



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



Dear Patient,

Well time is moving along. It's already May, the weather is (sometimes) improving and the cherry blossoms have come and gone. Life bestows changes on us all: a new baby, a teenager who is growing up, a midlife crisis for someone we know, a person we know with dementia, someone we find out has a terminal illness, etc.

During my years in practice, I've found that a well-written book can ease the concerns of an expectant mother or offer words of wisdom to a family devastated by the unexpected.

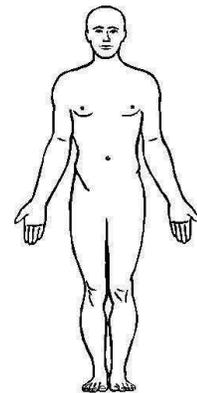
Recommending books and reading those that my patients have suggested has not only provided balance in my life, and my practice, but also has provided me with common ground on which to talk about life's experiences with you as a patient.

The books I exchange with patients in my practice sometimes tend to fall into three basic categories: business books, books that tell stories that I can relate to, and consciousness raisers. If you have a good book you've read, let me know about it. I'm always open to reading anything that helps me grow mentally.

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

We Do!

The **HUMAN BODY** is an incredibly complex and intricate system, one that still baffles doctors and researchers on a regular basis despite thousands of years of medical knowledge. As a result, it shouldn't be any surprise that even body parts and functions we deal with every day have bizarre or unexpected facts and explanations behind them. From sneezes to fingernail growth, here are a few weird, wacky, and interesting facts about the human body.



The **HUMAN BRAIN** is the most complex and least understood part of the **HUMAN ANATOMY**. There may be a lot we don't know, but here are a few interesting facts that we've got covered.

1. **Nerve impulses to and from the brain travel as fast as 170 miles per hour.** Ever wonder how you can react so fast to things around you or why that stubbed toe hurts right away? It's due to the super-speedy movement of nerve impulses from your brain to the rest of your body and vice versa, bringing reactions at the speed of a high powered luxury sports car.
2. **The brain operates on the same amount of power as 10-watt light bulb.** The cartoon image of a light bulb over your head when a great thought occurs isn't too far off the mark. Your brain generates as much energy as a small light bulb even when you're sleeping.

3. **The human brain cell can hold (5) times as much information as the Encyclopedia Britannica.** Or any other encyclopedia for that matter. Scientists have yet to settle on a definitive amount, but the storage capacity of the brain in electronic terms is thought to be between 3 or even 1,000 terabytes. The National Archives of Britain, containing over 900 years of history, only takes up 70 terabytes, making your brain's memory power pretty darn impressive.
4. **Your brain uses 20% of the oxygen that enters your bloodstream.** The brain only makes up about 2% of our body mass, yet consumes more oxygen than any other organ in the body, making it extremely susceptible to damage related to oxygen deprivation. So breathe deep to keep your brain happy and swimming in oxygenated cells.
5. **The brain is much more active at night than during the day.** Logically, you would think that all the moving around, complicated calculations and tasks and general interaction we do on a daily basis during our working hours would take a lot more brain power than, say, lying in bed. Turns out, the opposite is true. When you turn off your brain turns on. Scientists don't yet know why this is but you can thank the hard work of your brain while you sleep for all those pleasant dreams.
6. **Scientists say the higher your I.Q. the more you dream.** While this may be true, don't take it as a sign you're mentally lacking if you can't recall your dreams. Most of us don't remember many of our dreams and the average length of most dreams is only 2-3 seconds—barely long enough to register.
7. **Neurons continue to grow throughout human life.** For years scientists and doctors thought that brain and neural tissue couldn't grow or regenerate. While it doesn't act in the same manner as tissues in many other parts of the body, neurons can and do grow throughout your life, adding a whole new dimension to the study of the brain and the illnesses that affect it.
8. **Information travels at different speeds within different types of neurons.** Not all neurons are the same. There are a few different types within the body and transmission along these different kinds can be as slow as 0.5 meters/sec or as fast as 120 meters/sec.
9. **The brain itself cannot feel 'pain.'** While the brain might be the pain center when you cut your finger or burn yourself, the brain itself does not have pain receptors and cannot feel pain. That doesn't mean your head can't hurt. The brain is surrounded by loads of tissues, nerves and blood vessels that are plenty receptive to pain and can give you a pounding headache.
10. **80% of the brain is water.** Your brain isn't the firm, gray mass you've seen on TV. Living brain tissue is a squishy, pink and jelly-like organ thanks to the loads of blood and high water content of the tissue. So the next time you're feeling dehydrated get a drink to keep your brain hydrated!!!

Interesting Quote for May

“Chiropractic deals with all the things that your body has to do, how you perform, how you drive, how you make a salad, how fast you can read and how well you can remember things.”

MY QUICK THOUGHTS

Can Chiropractic HELP Arthritis?

YES! Let's take a look and see HOW.

There are TWO different conditions known as "arthritis". By definition, "arthritis" is inflammation of the joints.

But, there are actually two kinds of "arthritis". First, there's osteoarthritis, sometimes referred to as "wear and tear" arthritis. This includes DJD or Degenerative Disc Disease. Then, there are several variations of rheumatoid arthritis.

Osteoarthritis or "wear and tear arthritis" is just that, a sort of wearing away of the joint. It typically shows up as we age OR after years of excessive use or wear on a joint.

Many people tell me "The orthopedist told me the disc in my neck or low back is worn down because of my age."

My response is "Well, how old are the other discs in your spine?" DJD or osteoarthritis of the spine, is usually caused by *bones in the spine* that are **NOT** in alignment and/or postural distortions. The discs wear away and your body *tries* to stabilize the area. On x-ray, this reaction looks like little bone spurs. It's actually the body trying to fuse these vertebrae in order to protect you. Usually, the problem is not noticed until the disc is about gone and the spurs (or osteophytes) start to press on your nerves, causing pain.

The standard medical approach to "wear and tear" arthritis is self-medication with over-the-counter painkillers and NSAIDS, or non-steroidal anti-inflammatory drugs like Tylenol, Advil, etc. If not resolved, you can end up on steroids or prescription painkillers that can lead to addiction.



The eventual medical solution is surgery, sometimes very risky surgery with long-term consequences. The other type of arthritis, called rheumatoid arthritis, is an inflammatory autoimmune condition that causes pain, swelling and disfiguration, usually easily seen in the hands. As with most autoimmune conditions, the cause is unknown.

Yet, treatments start with over-the-counter painkillers and anti-inflammatory drugs, then prescription painkillers, then immunosuppressant drugs. The mandatory warnings on these drugs **warn you** of infection, disease and even death.

There are many ways chiropractic helps those with arthritis. If you do indeed have spinal misalignments referred to as subluxations, this can cause the discs to wear down more quickly.

In health care, an ounce of prevention is worth very much more than a pound of cure. If you can help prevent health problems from happening, you save a great deal of time, effort, and MONEY. Also, by avoiding the frequently ongoing stress and anxiety associated with treatment of a chronic illness, you and your family conserve precious, irreplaceable personal resources such as *peace of mind*.

A comprehensive preventive care program incorporates a healthy food plan, consistent regular exercise, and regular chiropractic care.

Regular chiropractic care, focusing on the spinal column and targeting **nerve interference**, is a key resource in your health care program. Regular chiropractic care provides the framework so that your body can function at peak efficiency, thus helping ensure your long-term health and well-being.

As a chiropractor I am trained to detect and correct those misalignments with gentle, specific adjustments. As your body stays in its proper alignment, not only is the pressure taken off the nerves, but the proper motion between the spinal bones is restored. This reduces your body's need to lay down new bone to stabilize your spine. When that happens, your symptoms are reduced and your quality of life improves. If you maintain that proper alignment, you become stronger and help keep them from coming back.

The other way chiropractic helps is neurologically. Anyone that has ever suffered from an autoimmune disease knows that it's made worse by stress. Chiropractic adjustments help take stress off your nervous system allowing your body to rest, relax and heal. By taking stress off your nervous system, your body functions better. When your body is restored to proper function, healing and health happens naturally. Here's what I think about STRESS.

Do You Want Help With Stress?

There are two principles that uniquely bind chiropractic and stress management care.

The first is the principle of MOVEMENT. In stress management care, it is imperative for the patient to realize that most emotional issues *cannot be fully resolved* in one day. Life is a process and revelations about one's life occur over a period of time. Thus, stress management strategies are directed at providing for positive emotional movement in resolving our issues.

Chiropractic is founded on the premise that the body heals itself. It can do so when the nervous system is FREE from any interference in nerve transmission to the body.

When there is loss of proper bodily motion, muscles lose their *natural tone* causing nerves to become irritated. Therefore, full range of motion of the musculo-skeletal system is essential to nervous system integrity. Chiropractic manipulation is directed toward increasing range of motion and decreasing *muscular restrictions*.

The second principle relating chiropractic and stress management is the phenomenon of REFLEXES. A reflex occurs when one body system is unbalanced and causes another system to function improperly. It is well accepted that our mental/emotional condition affects our physical state.

Perhaps the best known reaction of the body to emotional stress is the neck muscle tension and headache occasioned by *emotional stress*. This mechanism is known as a psychosomatic (muscle) reflex. A similar mechanism occurs when emotional stress causes a stomach ulcer. This is a psychovisceral (organ) reflex. Get checked today!!!!



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