



Dr. Cory Aplin, D.C.
“In Touch”
~ **February** ~
PATIENT NEWSLETTER



Dear Patient,

Hello. It's February and I've got a ton in this newsletter to share with you. I was surfing the internet and I came up with a famous quote from a famous man. Here it is. *“Happiness consists more in small conveniences or pleasures that occur every day, than in great pieces of good fortune that happen but seldom.”* This was written by Benjamin Franklin.

Interesting Quotes

Here are 2 quotes:

“Happiness is produced not so much by great pieces of good fortune that seldom happen, as by little advantages that occur every day.

“The secret of success is constancy to purpose.”

“Valentine Day”... is of course February 14th. Here are some TYPICAL Valentine facts.

*Every year around 1 billion Valentine cards are sent. After Christmas it's the single largest seasonal card-sending occasion.

*Teachers receive the most Valentine's Day cards, followed by children, mothers, wives, and then, sweethearts. Children between ages 6 to 10 exchange more than 650 million Valentine's cards with teachers, classmates, and family members.

*Of people who *buy* Valentine's Day flowers 73% are men, while only 27 percent are women.

*In the Middle Ages young men and women drew the names from a bowl to see who would be their Valentine.

*They would wear this name pinned on their sleeves for one week. This was done so that it becomes easy for other people to know your true feelings. This is where we get the saying "to wear your heart on your sleeve".

“The Eskimos had fifty-two names for snow because it was important to them: there ought to be as many for love.”



Margaret Atwood

Now for your monthly: “COOL FACTS”

- If you keep your eyes open by force, they will pop out.
- **The "sixth sick sheik's sixth sheep's sick" is said to be the toughest tongue twister in the English language.**
- If you sneeze too hard, you can fracture a rib. If you try to suppress a sneeze, you can rupture a blood vessel in your head or neck and die.
- **Rats multiply so quickly that in 18 months, two rats could have over a million descendants.**
- Wearing headphones for just an hour increases the bacteria in your ear by 700 times.
- **If the government has no knowledge of aliens, then why does Title 14, Section 1211 of the Code of Federal Regulations, implemented on July 16, 1969, make it illegal for U.S. citizens to have any contact with extraterrestrials or their vehicles?**
- In every episode of Seinfeld there is a Superman somewhere.
- **The cigarette lighter was invented before the match.**
- 35% of the people who use personal ads for dating are already married.
- 23% of all photocopier faults worldwide are caused by people sitting on them and photocopying their buttocks.

Your Health is your Most Important ASSET.

TAKE IT SERIOUSLY!!!!

We Do!

Lumbar Herniated Disc

Since it's Valentines Day, let's talk about a herniated disc. Now if you've never heard that term, you've probably never had any lower back pain. As a disc degenerates and breaks down, the inner core can leak out through the outer portion of the disc, and this condition is known as a disc herniation or a herniated disc. The weak spot in the outer core of the intervertebral disc is directly under the spinal nerve root, so a herniation in this area puts direct pressure on the nerve.

The nerve runs through the leg, and any type of pinched nerve in the lower spine can cause pain to radiate along the path of the nerve through the buttock and down the leg. This type of pain is also called sciatica or a radiculopathy.

Lumbar Herniated Disc Symptoms

- General symptoms typically include one or a combination of the following:
- Leg pain (sciatica), which may occur with or without lower back pain. Typically the leg pain is worse than the lower back pain.
- Numbness, weakness and/or tingling in the leg
- Lower back pain and/or pain in the buttock
- Loss of bladder or bowel control (rare), which may be an indication of a serious medical condition called cauda equina syndrome.

L4-L5 and L5-S1 Disc Herniation Symptoms

The vast majority of disc herniations will occur toward the bottom of the spine at L4- L5 or L5- S1 levels. In addition to typical sciatica symptoms, nerve impingement at these levels can lead to: L5 nerve impingement (at the L4 – L5 level) from a herniated disc can cause weakness in extending the big toe and potentially in the ankle (foot drop). Numbness and pain can be felt on top of the foot, and the pain may also radiate into the buttock.

S1 nerve impingement (at the L5 – S1 level) from a herniated disc may cause loss of the ankle reflex and/or weakness in ankle push off (patients cannot do toe rises). Numbness and pain can radiate down to the sole or outside of the foot.

>>>JOKE of the MONTH<<<



Sherlock Holmes and Dr Watson go on a camping trip. After a good dinner and a bottle of wine, they retire for the night, and go to sleep. Some hours later, Holmes wakes up and nudges his faithful friend.

“Watson, look up at the sky and tell me what you see.” “I see millions and millions of stars, Holmes” replies Watson.

“And what do you deduce from that?”

Watson ponders for a minute. “Well, Astronomically, it tells me that there are millions of galaxies and potentially billions of planets.

Horologically, I deduce that the time is approximately a quarter past three. Meteorologically, I suspect that we will have a beautiful day tomorrow. Theologically, I can see that God is all powerful, and that we are a small and insignificant part of the universe. But what does it tell you, Holmes?” Holmes is silent for a moment. “Watson, you idiot!” he says. “Someone has stolen our tent!”

LOWER Your Blood Pressure Naturally...

One of the best ways to prevent heart attacks and strokes? Keep your blood pressure in check. Yet 65 million people already have hypertension—and 20 million people are teetering on the brink so if you’re one of them or you know someone that has high blood pressure, share this information with them.

Take a daily 1,000 mg dose of Olive-leaf extract can help reverse the problem, lowering your reading by as much as nine points in eight weeks, a new study suggests. Together, two of olive leaf’s active compounds—oleuropein and oleanic acid—have the power to relax slightly tight blood vessels, explains *Jame F. Balch, M.D.* **IMPORTANT:** Always monitor your blood pressure. I suggest you get it checked at the office at least once a month.

You can also normalize your blood pressure with fiber. File this under fantastic:

Simply eating a high-fiber diet can help up to three in four people get their blood pressure under control—often in as little

as one month—by stopping blood sugar from soaring to harmful levels!

The study recommends 15 grams daily. Get it by eating two to three cups of fresh produce, plus a serving of beans or high fiber cereal. You can take a shortcut by taking two heaping tablespoons of a soluble fiber supplement and eat two apples daily. Oh and don’t forget one of the best things for blood pressure. Chiropractic adjustments!

There was a study done a few years ago. They even had a segment on TV. The person’s in the experiment had their blood pressure checked. Those with high blood pressure were then adjusted. Within a few minutes they were re-tested

The results? Their blood pressure readings went down. That was the only change, but it was an amazingly quick change. There were no side effects, the patient’s felt better, and they finally understood the power of a good adjustment to the areas that were inflamed and involved. Call the office today to get your adjustment.



Gaining Weight ???

Q. Do potatoes cause weight gain?

Potatoes that are baked, boiled or prepared healthfully another way will not hinder your diet. In one, 86 overweight adults followed one of two diets to **cut** 500 calories a day. A third group was told to eat sensibly. All of the diets included five to seven servings of potatoes a week and folks in all three groups **LOST** weight after **12** weeks.

“Foods that REV UP your Circulation”

Just like taking a powerful prescription ACE inhibitor, eating a single serving of one of these foods can enlarge blood vessels, enhancing circulation (the key to great blood pressure control), say researchers:

- 1 cup kefir or yogurt
- 1 medium baked potato (with the skin)
- 1 large apple
- 12 oz. tomato juice



Causes of Neck Pain include:

- Abnormalities in the bone or joints
- Trauma and Muscle strain
- Poor posture.
- Degenerative diseases

If you have neck pain, you most likely have one of the above. Call today and get an examination to find out if CHIROPRACTIC can help.

---Fight Colds and Flu Naturally---

Vitamin D is not just for dieters... Whether you're trying to slim down or not, it's a good idea to pop a good vitamin D supplement, say scientists from Yale. They recently found that folks with the highest levels of vitamin D had a 50% lower risk of developing upper respiratory infections, like colds and flu; Danish researchers believe the vitamin boosts production of a protein that attacks infections. Though the RDA is 200 IU to 400 IU a day, many experts believe a higher dose is advised.



MY QUICK THOUGHTS OF FEBRUARY

Dr. Joe's Thoughts: 1) An extra pillow cuts heartburn risk. Lying down on two pillows instead of one pillow can raise your head enough to reduce the indigestion that 80% of heartburn sufferers experience at night. I suggest you get your spine checked because your stomach and it's acid production can be thrown off by nerve pressure.

2) Flaxseed can ease hot flashes. Eating 2 Tbs. of ground flax twice a day can cut menopausal hot flashes in half within six weeks, research reveals. You can add it to cereal or yogurt.
3) Broccoli protects your breasts. Women who eat **at least two servings a day of cruciferous vegetables**—such as broccoli, cabbage and collard greens—are 43% less likely to develop *breast cancer* than those who don't shows a new study of more than 50,000 women.

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COURTESY OF:

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“CALL NOW TO RESERVE YOUR FREE EVALUATION”