



Dr. Aplin's
“In Touch”
~ May ~
PATIENT NEWSLETTER



Dear Patient,

May is a busy month, and April flew by (see pics from mine and Mumta's Indian pre-wedding event above) and like I said last month, if you're going to make some changes, **start now**. Sometimes holidays are spiritual, sometimes they are just for fun and sometimes they are to honor important people in our lives.

The big four for me are Mother's DAY, National Teacher's DAY, Armed Forces DAY, and Memorial DAY. Here's the list if you want to figure out what holidays are in the month of May.

- 1 May Day
- 4 Star Wars Day
- 5 Cinco de Mayo
- 6 National Teacher's Day
- 8 Mother's Day - second Sunday
- 8 VE Day, WW II
- 13 Friday the 13th
- 20 Armed Forces Day -third Saturday
- 24 Victoria Day (Canada) - usually the 24th
- 30 Memorial Day



Question of the MONTH

I wanted to know this and now you know it as well:

The most popular color in the world is **BLUE**. The second favorite colors are **RED** and **green**, followed by orange, brown and **purple**. Yellow is the least favorite color, preferred by only *five per cent of people*. Another interesting survey finding: both men and women increasingly dislike orange as they age!

Why Do People Have Pain?

Great question, and here's my answer: What happens when you're cutting a bagel and slice your hand with a razor sharp knife? Besides all the red blood, you'll probably feel an immediate very distinct sharp pain, followed by a longer-lasting dull ache. Eventually, both pains will go away. But what actually is pain? How do you sense it? What makes it go away?

Pain is the most common reason that people seek medical attention. But pain is actually hard to define because it's a subjective sensation. The International Association for the Study of Pain defines it as an "unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage" [source: International Association for the Study of Pain].

Obviously, this definition is pretty vague. One doctor remarked that pain is whatever the patient says it is, which I have to agree with. So let's just say that pain is a warning sensation to your brain that some type of stimulus is causing or may cause damage, and you should probably do something about it.

Pain perception, or nociception (from the Latin word for "hurt"), is the process by which something painful is relayed to the central nervous system. There are several steps in this process:

1. Contact with stimulus -- Something that can cause your pain can be mechanical (pressure, punctures and cuts) or chemical (burns).

2. Reception -- A nerve ending senses the stimulus or the pain.

3. Transmission -- Your nerves send the signal to your central nervous system. The relay of information usually involves several neurons within your central nervous system.

4. Pain center reception -- Your brain receives the information for further processing and action, which means now your brain tells you that something is hurting you.

Here's the rub. A lot of times when you have a FUNCTIONAL PROBLEM (tight muscles, reduced joint mobility, poor posture, weakness, etc.) your body doesn't sense any type of pain INITIALLY. You may feel great, but the problem is still there. You may go weeks, months, or even years and not feel a lot of pain. Maybe a little discomfort, some tightness, maybe a small twinge here and there, but not a lot of pain.

Then one day you lift your kids/grandkids, sit on the couch for too long, turn to look in the rear view mirror while driving, and BAM. Now you're in pain and don't know why. You could even just WAKE UP with this pain. You don't know why you're having it, but you call the doctor. The smart thing to do is get your spine checked regularly to make sure that you do not have any misalignments that could cause a problem later on (just like getting your teeth checked regularly for cavities). Oh and any one any age can get them, even newborns, and children, so make sure your entire family is CHECKED.



The same
power that
gave this
child life,
gives you life
daily and it
runs through
your nervous
system.



2 Trust it. Love it. Protect it.

"Funny Newspaper Headlines"

- Bugs flying around with wings are flying bugs
- Cold Wave Linked to Temperatures
- Alton attorney accidentally sues himself
- Panda Mating Fails; Veterinarian Takes Over [What a man!]
- Juvenile Court to Try Shooting Defendant
- Federal agents raid gun shop, find weapons.

How about the Golden Gate Bridge?

WHY THE NAME GOLDEN GATE?

The Golden Gate Strait is the entrance to the San Francisco Bay from the Pacific Ocean. The strait is approximately three-miles long by one-mile wide with currents ranging from 4.5 to 7.5 knots. It is generally accepted that the strait was named "Chrysopylae", or **Golden Gate**, by John C. Fremont, Captain, topographical Engineers of the U.S. Army circa 1846. It reminded him of a harbor in Istanbul named Chrysoceras or Golden Horn.

HOW LONG DID IT TAKE TO BUILD THE BRIDGE?

Get this. Just over four years. Construction commenced on January 5, 1933 and the Bridge was open to vehicular traffic on May 28, 1937. Not bad if you ask me, especially when you consider what they had to work with and it's still standing and being used daily.

WHAT WOULD IT COST TO BUILD THE GOLDEN GATE BRIDGE TODAY?

The cost to construct a new Golden Gate Bridge would be approximately \$1.9 billion. The total price depends on many factors including the extent of the environmental reviews and the cost of labor and materials which seems to be going up by the day.

Did you know that...

- Every day more money is printed for *Monopoly* than for the US Treasury.
- The Hawaiian alphabet has **12** letters.
- Men can read **smaller print** than women; Women can hear better.
- City with the most Rolls Royce's per capita: Hong Kong



I get adjusted to stay straight...
Regularly... Do You?

QUESTIONS & WHY I LOVE MY ACCOUNTANT... SOME DAYS?

How does an accountant stay out of debt? He learns to act his wage.

What do accountants suffer from that ordinary people don't? Depreciation.

Why do economists exist? So accountants have someone to laugh at.

There are just two rules for creating a successful accounting business:

1. Don't tell them everything you know.
2. [Redacted]

What does an accountant say when you ask him the time?

It's 9.18 am and 12 seconds; no wait – 13 seconds, no wait – 14 seconds, no wait.....

Why was the accountant so excited that he completed a jigsaw puzzle in only 59 weeks? Because on the box it said 8-12 Years.

What's an extroverted accountant?

One who looks at your shoes while he's talking to you instead of his own.

What is the definition of "accountant"?

Someone who solves a problem you didn't know you had in a way you don't understand.

How do you know when an accountant is on holiday?

He doesn't wear a tie and comes in after 8am!

What's grey and not there? An accountant on vacation.

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"If you keep your head in the clouds, your feet on the ground and keep reaching for the stars while you roll with the flow, eventually you'll need to see a chiropractor."

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*** FREE ***

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Schedule Your Friend or a Loved One For Their

FREE May SPINAL CHECK - NOW!

(\$185 dollar value)

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



Give this certificate to your FRIENDS & LOVED ONES during **May** 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 100% 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.

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