthier and more fulfilling lives. We are lucky to have so many amazing patients like you and we would love to be able to help a friend, family member or coworker in need of our services. For July, anyone you refer to our office is entitled to a FREE pain or weight loss evaluation. Just be sure they let us know that you referred them! Happy 4th of July month, and thank you for being such a great patient.

Yours in Health,
Dr. Aplin

Chiropractic, Physical Therapy, Neuropathy, Weight Loss
Call Today! 301-907-6533