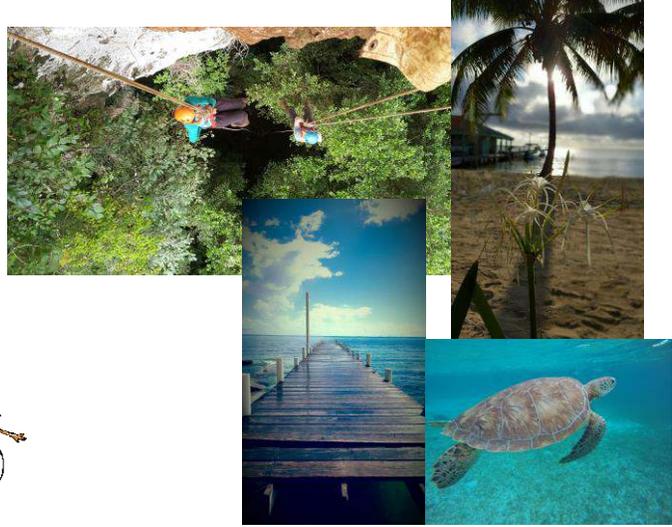


Dr. Aplin's

"In Touch"

~ December ~

PATIENT NEWSLETTER



Dear Patient,

leftovers are history, you may have eaten too much, but now you're concentrating on Christmas and gifts. Even Black Friday has left its mark on another year. Homes and businesses look a lot like Christmas, even before December. I did something I've been wanting for YEARS and I finally went somewhere warm while it was cold outside here. Above, you can see some of my favorite pics from mine and Mumta's trip to Belize. And yes....that is a picture of us hanging 300 feet in the air over the rain forest ☺

As we get back to work I'm amazed that we are already preparing for Christmas and as I'm sitting here writing this on a Sunday evening, the first candles of Hanukah are being lit. Regardless of your faith or beliefs, this time of year you have to wonder just what the most important part of the holiday season will be for you and your family. Is it those brightly lit ornaments and displays? Is it the singing of favorite carols? Is it the exchange of gifts? Is it the festive holiday table with aromas that entice even the most dedicated of dieters? Is it seeing a small child's face beam in opening a special gift? Is it the worship service(s) that recall how the holiday came to be? I consider you a part of my family. Be safe and blessed for the Holidays! Don't forget to stop in and say hi. We always have some really cool stuff going on in the office this time of year.

JOKES of the MONTH

Q: "Where do snowmen keep their money?"

A: In a snow bank.

Q: "What does Jack Frost like best about school?"

A: Snow and tell.

Stop Holiday Weight Gain

I want you to know something. Reports of holiday weight gain have been greatly exaggerated. Media stories often suggest that the average person GAINS... 7 to 10 pounds between Thanksgiving and Christmas. People I know say they gain, on average, about **five pounds during the holidays.**

But several studies now show that the average weight gain during the winter holidays is just one pound. Yes, I said, ONE POUND. That's if you eat normally and don't indulge.

The sad part is this. Most people don't ever lose the pound of weight they put on during the holidays. That's the big problem that no weight loss clinic or professional office talks about.

Since the average weight gain during adulthood is about **one to two pounds a year**. I know that doesn't sound like much, but think about this. If you can lose one to two pounds a year, how many pounds lighter will you be in 10 years? Midlife weight gain can be somewhat explained by your holiday eating.

Here's an example.

If you're 30 and you're gaining 1-2 pounds every holiday season, by the time you're 40, you've put on about 20 pounds. By the time you're 60 years old, that's an additional 40-80 pounds.

For people who are already overweight, the holiday weight news I just shared means more weight gain for them. Although the average gain is only one pound, people who are already overweight tend to gain MORE... than the one - two pounds per year. One study found that **OVERWEIGHT** people gained **five pounds** or more during the holidays.

And we start packing on that extra pound of holiday weight early in life. Researchers studied holiday weight gain among college students during the Thanksgiving break. The students were weighed the **day before** Thanksgiving, and weighed again about **two weeks later**. The average weight gain for the 94 students was about one pound. Students who were of normal weight gained about a half a pound during the period. Students who were overweight, meaning their body mass index was 25 or more, **gained about two pounds**.



Thanksgiving marks the beginning of a "high risk" time for any person overweight, so if you're overweight, talk to me about getting on the weight loss program. The holiday season doesn't represent one day of overeating.

You have this period that extends through the New Year where there's MORE alcohol, MORE snacks, MORE finger foods and MORE appetizers that are "energy" dense. Be careful what you eat, eat more veggies and drink lots more water, and you'll cut down on those holiday pounds.

"The spirit of Christmas is the spirit of love and of generosity and of goodness. It illuminates the picture window of the soul, and we look out upon the world's busy life and become more interested in people than in things."

Merry Christmas



"Make sure you're adjusted for the holidays so you can be healthy and enjoy them."

H *the absence of disease or infirmity.* I want you to think about this. You can 'feel great' and still have heart problems, diabetes, kidney disease, etc. Health is a state of complete well-being, not a state of not having symptoms.

If you're taking some drugs and think they are curing you, you're wrong. Drugs help you cover up the **PAIN**, but they do absolutely nothing to **CURE YOU**.

Your body is the **ONLY** thing that cures you.

The only thing, so make sure your body is checked at the office this month for alignment issues. If you're not aligned, you're crooked and when you're crooked, you're not healthy.

Don't confuse feeling good and health. They aren't necessarily the same thing. Call the office and get checked.

I love being a
Chiropractor



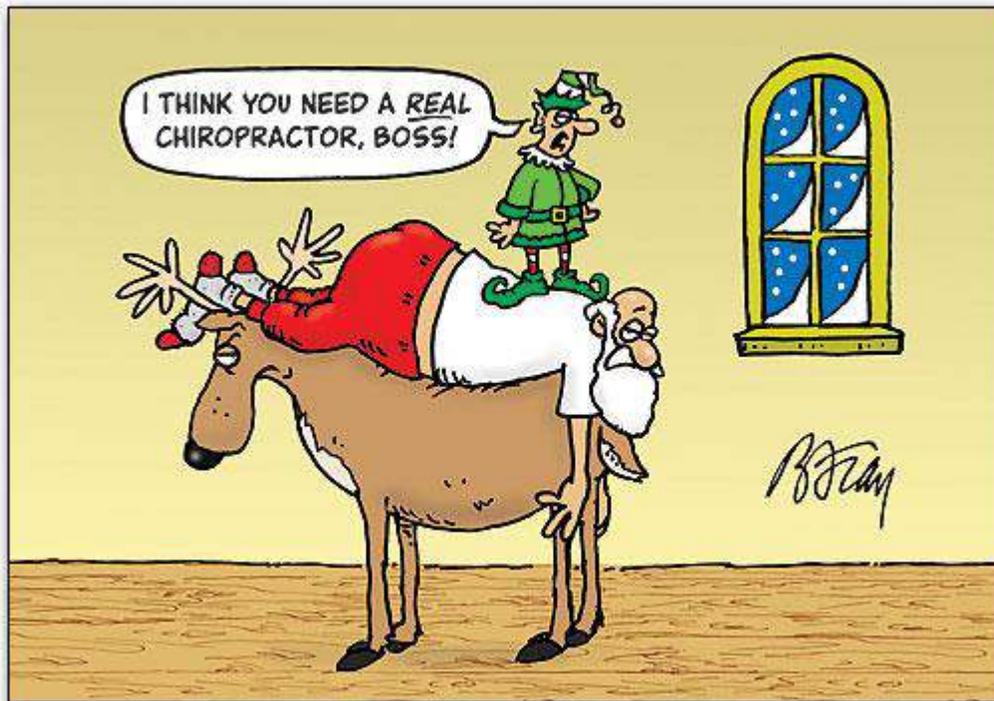
Can you remember when you were in the first grade? Probably not.

What I remember is that I didn't understand anything — about reading, numbers, how to get along with my family members, or how to be a “success.”

I was young, so basically I was a sponge, waiting to soak up the water of education, and things that I wanted to do. I'd even soak up things I shouldn't be soaking up... if you know what I mean. If I had arrived at the first grade already full of 'stuff' I wouldn't have been ready to learn. I felt like I knew everything when I hit about 15 years old, but that's another story for another newsletter.

For me I want to keep learning more about health, so I can learn how to keep my patients healthy in the future.

As your doctor, I can only try to stop thinking and return to my innocent state of readiness, like the 1st grade when I attend conferences that give me the tools I need to help you. At this time of year, I find that being with my family and my patients is one of the best parts of my life. Thank you again for being a patient. You mean a lot to me.



“I have always thought of Christmas as a good time; a kind, forgiving, generous, pleasant time; a time when men and women seem to open their hearts freely, and so I say, God bless Christmas!” – Charles Dickens



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