

***Dr. XXXX's***  
**Jammed Packed Information**  
**APRIL**  
**PATIENT NEWSLETTER**

Dear Patient,

Hello again. It's APRIL, and it's time for another information packed issue of my personal newsletter, so let's get started.

**ATTENTION:\*\*\*Oh by the way, when you're in the office, please ask for the Alzheimer's Handout. It's FREE!\*\*\***



## **April Fool's Day!**

Unlike most of the other non-foolish holidays, the history of April Fool's Day, sometimes called All Fool's Day, is not totally clear. The closest point in time that can be identified as the beginning of this tradition was in 1582, in France.

Practical jokes are a common practice. Sometimes, elaborate practical jokes are played on people that last the entire day. A news magazine once published an article about a short film once shown on April Fool's Day was a comedy depicting a documentary about "raghetti farmers" and how they plant their crops in the raghetti trees. Here's another.

Sample

**"Taco Liberty April Fools Bell SCAM"**  
The Taco Bell Corporation announced that it had bought the Liberty Bell from the federal government and was renaming it the Taco Liberty Bell. Hundreds of outraged citizens called up the National Historic Park in Philadelphia where the bell is housed to express their anger. Their nerves were only calmed when Taco Bell revealed that it was all a practical joke a few hours later. The best line inspired by the affair came when White House press secretary Mike McCurry was asked about the sale, and he responded that the Lincoln Memorial had also been sold, though to a different corporation, and would now be known as the Ford Lincoln Mercury Memorial.



### **Want To Find Out MORE About What Your Kids Are Doing On The Internet?**

What's your teen doing online? Want to know? Find out at [www.BeNetSafe.com](http://www.BeNetSafe.com). The site tracks your kids on the social network, MySpace, by searching profiles that your kid viewed for key-words, like "sex" and "alcohol," then compiling the information into a report for you.



Now that you've smiled at least **once**, it's your turn to give this to someone you want to bring a smile to (maybe even a chuckle)...in other words, give it to everyone. We all need to smile every once in a while. Please read the monthly:

## COOL FACTS

- Whale oil was used in automobile transmissions as late as 1930.
- **The average yearly salary of a DJ you can't see the radio is \$20,000.**
- Only male fireflies can fly.
- **Cats cannot taste sweet things.**
- Dispersing a vowel on a voiceless consonant speaking tone.
- Yahoo! was originally called 'Jerry's Guide to the World Wide Web'.
- Only female mosquitoes can bite and drink blood.
- **Every citizen over the age of 6 months receives an oil dividend check about \$1000 per year!**
- The average housefly weighs 10 to 15 millionths of a pound.
- **The population of the Earth has more than doubled since 1950.**
- Baskin Robbins once made ketchup ice cream.
- **Babies who wear disposable diapers are five times more likely to develop diaper rash than those that wear cotton diapers.**
- If you were to take a lung from a human body and roll it out flat - it would be the size of a tennis court.

**Your health is your most important asset. Take IT seriously. We do.**

### Quotes That Make Sense:

*"Most of the trouble in the world is caused by people wanting to be important."*

*T. S. Eliot*

*An expert is one who knows more and more about less and less until he knows absolutely everything about nothing.*

## JOKE of the MONTH

While attending a medical convention, three psychiatrists were taking a walk.

"People are always coming to us with their guilt and fears," one says, "but we have no one to go to with our own problems."

"Since we're all professionals," another suggests, "why don't we hear each other out - right now?" They all agreed that it was a good idea to listen to each other's problems. The first psychiatrist confesses, "I'm a compulsive shopper and deeply in debt, so I usually over bill my patients as often as I can."

The second admits, "I have a drug problem that's out of control, and I frequently pressure my patients into buying illegal drugs for me."

The third psychiatrist says, "I know it's wrong, but no matter how hard I try, I just can't keep a secret."

### TOP 10 SIGNS YOUR FAMILY IS STRESSED...JUST FOR THE FUN OF IT.

10. Conversations often begin with "Put the gun down, and then you can talk".
9. The school principal has your number on speed-dial.
8. The cat is on Valium.
7. People have trouble understanding each other, because they can't speak through clenched teeth.
6. You're trying to get a four-year-old to write a letter.
5. The number of jobs in your family exceeds the number of people in the family.
4. You have to watch for microwave TV dinners.
3. Your marriage has often mediated by law enforcement officials.
2. You have to check your kid's day-timer to see if he can take out the trash.
1. Well House gives you industrial rates.

**Q:** How do you make a blonde laugh on Saturday??

**A:** Tell her a joke on Wednesday!!

### \*\*Women's Vocabulary According To MEN\*\*

Let's talk about the word "***Fine***" - This is the word women use to end an argument when they feel they are right and the male person of the family, needs to shut up. Never use "fine" to describe how a woman looks - this will cause you to have one of those arguments that you do not want to have with a woman...ever. Just a warning.

### Here are some helpful ways to "get along" at the workplace...

- ✓ If you can't get your work done in the first 24 hours, work nights...
- ✓ A pat on the back is only a few centimeters from a kick in the butt...
- ✓ Don't be irreplaceable, ... if you can't be replaced, you can't be promoted...
- ✓ It doesn't matter what you do, it only matters what you say you've done and what you're going to do...
- ✓ After any salary raise, you will have 'less money at the end of the month than you did before'...

### **One Of The Best Ways Secrets To Controlling Your Appetite:**

Want to lose some weight-by lunchtime? Oatmeal can keep your appetite under control, according to research at St. Luke's - Roosevelt Hospital in New York City. When 60 people ate high-fiber oatmeal for breakfast instead of low -fiber cornflakes, they consumed 30% fewer calories at lunch. Something you might want to think about if you're trying to shed a few lbs.

### **(Motivational Quote of the Day)**

"Bad habits are like a comfortable bed, easy to get into, but hard to get out of."

### **<<<Tips of the Month For YOU>>>**

#### **Another Good REASON To Go Apple – Picking!**

An apple or two a day may keep Alzheimer's away-and fight the effects of aging on the BRAIN. A study at the University of Massachusetts Lowell shows eating two apples a day may improve memory by preventing the decline of the neurotransmitter acetylcholine.

#### **Comb Your Hands And Decrease Your Tension!**

One of the easiest ways to release nervous tension is to massage your hands with a comb! Activating the nerve endings in your fingers not only 'feels great', it shifts your attention from the stressful situation to your body. *To Do:* With a comb, make a series of "light strokes" on the skin beneath your fingers up toward your wrist. Then extend the strokes toward your wrist, and finally way up to your shoulder."

#### **Cup Your Eyes If You're Feeling "The Blues" of Depression!**

When your eyes feel strained, you can do a little "self-massage" by cupping your palms together until your fingers touch. Then cup them over your eyes, resting your hands on your forehead. Next, bring your fingers to your eyes and gently massage them. If you like it, you'll like it.

#### **Move Like a Ninja If You Want to Slow Down Stress!**

Simply slowing down while doing something you usually rush through-such as brushing your teeth or washing dishes-will INSTANTLY lower the levels of stress hormones in your bloodstream. The fewer stress hormones you have, ... the calmer you'll feel for hours!

#### **Try The Actor's Secret!**

To look more relaxed than you feel, release tension from your face by closing your mouth and blowing air out through your lips until they vibrate. Try it. You'll like it.

#### **SPECIAL NOTE: Copies of this newsletter for your friends are available.**

Please feel free to call the office and leave their name, address, city and state, plus their zip code and we'll be more than happy to make sure they get a copy of our newsletter, each and every month. I've also included a form for you to fill out if that's easier.

#### **"Share this Newsletter ... with ALL your friends - with our blessings!"**

Please REFER your friends, co-workers and loved ones for a checkup. Be sure and read the insert in this month's issue. God Bless You and I wish you and your family all the best during the Month of April.

P.S. Have a great one!

***This newsletter was brought to you by XXXXXX Chiropractic, XXXXX W. Main St., Call XXX-XXX-XXXX NOW to schedule your appointment.***

Hand the enclosed certificate to a friend or family member and have them present it to my office for their FREE Easter Evaluation. This is for NEW PATIENTS ONLY

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

# FREE “HEALTH CHECK UP”

Schedule Your Loved One For Their  
FREE **April Fool’s** Health Check Up Today!  
(all ages accepted)



Give this certificate to your FRIENDS & LOVED ONES during the month of April and they’ll receive a FREE April Fool’s HEALTH CHECK UP at our office. And thank you for the care you care about you and your loved ones and we don’t want to forget the little ones who are starting off in life and they need those adjustments too. They are our future. You love them and so will anyone else you share this certificate with.

There are NO HIDDEN CHARGES. The purpose of the check up is to determine if they are a chiropractic candidate. There is no charge. We can help them, but if you want them to be healthy, there is nothing more important than the gift of health. If you need more copies of this certificate, please let us know and we’ll send them to you FIRST CLASS immediately. Your health is always our top priority with our office.

sample

COURTESY OF:  
DR. XXXXX  
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XXXXXXXXXX

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**CALL NOW TO RESERVE YOUR TIME**

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