



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



Dear Patient,

Summer is a time to relax! Or in Luna and Solie's case, hang out with "Lamb", "Pig" and other farm animals. But tell that to kids who are bouncing off the walls or shrieking "I'm bored" every five minutes since they are going to be out of school. How can you keep kids entertained, active and out of trouble for an entire summer? The trick is to plan ahead. Brainstorm ideas for things to do now, so you don't wind up spending the entire summer watching cartoons.

- Bake cookies for ice cream sandwiches.
- Volunteer at a nature center.
- Make a photo journal or a family yearbook.
- Have a luau in the backyard.
- Make a fort out of cardboard boxes.
- Visit a farmer's market.
- Stage an A to Z scavenger hunt, where you have to find something that starts with every letter.
- Have a picnic at a park.

June Quote

"Do not go where the path may lead, go instead where there is no path and leave a trail."

Ralph Waldo Emerson



“COOL FACTS”

- Coffins used for cremation are usually made with plastic handles.
- **"Almost" is the longest word in the English language with all the letters in alphabetical order.**
- Human thigh bones are stronger than concrete.
- **Cockroaches can live several weeks with their heads cut off.**
- It is impossible to sneeze with your eyes open. I dare you, give it a try!
- **A Ten Gallon Hat will only hold 3/4 of a Gallon.**
- Of all the words in the English language, the word "SET" has the most definitions.
- **It is against the law to burp, or sneeze inside a church in Nebraska.**
- In 1386 a pig in France was executed by public hanging for the murder of a child.
- **Earth is the only planet not named after a god.**



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

>>>JOKES of the MONTH<<<

Q: What did the mommy bullet say to the daddy bullet?

A: "We're gonna have a BB!"

A lawyer was just waking up from anesthesia after surgery, and his wife was sitting by his side. His eyes fluttered open and he said, "You're beautiful!" and then he fell asleep again.

His wife had never heard him say that so she stayed by his side.

A couple of minutes later, his eyes fluttered open and he said, "You're cute!" Well, the wife was disappointed because instead of "beautiful," it was "cute." She asked, "What happened to 'beautiful'?" His reply was "The drugs are wearing off!"



MY QUICK THOUGHTS For THIS MONTH

My Thoughts: A lot of people call the office because they have headaches and neck pain. *So what causes neck pain?* Good question. Pain located in the neck is a common chiropractic condition. Neck pain can come from a number of disorders and diseases and can involve any of the tissues in the neck. Examples of common conditions causing neck pain are degenerative disc disease, neck strain, neck injury such as in whiplash, a herniated disc, or a pinched nerve. Neck pain can come from common infections, such as virus infection of the throat, leading to lymph node (gland) swelling and then neck pain. Neck pain can also come from rare infections, such as tuberculosis of the neck, infection of the spine bones in the neck (osteomyelitis and septic discitis), and meningitis (often accompanied by neck stiffness). Neck pain can also come from conditions directly affecting the muscles of the neck, such as fibromyalgia and polymyalgia rheumatica. Neck pain is also referred to as cervical pain. Risk factors for neck pain include injury from involvement in contact sports, motor-vehicle accidents, bull or bronco horse riding, falling, or any type of whiplash etc. Prevention of neck pain in the context of these activities should include neck strengthening exercises and often neck bracing along with regular chiropractic adjustments as well as regular check ups.

***There are 100,000 miles of blood vessels in an...
ADULT Human Body.**

**Your ears and nose- - never stop growing.*

Question: Why Do I Have Headaches???

I get that question at the office from new patients all the time. I'm going to keep this as simple as I can for this newsletter. Headache pain results from signals interacting between YOUR brain, blood vessels, and surrounding muscles and nerves.

During a headache, specific "nerves" of the blood vessels and head muscles are activated and send pain signals to your brain telling it that you have a PAIN. It's not clear, however, why these signals are activated in the first place because I've had patients eat a hot dog, drink some wine, or just get under some stress and they'll have a headache.

Headaches that occur suddenly (acute-onset) are usually due to a pinched nerve somewhere in their body, stressful situations that causes their muscles to tighten up and cause a subluxation, some type of illness, an infection, a cold, or even a fever. Other conditions that can cause an acute headache include sinusitis (inflammation of the sinuses), pharyngitis (inflammation or infection of the throat), or otitis (ear infection or inflammation). If you're having headaches and you're just covering them up with medications, make sure you call the office today and let the doctor do a follow up examination to find out the root cause of your headaches. Headaches are not something that everyone has, or should have. Call now if you have them.



Humans like you and me... SHED about 600,000 particles of skin every hour.

A human baby has over 60 more bones than an adult.

“What Causes PAIN?”

Great question. With anyone I know, pain relates to a sensation that something hurts. If you feel pain... that means it hurts, or you feel discomfort, distress and perhaps some agony, but again, that all depends on the severity of your PAIN. Your pain can be steady and constant, in which case it may be an ache. It might even be a throbbing pain - or a pulsating pain. The pain could have a pinching sensation, or a stabbing one. When you tell me you have a pain, make sure you're very clear as to what kind of pain you actually have. That way I can find the area of your body that is most likely causing that pain if it is coming from a pinched nerve.

The English word 'pain' probably comes from Old French (peine), Latin (poena - meaning punishment pain), or Ancient Greek (poine - a word more related to penalty), or a combination of all three.

Only the person who is experiencing the pain can describe it properly. Pain is a very individual experience.

The NIH (National Institutes of Health) National Pain Consortium estimates that the public health burden of pain affects **one third** of America's population at a cost of between \$560 billion and \$635 billion each year!



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

FREE ←

“June Check Up & Examination Coupon”

Schedule Your Friend or a Loved One For Their
Check up and Chiropractic Examination-NOW!

(\$185 dollar value)

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



**"I love my
CHIROPRACTOR...
FOR real!"**

"Don't mess around. Cut me out and give to a friend!"

Give this certificate to your FRIENDS & LOVED ONES during JUNE and they'll receive a FREE Health Evaluation. We care about you and your loved ones and we don't want to forget anyone. If you have a friend or family member that is currently "not" under our care, please give them this certificate or a copy of it and have them bring it with them to their first visit. **It's FREE.**

There 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 them, 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. Aplin

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