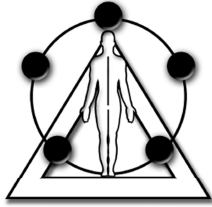


August 2006
Volume II, Issue VIII



GORMAN
OPTIMAL
HEALTH
SOLUTIONS
INC.

Gorman Optimal Health Solutions, Inc.
333 North Oxford Valley Rd.
Suite 502
Fairless Hills, PA 19030
215-9-HEALTH (943-2584)
www.GormanOptimalHealth.com



TABLE OF CONTENTS

- **The Use And Role Of Sport Chiropractors In The National Football League**
- **Funny Animation About Prescription Drugs' Side Effects**
- **Words Of Wisdom**
- **The \$1.6 Trillion Question**
- **Children Who Receive Chiropractic Care Are Healthier**
- **Mumps Epidemic**
- **Antibiotics For Ear Infections Ineffective And Dangerous**
- **Is Your Cell Phone Cooking Your Brain?**
- **How To Live Longer – Have A Positive Attitude**
- **Spinal Fusion? No Thank You!**
- **Humor**
- **Upcoming Lectures**
- **References**

The Use And Role Of Sport Chiropractors In The National Football League

There is a significant chiropractic participation in US professional football. In a survey, 77% of NFL trainers reported referring a player to a chiropractor, with 45% of the NFL trainers reporting that they themselves had seen a chiropractor. It was discovered that 31% of NFL teams have a chiropractor officially on staff, and an additional 12% of teams refer players to chiropractors. (1)

Funny Animation About Prescription Drugs' Side Effects

Go to http://cu.convio.net/site/PageServer?pagename=Rx_song_download to view a funny animation about the side effects of prescription drugs.

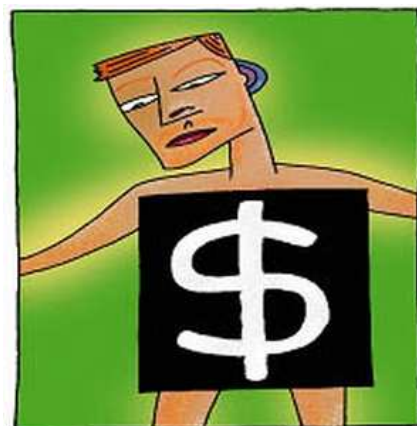
Words Of Wisdom

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful." – Albert Schweitzer

The \$1.6 Trillion Question

The \$1.6 Trillion Question: If We're Spending So Much on Healthcare, Why So Little Improvement in Quality? Carolyn Clancy, MD (2)

Answer. It's because we're not spending \$1.6 trillion on healthcare. We're spending it on disease care: drugs, pills, potions, medications, vaccines, and surgery -- all designed to suppress or eliminate symptoms, not to give us health. Suppression drives disease deeper creating more physical and mental illnesses. If we spent \$1.6 trillion on true healthcare (Chiropractic Care, good nutrition, massage, bodywork, homeopathy, Neuro Emotional Technique, etc.), we'd be far healthier and in subsequent years we'd spend less and less and less. More medical care does not equal more health, it equals more disease and more serious diseases that need more expensive care.



Children Who Receive Chiropractic Care Are Healthier



Over the past few decades, research reports that children under chiropractic care are healthier, have higher IQs, and can recover from a multitude of physical and emotional diseases and conditions without drugs and surgery. Chiropractic subluxation correction has been shown to do wonders for children.

Children don't need to have a problem to get their spines checked, they just need a spine. Want healthier children? Bring them in for a chiropractic checkup.

Mumps Epidemic

Mumps is a relatively harmless disease. Some research indicates that getting the mumps, as well as other infectious diseases of childhood, is protective against cancer, allergies, asthma, eczema, and other more serious diseases. The mumps vaccination is considered useless by many and the recent mumps epidemic in the US underlines that point of view. For example, out of 1,192 reported cases of mumps in Iowa, 94% had been vaccinated with MMR at least once and over half were vaccinated twice with MMR (others had unknown vaccination status). Only 6% of those reporting mumps could clearly state they were not vaccinated. (3)

Antibiotics For Ear Infections Ineffective And Dangerous

Six medical studies of children with middle ear infection (aged 7 months to 15 years) were reviewed. The authors found that just giving a placebo (sugar pill) got 60% of the children pain free within 24 hours. Antibiotics did not influence this at all. Further, antibiotics had no influence on whether the child would have subsequent ear infections or deafness at one month. Antibiotics, however, were associated with a near doubling of the risk of vomiting, diarrhea, and/or rashes. (4) An article in the British Medical Journal summarized the research on giving children antibiotics for ear



infections succinctly: Antibiotics are ineffective for otitis media and doctors should stop routinely prescribing them. (5)

Is Your Cell Phone Cooking Your Brain?



The cell phone controversy continues. Some argue that cell phone radiation can cause brain tumors or cancer. No one questions that radiation from a cell phone is harmful, but no one knows how much is dangerous. A new study revealed that the radiation from

cell phones can cook eggs.



In the experiment, researchers placed one egg in a porcelain cup (because it conducts heat), and put one cell phone on one side and another cell phone on the other. The researchers then called from one cell phone to the other and kept the cell phones on after connecting. At 40 minutes, the surface of the egg became hard and after 65 minutes, the whole egg was well-cooked.

Minimize use of cell phones. If you must use one, buy an earpiece to keep the phone at a distance from your head. Children are especially vulnerable to cell phone radiation. (6)

How To Live Longer – Have A Positive Attitude



Individuals who have a positive attitude about aging live around 7 ½ years longer than those who take a dim view of aging. In the August 2002 Journal of Personality and Social Psychology, Rebecca P. Levy, the lead author, found that a person's 'will to live' provides part of the explanation. "People who have positive views about themselves as they age somehow cope with society's negative attitudes towards the elderly," said Dr. Levy of Yale University. "Individuals' positive self-perceptions also

can prolong their lives." (7)

Spinal Fusion? No Thank You!

Spinal fusion is a back operation where the surgeon fuses vertebrae together. The number of these operations in the US has doubled over the last ten years in spite of reports revealing an extremely high rate of failure (pain comes back). Two papers from the prestigious New England Journal of Medicine report that there's little evidence to support fusing the spine of someone with back pain. Spinal fusion can have serious complications that can include



nerve damage and impotency. If spinal fusion is being suggested – get a second opinion, especially from a chiropractor. (8,9)

Humor

Life, Kids, and Generalized Insanity

NUDITY. I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. She was stark naked! As I was reeling from the shock, I heard my 5-year-old shout from the back seat, "Mom! That lady isn't wearing a seat belt!"

HONESTY. My son Zachary, 4, came screaming out of the bathroom to tell me he'd dropped his toothbrush in the toilet. So I fished it out and threw it in the garbage. Zachary stood there thinking for a moment, then ran to my bathroom and came out with my toothbrush. He held it up and said with a charming little smile, "We better throw this one out too then, 'cause it fell in the toilet a few days ago."

OPINIONS. On the first day of school, a first-grader handed his teacher a note from his mother. The note read, "The opinions expressed by these children are not necessarily those of his parents."

KETCHUP. A woman was trying hard to get the ketchup to come out of the jar. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone. "It's the minister, Mommy," the child said to her mother. Then she added, "Mommy can't come to the phone to talk to you right now. She's hitting the bottle."

MORE NUDITY. A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, "What's the matter? Haven't you ever seen a little boy before?"

DRESS-UP. A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo, she warned, "Daddy, you shouldn't wear that suit." "And why not, darling?" her father asked. She replied, "You know that it always gives you a headache the next morning."

SCHOOL. A little girl had just finished her first week of school. "I'm just wasting my time," she said to her mother. "I can't read, I can't write and they won't let me talk!"

BIBLE. A little boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages. "Mama, look what I found", the boy called out. "What have you got there, dear?" his mother asked. With astonishment in the young boy's voice, he answered, "I think it's Adam's underwear!"

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.

Upcoming Lectures

Optimal Health 101

Tuesday, August 22, 2006

7:30 PM-8:30 PM

Gorman Optimal Health Solutions, Inc.

333 North Oxford Valley Rd.

Suite 502

Fairless Hills, PA 19030

How To Decrease Stress

Tuesday, September 12, 2006

7:30 PM-8:30 PM

YMCA

601 South Oxford Valley Rd.

Fairless Hills, PA 19030

Holistic Perspectives On Injury Prevention

Sunday, September 24, 2006

11:00 AM

Philly Fit Bash

Villanova University Pavilion

800 East Lancaster Ave.

Villanova, PA 19085

(go to www.phillyfitmagazine.com for more information)

Natural Solutions To Women's Health Issues

Tuesday, October 10, 2006

7:30 PM-8:30 PM

YMCA

601 South Oxford Valley Rd.

Fairless Hills, PA 19030

The Common Sense Approach To Nutrition & Weight Loss

Tuesday, November 14, 2006

7:30 PM-8:30 PM

YMCA

601 South Oxford Valley Rd.

Fairless Hills, PA 19030

How To Raise A Healthy Child In An Unhealthy World

Tuesday, December 12, 2006

7:30 PM-8:30 PM

YMCA

601 South Oxford Valley Rd.

Fairless Hills, PA 19030

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 Giovanna at 215-943-2584 or email her at Giovanna@GormanOptimalHealth.com.

References

1. Stump JL, Redwood, DJ Manipulative Physiol Ther 2002;25:E2
2. Medscape General Medicine. 2006;8(2):58. ©2006 Medscape Posted 05/26/2006.
3. Update: Multistate outbreak of mumps – United States January 1-May 2, 2006. MMWR. 2006;55:559-563.
4. Grote JJ. Antibiotics in otitis media with effusion. Ned Tijdschr Geneesk. 1997;141(2):76-77.
5. Del Mar C, Glasziou P, Hayem M. Are antibiotics indicated as initial treatment for children with acute otitis media? A meta-analysis. British Medical Journal. 1997;314(7093):1526-1529.
6. http://www.foodconsumer.org/777/8/Need_a_cooker_Use_your_cell_phone.shtml
7. Levy R et al. Longevity increased by positive self-perceptions of aging. Journal of Personality and Social Psychology. 2002;63:261-270.
8. Deyo RA, Nachemson A, Mirza SK et al. Spinal fusion surgery – the case for restraint. New England Journal of Medicine. 2004;350:722-726.
9. Lipson SJ. Spinal fusion surgery – advances and concerns. New England Journal of Medicine. 2004;350:643-644.