



Dr. Cory Aplin, DC

# “In Touch”

~ March ~

PATIENT NEWSLETTER

I love Springtime. I’m pretty much over the colder weather we’ve had, so now’s the time to be thinking about what you’re going to do this Spring and Summer. If you have NOT been to the office in a couple of months, now’s the time to get a tune up and get ready to be more active.



**BIKINI SEASON  
IS ONLY TWO  
MONTHS AWAY.**

## Interesting Quotes

*Here are 3 good quotes:*

- |  |
|--|
| <p>1... <i>"It is better to be a coward for a minute than dead for the rest of your life."</i></p> <p>2... <i>"A good laugh and a long sleep are the two best cures."</i></p> <p>3... <i>"Don't give cherries to pigs or advice to fools."</i></p> |
|--|

**S**aint. Patrick’s Day...When is it? March 17th. **Saint Patrick's Day** is in honor of the Patron Saint of Ireland, who brought Christianity to the Emerald Isles, as Ireland is known. It is truly a day of celebrating Irish history, ancestry, traditions and customs. **Are you** Irish perchance? Well, the saying goes everyone is a little Irish on Saint Patrick’s Day. I’m not sure everyone is, but I’m going to pretend they are. I’ll tell you why somewhere else in this newsletter. Make sure you look for the little quote I put in this newsletter that could save you some big bucks. **Ever heard of Erin?** Well Erin Go Braugh is perhaps the most common Irish term you will hear. It means "Ireland Forever" I didn’t know that before I wrote this newsletter, but I just wanted to share my new found knowledge with you. **Did You Know?** Over 34 million Americans are of Irish descent. That's almost nine times the population of Ireland!



## **Irish Quotes**

*"Who gossips with you will gossip of you."*

*"There are fish in the sea better than have ever been caught."*

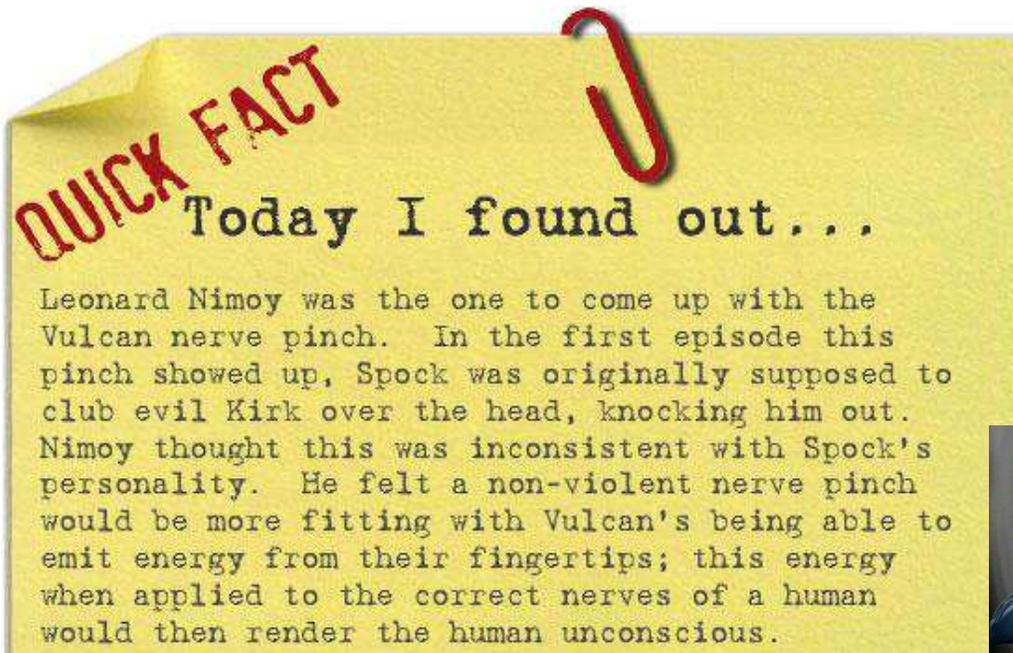
## “COOL FACTS”

- \*A group of kittens is called a kindle
- \*Cherries are a member of the ROSE family
- \*Anuptaphobia is a fear of staying single
- \*Leap Years were introduced by *Julius Caesar* around 45 BC. The chance of being born on a leap day is one in 1,461
- \*Yellowstone in Wyoming was the world's first national park, it was established in 1872
- \*On average, 1 out of every 20 people have an *extra rib*
- \*The song 'Jingle Bells' was originally called 'The One-Horse Open Sleigh'
- \*You burn MORE calories sleeping than you do watching TV, Burning between 50-70 calories an hour depending on your weight

**Your Health is Your Most Important ASSET.**

TAKE IT SERIOUSLY!!!!

**We Do!**



### >>>JOKE of the MONTH<<<

*Walking into the bar on St. Patty's Day, Shamus said to O'Leary the bartender, 'Pour me a stiff one - just had another fight with the little woman.'*

*'O, bejabbers,' said O'Leary, 'And how did this one end?'*

*'Hah, when it was over,' Shamus replied, 'she came to me on her hands and knees.'*

*'Really?' cried O'Leary, 'now that's a switch! What did she say?'*

*She said, 'Come out from under the bed, Shamus, you little chicken.'*

## Neck Pain and Your Adjustments...

\*\*\*\*\*

I had a patient ask me the other day, “Doc is Chiropractic safe for my little ones?” I said, “Absolutely. I believe everyone should have their spine checked because as humans, we’re always doing something to upset our balance.”

Chiropractic is a safe approach for you and all the members of your family, even the little ones.

Getting adjusted will help your spine and joints move better, which equates to you moving better, which means less pain and tightness in your back and neck.

When you get more movement in your joints, most of the time you’ll feel like your body has the relief it’s been wanting. Movement means more mobility and you know as well as I do, if you’re moving, you’re staying younger, feeling younger and being able to walk, run and have fun – and this is a big part of living.

Chiropractic is a popular therapy that has been around for over 100 years, and does not involve medication, an important consideration for many people, as drugs help cover up your pain, but does not do anything for healing, and sometimes has some bad, bad side effects.

It’s been proven that people experiencing neck pain often turn to chiropractic care for help before taking drugs. 95% of the people screened swear by their doctor of chiropractic if they have one, saying the work they perform on them not only relieves their pain, but also addresses the source of their aches, twinges, and throbs.

We’ve been working with people in the DC area for years, and we plan on helping as many people as possible in the coming years.

Here’s something that I think you’ll find interesting. There are more than 60,000 licensed chiropractors in the United States today, and about 8

percent of American adults and 3 percent of children have had chiropractic care to treat their pain, according to a recent survey.

That’s a higher percentage than those who use other alternative therapies like yoga, massage, and acupuncture.

### Chiropractic: How Neck Pain Is Treated

The word chiropractic is from the Greek words for hand (cheir) and action (praxis) — practitioners primarily use their hands to treat muscle, joint, and nerve pain by adjusting the spine and joints.

Adjustments at this office involve me applying controlled pressure to a joint, pushing the joint beyond the range in which it normally moves. This is intended to loosen up the joints that move poorly or painfully due to tissue damage or scarring caused by either trauma or repetitive stress.

An example of trauma causing neck pain is whiplash, while a repetitive stress injury could be from consistently poor posture. There are so many people nowadays that spend a large portion of their day, sitting at their desk, staring at a computer screen. A recent Australian study showed that a whopping 70% of office workers experience neck or shoulder pain!

For neck pain in particular, chiropractic neck adjustments, like we give you at this office (called cervical adjustments,) loosen up those stiff, achy joints of the neck, and when this is done it can reduce pain caused by pinched nerves and tight, tense muscle spasms. We believe the body has the power to heal itself, and that’s why chiropractic works so well on a very large portion of the people that want to be healthy.

\*\*\*\*\*

## Gaining Weight ???



Want to lose some weight faster than you have? Well there’s a simple way to help yourself. Do a juice cleanse. This method is also known as the Hollywood diet. I am not saying this is the only thing you should do, I’m just saying you should always look at different ways you can help your body clean itself out. There are lots of different kinds of juice cleanses out there, but don’t make this something you think about all the time. The main concept is to only consume juices made from raw fruits and vegetables. Doing this type

of cleanse will remove toxins from your system, helping you lose weight while also making you feel more alert and healthy. Most juice cleanses last for one to three days, (which is plenty of time) though some people who read this will go up to seven days at a time. You can buy your own juicer. Be sure you incorporate plenty of vegetables into your juicing routine if you do any juicing. FAST FACT: REMEMBER... Fruit juice contains a lot of sugar, and drinking a lot of it will cause you to gain weight instead of losing it.

## \*\*\*MY QUICK THOUGHTS OF MARCH\*\*\*



**Dr. Aplin's Thoughts:** If your brain is important to you, according to a study by Dr. A. Vania Apkarian of *Northwestern University in Chicago*, chronic back pain causes parts of the brain to shrink! But it's not the back pain that you should be concerned about. It's what is causing the back pain and the consequence of not addressing the underlying problem that worries us at the office. In most cases back pain are not a muscle problem, like a lot of people think it is. It's usually because of an underlying health problem. The most common cause of back pain in science today is called the *vertebral subluxation complex*. Subluxations interfere with the proper function of your nervous system and CAN lead to "devastating" effects on your health and well-being if left uncorrected. Many people feel that they can *just live with the pain*. Most times the pain comes and goes or is mild in nature and the individual puts off care because "it's not that bad." This "living with the pain" may be the biggest mistake they make in their life. The pain may not be that bad, but what's causing it is, as well as the long term health concerns. This mild chronic back pain may actually lead to permanent neurological problems and future disease. So, this month's Health Tip highlights the urgency to help your acute or chronic back pain.



### What is a Pinched Nerve:

A pinched nerve is caused by some anatomical structure putting pressure on a nerve and impairing its function. This problem may occur in many different areas of the body. The most common places are those in which a nerve must travel through a small space. Examples include: the region where the nerve roots exit the spine called the intervertebral foramen, and the carpal tunnel at the wrist, where a nerve must travel through a tunnel created by the wrist bones and ligaments.

#### Description

A pinched nerve may go by several different names. It may be called nerve compression, entrapment, or impingement. Many problems involving pinched nerves will be called syndromes. Examples include *carpal tunnel syndrome*, *thoracic outlet syndrome*, and *piriformis syndrome*. If the nerve is pinched right near its root --- where it attaches to the spinal cord ---it is often called a radiculopathy. We can help these and a lot more. Make sure you don't wait. CALL NOW!

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

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

# FREE

## “March Health Evaluation”

Schedule Your Friend or a Loved One For Their  
FREE VALENTINE HEALTH Evaluation-NOW!  
(\$197 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 Evaluation. 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 have them fill it out and send it to us immediately. **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, 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:**

*Dr. Cory Aplin, DC*

6931 Arlington Rd. Ste T200, Bethesda, MD 20814

**(301)-907-6533**

**“CALL NOW TO RESERVE YOUR FREE EVALUATION”**