



Dr. Cory Aplin's
“In Touch”
~ **SEPTEMBER** ~
PATIENT NEWSLETTER

Dear Patient,

I don't know about you, but the year is flying by! I thought things would slow down in August but now I think it went quicker than ever. I'm glad we had a chance to take a step back to celebrate Gwen's baby shower (pics above), and we are definitely going to miss her this next month. I have a feeling September is going to fly by as well. Vacations are coming to an end, school is back in session and everyone seems to be getting back into a normal routine (including their chiropractic check-ups ☺). A lot of times we get so busy that we forget some *crucial* holidays, but this month is a little slower in the holiday department. Here is a list if you have forgotten any.

- 7th - Labor Day.
- 11th - 911 Remembrance.
- 13th - Grandparents Day the first Sunday after Labor Day.
- 17th - Constitution Day.
- **FREE EXAM for any of your friends...**



Now for your monthly:

COOL FACTS

1. September is the ninth month and the **only month with the same number of letters in its name in English as the number of the month.**
2. September is the only month in which share prices have more often fallen than risen.
3. The only US president to have had a September birthday was William Taft (president 1909-13).
4. In America, the first Sunday after the first Monday in September is celebrated as National Grandparents' Day.

5. Richard Saunders, the 17th century English astrologer and physician, said it was good to eat pomegranates and goats' milk in September.
6. The last day of September in any year always falls on a different day of the week from the last day of any other month.
7. At least six films have had the title 'September', which is more than any other month.

Who Are You If You're Born This Month?

Classified as 'perfectionists', people born in the month of September are extremely hard working. They are detail-oriented and organized and are almost perfect in whatever they do.

They tend to be calm and composed individuals and generally excel in the professions such as medicine, law, teaching, writing and designing.

CALL NOW!

We are never too busy to HELP your friends.

>>>JOKE of the MONTH<<<

“Farmer's Names”

George, the farmer, had so many children that he ran out of names. So he started calling his kids after something around his farm.

It was the first day of September and the first day the children had gone to their new school. The teacher greeted the children and asked each child their name. When he got to one of the farmer George's sons, the boy replied, 'Wagon Wheel.'

The teacher said, 'I need your real name boy, to which the lad replied, 'It's Wagon Wheel, sir....Really.'

The teacher, rather annoyed rejoined, 'All right young man, take yourself right down to the Principal's office this minute.'

The youngster pushed himself out of his chair, turned to his sister and said, 'C'mon, 'Chicken Feed', he ain't gonna believe you, either.



“There is a vast difference between treating the effects and adjusting the CAUSE of the problem.”

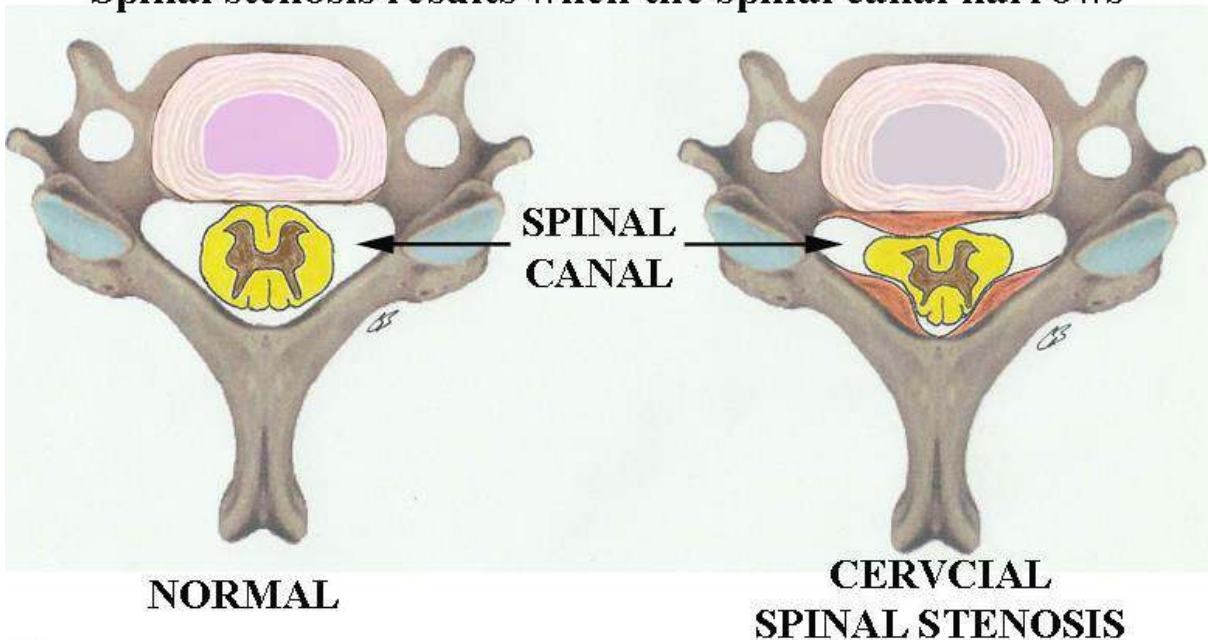


CHIROPRACTIC STUFF

Can you Prevent Spinal Stenosis?

You might have spinal stenosis, experience SOME symptoms, but then, just THINK, they'll go away with medications... because you don't have the symptoms as bad as you did. READ THIS if you have any symptoms that won't go away.

Spinal stenosis results when the spinal canal narrows



The picture you see above is a drawing depicting what your spinal cord looks like if I were looking at your spinal bones from a top view. If you notice the yellow part, that's depicted as your CNS, or central nervous system/spinal cord.

Your Health is your Most Important ASSET. TAKE IT SERIOUSLY LIKE WE DO!

You may not even know what Spinal stenosis is and what it can do to you, but it is a potential consequence of osteoarthritis and/or degenerative changes in your spine. It can be diagnosed using special imaging like x-rays, CT scans or MRI. Once a diagnosis has been made, we can discuss what can be done to either slow it down, or stop its progression.

A lot of people, especially younger people don't take that seriously because of one reason. They're YOUNG, and therefore, they don't have the same issues they will have when they start hitting 40 or 50 years old.

The hallmark of spinal stenosis is a narrowing of the spaces through which the spinal cord and/or spinal nerve roots pass. Nerves and the spinal cord are made of very sensitive material, and when they come into contact with nearby bones, symptoms often result. Now when I say come in contact with nearby bones, I'm talking about just a slight amount to cause major symptoms. And really, what your body is doing is finally telling you, "Hey, you have some problems. Get me to a chiropractor so you can get these taken care of." Arthritis and spinal stenosis usually results from aging (repetitive stress) or trauma from injuries, impact and the like. So what can help besides regular adjustments to your spine?...

Regular Exercise May Help Prevent Spinal Stenosis

I'm sure not everyone that reads my newsletters will agree with me, but I know you're probably one of the many that do. The fact is, we as human beings... all need regular exercise – and like I said, it just comes with you being a human.

You'll want an exercise plan that's tailored to who you are as an individual - which means it takes your age, health concerns, including any arthritis or spinal stenosis (if you have those), and your fitness level into consideration (how long it's been since you've walked or been to the gym). It may help you safely build your endurance, increase or maintain your spinal flexibility and develop those good 'ole back supporting abdominal muscles. I've found out one thing. If you sit at a desk, you need to move every thirty minutes. That means if you don't move, you're not activating the proper hormones and enzymes to keep you fit. When you're moving you are getting these enzymes engaged and working. When that happens, your chances of gaining weight are reduced, but that still doesn't mean you can eat junk food and maintain your weight. So in summary, make sure make sure that you move around every thirty minutes. If you want to step it up a notch, research has shown that moderate strenuous exercise just 30 minutes, 3 times per week leads to a longer life span and improvement in quality of life.



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

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

FREE

“September Health Assessment”

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

(All ages accepted, so call me immediately!)

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Give this certificate to your **FRIENDS & LOVED ONES** during **SEPTEMBER** 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
6931 Arlington Rd Ste T200
Bethesda, MD 20814

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(301)-907-6533

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