



Gorman Optimal Health Solutions, Inc.
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Chiropractic Check-Ups for Kids

Kids can get checked, too. Do kids need regular blood pressure check-ups or regular tests of their blood glucose levels? Probably not - these simple procedures can be done during a child's annual physical. But kids are very active and more frequent chiropractic check-ups are usually a good idea. Most of us were introduced to chiropractic care when we were adults - and we had to play catch-up for however long a period of time before we really began to feel healthy again.

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If chiropractic care is valuable for you, imagine how valuable it is for your children. Kids are natural explorers - they run, jump, climb things, fall down, and bounce around. And, kids are resilient - this ability to recover quickly is one of

the great benefits of being very young. Occasionally, one of these activity-related injuries impacts a child's spine. Nothing obvious has happened and nothing hurts. But there may be subtle injuries to spinal muscles and spinal ligaments that have a long-term effect on spinal nerve function.

Spinal nerve function depends on mechanical integrity of the spine itself. If spinal muscles and ligaments are inflamed or irritated, spinal nerve function is compromised to a greater or lesser extent. In a child, the short- and long-term results may include muscle pain and stiffness, loss of full range of motion in the neck or lower back, frequent colds, headaches, gastrointestinal problems, allergies, and asthma. Of course, when it comes to good health for you and your family, preventing a problem is much easier than treating a problem. In the long run, prevention also costs much less. We all want our kids to be healthy and well. We want them to play full-out, to engage in all kinds of sports, and to have a lot of fun. In order for children to continue to enjoy optimal health, regular spinal check-ups are as important as an annual physical exam. Your local chiropractor is the spinal health expert in your community. She will be glad to help you ensure your child's continued good health.



Good Nutrition and Lots of Exercise for Healthy Kids

We're in the middle of a raging epidemic affecting America's youth - the obesity epidemic. The number of American adolescents who are obese increased 300% in the last 40 years.

This is a problem that can potentially affect every family. The good news is that in almost all cases, obesity is a lifestyle disorder. In other words, children become obese because of behaviors learned from their friends and their parents.

Healthy eating and regular exercise are the two critically important steps to take

to help ensure your child retains an appropriate weight. With respect to healthy eating -

- Eliminate all trans fats from your children's diet - this includes almost all fast foods
- Cut down on sugary drinks
- Serve at least five portions of fresh fruits and vegetables every day
- Serve complex carbohydrates such as whole grains
- Serve lean meat, fish, and poultry
- Count calories!

Children need at least an hour of physical activity every day. This includes outdoor play, sports, and calisthenics. Make sure your kids are getting enough exercise!

Optimal Health 101-How To Stay Young The First 100 Years

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Tuesday, July 28, 2009
6:60 PM-8:00 PM

Wednesday, August 12, 2009
6:30 PM-8:00 PM

Tuesday, August 25, 2009
6:30 PM-8:00 PM

Wednesday, September 9, 2009
6:30 PM-8:00 PM

Tuesday, September 22, 2009
6:30 PM-8:00 PM

A FREE healthy dinner will be served at 6:00 PM.
Call 215-9-HEALTH (943-2584) to reserve your seat for this COMPLIMENTARY lecture! Seating is VERY limited.