



Dr. Aplin's

"In Touch" ~ November ~

PATIENT NEWSLETTER

Happy Thanksgiving



Dear Patient,

Holiday season has officially arrived and Thanksgiving is just around the corner. I've been working hard to make sure that the staff and I do something really special for you this year. If you've been a patient for awhile, you know we're all about family, sharing and caring. So I just want to wish you the best during this time, and make sure that you know that we care about you and your family. A lot of times, people just forget two important words... *THANK YOU*. So with that said, I just wanted to say *THANK YOU* to you for being a great patient and also to *THANK YOU* for all your referrals. They do mean a lot to me and I always want to make sure your friends are taken care of like family.

Here's what you can look forward to in "November."

Make a note of this please.

HOLIDAY SCHEDULE

Please keep the following Holiday schedule in mind when scheduling your appointments for November and December.

Thanksgiving Week: We will be open Monday 10am-8pm, Tuesday 3pm-8pm, Wednesday 10am-8pm. Closed Thursday and Friday.

Christmas Week: We will be open Monday 10am-8pm, Tuesday 3pm-8pm, Wednesday 10am-8pm. Closed Thursday and Friday

New Year's Week: We will be open Monday 10am-8pm, Tuesday 3pm-8pm, Wednesday 10am-8pm and Thursday 10am-3pm. Closed on Friday.



COOL FACTS

On the fourth Thursday in November, families across the U.S. gather to feast on turkey, watch football, and gear up for Christmas by looking for Santa during the Macy's Thanksgiving Day Parade, but did you ever wonder why these Thanksgiving traditions started?

Impress your children with these Thanksgiving Day facts:

- **The first Thanksgiving was held in the autumn of 1621** and included 50 Pilgrims and 90 Wampanoag Indians and lasted three days. Many historians believe that only five women were present at that first Thanksgiving, as many women settlers - didn't survive their first difficult year in the U.S.
- **Thanksgiving didn't become a national holiday until over 200 years later!** Sarah Josepha Hale, the woman who actually wrote the classic song "Mary Had a Little Lamb," convinced President Lincoln in 1863 to make Thanksgiving a national holiday, after writing letters for 17 years campaigning for this to happen.
- **No turkey on the menu at the first Thanksgiving:** Historians say that no turkey was served at the first Thanksgiving! What was on the menu? Deer or venison, ducks, geese, oysters, lobster, eel and fish. They probably ate pumpkins, but no pumpkin pies. They also didn't eat mashed potatoes or cranberry relish, but they probably ate cranberries. And no, Turduckens (a turkey stuffed with a duck stuffed with a chicken) were nowhere to be found during that first Thanksgiving.
- **No forks at the first Thanksgiving!** The first Thanksgiving was eaten with spoons and knives — but no forks! That's right, *forks weren't even introduced to the Pilgrims until 10 years later* and weren't a popular utensil until the 18th century.
- **Thanksgiving is the reason for TV dinners!** Surprise: In **1953**, Swanson had so much extra turkey (260 tons) that a salesman told them they should package it onto aluminum trays with other sides like sweet potatoes — and the first TV dinner was born!
- **Thanksgiving was almost a fast — not a feast!** The early settlers gave thanks by praying and abstaining from food, which is what they planned on doing to celebrate their first harvest, that is, until the Wampanoag Indians joined them and (lucky for us!) turned their fast into a three-day feast!



We are never too busy to HELP your friends.

>>>QUESTIONS of the MONTH<<<

Q: What kind of music did the Pilgrims like?

Plymouth Rock

If April showers bring May flowers, what do May flowers bring?

Pilgrims

Why can't you take a turkey to church?

They use FOWL language.

Why was the Thanksgiving soup so expensive?

It had 24 carrots.

CHIROPRACTIC STUFF

Q: A patient asked me recently, "Doc, can a chiropractor help my knee pain? I really don't know why my knee hurts but can you help?"

A: There are many possible causes of knee pain, so I am going to try to answer your question from multiple aspects. In general, there are a few things that are important to know about chiropractic and knee pain. First, chiropractic alone (a joint mobilization to the knee) is likely not the only treatment that would need to be applied. (It all depends on what I find, how long you've had the problem, and what you've done for that pain in the past.) Also, we have some specialized physical therapy and laser therapy techniques ... that can help you stretch and strengthen and heal your joints. Often times knee pain can be a compensation for injury somewhere else in the body. Finally, if you are not seeing results, we'll refer you to an orthopedic doctor, but you should definitely come to this office and find out if we can help you first.

Now without knowing the source of your knee pain... let me just say this. Your knees may begin to hurt if you spend too much time on your feet or you are suffering from arthritis. You are not alone. We see lots of patients who have knee problems from overuse of their knee joints, traumatic injury from events such as sports and falls and loads of pain due to arthritic changes in their joints.

Often the kneecap does not move smoothly enough when bending, causing abnormal stresses upon the tendons, cartilage and ligaments. You probably don't know this but I am trained to provide the proper diagnosis and management of this problem through re-establishing proper muscle balance, restoring movement to the kneecap, and working with you to help you stretch your tendons so you can return to doing what you love to do. Strains and sprains often occur during sports that involve running and jumping. We also successfully treat these conditions.

Now knee pain might be the result of poor gait function. If poor mechanics or traumatic injuries are not corrected at an early age, and as soon as possible, the knee joint tissues will eventually begin to erode and break down. As a result, the

bones rub upon one another and cause bone spurs. This painful condition is known as degenerative joint disease, or osteoarthritis, and is often progressive with age. It is critical to get treated by this office as soon as possible when injuries occur, so they do not progress over time.

If you would like more information, call the office, and schedule an appointment.

WANT TO STAY THINNER

If you want to stay thinner, or lose some WEIGHT, you have to Plan Your Meals

It's said that failing to plan, means that you're planning to fail. When it comes to meals designed to promote your health and eliminate unwanted calories, you're going to have to heed this advice.

The problem is, if you fail to plan your meals you are basically eating according to either your emotions or whatever whim may come over you around mealtime.

Both of these can mean added calories, poor nutritional choices and a growing waistline.

I do advise some general principles to follow when planning your meals, but the takeaway message to this nutritional

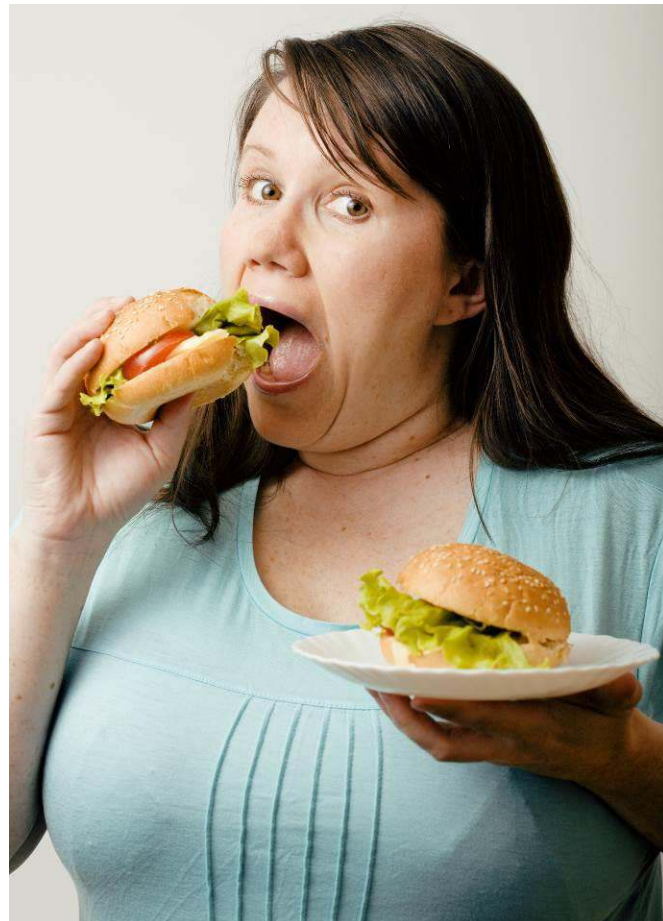
no-no is you need to think independently of your shifting moods about what you will be consuming for up to the next week in advance -- in order to keep your plate free of unnecessary calories.

This means shopping in advance with specific meals in mind and it means putting your intended meals down on paper and sticking to your meal schedule.

You've probably discovered that both of these things are much harder in practice than they are in theory. There's a reason for that.

Processed food manufacturers are spending a lot of money, billions and billions of dollars each year, to convince you that their food will satisfy you emotionally. Processed foods are not the answer. Processed foods are part of your growing waistline problem.

Remember this truth as you take on the billion dollar advertising industry while you take control of your health! Plan your meals, and you'll stay thinner. Oh and one more thing. Make sure you eat at least ONE SALAD per day. It's good for you and you'll be able to keep your weight in check.



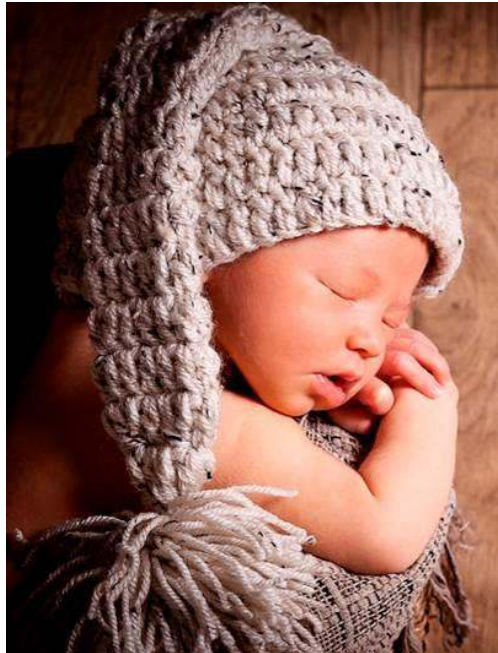
Cut this certificate out and present it to my office for your **FREE November HEALTH ASSESSMENT**
This is for **NEW PATIENTS ONLY**.

FREE

“November Health Assessment”

Schedule Your Friend or a Loved One For Their
FREE November HEALTH Assessment - **NOW!**
(\$197 dollar value)

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Give this certificate to your **FRIENDS & LOVED ONES** during **NOVEMBER** 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, D.C.
6931 Arlington Rd. T200
Bethesda, MD 20814

EXAM

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(301) 907-6533

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