

Healing Hands

A Free Monthly Newsletter For The Friends and Patients of: XXX Chiropractic office

Dear Patient,

April Fool's Day is Here!

Unlike most of the other nonfoolish holidays, the history of April Fool's Day, sometimes called All Fool's Day, is not totally clear. There really wasn't a "first April Fool's Day" that can be pinpointed on the calendar. Some believe it sort of evolved simultaneously in different cultures at the same time, from celebrations involving the first day of spring.

The closest point in time that can be identified as the beginning of this tradition is in 1582, in France. Prior to that year, the new year was celebrated over a period of eight days, beginning on March 1 and culminating on April 1. When the French astronomer and mathematician, Charles de Guise, was producing a new calendar, he decided to move the start of the year to January 1. This move was met with resistance, and many people continued to celebrate the new year on April 1. These backward folk were labeled as "fools" by the general populace. They were subject to some ridicule, and were often sent on "fools errands" or were made the butt of other practical jokes.

However, many people in the days when the calendar was changed, many people did not receive the news for several years. Others, the more obstinate crowd, refused to accept the new calendar and continued to celebrate the new year on April 1. These backward folk were labeled as "fools" by the general populace. They were subject to some ridicule, and were often sent on "fools errands" or were made the butt of other practical jokes.

This harassment evolved, over time, into a tradition of prank-playing on the first day of April.

Practical jokes are a common practice on April Fool's Day. Sometimes, elaborate practical jokes are played on friends or relatives that last the entire day. The news media even gets involved. For instance, a British short film once shown on April Fool's Day was a fairly detailed documentary about "spaghetti farmers" and how they harvest their crop from the spaghetti trees.

April Fool's Day is a "for-fun-only" observance. Nobody is expected to buy gifts or to take their "significant other" out to eat in a fancy restaurant. Nobody gets off work or school. It's simply a fun little holiday, but a holiday on which one must remain forever vigilant, for he may be the next April Fool!





Now that you've smiled at least **once today**, it's your turn to give this newsletter to someone you might want to bring a smile to (maybe even a chuckle) and Please --- give this newsletter to everyone you can think of.

We all need to SMILE.

Now for the monthly:

“COOL FACTS”

- The average life span of an umbrella is under two years.
- There is a city called Rome in every country.
- A donkey will sink in quick sand, but a man will not.
- 4,000 people are injured by potholes every year.
- The McDonald's™ toilet Skatol is the only McDonald's™ ketchup that sells hot dogs.
- One million spoils spoils 1 million spoils.
- An average four year old child will ask 437 questions.
- The average age of Heinz™ ketchup leaving the bottle is 25 months per year.
- More than half of the people living in the U.S. would rather fold, than wad their toilet paper.
- The only words in the English language to contain two "U's" back to back are: vacuum, residuum, and continuum.
- 998 million people play Volleyball
- You consume one tenth (.1) calories when you lick a stamp.
- 60 % of statistics are made up...

**Your Health is your Most Important ASSET.
Take IT seriously.
We Do!**

Why Cola Drinks Increase Your Risk of Osteoporosis

By Jon Herring

Think you're doing your body a favor by drinking "diet" cola? Think again. For openers, diet sodas are full of harmful artificial sweeteners. Plus, all carbonated cola drinks actually boost your risk of osteoporosis. In fact, a Tufts University study found a sobering four percent bone density loss for women who drank just four or five of them a week.

This new evidence, published in the *American Journal of Clinical Nutrition*, indicates that calcium leaches out of your bones to neutralize the phosphoric acid in these drinks. As your bones lose calcium, they become light, porous, and brittle - you become more susceptible to bone fracture and loss of mobility as you age.

With fifty-five percent of Americans (that's you!) on an antacid, you're at risk for osteoporosis, we should all heed the advice of Katherine Tucker, the director of the Tufts study, who said: "If you are worried about osteoporosis, it's probably a good idea to switch to another beverage."

Look at the Mont

A man goes to the family doctor. "Doc, I think my wife's going deaf."

The doctor answers, "Well, here's something you can try on her to test her hearing. Stand a distance away from her and ask her a question. If she doesn't answer, move a little closer and ask again. Keep repeating this until she answers. Then you'll be able to tell just how hard of hearing she really is."

The man goes home and tries it out. He walks in the door and says, "Honey, what's for dinner?" He doesn't hear an answer, so he moves closer to her. "Honey, what's for dinner?" Still no answer. He repeats this several times, until he's standing just a few feet away from her.

Finally, she answers, "For the eleventh time, I said we're having MEATLOAF!"

How Mindset Affects Your Waistline

By [Jon Benson](#)

When it comes to being fit, you should focus on being happy first.

This may seem like putting the cart before the horse. However, new research on the brain shows us that simple meditation - for as little as five minutes - can alter brain chemistry in a way that improves both athletic and work performance and increases our own experience of happiness and well-being.

Numerous studies on why diets fail demonstrate that a happy person is more prone to follow through on a diet or exercise program than one who is merely going through the

motions of life. Depression is often cited as the number one reason people give up on a diet. It makes sense to make yourself truly happy... and science shows us you can.

Give meditation a try. Just take five minutes in solitude, and focus on two simple things: Kindness and compassion. This is a great start. See if you can work your way up to 15 minutes a day. Changes in brain chemistry occur in as little as two weeks, according to Harvard University researcher Olivia Carter, Ph.D.

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SPECIAL NOTE

SEND a copy of this newsletter to your friends

- Please feel free to call the office and give us your name, address, city and state, plus their zip code and we will be sure they get a copy of our newsletter and any more. Also we have attached a form to fill out. Please tell your friends to come in for a checkup. God Bless You and wish you and your family all the best during the Month of April.

P.S. Have a great April! Celebrate life and your family's health!

HERMAN®



"The other scraper!"

Cut this certificate out and present it to my office for your FREE February Valentine Health Evaluation.
This is for NEW PATIENTS ONLY.

FREE

“April Spring Time Health Evaluation”

START THE MONTH OFF RIGHT.

Schedule Your Friend or a Loved One For Their
FREE April Spring Time Health Evaluation Now!

(all ages accepted)



Give this certificate to your FRIENDS & LOVED ONES during the month of February and they'll receive a FREE Health Evaluation from our office. We care about you and your loved ones and we don't want to forget anyone, including the kids. If you have a friend or loved one that is currently not under our care, please take this certificate to them and have them call our office immediately. Start the month off right!

There is NO CHARGE for this evaluation. The purpose of this evaluation is to determine if they are a good candidate for chiropractic care. As always, there are NO Guarantees. We can help, but we can't guarantee help, we want that chance. There is nothing more important than the gift of Health. If you need additional copies of this certificate, please call the office and we'll send them to you FIRST CLASS, or you can pick them up at the front desk on your next appointment. All your friends are always a top priority with us. Call the office.

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COURTESY OF:

Dr. XXX

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“CALL NOW TO RESERVE YOUR TIME”

<<<<<< CERTIFICATE EXPIRES on WEDNESDAY, April 30th >>>>>>