



**Gorman Optimal Health Solutions, Inc.**  
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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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## Doctors Are The Third Leading Cause Of Death In The US

Deaths per year:

- 12,000 - unnecessary surgery
- 7,000 - medication errors in hospitals
- 20,000 - other errors in hospitals
- 80,000 - infections in hospitals
- 106,000 - non-error, negative effects of drugs

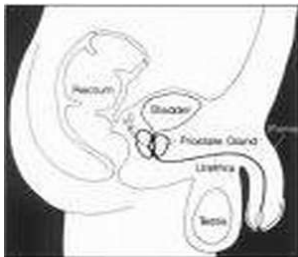
That totals 225,000 deaths per year from iatrogenic causes! Iatrogenic is defined as "induced in a patient by a physician's activity, manner, or therapy." (1)

## Natural Solutions To Asthma And Dealing With Stress

Asthma problems? Under stress? Learn how to deal with asthma and stress naturally, effectively, and safely. Visit

<http://www.gormanoptimalhealth.com/g13.html> to read an article written by Dr. Gorman on these issues.

## Keep Your Prostate Even If It's Cancerous



Do you know anyone who has been told they need to have their prostate removed? Before they make their decision they should look at two research papers that confirmed what has been mentioned in other medical journals (but forgotten): that men with prostate cancer who have surgery don't live any longer than men who have prostate cancer who choose not to have surgery.

In these studies 695 men with prostate cancer were divided into two groups: one group had their prostates removed (radical prostatectomy) and the other group didn't. "Watchful waiting," the MDs called it. The men were watched for 6.2 years. The result? No difference in death rates. But there's more – 80% of the men in the surgery group became impotent, compared to 45% in the non-surgical group. About 50% of the surgical group were incontinent compared with 21% in the no-surgery group. My advice – go natural. Get chiropractic care and explore alternatives. (2,3)

## Ritalin May Hinder Growth

According to Stephen R. Hinshaw, Ph.D., professor and Chair of the Department of Psychology at the University of California, Berkeley, children taking Ritalin grow one inch less in a two-year period than children not taking the drug. (4) Another thing to question is, if Ritalin is a stimulant, why does it calm down children? Because individuals who take Ritalin have a nervous system that is "switched" or disorganized. By identifying the body's imbalances and then removing them, you balance the nervous system. Nobody can do this better than a Chiropractic Physician who specialized in Applied Kinesiology.

## Chiropractic And Spinal Research-Hyperactivity And Angina Pectoris

Remember that everyone, no matter what condition they may have, needs chiropractic care to ensure their body is working without subluxations. If you have any specific questions please feel free to contact us.

**Hyperactivity.** This is the case of an 8-year-old child with many learning and behavioral disorders associated with ADHD. Symptoms began shortly after the child experienced a fall (18 months earlier). Physical examination revealed the child to have cervical (neck) subluxations. Following two months of care, his mother noted positive changes in behavior and reduction in his complaints of headaches and neck pain symptoms. Reports from his teachers at school remarked on the positive changes in his behavior and improvements in academic performance. (5)

**Angina Pectoris.** Angina Pectoris, commonly known as chest pain, affects more than 6 million Americans every year. The painful and sometimes suffocating attacks can be brought on by a lack of oxygen in the blood due to the heart working overtime. In this study positive results were shown for weekly chiropractic adjustments in patients with a specific type of angina. Fifty patients diagnosed with cervicothoracic angina (CTA), chest discomfort originating from the cervical spine and the thorax, were given chiropractic care. There were 225 patients in the control group. Approximately 75% of the chiropractic group reported an improvement in pain and general health. The control group recorded a 22 to 25% improvement. (6)

## Common Coffee Additive May Cause Diabetes

There is something added to our coffee that makes it extremely unhealthy. We're not talking about all the sugar or fat-laden cream – it's the chlorinated water!



Chlorine and coffee don't mix. When chlorine combines with any organic compound it creates a dangerous class of chemicals called dioxins: specifically alloxan, a poison that destroys the beta cells of the pancreas (the ones that produce insulin). (8) In fact, researchers use it to induce diabetes in laboratory animals.

Coffee has been implicated as a cause of pancreatic cancer. (9) Chlorine also combines with organic materials to form trihalomethanes, which increase the risk of bladder and rectal cancers. The risk increases as the exposure to chlorinated water increases. (10)

If you must drink coffee at least avoid it if it's made with chlorinated water. When buying a cup of coffee, ask if they use filtered water. If they don't know, assume the water is chlorinated.

### **Blood Pressure Or Cholesterol Problems? Read This!**

There are natural solutions! Elevated blood pressure and abnormal cholesterol levels are the most common contributors to cardiovascular disease. Currently, heart disease is the #1 cause of death in The United States of America. The good news is that it is primarily affected by our lifestyle choices and is therefore preventable. Unfortunately, there are often times not a lot of warning before having a heart attack or stroke, the heart attack or stroke itself is the first symptom. There are many things that influence both blood pressure and cholesterol: Our diet, hormones, stress, digestive system, liver, thyroid, lymphatic system, adrenal glands, and nervous system. A holistic evaluation (looking at the interaction of the physical, biochemical, and emotional body) of an individual is necessary to determine what would best help them.

Chiropractic Care and Applied Kinesiology work on getting to the root cause of health issues. There are six factors that can contribute to any health problems: Structural imbalance, electromagnetic pollution, nutritional deficiencies, allergies and sensitivities, stress/emotional issues, and toxicity. To see how Chiropractic Care and Applied Kinesiology can help you call 215-9-HEALTH (943-2584) today for a complimentary consultation.

## Upcoming Lectures

### **Optimal Health 101**

Gorman Optimal Health Solutions, Inc.  
333 North Oxford Valley Rd.  
Suite 502  
Fairless Hills, PA 19030  
Wednesday, February 21, 2007  
7:00 PM-8:00 PM

### **Cardiovascular Health**

Gorman Optimal Health Solutions, Inc.  
333 North Oxford Valley Rd.  
Suite 502  
Fairless Hills, PA 19030  
Tuesday, February 27, 2007  
7:00 PM-8:00 PM  
Cost: \$10 Donation to The American Heart Association

### **How To Get The Edge In Competitive Sports**

MVP Sports Training and Fitness  
69 B Zimmerman Ln.  
Hulmeville, PA 19047  
Saturday, March 3, 2007  
3:30 PM-6:00 PM  
Joe Schoenleber and Dr. Christopher Aland will also be speaking here.

### **Optimal Health 101**

Gorman Optimal Health Solutions, Inc.  
333 North Oxford Valley Rd.  
Suite 502  
Fairless Hills, PA 19030  
Wednesday, March 7, 2007  
7:00 PM-8:00 PM

### **How To Decrease Stress**

YMCA  
601 South Oxford Valley Rd.  
Fairless Hills, PA 19030  
Tuesday, March 13, 2007  
7:30 PM-8:30 PM  
Cost: \$10 Donation to The YMCA Strong Kids Campaign

### **Optimal Health 101**

Gorman Optimal Health Solutions, Inc.  
333 North Oxford Valley Rd.  
Suite 502  
Fairless Hills, PA 19030  
Wednesday, March 21, 2007  
7:00 PM-8:00 PM

**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](mailto:Giovanna@GormanOptimalHealth.com).**

### **Humor**

A little boy was overheard praying: "Lord, if you can't make me a better boy, don't worry about it. I'm having a real good time like I am."

After the baby naming of his sister in synagogue, Jason sobbed all the way home in the back seat of the car. His father asked him three times what was wrong. Finally, the boy replied, "That Rabbi said he wanted us brought up in a Jewish home, and I wanted to stay with you guys."

One particular four-year-old prayed, "And forgive us our trash baskets as we forgive those who put trash in our baskets."

A Sunday school teacher asked her children as they were on the way to services, "And why is it necessary to be quiet?"

One bright little girl replied, "Because people are sleeping."

Six-year-old Angie and her four-year-old brother, Joel, were sitting together in synagogue. Joel giggled, sang, and talked out loud.

Finally, his big sister had had enough, "You're not supposed to talk out loud in synagogue."

"Why? Who's going to stop me?" Joel asked.

Angie pointed to the back of the synagogue and said, "See those two men standing by the door? They're hushers."

A mother was preparing pancakes for her sons, Kevin 3, and Ryan 4. The boys began to argue over who would get the first pancake. Their mother saw the opportunity for a moral lesson. "If God were sitting here, He would say, Let my brother have the first pancake, I can wait."

Ryan turned to his younger brother and said, "Kevin, you be God!"

A father was at the beach with his children when his four-year-old son ran up to him, grabbed his hand, and led him to the shore where a seagull lay dead in the sand.

Daddy, what happened to him?" the son asked.

"He died and went to Heaven," the Dad replied.

The boy thought a moment and then said,

"Did God throw him back down?"

A wife invited some people to dinner.

At the table, she turned to their six-year-old daughter and said,

"Would you like to say the blessing?"

"I wouldn't know what to say," the girl replied.

"Just say what you hear Mommy say," the wife answered.

The daughter bowed her head and said, "Lord, why on earth did I invite all these people to dinner?"

**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](mailto:Giovanna@GormanOptimalHealth.com). And remember that our archived newsletters can be found on our website, [www.GormanOptimalHealth.com](http://www.GormanOptimalHealth.com).**

## References

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