



Dr. Aplin's
"In Touch"
~ March ~
PATIENT NEWSLETTER



Dear Patient,

Happy March! How crazy is it that we are almost $\frac{1}{4}$ of the way through 2016. Mumta and I had an incredible trip to Keystone, Colorado (see pics above) and couldn't believe how nice the weather was. We are even more excited about the fact that wedding planning is almost done ☺

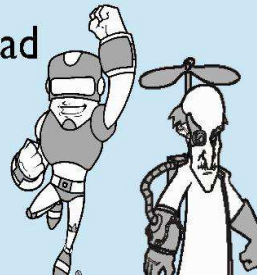
In this month's March issue of my newsletter - we are going to have some fun. A lot of fun actually. Too many people take life so seriously that they get stressed out and when you get STRESSED OUT, you have some hormonal changes that happen inside your body you might not be aware of. These affect both your PHYSICAL AND MENTAL health. March is a busy month, so if you're going to make some changes, do it now. I'm ready to help you make this year, the best year you've ever had... health wise!

JOKE of the MONTH

Did you hear the joke
about the germ?

Never mind.

I don't want to spread
it around.

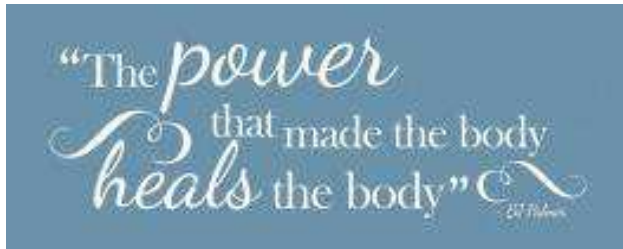


**"Your body does not perform as a cluster of separate mechanisms,
but rather a "cascade of events" that all starts with
proper control by the nervous system."**

The nerves that travel through and control every function of your body originate at the spinal cord and their transmission CAN be disrupted if the joints of the surrounding spinal column are NOT moving properly. This disruption in biomechanical integrity combined with altered physiological function is what chiropractors call a **subluxation**. It is not uncommon for this office to treat a patient with mid-back pain who also suffers from irritable bowel system, a patient with a subluxated sacrum who has

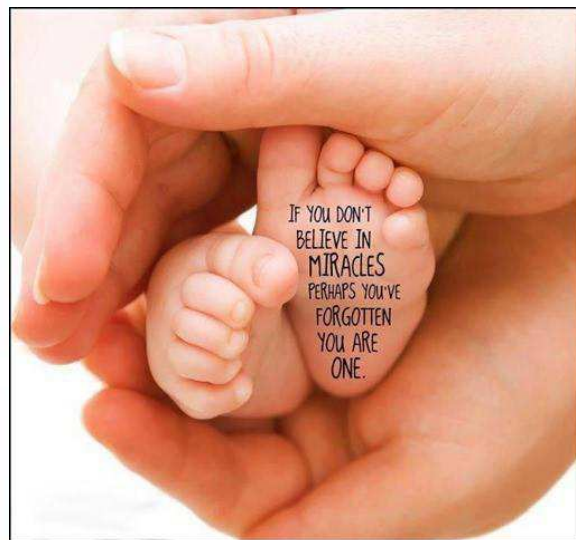
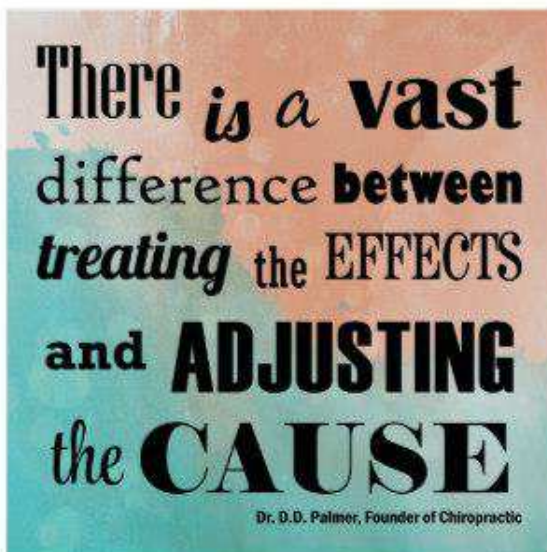
been unsuccessfully trying to become pregnant, or a patient with an upper back fixation and acid reflux.

Saint Patrick's DAY is March 17th. I'm sure you're going to celebrate it in your own way. Here's something you may not know. **Did You Know?** Over 34 million Americans are of Irish descent. That's almost *nine times* the population of Ireland!



March Celebrities

-Some **famous people** born in March are "James Bond" actor **Daniel Craig**, celebrated children's author **Dr. Seuss**, actress **Jessica Biel**, teenage heartthrob **Justin Bieber**, actress **Eva Mendes**, basketball star **Shaquille O'Neal**, "Orange is the New Black" actress **Lauren Prepon**, tattoo artist **Kat Von D**, theoretical physicist **Albert Einstein**, reality star **Rob Kardashian**, "Maroon 5" front man **Adam Levine**, "Die Hard" star **Bruce Willis**, Oscar-nominee **Reese Witherspoon**, **Lady Gaga** and Grammy winner **Elton John**.



Doctors don't do the healing.

Sorry to disappoint you, but me, or any other chiropractor will never **fix** your back. What we are able to do is restore proper motion in the joints, which relieves tension on the nerves and muscles and **allows your body to do the healing that it is inherently made to do**. As a chiropractor, we believe that

the body is a perfect organism in its natural state, and all internal problems come from a disruption in the body's proper transmission of signals by the nerves which affects its ability to heal and to defend against disease-causing agents. I never treat pain. I assess to find which spinal levels are causing the dysfunction, and I adjust it to restore proper nerve flow so the nervous system may work as efficiently and effectively as possible.

You get home from work, you stay there. But what do you do with all those long evenings at home? If you and your family (or your roommates) always find yourself sitting on the couch, or in front of the computer, and all that screen time is starting to make you a little stir-crazy, we've got a few ideas for creative ways to while away boring nights.

7 Fun Things to Do at Home Tonight (Besides Watch TV)

1. Play a game.

Dust off that old game of Clue, or Trivial Pursuit, or Monopoly (ok, maybe not Monopoly unless it's a *really* long night) and challenge your housemates to some good old-fashioned intellectual competition. I always forget, until I'm playing them, how much board games can bring out people's personalities and show you new sides of people you already thought you knew. Just try not to let rivalries or hard feelings linger after the game's over. In my house, one of our rules is that the winner always picks up the game, which tends to take the edge off gloating.

2. Put together a puzzle.

Jigsaw puzzles, I think, are incredibly underrated. Sure, working on a puzzle may not be as immediately gratifying as say, watching a car chase, but it has a certain slow joy that is a nice antidote to the chaos of modern life. When you're piecing together a puzzle, you can explore a bit, try different combinations, take your time. If you work on a puzzle with someone else, you'll wind up having all kinds of conversations that you might not otherwise have had. Puzzles are like alcohol. They relax people.

3. Have a cook-off.

Cooking is fun: competitive cooking is even more fun. Rummage through your cabinets for random, leftover ingredients, and challenge one of your housemates to a cook-off, iron-chef style. Winner gets bragging rights, everyone gets to eat something.

4. Draw each other.

No, this doesn't have to be some kind of sexy Titanic thing (unless you really want it to be). Some of the most fun I've had with friends at house parties involves just paper and pencils: turns out, drawing people you know is really, really fun. You can have one person pose and all draw that person, or just have everyone in the room draw someone else. And you don't have to all be Da Vincis: having participants with a range of styles and skill levels makes the end results especially entertaining.

5. Make something.

Crafts are like Sudoku for your hands. And you don't have to make a lifelong commitment to knitting to procure an evening's entertainment. Try searching online for instructions for origami, or even towel art. Or heck, just decoupage something.

6. Bake something really difficult that you've never baked before.

Make dumplings. Or macaroons. Or a pie-crust from scratch. Now's the time to try one of those notoriously hard recipes that you've heard takes forever. After all, you've got plenty of time. And, as a bonus, it makes the house warmer!

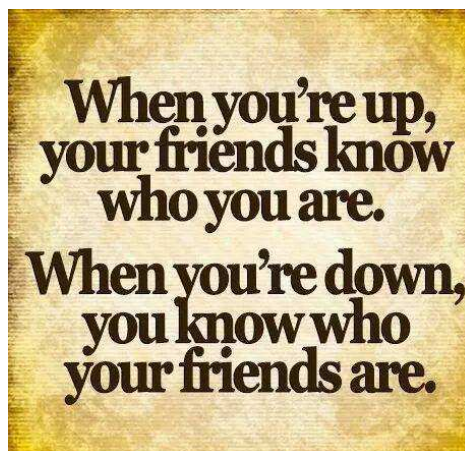
7. Build a pillow fort.

You may think that you are **too old** to build a pillow fort, but you are wrong. Building pillow forts is a joy that knows no season, and when you're an adult you don't have to worry about your mom coming into the room and having a fit when she sees the couch standing on its side. Once your pillow fort is complete, you can sleep inside of it. Or eat macarons. Or play a board game. Or make towel art. The sky's the limit.

ONE THING YOU CAN DO TO HELP YOU SLEEP BETTER AT NIGHT

Sleep in varying positions. Changing your sleeping position can make a huge difference in the quality of your sleep. When you go to sleep, or if you wake up in the middle of the night, make a conscious effort to follow these guidelines until it becomes habitual:

- Keep your body in a "mid-line" position, where both your head and neck are kept roughly straight.
- Avoid sleeping on your stomach. It's difficult to maintain the proper position, and it is more likely to cause aches and pains. Keeping your head turned to the side forces kinks in your neck.



*This newsletter was brought to you by Dr. Aplin.
Call 301-907-6533 NOW to schedule your appointment.*

Cut this certificate out and present it to my office for your *FREE March - HEALTH CHECK UP*
This is for ALL NEW PATIENTS.

*** FREE ***

"March Health Check"

Schedule Your Friend or a Loved One For Their

FREE March SPINAL CHECK - NOW!

(\$185 dollar value)

(All ages accepted, so have them call me immediately!)



Give this certificate to your **FRIENDS & LOVED ONES** during **March** and they'll receive a **FREE Health Check**. 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 and tell them to bring it to us **immediately**. **This Health Check is FREE.**

They are **NO HIDDEN CHARGES, NO OBLIGATIONS** and the purpose of this Health Check 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**.

Offered to you as a 'Courtesy by'

Dr. Cory Aplin, D.C.

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"CALL NOW... to Reserve Your Free Health Check."

Don't forget to share this with your friends and family!