

*Dr. Cory Aplin's*  
**“In Touch”**  
**~ AUGUST ~**  
**PATIENT NEWSLETTER**



Dear Patient,

It's hot outside! At least it is to me. And I got soaked by rain not just once, but twice last week (I really need a better umbrella). That being said, we are having an amazing summer! As you can see from the picture, Mumta and I finally got our “save the date” pictures done, and looking forward to session number 2 for our engagement pics. We've successfully hosted our housewarming party after moving into our new place and looking forward to getting back into a normal routine. You've all been so amazing in referring your friends, family members and coworkers to us that we are having our busiest summer ever. Thank you for your continued trust and support. And now, the good stuff...

## Gluten-Free Caramelized Pineapple Upside-Down Cake

1/2 cup packed brown sugar  
1/4 cup unsalted butter, divided  
1 vanilla bean, split lengthwise  
6 (1/2-inch-thick) slices fresh pineapple  
1/4 cup dark rum  
Cooking spray  
5 ounces gluten-free multipurpose flour (such as King Arthur Flour; about 1 cup)  
1/4 cup almond flour  
1/2 teaspoon baking powder  
1/2 teaspoon kosher salt  
1/4 teaspoon baking soda  
1/2 cup light sour cream  
2 tablespoons canola oil  
2/3 cup granulated sugar  
2 large eggs



### Preparation

1. Preheat oven to 350°.
2. Combine brown sugar, 2 tablespoons butter, and vanilla bean in a large skillet over medium heat; cook 6 minutes or until butter melts and sugar dissolves, stirring frequently.

3. Next Add pineapple in a single layer. Carefully pour rum over pineapple; tilt pan to ignite. Simmer 5 minutes on each side or until slightly tender and caramelized. Remove vanilla bean.
4. Coat a 9-inch cake pan with cooking spray. Arrange pineapple in a single layer in bottom of pan; pour sugar mixture over pineapple, tilting pan to coat bottom evenly.
5. Weigh or lightly spoon multipurpose flour into a dry measuring cup; level with a knife. Combine multipurpose flour, almond flour, baking powder, salt, and baking soda; stir with a whisk. Melt remaining 2 tablespoons butter in a microwave-safe dish at HIGH for 35 seconds. Place melted butter, sour cream, and oil in a bowl, stirring well with a whisk.
6. Place granulated sugar and eggs in a large bowl; beat with a mixer at high speed 5 minutes or until fluffy. Reduce speed to medium. Add flour mixture and sour cream mixture alternately to egg mixture, beginning and ending with flour mixture. Spoon batter over pineapple, spreading it evenly.
7. Bake at 350° for 38 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 15 minutes on a wire rack. Loosen cake from edges of pan with a knife; invert onto a plate.

### Now for your monthly:



1. Origin of August's name: Named after Julius Caesar Augustus.
2. August has two birthstones, PERIDOT and SARDONYX:
3. National Watermelon Day is on August 3rd
4. August 5th. This is the day to celebrate the Spirit of Sisterhood.
5. **National Smile Week** is the week of August 5-11th
6. Lemon Meringue Pie Day is on August 15th . (don't eat a lot please)
7. August 16, 1977, Elvis Presley died.
8. On August 20, 1630, Lemonade was first served in Paris, France.
9. August 30<sup>th</sup> - National Toasted Marshmallow Day.

### Famous People Born in August

Bill Clinton, Benjamin Harrison, Herbert Hoover, Lyndon Johnson, Barack Obama  
 Several actors and actresses: *Lucille Ball, Halle Berry, Sean Connery, Cameron Diaz, Robert De Niro, Dustin Hoffman, Jada Pinkett Smith, Patrick Swayze,*  
 Singers: *Whitney Houston, Michael Jackson, Madonna, LeAnn Rimes, James Taylor*

# We love referrals and we're never too busy to take them.

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

Why shouldn't you tell secrets on the farm? Because the corn has ears, the potatoes have eyes and the beans talk.

# CHIROPRACTIC STORY

## The Story of Chiropractic

Imagine this. The year was 1895, the same year that x-rays were discovered. You probably didn't know that, but now you do. At that particular time, our health care was provided by a diversity of unregulated professions, including osteopaths, magnetic healers and "medical" doctors. Back in the day, most medical education consisted of working as an "apprentice" for a "medical" doctor, and learning the craft by observation. Kind of like doing a residency now, I guess. Anyway, here's the rest of the story.

D.D. Palmer, the Father of Chiropractic, was a "magnetic healer," with a practice in Davenport, Iowa. He had doubts about the "germ theory" as the *complete explanation* for the cause of all disease. After all, if germs kill... shouldn't we all be dead? He asked anyone that didn't believe him: "How was it that 2 brothers could work in the same shop, eat the same food, sleep in the same bed, and that one would succumb to a BAD disease while the other one would stay healthy and never get sick?"

His answer was that it was not just the "seed" (or germ) which was the cause of people's dis-eases. He thought that the "soil" or the recuperative power of the body (which he later referred to as "innate intelligence", and we now call homeostasis) was the missing component of the equation.

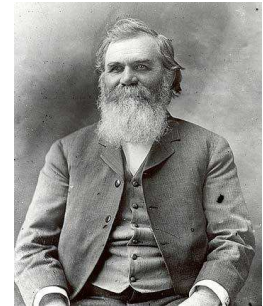
One day D.D. was in his office and he was talking with Harvey Lillard, the janitor guy in his building. Unfortunately, Harvey was deaf and had been for years. He mentioned to D.D., that years ago he was lifting a heavy weight, and he felt something "snap" at the base of his neck. It was several weeks later, but his hearing started to fade.

D.D. was intrigued, and asked Harvey if he could examine his back. Harvey said, "Okay, no problem." What D.D. "felt" (doctors of chiropractic refer to this art as "palpation") was that one of the upper back bones was sticking out much more than the one above or below it. He explained to Harvey that he felt that this "bone out of place" could be causing pressure on his spinal cord, and that this could be the reason that Harvey was now deaf.

He convinced Harvey to lie down on the couch, (he did not have a chiropractic table) and placed his hands on the transverse processes of the bone and, as D.D. explained in his books, "wracked it back into position". When Harvey got up, he stated that he could hear a horse drawn cart down in the street! This was the first thing he had heard clearly in 17 years!

Although DD thought he had found (one of) the causes for deafness, what he found over time was that when he corrected mis-alignments in Harvey's spine (what he termed a "subluxation"), where ever they happened to be, it improved the nerve supply, thus the function, of whatever tissues and organs that particular nerve(s) supplied.

What I do here at the office is remove the impediment or blockage to the brain's control of the body. We call that impingement to the nerves a "spinal subluxation". Don't forget to make sure that you get checked regularly because things do happen without any pain in your spine, and you're the only one that can help yourself, so make sure you call now.



# ~ THREE Ways to Stay Healthy ~

Here are 3 healthy behaviors that can go a long way toward improving your health and lowering your risk of heart disease, stroke, diabetes, and osteoporosis. And they're not as complicated as you might think. Choose one behavior below to start with. Once you've got that one down, move on to the others. I have more, but three is a good starting point.

## 1. Maintain a Healthy Weight

Keeping your weight in check is often easier said than done, but a few simple tips can help. First off, if you're overweight, focus initially on not gaining any more weight. This by itself can improve your health. Then, when you're ready, try to take off some extra pounds for an even greater health boost, call me at the office.

### *Tips*

- Integrate physical activity and movement into your life.
- Eat a diet rich in fruits, vegetables and whole grains.
- Choose smaller portions and eat more slowly.
- Limit children's TV and computer time.
- Encourage healthy snacking on fruits and vegetables.
- Encourage activity during free time.



## 2. Exercise & Get Adjusted Regularly

Few things are as good for you as regular physical activity and adjustments. While it can be hard to find the time, it's important to fit in at **least 30 minutes of activity every day**. More is even better, but any amount is better than none. Make sure you make your appointments here at the office as well.

### *Tips*

- Choose activities you enjoy. Many things count as exercise, including walking, gardening and dancing.
- Make exercise a habit by setting aside the same time for it each day. Try going to the gym at lunchtime or taking a **walk regularly after dinner**.
- Stay motivated by exercising with someone.

## 3. Don't Smoke

You've heard it before: If you smoke, quitting is absolutely the best thing you can do for your health. Yes, it's hard, but it's also far from impossible. More than 1,000 Americans stop SMOKING... for good... every day. If you smoke you can do it too.

### *Tips*

- Keep trying! It often takes six or seven tries before you quit for good.
- Talk to a health-care provider for help. We think our services should be at the top of your list of health care providers.
- Join a quit-smoking program. Your workplace or health plan may offer one.
- Try to quit as soon as possible. If you smoke, your children will be more likely to smoke.
- Don't smoke in the house or car. If kids breathe in your smoke, they may have a higher risk of breathing problems and lung cancer.
- When appropriate, talk to your kids about the dangers of smoking and chewing tobacco. A health-care professional or school counselor can help.

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

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This is for **NEW PATIENTS ONLY**.

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Give this certificate to your **FRIENDS & LOVED ONES** during **AUGUST** and they'll receive a **FREE** Health Assessment. 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 bring it to us immediately. **The Assessment is totally FREE.**

They are **NO HIDDEN CHARGES**, **NO OBLIGATIONS** and the purpose of this evaluation 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 with me.

**Offered to you Courtesy Of:**

*Dr. Cory Aplin*  
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Bethesda, MD 20814

**EXAM**

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**(301)-907-6533**

**“CALL NOW... to Reserve Your Free Health Assessment.”**