



GORMAN
OPTIMAL
HEALTH
SOLUTIONS^{LLC}

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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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What Childhood Conditions Can Be Helped By Chiropractic And Applied Kinesiology?

What about chiropractic as the first treatment for all kinds of health problems? There seems to be no limit to the conditions that can respond to natural healthcare: ADD, asthma, colic, difficulty breast-feeding, Erb's palsy, torticollis, bedwetting, foot inversion, nervousness, ear, nose, and throat infections, allergies, sleep disorders, and vomiting. There are many times in a young life when an infant or child may be more vulnerable to misalignments in the body: pregnancy, birth, when first holding their head up, when beginning to crawl, and when learning to walk. Of course then comes childhood with all its opportunities to run, fall, crash, and then get up to do it all over again. Make sure your child has every chance to live a healthy life physically, nutritionally, and emotionally.

325,000 Spinal Fusion Operations Per Year And Each Costs \$50,000 On Average



“Evidence says surgery does not fix the problem over the long term any better than time, physical therapy, and exercise. Indeed, pain clinics are full of people who have had back surgery and now are worse off.”, says U. of North Carolina’s Nortin M. Hadler, MD. (1) **Our comment:** This surgery has a high rate of failure, plus the risk of death during the operation.

Chiropractic gets you better faster, costs a lot less than spinal fusion surgery, and is so much safer.

Study: Cough Medicines Don't Work



Consumers spend billions of dollars each year on over-the-counter cough medications that don't work. Two active ingredients in many over-the-counter cough syrups work no better than a placebo syrup, a study has found. 100 children (average age 4.5 years) with upper respiratory infections were divided into 3 groups. Two groups received a syrup with cough medicine while the 3rd group got a syrup with no medicine. The frequency, severity, and bothersome nature of the cough as well as the sleep quality were a little better in the syrup-only group. Plus they didn't get any drug side effects as the children in the other groups did. (2,3)

Shedding Some Light On Your Winter Depression

Not many people look forward in great anticipation to the cold days of winter. The lack of exposure to regular amounts of healthy sunshine could trigger seasonal affective disorder (SAD). Experts cited that this condition affects one out of every five Americans each winter. Rather than relying on drugs like Prozac or Zoloft to treat this condition, a new study revealed that a short half-hour session sitting next to a light-emitting box produces the most effective results in the treatment of SAD. While 14 percent of Americans have reported experiencing mild cases of this condition, 6 percent to 7 percent stated they experience the most extreme symptoms of SAD, which could include:

- Clinical depression
- Overeating
- Excess sleep
- Heightened sensitivity to pain
- Social withdrawal
- Significant weight gain (averaging nearly 40 pounds each season)

Researchers found that pre-menopausal women were more inclined to develop SAD symptoms over men due to the female hormones estrogen and progesterone.

The Positive Effects of Light Treatment

A study of 140 women that took place over five successive winters compared two different kinds of treatments for SAD: 30 minutes a day of exposure to light-emitting boxes and using room ionizers, which are thought to help SAD symptoms by increasing levels of negatively charged particles circulating in the air. Although the air ionizers showed some positive effects, the light boxes produced the most promising results.

Studies have shown that during the winter months, serotonin levels in the brain are lower than they are in the summer months. For this reason many doctors resort to prescribing SSRI's, which work by adjusting serotonin levels. However, experts say that using light boxes are not only the safer alternative to treating this condition but also are much cheaper than prescription drugs in the long term. As a matter of fact, using a standard light box for a period of five years costs around \$60 per year compared to a prescription for Prozac or other SSRI, which costs about \$300 to \$500 per year.

Another form of light box called "dawn stimulator" is attached to a bright light in the bedroom and works by causing the light to slowly increase in intensity during the early morning hours, similar to how it would on a spring day. SAD experts agree that light boxes are the safe and most effective form of treatment for

seasonal depression. It is easy as screwing in a full spectrum light bulb, because that's exactly ALL you have to do.

Is This Why They Call It Nuking?

Spanish researchers studying the effects of different cooking methods on the content of flavonoids in broccoli found that steaming caused minimal loss, boiling 66% loss, and microwaving 97% loss! Maybe saying we nuke our food is more accurate than we think.

Words Of Wisdom



"Kind words can be short and easy to speak, but their echoes are truly endless." – Mother Theresa

"Complacency breeds anxiety. To be healthy, a person needs to be affecting his surroundings, uplifting those about him, and bringing in more light." – Lubavitcher Rebbe

Upcoming Lectures

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

Gorman Optimal Health Solutions, Inc.
333 North Oxford Valley Rd.
Suite 502
Fairless Hills, PA 19030
Wednesday, January 3, 2007
7:00 PM
Call 215-9-HEALTH to reserve your seat!

Goal Setting For Your Health

YMCA
601 South Oxford Valley Rd.
Fairless Hills, PA 19030
Tuesday, January 9, 2007
7:30 PM
Cost:\$10 Donation to The YMCA Strong Kids Campaign
Call 215-9-HEALTH to reserve your seat!

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

Gorman Optimal Health Solutions, Inc.
333 North Oxford Valley Rd.
Suite 502
Fairless Hills, PA 19030
Wednesday, January 17, 2007
7:00 PM
Call 215-9-HEALTH to reserve your seat!

Neuro-Emotional Technique:The Mind-Body Connection

Gorman Optimal Health Solutions, Inc.
333 North Oxford Valley Rd.
Suite 502
Fairless Hills, PA 19030
Wednesday, January 24, 2007
7:00 PM
Cost:\$10 Donation to The YMCA Strong Kids Campaign
Call 215-9-HEALTH to reserve your seat!

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.

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.

References

1. Carey J. Medical guesswork. BusinessWeek. May 29, 2006;75.
2. Paul IM, Yoder KE, Crowell KR et al. Effect of dextromethorphan diphenhydramine, and placebo on nocturnal cough and sleep quality for coughing children and their parents. Pediatrics. 2004;114(1):e85-90.
3. Cough medicines have no benefit. BBC News. July 6 2004.5.