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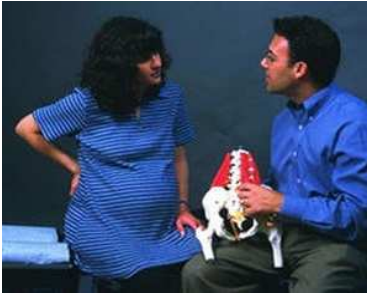
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Welcome to our office's Chiropractic Newsletter.
We'd like to entertain you, inform you, and even inspire you a little.



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Chiropractic And Pregnancy

If there's one group of individuals who need chiropractic more than any other it's mothers-to-be.

As a woman's hormones change, her ligaments become looser, and her body structure can become distorted. Chiropractic has been a blessing for countless pregnant women for over a century.

Pregnant? Get a chiropractic checkup; it'll help you and your new baby and help ensure an easier delivery.

Who Knows Better?

Over \$30 billion in over 30 years has been thrown at a "War On Cancer." So far it looks like cancer has won. (1) Similarly, all the money spent on an AIDS cure has not resulted in a single life saved (medically). (2) Why, you ask? Because a little bit of knowledge is a dangerous thing. For example, we think we can artificially "improve" the immune system so we "tinker" with it using vaccines. The result is an epidemic of autism, ADD/ADHD, dyslexia, allergies, Alzheimer's, cancer, asthma, ear infections, vision problems, and many other conditions. (3)



In the same way, we think we can artificially make someone healthy by pumping synthetic drugs into them. We think the body is making a mistake when it creates symptoms and we try to suppress the symptoms rather than correct the cause.

But, there is another way; Respect the body and observe what it is doing in sickness and health. This is known as Empirical Healthcare.

The body can tell us how to be healthy. Why do so many people not get cancer?



Why do so many people not get AIDS even if they have the risk factors? Why do so many people not get the flu? What makes people recover from horrible diseases while others succumb and die? This is what needs to be studied: Health! Chiropractic is based on Empirical Health philosophy. Simply stated: rather than invade the body with artificial drugs and procedures, we try to learn what it wants to do and support it; we respect the body's symptoms. For instance, if the body creates a fever we don't suppress it with drugs, but rather permit the body to disinfect, cleanse, and heal – and the body will be healthier and stronger as a result.

Relying on drugs makes us weaker. For example, studies show that antibiotics for ear infections lead to more ear infections. Also, consider that children who have more infectious diseases of childhood have lower cancer risk and less heart attacks as adults. (4-5)

Cholesterol Myths

“The idea that too much animal fat and high cholesterol is dangerous to your heart and vessels is nothing but a myth....Cholesterol is not a deadly poison but a substance vital to the cells of all mammals. There are no such things as good or bad cholesterol; but mental stress, physical activity, and change of body weight may influence the level of blood cholesterol. High cholesterol is not dangerous by itself, but may reflect an unhealthy condition, or it may be totally innocent.” (6) Only 10% of your body's cholesterol is from diet. The other 90% is endogenous, meaning it originates within the body. The healthier you are, the easier it is for your body to properly regulate your cholesterol on its own.

Do not take cholesterol-lowering drugs – they contribute to heart failure. Avoid processed food, especially foods containing processed vegetable oils (i.e. canola and corn oils) and trans fats. Take cod liver oil and consume plenty of butter from grass-fed cows to ensure adequate levels of vitamins A and D. (7)

Chiropractic And Ear Infections

This appeared on the Feb 13, 2007 CBS 11 News: “Next to the common cold, ear infections are the most commonly diagnosed childhood illness in the United States.... For years, parents have depended on antibiotics, but now doctors are warning about the overuse of antibiotics. Now some parents are taking their kids to see chiropractors. Susan Lekborg says her son Cooper suffered from chronic ear infections. “We were up all night, he was miserable, cranky....on antibiotics all winter and it just wasn't helping. It would go away and come back, go away and come back,” she said. She went to a chiropractor. “I'll be honest, I was a little skeptical, nervous about a chiropractor adjusting my baby,” she said. But after only one treatment he started feeling better. Susan Lekborg says it's worked for her children. “This will be their third winter, no antibiotics, no Tylenol, no Motrin. They're clean. I just feel like they're healthier,” she said. (8)



Antibiotics Not Needed For Ear And Eye Infections

Two recent studies show that two common conditions that were thought to definitely need antibiotics – middle ear infections and conjunctivitis (pink eye) in kids – don't really need them at all. The studies conclude that without antibiotics, children get better anyway. (9)



While we're on the subject....

"Some 80% of ear infections go away on their own. Worse, the drugs can contribute to antibiotic resistance and cause mild side effects like diarrhea or nausea. Help prevent infections in the first place by breastfeeding, limiting pacifier use, and avoiding exposure to secondhand smoke." (10)
How about adjusting them?

Breastfeeding Healthier For Mother And Child

Breastfeeding is known to boost an infant's health – and is good for the mother too. In a study in *New Scientist*, of 96,648 nurses who gave birth between 1986 and 2002, those who had spent at least two years breastfeeding were 19% less likely to suffer a heart attack than those who had not breastfed at all. Nursing a newborn may help a mother's metabolism switch from pregnancy mode back to normal. (11)



Fluoride Linked To Bone Cancer, Lower IQs, And Osteoporosis

In March 2006, a panel of dentists, toxicologists, and epidemiologists assembled by the National Research Council (NRC) found that children who consume water containing the highest level of fluoride permitted by the EPA might actually be damaging their teeth; and there was even a hint that it might depress their IQ. What's more, the panel stated that consuming water with that amount of fluoride over a lifetime could weaken bones and increase the risk of fractures. And just 2 weeks after the NRC report made headlines, a Harvard study suggested that fluoridated water could cause a rare form of bone cancer in young boys. "Fluoridation should be abandoned," says dentist Hardy Limeback, PhD, DDS, head of preventive dentistry at the University of Toronto and a member of the panel that wrote the NRC's fluoride report. "It could turn out to be one of the top 10 mistakes of the 21st century." Is it still being added to your water? (12)

Splenda Is Not Splendid

Eating sucralose – brand name Splenda™ – is like ingesting tiny amounts of chlorinated pesticides. (13)

As with NutraSweet™, no human safety studies have been done. Researchers who studied the drug claimed it was safe yet there have been thousands of consumer complaints. Unfortunately, the FDA doesn't seem to care.



Chlorocarbons such as Splenda are known to cause organ, genetic, and reproductive damage. Splenda has been shown to affect the thymus, liver, and kidneys. It can also cause fertility issues in male rats and gastrointestinal problems in pregnant rats.

Upcoming Lectures

Optimal Health 101

Gorman Optimal Health Solutions Inc.
333 North Oxford Valley Rd.
Suite 502

Fairless Hills, PA 19030
Wednesday, April 4, 2007
7:00 PM-8:00 PM

Call 215-9-HEALTH to reserve your seat for this FREE lecture!

Optimal Health 101

Gorman Optimal Health Solutions Inc.
333 North Oxford Valley Rd.
Suite 502

Fairless Hills, PA 19030
Tuesday, April 17, 2007
7:00 PM-8:00 PM

Call 215-9-HEALTH to reserve your seat for this FREE lecture!

How To Raise A Healthy Child In An Unhealthy World

Babies R' Us
330 Commerce Blvd.
Fairless Hills, PA 19030
Tuesday, April 24, 2007
7:00 PM-8:00 PM

Call 215-269-0100 to reserve your seat for this FREE lecture!

Optimal Health 101

Gorman Optimal Health Solutions Inc.
333 North Oxford Valley Rd.
Suite 502

Fairless Hills, PA 19030
Wednesday, May 2, 2007
7:00 PM-8:00 PM

Call 215-9-HEALTH to reserve your seat for this FREE lecture!

Natural Solutions To Women's Health Issues

YMCA
601 South Oxford Valley Rd.
Fairless Hills, PA 19030
Tuesday, May 8, 2007

7:00 PM-8:00 PM

Cost:\$10 Donation to The YMCA Strong Kids Campaign
Call 215-9-HEALTH to reserve your seat!

Optimal Health 101

Gorman Optimal Health Solutions Inc.
333 North Oxford Valley Rd.
Suite 502

Fairless Hills, PA 19030
Tuesday, May 15, 2007
7:00 PM-8:00 PM

Call 215-9-HEALTH to reserve your seat for this FREE lecture!

Dr. Gorman is available to speak to various groups, both lay and professional, on different health and motivational topics. For more information or to reserve your seat for any of the above lectures, call 215-943-2584 or email Giovanna at Giovanna@GormanOptimalHealth.com.

Do you know someone who would like to be added to our mailing list? Giovanna will gladly add them. Just send their email address to Giovanna@GormanOptimalHealth.com. And remember that our archived newsletters can be found on our website, www.GormanOptimalHealth.com.

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