



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



Dear Patient,

This gloomy weather we've been having makes Luna (top left) so sleepy, but she's curled up with her sticky bun squeaky toy. Solie (top right) on the other hand likes to think she's a cat, hence being perched on the windowsill. What you may not notice is Solie is sitting right next to our SAD Light. "SAD" stands for seasonal affective disorder and the nuts and bolts of it are people tend to have low mood when the sun isn't shining. I highly recommend getting a SAD light this time of year because the extra bright light has actually been shown to improve mood and alertness and regulate your sleep patterns. I recommend combining this with vitamin D which typically is lower this time of year because people aren't exposed to enough sunlight. Time flies.

Ok, lets move on from the SAD and switch over to the HAPPY! The holiday season is officially in full swing. It's amazing how time flies. Santa Claus became a part of the Christmas tradition around the Middle Ages... however, his part in Christmas was **not** popularized until after he was 'depicted' as a jolly stout old man wearing a red and white suit in the **19th** century.

The character of Santa Claus is said to be inspired by Saint Nicholas, a bishop, who went around giving the poor children of his village *gifts*. The legend of Santa centers around the North Pole and his magical workshop of elves. Every year he makes presents for those children who are nice. Those who were naughty receive nothing... but a lump of coal. You're a good patient, so expect you'll get a lot this year. **2017 is coming.**

I love this time of year, but I know a lot of people struggle with the long lines, and the stress of preparing everything, spending money, etc. But you know what. It's still a great time of the year. Think of it as something you'll remember the rest of your life. Enjoy the day. Be with your family, and enjoy yourself ☺

Strange Christmas Facts

Christmas is perhaps the **most anticipated event of the year**. It is a time of good natured gift exchange, feasting and celebration. Nothing beats the fun and good times that can be experienced during the Yuletide season. Yet Christmas is not without its strange associations, a few of these have been listed below, some may even elicit a chuckle or two.

- Mince pie was said to be unlucky if cut with a knife, additionally it was considered to encourage bad luck when eaten outside of the period between Christmas Eve and the Twelfth Night. The great thing about Mince pie however, is that it somehow had the magical power to give you good luck if you ate one every day for the twelve days of Christmas.

- “Pets are people too”, this may be what pet owners are thinking during the Christmas season. It has been estimated that at least **56 percent of Americans** ‘sing’ to their pets. It may just be more fulfilling considering that pets cannot possibly complain.
- *The people at Reynolds et al make a substantial amount of money selling foil during the Yuletide season. It has been confirmed that at least 3000 tons of foil are used to wrap turkeys annually. The foil is light weight, but that is a ton of turkeys.*
- **WARNING:** Christmas shopping may be hazardous to your health. If you are an avid Christmas shopper statistics have concluded that you will be elbowed at least three times while shopping. **Ouch!**
- *Sending Christmas cards is still the in thing to do around Christmas time. Americans on average send out 28 Christmas cards to friends and family yearly, and guess what, it's certainly not in vain either. Most will receive 28 for the same period. Hmmm, makes you wonder doesn't it?*
- Christmas is a great time to **exercise**. You will **walk an average of five miles** between the parking lot and stores, however, don't let this give you a false sense of security, as most people **still gain those pesky Christmas pounds** despite this.
- Leftovers can sometimes be your enemy. Spoilt leftovers are responsible for 400,000 cases of post Christmas associated illnesses.

December JOKE of the Month

Three men passed away on Christmas Eve and were met by Saint Peter at the pearly gates with his book OPEN.

"In honor of this Holy season," Saint Peter said, "Each one of you must possess something that symbolizes Christmas to get into heaven."

The first man fumbled through his white pockets and pulled out a lighter. He flicked it on. "It represents a candle," "You may pass through the pearly gates," Saint Peter said.

The second man reached into his white pocket and pulled out a set of keys.

He shook them and said, "They're bells Saint Peter." Saint Peter looked at him and said, "You sir may pass through the pearly gates. Bless you my son."

The third man started searching desperately through his white pockets and finally he found something and pulled it out. It was a pair of women's glasses.

St. Peter looked at the man with a raised eyebrow and asked, "And just what do those symbolize?"

The man replied, "They are Carol's."



**"What do you mean, your church
didn't give you a password?"**



The Real Skinny on Holiday Weight Gain

Tipping the scales this holiday season?

Reports of your holiday weight gain have been greatly exaggerated. Media stories often suggest that the **average person** gains 7 to 10 pounds between Thanksgiving and Christmas. And in surveys, people say they gain, on average, about **five pounds** this time of year.

But several studies now show that the average weight gain during the winter holidays is just **one pound**. Whew, I'm glad I read that.

The news isn't all good though. Most people don't ever lose the pound of weight they put on during the holidays, according to a report in *The New England Journal of Medicine*. That's the problem. Since the average weight gain during adulthood is about **one to two pounds a year**, that means much of midlife weight gain can be explained by your holiday eating.

For people who are already overweight, the holiday weight news is worse. Although the *average* gain is **only one pound**, people who are already overweight tend to gain a lot more. One study found that overweight people gained **five pounds** or more during the holidays.

And we start packing on that extra pound of holiday weight early in life. Researchers at the *University of Oklahoma* studied holiday weight gain among college students during the Thanksgiving break. The students were weighed the day before Thanksgiving, then weighed again about two weeks later.

The average weight gain for the 94 students was about **one pound**. Students who were of normal weight gained about a half a pound during the period. Students who were overweight, meaning their body mass index was 25 or more, **gained about two pounds**.

Holly Hull, the lead researcher on the Oklahoma study, says "Thanksgiving marks the beginning of a "high risk" time for the overweight. I think the number of people who only overeat at the Thanksgiving meal is slim to none," said Dr. Hull.

"The holiday season doesn't represent one day of overeating. You have this period that extends through the New Year where there's MORE alcohol, MORE snacks, MORE finger foods and appetizers that are energy dense." If you're overweight, talk to the front desk about our program.

Thoughtful Pictures



Please Note:

CHRISTMAS IS CANCELLED

Apparently, YOU told Santa that you have been GOOD this year ...



He died laughing



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