



Dr. Aplin's

“In Touch”

~ OCTOBER ~

PATIENT NEWSLETTER

Happy Halloween

Dear Patient,

Fall is finally here!!! There's a chill in the morning and evening air, the humidity is reducing and football is everywhere (Go Broncos!). I really do love this time of year. Even though the summer vacations are over and the kids are back in school, there's some comfort in the “normal” routine of October before the holiday season officially begins next month. Not surprisingly, this is a time of year where many of our patients come for an annual spinal check-up, so if you are feeling some old familiar aches and pains or if it's simply been a while since you've had your neck and back checked out, give the office a call.

Since the last newsletter, Gwen has had her baby!!! She has been popping in and out of the office, so if you see her around, make sure she shows you some pics ☺

Now for your monthly:

COOL FACTS

Bladder infection? - Drink plenty of cranberry juice. High-acidic cranberry juice helps control harmful bacteria. You can also use cranberry pills to get the same effect without all the sugar!

Bone problems - Eat fresh pineapples. Bone fractures and osteoporosis can be prevented by the manganese in pineapple.

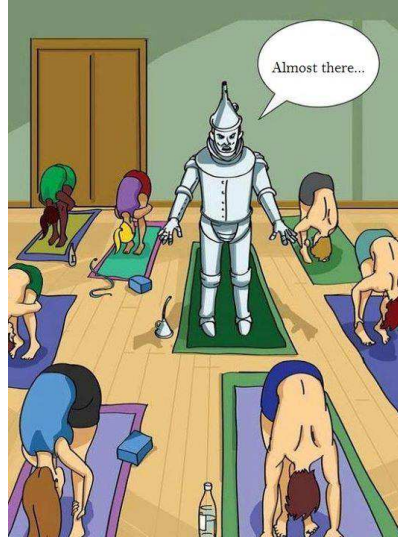
Head-cold? Eat garlic. Clear up that stuffy head with garlic. Garlic is a great natural antibiotic (Remember, garlic lowers cholesterol too.)

Diabetes? Eat broccoli and peanuts. The chromium in broccoli and peanuts helps regulate insulin and blood sugar.

Clogged arteries? - Eat avocados. Mono unsaturated fat in avocados lowers cholesterol.

We are never too busy to HELP your friends.

>>> JOKE of the MONTH <<<



BAD CANDIES FOR THE KIDS

Butterfinger Minis

4 pieces: **180 calories, 8 grams fat, 18 grams sugar** These sweets pack a serious amount of calories. Each Butterfinger Mini has a whopping 45 calories and 2 grams of fat. According to the calories burned calculator at Mayoclinic.com, a 145-pound person would need to briskly walk for 30 minutes to burn off 4 pieces of Butterfinger.

Starburst Fruit Chews

8 pieces: **160 calories, 3.5 grams fat, 23 grams sugar** Most fruit candies contain very little or no fat. Starbursts are the exception. Each little piece contains 20 calories, which can add up -- pretty quickly.

Reese's Peanut Butter Pumpkin

1 piece: **180 calories, 11 grams fat, 16 grams sugar.** Although the combination of chocolate and peanut butter can be tempting, this pumpkin can seriously derail your healthiest eating intentions. Opt for chocolates without peanut butter for calorie savings.

CHIROPRACTIC STUFF

Your spinal column, YOUR BACK PORTION is made up of 24 independent vertebrae (bones), and is what allows your body to move, twist, and bend through every motion of your busy day. Motion is important because the better you move, the more you can do and produce. Movement keeps you younger. These bones also encase and help protect the delicate central nervous system that controls and coordinates every muscle, tissue and organ of the body. This is why the first step to an active lifestyle is a properly functioning spine.

When two or more vertebrae of your back aren't functioning together properly, it is what we as chiropractors refer to as a subluxation or a misalignment.

These subluxations are actually Joint Dysfunctions that can cause you to experience pain, discomfort, decreased mobility, or many other symptoms and conditions.

Sometimes you don't even know you have these misalignments because you will NOT experience any symptoms. None! Only 10% of nerve fibers sense pain. So you can't base your alignment on whether you have symptoms or not. Therefore, joint dysfunctions often go unnoticed and can cause miscommunication between your brain and body.

Joint Dysfunctions in the spine may eventually lead to symptoms in other parts or joints of the body as well. That's when most people call our office.

The thing is, these symptoms are your body's only way of letting you know something is wrong. Unfortunately, like I said, just the absence of pain is not an indication of your health.

By the time pain and symptoms appear the problem may have been present for months, even years. Breast cancer can be there for 10 years and a woman will never know it until she finally feels the lump. Tooth cavities don't develop overnight. The damage happens over months to years before you finally feel a toothache. The same is true of your spine! The great news is that you can help prevent these types of symptoms and conditions with routine chiropractic care.



WANT TO STAY THINNER

Health Alert: Obesity Risk Increases with Early Antibiotic Exposure. New research suggests that children under the age of two who are given broad-spectrum antibiotics face a higher risk of becoming obese during childhood. In the study, children who had four or more exposures to antibiotics **before** their second birthday were 11% more likely to be obese later in their childhood compared with those who did not.." *JAMA Pediatrics, September 2014*

Diet: Soda Companies Pledge to Cut Calories in Drinks. Over the next decade, the top soda makers in the United States have agreed to help reduce the amount of calories the average American consumes from sugary beverages by 20%. They plan on doing this by shrinking drink sizes and marketing healthier choices. Dr. Samantha Heller, senior clinical nutritionist at *NYU Langone Medical Center in New York City*, explains that this agreement could serve as a blueprint for future healthy diet initiatives. She writes, "Wouldn't it be cool if we could encourage food companies to promote fruits, vegetables, whole grains, nuts, and beans in a similar fashion?"

Clinton Global Initiative In New York City, September 2014

Frequently Asked Questions You Can Share With Your Friends

What can Chiropractic do for me & my family?

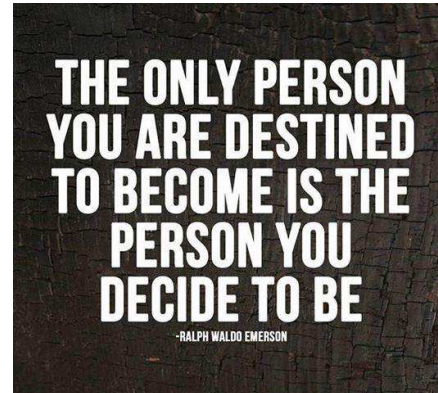
Your nervous system controls EVERYTHING your body does – whether you're aware of it or not. Growth & development, healing & immune system response, heart health, emotions, behaviors, & MORE, are all dependent upon clear nervous system communication to EVERY body cell. Whether or not you're currently struggling with a health challenge, Chiropractic care helps your brain & body communicate clearly so you & your family can heal, function, & grow at your best!

What is a "Subluxation"?

A subluxation is a spinal misalignment causing interference in essential nervous system communication between your brain & body. Subluxations are created by everyday chemical, physical & emotional stresses that are not only present now, but may have happened in the past, like old injuries, emotional upset, even childbirth! At this office we adjust subluxations to improve nervous system function & health potential in people of all ages. This includes seniors and newborns.

I don't have back pain – Why would I go to you as a Chiropractor?

Chiropractic care is a natural health discipline that focuses on the care of your spine and nervous system to improve your overall function, growth and healing. Remember, chiropractic care doesn't "cure" anything – not even back or neck pain – but when your nervous system and spine function better, without imbalance and stress, your body naturally feels better. Feeling better is just one small benefit of regular adjustments. Yes, a lot of people have recovered from illnesses, injuries, and even pain under our care, but regular chiropractic care as part of a **healthy lifestyle** allows your body to **adapt better** to the everyday stresses put upon it, before a crisis of illness or injury interferes with your quality of life. "Being healthy" is very different from "just not being sick", and health has a LOT more to do with how your body functions, than how your body feels. For example, many devastating diseases can go on for years without a single symptom (i.e. heart disease, cancer) and yet a person seems "healthy" because they "feel good". Conversely, symptoms such as fever or vomiting, certainly don't "feel good", but are a part of your "healthy" body's natural defenses to 'fight' infection or eliminate a toxin. Adapting to stresses (chemical, physical and emotional) before they become crises is the true realization of health and wellness. Regular chiropractic care at this office... helps your body better adapt to stress by balancing the spine and nervous system for improved function, growth and healing, regardless of your age, or current health situation.



**Youth is curious, and success is a game for curiosity seekers. Stay young!*

**Throw away your wishbone, straighten up your backbone, stick out your jawbone and go to it.*

**Man is a reasoning, very unreasonable manifestation of divine intelligence.*

**Chiropractic is health insurance. Premiums small. Dividends large.*

Choosing Health Insurance

Its open enrollment time and many of you may be considering changing your insurance plan. There are many factors that need to be considered when choosing a plan and you want to be sure it meets your needs. Over the years I have learned many of the nuances of how insurance works.

We take the time to go over each of our patient's insurance plans and many are surprised to learn how much or how little coverage they actually have! With the rising costs of healthcare premiums, higher deductibles and copays, choosing the right plan can be daunting for anyone. One thing I know for sure, the more educated you are on insurance terms and how they may apply to your plan, the better equipped you will be to make that decision.

Read below for some general definitions and tips

(This is not meant to be construed as legal advice and ultimately you should check your plan details for any specific pieces of information)

Deductible – This is the amount that you will be required to pay out of pocket for your own healthcare costs before your insurance will pick up any of the cost. Generally a LOWER deductible (\$500 or less) is more desirable because your insurance will begin to pay for your healthcare costs sooner.

Copay – After your deductible has been met, this is the amount you are required to pay for an office visit. They typically range anywhere between \$5 and \$40 but can be higher or lower. Once again, a lower deductible is usually more desirable.

Co-Insurance – This is a percentage of your healthcare costs that are not covered by your insurance and you are responsible for. Most plans have EITHER a Copay or Co-insurance. Rarely both. Typical Co-insurances are 10%-20%.

HMO – Generally speaking, an HMO will have lower premium rates, but limits your ability to choose your doctor. You are limited to seeing a doctor within the specific plans network.

PPO or POS – These plans may have higher premiums, but allow much greater flexibility in choosing your doctor.

HSA or FSA – Health Savings or Flex Spending accounts are specific types of bank accounts linked to your insurance plan that allows you to save for and pay for healthcare expenses. Healthcare costs paid for through an HSA or FSA are tax deductible but there are limitations on who is eligible for them. For example most insurance plans that are eligible for an HSA are also required to have a higher deductible.

Tips on Choosing a Plan:

Ask questions! This is probably the most important thing you can do in making sure that the health insurance plan you choose fully meets your needs. At the very least you should know whether your plan is an HMO or PPO/POS, what your deductible, copay and co-insurance amounts are. If you are choosing a plan with a high deductible, meaning you will be responsible for paying for more of your healthcare costs out-of-pocket, ask if it is eligible for a health savings account.

Feel free to stop me in the office if you have any additional questions.

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

FREE

“October Health Assessment”

Schedule Your Friend or a Loved One For Their
FREE *October HEALTH* Assessment - **NOW!**
(\$185 dollar value)

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Give this certificate to your **FRIENDS & LOVED ONES** during **OCTOBER** 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

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