



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



Dear Patient,

April is a busy month, and we're ¼ of the way through 2016, so if you're going to make some changes, **start now**. I want you to be healthy and have the best year you've ever had... health wise - - so make sure you read this entire newsletter, then **share it with your friends!** I've tried to put something that will help everyone, in one way or another. I do this because I know people want some release from life etc, or to just get away and forget about everything for a few moments. That's what vacations are good for. Summer is only 2 months away so start planning now!

Questions of the MONTH

Actual Questions Asked of Librarians:

- Do you have books here?
- Do you have any books with photographs of dinosaurs?
- Can you tell me why so many famous Civil War battles were fought on National Park sites?
- Where in the library can I find a power socket for my hairdryer?

April Story

It all began when Emma and her four-year-old son, Max, were out doing errands on Sunday. During a quick stop at the grocery store, Max asked his mom to close her eyes while he picked out a card and a small teddy bear in a gift bag for his mother, who was recently divorced and had been dreading the Valentine holiday.

The sweet gesture was enough to touch her heart--but it was what Max did next that really shocked her.

Emma and Max proceeded to a nearby Pizza Xpress and enjoyed a three-course meal. When it was time to pay the check, Max whipped out his jar of pennies he had been saving all year long, and tried to use them to treat his special lady to the meal. The waitress, who had been watching the two share the lovely Valentine's Day date, was so moved by Max's act that she took care of the duo's entire bill, calling it a gift from Pizza Xpress.



Why Do People Get Allergies?

Great question, and here's my answer: No one knows for sure why people become allergic to relatively harmless substances. One theory about allergies suggests that your body is hypersensitive **if you're a hypersensitive person**.

For example, if you have a high sensitivity to stress, (and don't we all) your body also reflects this sensitivity. Since **your body and your mind are connected** entities, this theory makes sense. I don't know about you, but have you, or someone you know experienced so much stress that you lost or they lost weight? Well that's how powerful your nervous system and brain are. You can drop weight easily if you're so stressed with something going on in your life.

Stress reduction techniques designed to improve mind-body interactions are **often successful in reducing this problem**. The end result is a lessening of allergic symptoms in some patients.

Another theory is that an allergic reaction is an interpretation of your environment. In order to interpret, your body must first get information. The nervous system is part of this information-gathering function of the body. If your nervous system is dysfunctional, (and most peoples are unfortunately) then the information interpreted **will be altered**, and this makes you vulnerable to abnormal reactions like allergies.

Can Chiropractic Help With Allergies?

In some cases, yes. Since the beneficial effects of chiropractic adjustments on the nervous system are well documented, it's not surprising many chiropractic patients report a reduction of allergy symptoms **when treated regularly** for misalignments in their spine.

Misalignment or dysfunctional movements of vertebra can cause an irritation in their nerves, which then creates an abnormal signal received by the central nervous system. When this signal occurs along the same pathway required for the input of normal nervous system messages, the person's body may not interrupt the information correctly. When this occurs, an allergic reaction can result.



Although scientific research shows chiropractic adjustments do not cause an improvement in all allergy cases, they're definitely beneficial for some. The reason for the inconsistency may be because there are a number of different causes for a patient's hypersensitivity. Misalignments and nerve irritation is only one of many potential causes. **If you suffer from allergies, consider chiropractic as one of your potential powerful options**. My patients tell me all of the time that they notice less allergies and the associated symptoms while undergoing chiropractic care.



April Celebrity Birthdays

-Some famous people born in April are: **Debbie Reynolds**, Ali MacGraw, David Eisenhower, Hans Christian Anderson, Buddy Ebsen, **Sir Alec Guinness**, **Jack Webb**, **Marvin Gaye**, **Dana Carvey**, **Marlon Brando**, **Doris Day**, **Wayne Newton**, Tony Orlando, Alec Baldwin, **Eddie Murphy**, Rick Schroder, **Arthur Murray**, just to name a few.



3 Quick Ways to Reduce Stress

Between meeting deadlines, making dentist appointments, and remembering to buy milk, it's easy for anyone to get stressed - even you. So here are three quick ways that can help you **REDUCE** your **STRESS LEVELS**. Staying calm and peaceful no matter what is happening on the outside isn't as hard as it might sound. Next time your stress levels are starting to **HIT** critical levels, try one of these three easy de-stressing tips.

1. Close your eyes

Take a few moments to daydream. (Don't do this if you're driving.)

Picture yourself laying out on the beach or simply curled up reading a favorite book. By taking your mind and thoughts **away from meeting that deadline**, or performing the next duty, chore, etc. you will immediately feel a sense of calmness. Try it, you might like the results.

2. Just breathe

Taking full, deep breaths is an easy way to relax. I do this at night sometimes and it puts me right to sleep. Inhale and fill your belly with the breath, and then slowly let it out. Feel your chest and your belly release each time and see if you can breathe more deeply with each breath. Do this ten times. You might not make it to ten, but try this.

3. Relax your muscles

In this exercise, focus on slowly tensing and then relaxing your muscles. If you're sitting at a desk, tighten your leg muscles for a few seconds and then release. Move slowly up your body, ending at your face. Or, you can begin with your face and shoulders and end at your toes.



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This is for ALL NEW PATIENTS.

*** FREE ***

"April Health Check"

Schedule Your Friend or a Loved One For Their

FREE April SPINAL CHECK - 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 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.

~ Offered to you as a 'Courtesy by' ~

Dr. Cory Aplin

6931 Arlington Rd T200

Bethesda, MD 20814

(301)907-6533

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