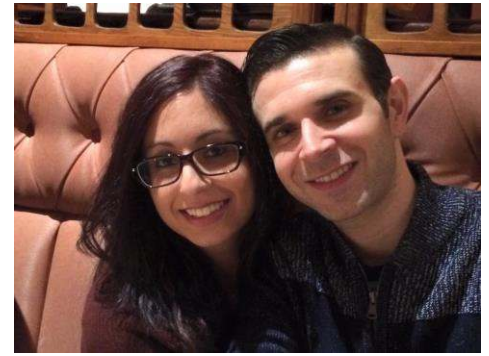




Dr. Aplin's
"In Touch"
~ April ~
PATIENT NEWSLETTER



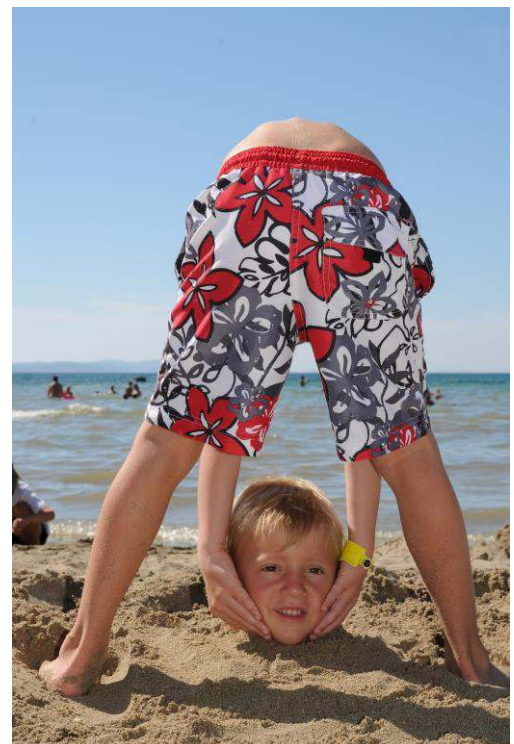
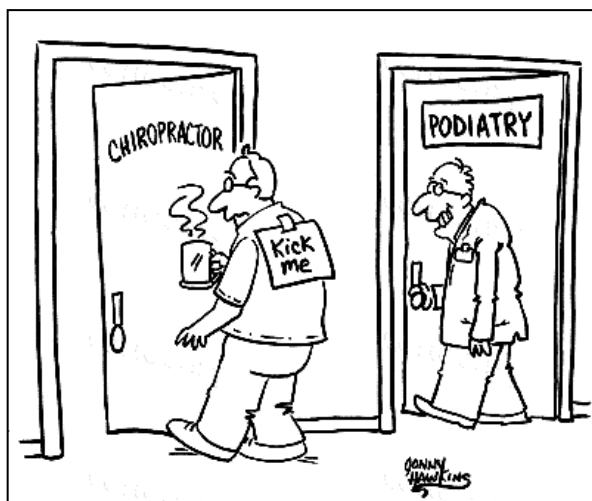
Dear Patient,

Things are warming up and at the same time, getting busier. I love it because it's getting warmer, and the sun is staying out longer, but here are some things to consider.

The first of this month (April Fool's Day) just passed. Good Friday falls on the 3rd. Easter Sunday is on the 5th. Passover begins at sundown, and lasts 8 days. A big bad day for most people is April 15th because our income taxes are due (most years it is due on the 15th), but sometimes we get lucky and get a few extra days. Patriot's Day is the third Monday of this month, and Earth Day is the 22nd. What a busy month!

Thanks again to everyone who left a review for us on Google +, Yelp, Angie's List and Healthgrades in March. Your 5 star reviews make all the difference when people are searching for our services online!

Smile,
Happy looks good
On you (:



“COOL FACTS”

- A dime has 118 ridges around the edge.
- **A cat has 32 muscles in each ear.**
- A crocodile *cannot* stick out its tongue.
- **A goldfish has a memory span of three seconds.**
- A 'jiffy' is an actual unit of time for 1/100th of a second.
- **A shark is the only fish that can blink with both eyes.**
- A snail can sleep for three years.
- **Al Capone's business card said he was a used furniture dealer.**
- Almonds are a member of the *peach* family.
- **An ostrich's eye is bigger than its brain.**
- Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.
- **Butterflies taste with their feet.**
- Cats have over one hundred vocal sounds. Dogs only have about 10.

The right ear is more efficient for listening to speech, while the left ear is better at listening to music.

>>>JOKE of the MONTH<<<

Will and Guy have an old friend named Dave Barker who lives in Portsmouth, Hampshire. In recent years Dave has turned his hand to driving buses. One Friday an inebriated man got on Dave's double-decker bus and sat in the bottom deck close to Dave. Now, Dave is not meant to allow drunks onto his bus but he had a good heart and let the man stay on. The man started rambling on and on, so Dave suggested he should sit upstairs. 'The air is cleaner up there and you'll get a much better view.' The man agreed, but returned a few minutes later. 'What's wrong?' Dave asked. 'Don't you like it better up there?' 'It's fine', the drunk said. 'But it's too dangerous: There's no driver'.



Heel Pain Anyone???

Heel pain. The plantar fascia, a band of *connective tissue* that cushions the muscles at the bottom of your foot, supports the arch while protecting the foot from shock. Patients who suffer from heel pain often notice that it's worse *first thing in the morning* or after *sitting for long periods of time*. It's important to have heel pain examined, as it can be indicative of a more serious problem like heel spurs or calcium deposits. This condition is commonly seen in

those PEOPLE who spend a lot of time on their feet for work or who participate in sports that are hard on the feet.

Achilles tendonitis. Here's something else that causes heel pain, named after the Greek hero who was invulnerable in every part of his body but his heel. This large tendon connects the lower leg to the heel bone. Achilles tendonitis is both extremely painful and quite debilitating. While the pain starts off relatively mild, it can quickly worsen and in severe cases may even *rupture* the tendon entirely. Athletes and dancers who run and jump frequently are especially vulnerable to developing Achilles tendonitis, as are *women who wear high heels regularly*.

Flat feet. If you've ever spent any time around children, you've noticed that we're all born with flat feet; our arches begin to develop *while we're in grade school*. However, much of the population never develops that arch. While flat feet don't always cause you pain, it can be very uncomfortable for some individuals. Talk to me about getting your feet checked.

**Your Health is your Most Important ASSET
TAKE IT SERIOUSLY!!!!
We Do!**

*****MY QUICK THOUGHTS OF APRIL*****



Doc's Thoughts: Here's something to think about. It won't take you long, and if you're smart, you'll get this simple way to be happier. What happens when you look at the happiest people around you, and then you scientifically analyze what they have in common? Researchers did just that. Want to know what they said? You'll be surprised. It all came down to three things.

Relationships, Relationships, Relationships

There was a clear answer to what differentiated these people from everyone else — and it wasn't money, how many cars they had, what type of home they were living in, what they looked like, how smart they were, their age, their gender or even their race. It was nothing like that and in fact, once I read about it, I was and wasn't surprised. The answer was very simply, strong social relationships. That's why I love being your chiropractor ☺



This newsletter was brought to you by Montgomery County Chiropractic.
Call 301-907-6533 NOW to schedule your appointment for the New Year.

Cut this certificate out and present it to my office for your APRIL HEALTH EVALUATION
This is for NEW PATIENTS ONLY.

FREE

“April Health Evaluation”

Schedule Your Friend or a Loved One For Their
Easter HEALTH Evaluation-NOW!

(\$185 dollar value)

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



Give this certificate to your FRIENDS & LOVED ONES during APRIL and they'll receive a FREE Health Evaluation. We care about you and your loved ones and we don't want to forget anyone. If you have a friend or family member that is currently "not" under our care, please give them this certificate or a copy of it and have them bring it with them to their first visit. **It's FREE.**

They are NO HIDDEN CHARGES, NO OBLIGATIONS and the purpose of this evaluation is to determine if they are a true chiropractic candidate. As always, there are NO guarantees I can help them, 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 we'll send 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 us.

COURTESY OF:

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“CALL NOW TO RESERVE YOUR FREE EVALUATION”