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As the holiday season approaches, we would like to wish you and your family a happy and healthy holiday season. This is the time of the year when we look to the future and set our goals for the upcoming year. Remember to include your health in your goals. Don't forget to mention us to your friends and family who are also setting health goals for themselves. Make a commitment to yourself, and those around you, to take care of your body physically, mentally, and emotionally. . . naturally. Happy Holidays!

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"I never came upon any of my discoveries through the process of rational thinking." – Albert Einstein



Health Tip of the Month

Ohhhh, the holidays, a time for family, fun and FOOD! A few things to keep in mind as you make your rounds to all of the holiday gatherings:

~ Be sure to eat small amounts throughout the day. Ideally during this stressful time you want to try to eat something every 2-3 hours all day long. This will help keep your blood sugar balanced, reduce your stress, and eliminate the need to eat *everything* when you get to your parties. Don't save up for the big meal-digestion will be very difficult, you will be uncomfortable, and it will make you tired.

~ Chew, chew, chew your food and then chew some more! The smaller the pieces; the better the digestion. Ideally you want to chew until it becomes totally liquid. At least if you are going to eat some things special for the holidays, give your body a better chance to digest it. You can also take digestive supports along with your meals-ask Dr. Gorman about how to do that.

~Make sure you are drinking plenty of water during the day (half your weight in ounces). As you are more stressed and eating things that are not good for you, you give your body a better chance to eliminate the junk when you are well hydrated (Especially if also having some alcohol).

~ Most importantly, enjoy yourself! If you are going to indulge, then choose it powerfully. Many people are eating cake and junk food during the holidays and beating themselves up before they are even done eating it. Be careful what you say or think...the mind is very powerful. Instead of saying something negative to yourself, remember that this is what the holidays are for, and everything in moderation. If you eat well, exercise, get adjusted, and take good care of yourself all year, then that is what the holidays/special nights are for. ENJOY!

Upcoming Health Talks

Optimal Health 101

Fairless Hills Office
7:30 PM-8:30 PM
December 5, 19
January 2, 16, 30

The Mind-Body Connection

Newtown Athletic Club
1:00 PM-2:00 PM
January 22

Remember that as a service to the community, Dr. Gorman is available to speak to various professional and lay groups including churches, civic, and other community groups about any health or motivational topic. Please see the website for a list of available topics.

AIDS: False Diagnoses

International AIDS day got a lot of press lately. The real tragedy is that after billions of dollars have been spent, the medical profession has not saved a single life. No cure. That's because AIDS is most likely caused by medical care, immunosuppressive therapies, and unhealthy lifestyles. Millions of people, whose death certificates in the past said that they died of tuberculosis, malnutrition, infection, pneumonia, and "old age," are now diagnosed as dying from AIDS. The death numbers haven't changed, only the diagnosis has. Why? Follow the money. The same thing was done when the polio vaccine came out – the diagnostic criteria for polio was changed after the vaccine came on the market. It went from symptoms for two days to symptoms for two months. Since 95-99% of polio clears up on its own after a week or two (residual paralysis is extremely rare) polio "disappeared" after the vaccine came out.



So you see playing epidemiological games is not a new tactic and it is still going on. One final note: The Salk polio vaccine did nothing but increase the amount of polio in the world. It was quietly pulled from the market. For more information, go to <http://www.virusmyth.net/aids/perthgroup/index.html>



Tylenol Kills More Than Your Pain

You may already know that acetaminophen, commonly known as Tylenol, is hard on your liver. But did you know it causes nearly 50% of all acute liver failure in America? And did you know that over 450 people die each year from acetaminophen poisoning? Common over the counter painkillers, known as NSAID's (non-steroidal anti-inflammatory drugs), cause more deaths in the US each year than AIDS. Does that mean that we should have a NSAID foundation to try to conduct research to figure out how to solve this? Did you know that it's also hard on your kidneys and brain? All of these are true. But emergency rooms still overdose patients with the drug. And doctors frequently tell their patients to take it for their aches and pains.

New evidence shows that chronic use can also damage your kidneys. That makes sense since the kidney is another major organ of elimination. Studies show that people who use acetaminophen on a regular basis more than double their risk of kidney cancer. And kidney cancer is one of the toughest cancers to treat.

You don't hear much about these problems since mainstream media sources reap billions in profits from the sales of this painkiller.

Many users are lulled into chronic use, and develop headaches or other withdrawal symptoms when they try to discontinue. So they begin to take the drug again, prolonging the vicious cycle. If this is you or someone you know, see Dr. Gorman to find out about safe alternatives. He might be able to pinpoint the cause of your headaches or pain. Additionally, he might be able to help you detoxify from the drug and the stress it puts on your liver. Lastly, never take acetaminophen while drinking alcohol! This is because your liver is so busy trying to break down the alcohol that it cannot do its job get rid of the aspirin, and thus it puts you at an even higher risk.

Decrease Stress For Healthier And Happier Holidays



It is important to remember that there are actually four different types of stress, and they are all cumulative. These include physical, nutritional, thermal, and emotional. Any of these can contribute to misalignments of the spine called subluxations. Chiropractic Physicians spend thousands of hours learning how to identify the causes of

stress and correct subluxations, areas of severe stress, in your body. Uncorrected subluxations weaken your spine, deform your ligaments, cartilage, spinal discs, and vertebrae and unbalance and weaken your body structure. This causes lack of energy and vitality, chronic fatigue, and premature aging.



Because of life's stresses (birth trauma, accidents, chemical stress, and others) most people have uncorrected subluxations in their body, affecting their physical and mental health. When you are the busiest and most stressed, like during the holidays, it is the most important time to be treated. Enjoy the holidays – make sure you and your family are well adjusted.

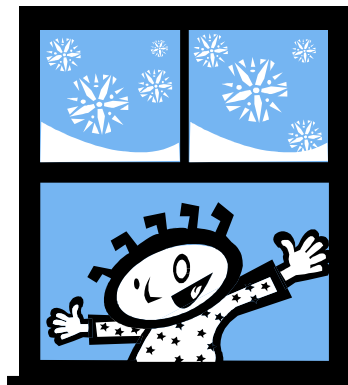
Fight Winter Blues with Chiropractic

Improvement in depression with chiropractic. 15 adults who were clinically depressed and who were found to have an upper cervical subluxation were given chiropractic care in 3 private practice settings in the southern United States. Participants were administered the Beck Depression Inventory II prior to care and post-care.

All patients showed a significant improvement in depression test scores after chiropractic care. (1)

Back Surgery? Try Chiropractic First

With over 50 million Americans suffering from low back pain, it's the 2nd leading workers' compensation injury and the 2nd leading cause of doctor visits. From 1993 to 2003, hospitalizations for back problems rose from 528,000 to 658,000 with most being unnecessary. Patients had spinal-fusion surgery (their spine will never be normal again), bone grafts, implanted rods and wires, injections, and pain-killers which have a very high failure rate.



Why do people go to hospitals for back problems when chiropractic is safer, much less costly and more effective? Please let those you know that the safe, drug-free, non-surgical chiropractic alternative may be literally around the corner.

Words of Wisdom

Life is merely a matter of perspective.

Like most young boys, Timmy always dreamed of being a professional baseball player, playing in the World Series. One day, he was in his backyard practicing. One could hear him announcing: "World Series, game 7, two outs, bases loaded, bottom of the ninth, series tied...the home town fans are going wild".

Timmy throws the ball up in the air, quickly grabs the bat with both hands and takes a mighty cut, only to miss. "Strike one," he says out loud, somewhat dejected. He again throws the ball up in the air, takes another home run cut at the ball, only to miss again. "Strike two," he announces, feeling the weight of the world on his shoulders. Again he launches the ball up in the air, grabs his bat, swings with all of his might and misses...strike three. He hangs his head low, slowly walking away. Suddenly he breaks into a dance, hands held high in the air and announces to the crowd, "I am the greatest pitcher that ever lived". For information on highly recommended seminars on how to improve the perspective of your life, check out www.landmarkeducation.com.



Chiropractic And Spinal Research

Remember, a person with *any* health problem could benefit from chiropractic. Feel free to forward these studies to others.

Spinal balance equals better health.

The more balanced your spine, the healthier you are; the more unbalanced your spine, the sicker you are. This was the finding in a study of 752 patients who were evaluated for spinal balance and health status.

The authors of the study found that health status was significantly poorer as spinal deviation off-center increased and the severity of symptoms increased as spinal imbalance increased. Chiropractic's goal is to correct or adjust your subluxations, releasing deep stress and bringing you back to balance. (2)



Maintenance care for the spine reduces low back pain and disability levels.

30 patients with chronic low back pain lasting 6 months or more were separated into two groups. The first group received 12 chiropractic adjustments over a one-month period, but no care for the subsequent 9 months. The 2nd group also received 12 adjustments over a one-month period, along with "maintenance" adjustments every 3 weeks for the following 9 months. Patients in both groups experienced significant decreases in low back pain scores after the initial care. However the "maintenance" patients' disability scores were significantly lower after the 10-month period than before the initial care – an average of 16.6 points lower per patient. In the other group, "the mean disability scores went back to their pretreatment level." (3)

Benefits Of Breast-Feeding



Breastfeeding is good for mothers as well as babies. Mothers who breast-feed have a lower risk of getting breast cancer and (4) breast-fed babies have a decreased risk of getting breast cancer when they grow up. (5) Infants exclusively breast-fed for 16 weeks or more had 50% less acute otitis media (earaches). (6)

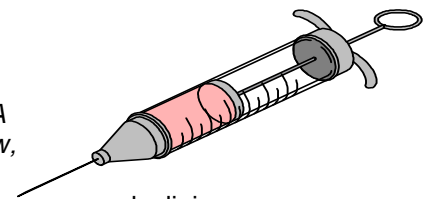
Anyone who reads the ingredients on a can of infant formula will see that it is simply a recipe of cow's milk, sugar and (chlorinated) water. This is not substitute for nature; formula is harmful to a baby's optimal health. The average soy infant

formula contains the equivalent amount of estrogen as five birth control pills. Pasteurized dairy should be avoided by everyone, but especially babies. It is the number one food sensitivity, along with wheat, that is responsible for a myriad of symptoms and health problems.

MDs Not Vaccinating Their Own Children?

A sign of the future? The journal *Pediatrics* published a study revealing that, "A relatively large proportion of non-pediatric MD's do not follow, nor plan to follow, current immunization recommendations for their own children."

Significant numbers of pediatric (5%) and non-pediatric (10%) physicians



were declining

vaccines for their own children. Shots declined include measles, mumps, hepatitis B and Haemophilus influenza type b; many MDs also postponed DTP or MMR vaccination. The doctors expressed the same concerns as the public as to the safety of the vaccines which may cause brain and neurological damage (autism, ADD/ADHD, etc.). (7)

Bird Flu? Don't Panic

Every year around flu shot season there's a scary story that makes billions of dollars for the vaccine industry. This year it's about a supposed bird flu epidemic. A great article to counter the mindless media pronouncements can be read here:

<http://www.mercola.com/display/router.aspx?docid=31141> or www.birdflu hype.com

Lifelong Friends Make Life Longer



Researchers at Flinders University in Adelaide, Australia interviewed about 1,500 people aged 70+ asking about family and friends, socioeconomic status, health, and lifestyle. The Adelaide team then tracked the participants' survival over the next 10 years. People with a strong network of friends and confidants had a much better chance of survival over the 10-year study period than individuals with relatively fewer friends. This "friendship effect" persisted despite personal losses such as the death of a spouse, or even the relocation of friends to other parts of the country. Friends may also have a significant impact

on mood, self-esteem, and coping mechanisms during difficult times. (8) The mind-body connection is well documented scientifically, and now there are great techniques to address the emotional aspect of health like Neuro-Emotional Technique (NET). For more information on NET and how it may apply to you, ask Dr. Gorman for a demonstration or see www.netmindbody.com.

What if you don't have people friends?

All is not lost! Take heart! Get a pet! Pet owners have fewer doctor visits, shorter hospital stays, and take less medication than those who don't own pets. In one study dog owners were eight times more likely to survive for one year after a heart attack than those who didn't have dogs...stock brokers with high blood pressure were instructed to get a cat or a dog....Alzheimer's patients are more positive and alert when animals are present...in a study of nursing homes, when pets were part of the program, mortality rates were 25% lower than at facilities that didn't include pets. (9)



Humor

These great questions and answers are from the days when "Hollywood Squares" game show responses were spontaneous! Peter Marshall was the host asking the questions, of course.

Q. If you're going to make a parachute jump, at least how high should you be?

A. Charley Weaver: Three days of steady drinking should do it.

Q. True or False, a pea can last as long as 5,000 years.

A. George Gobel: Boy, it sure seems that way sometimes.

Q. You've been having trouble going to sleep. Are you probably a man or a woman?

A. Don Knotts: That's what's been keeping me awake!

Q. According to Cosmo, if you meet a stranger at a party and you think that he is attractive, is it okay to come out and ask him if he's married?

A. Rose Marie: No, wait until morning.

Q. Which of your five senses tends to diminish as you get older?

A. Charley Weaver: My sense of decency.

Q. What are "Do It," "I Can Help," and "I Can't Get Enough"?

A. George Gobel: I don't know, but it's coming from the next apartment.

Q. Do female frogs croak?

A. Paul Lynde: If you hold their little heads under water long enough.

Q. As you grow older, do you tend to gesture more or less with your hands while talking?

A. Rose Marie: You ask me one more growing old question, and I'll give you a gesture you'll never forget.

Q. Paul, why do Hell's Angels wear leather?

A. Paul Lynde: Because chiffon wrinkles too easily.

Q. Charley, you've just decided to grow strawberries. Are you going to get any during the first year?

A. Charley Weaver: Of course not, I'm too busy growing strawberries.

Q. It is considered in bad taste to discuss two subjects at nudist camps. One is politics, what is the other?

A. Paul Lynde: Tape measures.

Q. During a tornado, are you safer in the bedroom or in the closet?

A. Rose Marie: Unfortunately Peter, I'm always safe in the bedroom.

Q. Can boys join the Camp Fire Girls?

A. Marty Allen: Only after lights out.

Q. When you pat a dog on its head he will wag his tail. What will a goose do?

A. Paul Lynde: Make him bark?

Q. If you were pregnant for two years, what would you give birth to?

A. Paul Lynde: Whatever it is, it would never be afraid of the dark.

Q. According to Ann Landers, is there anything wrong with getting into the habit of kissing a lot of people?

A. Charley Weaver: It got me out of the army.

Q. While visiting China, your tour guide starts shouting "Poo! Poo! Poo! "What does this mean?

A. George Gobel: Cattle crossing.

Q. It is the most abused and neglected part of your body- what is it?

A. Paul Lynde: Mine may be abused but it certainly isn't neglected.

Q. Back in the old days, when Great Grandpa put horseradish on his head, what was he trying to do?

A. George Gobel: Get it in his mouth.

Q. Who stays pregnant for a longer period of time, your wife or your elephant?

A. Paul Lynde: Who told you about my elephant?

Q. When a couple have a baby, who is responsible for its sex?

A. Charley Weaver: I'll lend him the car, the rest is up to him.

Q. Jackie Gleason recently revealed that he firmly believes in them and has actually seen them on at least two occasions. What are they?

A. Charley Weaver: His feet.

Q. According to Ann Landers, what are two things you should never do in bed?

A. Paul Lynde: Point and Laugh.



Please feel free to forward this newsletter to your friends – give them the healthy life wisdom you're learning about. Too many people are taking drugs or contemplating surgery; let them know there's a drug-free alternative. Please remember that everyone can benefit from holistic chiropractic care, so bring your friends and loved ones to an Optimal Health 101 talk or encourage them to make an appointment.

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