



Dr. Aplin's
“In Touch”
 ~ August ~
PATIENT NEWSLETTER



Dear Patient,

It never ceases to amaze me how much can happen in a month. I want to start by welcoming my new baby niece Devika into the family. She's so precious and growing every day! The picture to the left was taken just one week after her birth. The pups to the right prove that when its blazing hot outside, sometimes it nice to just sit cozy on the couch with some AC blasting. Luna's chin tends to get a little heavy, so she's resting it on Solie's back.

Right after that picture was taken, they both decided to get up, and as always, the first thing they did was take a deep stretch. A lot can be learned from these two, who instinctually know that before any activity, stretching is a necessity, so if you are sitting here reading this and feeling a little tight, take a deep breath and reach up toward the ceiling right now! Tilt your head side to side toward your shoulder as you slowly breathe out. Doesn't that feel great??? A little stretching goes a long way for muscular health.

There's a lot going on this month. I AM GOING to tell you some of the special holidays, and I'll give you a list of some of the ones that caught my eye, but let's just say it's going to be HOT this month, and it's going to be really cool here at the office.

Here's a short list of some of the holidays that I like listed below. I don't suggest that you try and celebrate them all, but if you get a chance, share one of these with someone you love, and care about.

- ✓ **Admit You're Happy Month**
- ✓ **Family Fun Month**
- ✓ **National Catfish Month**
- ✓ **National Eye Exam Month**
- ✓ **National Golf Month**
- ✓ **Peach Month**
- ✓ **Romance Awareness Month**
- ✓ **Water Quality Month**
- ✓ **National Picnic Month**

THIS IS awesome!



Thought Provoking Questions To Ask Yourself This Month.

- When was the last time you tried something new?
- Who do you sometimes compare yourself to?
- What's the most sensible thing you've ever heard someone say?
- What gets you excited about life?
- What life lesson did you learn the hard way?
- What do you wish you spent more time doing five years ago?
- Do you ask enough questions or do you settle for what you know?
- Who do you love and what are you doing about it this August?
- What's a belief that you hold with which many people disagree?



What Causes FOOT P A I N

I had a patient ask me the other day, "Doc, what causes my foot pain?" I asked her, "Well how long have you had it?" She answered very curtly, "Well too long for me. Isn't there something you can do for me?" I told her, "Mary (not her real name) I might be able to help, but we're going to have to do an exam and find out what might have caused it and whether we can help or not."

She kind of looked at me funny, but then I explained to her the 17 possible reasons for her pain.

Here they are.

- *Plantar Fasciitis*
- *Sprain/Strain*
- *Ingrown toenail*
- *Arthritis*
- *Fibromyalgia*
- *Tendinitis*
- *Fracture*
- *Sciatica*
- *Flat Feet*
- *Bunions*
- *Gout*
- *Hammer Toes*
- *Bursitis*
- *Rheumatoid Arthritis*
- *Juvenile Arthritis*
- *Toxic Synovitis*
- *Buerger's Disease*



As crazy as it sounds, your foot pain is something that you should take seriously. If you have foot pain, and you've tried everything, make sure you call the office today and make an appointment. One of the doctors can sit down with you, talk to you and find out what we can do to help you get rid of your foot pain. As you can see there are a lot of reasons you can experience long term foot pain. Don't wait. Call the office today and schedule an appointment.

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Know someone who could have any of these conditions which is causing their foot pain? CALL my office right now and schedule a FREE CONSULTATION for them if you don't have foot pain, but they do!!!

## My Jokes for July

### **How To Grow Strawberries**

Farmer Evans was driving his John Deere tractor along the road with a trailer load of fertilizer. Tim a little boy of eight was playing in his yard when he saw the farmer and asked, 'What've you got in your trailer?'

'Manure,' Farmer Evans replied.

'What are you going to do with it?' asked Tim.

'Put it on my strawberries,' answered the farmer.

Tim replied, 'You ought to come and eat with us, we put ice-cream on our strawberries.'

### **Young Entrepreneur**

6-year old Robert was looking at the red ripe tomatoes growing in Farmer White's garden. 'I'll give you my two pennies for that tomato,' said Robert pointing to a beautiful, large, ripe fruit hanging on the vine.

'No, I can't do that,' replied Farmer White, 'I can get a dime for a tomato like that one.'

*So Robert pointed to a smaller green tomato, 'Will you take two pennies for that one?'*

*'Oh, yes,' answered the farmer, 'I'll give you that one for two cents.'*

*'OK,' said Robert smiling, sealing the deal by putting the coins in the Farmer White's hand, 'I'll collect it in a week's time.'*

## **Drinking Water Can Speed Weight Loss**

There is one thing your weight loss plan most certainly recommends -- water. Our weight loss program helps you lose weight fast, but I wanted you to know that water, (especially pH water) is very important to your weight loss efforts.

From the veggie-based Ornish diet to steak-loving Atkins (and virtually all diets in between) "drink lots of water" is part of the mantra. We don't use either, as our weight loss plan is unique, but water is a part of any good, reasonable weight loss management plan.

And lately, there is some scientific evidence that H<sub>2</sub>O really does help you lose weight. Researchers in Germany report that water consumption increases the rate at which people **burn** calories. The impact is modest and the findings are preliminary, but the researchers say their study could have important implications for weight-control programs.



### **Eight Glasses a Day**

Despite the fact that most "diets" call for drinking at least eight, 8-ounce glasses of water a day, few studies have been done to determine if the practice actually speeds weight loss.

In an effort to answer this question, Michael Boschmann, MD, and colleagues from Berlin's Franz-Volhard Clinical Research Center tracked energy expenditures among seven men and seven women who were healthy and not overweight.

After drinking approximately 17 ounces of water, the subjects' metabolic rates -- or the rate at which calories are burned -- increased by 30% for both men and women. The increases occurred **within 10 minutes of water consumption** and reached a maximum after about **30 to 40 minutes**. I recommend you drink at least 17 ounces of pH water every 30 minutes and find out what happens to your weight. Do that for at least a month, then tell me your results.

The study also showed that the increase in metabolic rate differed in men and women. In men, **burning more fat** fueled the increase in metabolism, whereas in women, an increased breakdown of carbohydrates caused the increase in metabolism seen.

The researchers estimate that **over the course of a year**, a person who increases his water consumption by 1.5 liters a day (that's about four 12 oz. glasses) would burn an extra 17,400 calories, for a weight loss of approximately **five pounds**. They note that up to 40% of the increase in calorie burning is caused by the body's attempt to heat the ingested water. The findings are reported in the December issue of *The Journal of Clinical Endocrinology and Metabolism*.

**"Have a FANTASTIC AUGUST, and be SAFE! We do care about you!"**

This newsletter is brought to you by Dr. Aplin, Bethesda, Maryland.

**CALL 301-907-6533 NOW... to schedule your appointment.**

Cut this certificate out and present it to my office for your *FREE August - HEALTH CHECK UP*  
This is for ALL NEW PATIENTS.

**\* FREE \***

## "AUGUST Health Check"

Schedule Your Friend or a Loved One For Their

**FREE AUGUST SPINAL CHECK - NOW!**

**(\$185 dollar value)**

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



PROTECT YOU CHILDREN, GET THEM ADJUSTED  
TODAY... YOU'LL LIKE THE RESULTS!

Give this certificate to your FRIENDS & LOVED ONES during **August** 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, D.C.*

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**"CALL NOW... To Reserve Your FREE August Health Check."**

**Don't forget to share this with your friends, co-workers, and family!**