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**GORMAN**  
OPTIMAL  
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*"Too much of anything is bad, but too much champagne is just right."*  
– Mark Twain

**Happy New Year! We wish you a healthy and happy 2006, and encourage you to follow-up with your health-related goals for the year. If you haven't set them yet, or if you or anyone you know wants help or guidance in addressing their health goals, please let us know. To make it easier for you to take the first step towards being free of pain and fatigue, losing weight, and addressing all your health issues in the new year, we are offering a "Start The New Year Right" special offer. Please see below for details.**

## TABLE OF CONTENTS

- **Resolution For 2006: Reduce Your Stress**
- **Did You Know?**
- **Guess What Pregnant Women Are Not Doing**
- **Words Of Wisdom**
- **Sex And Health**
- **Colic And Difficulty Breast-Feeding**
- **Disc Herniation And Chiropractic**
- **Migraine Headaches And Chiropractic**
- **Humor**
- **Thoughts To Ponder**
- **Upcoming Health Talks**
- **References**

### **Resolution For 2006: Reduce your Stress**

There are many different types of stress, and their effects are cumulative. There is physical, biochemical, thermal, and emotional. Think of your stress as a bucket of water...every time you experience one of these types of stress, you add water to the bucket. Every time you do something good for your health like eat well, exercise, get a chiropractic adjustment, etc. it is like pouring some of the water out. When the water overflows, you experience some form of symptoms or health problem. Many of our diseases and health conditions of today are simply a result of cumulative stress. Aside from trying to eliminate or decrease the controllable stressors, remember that stress can cause subluxations in your body – misalignments of the spine that are areas of decreased communication or disharmony. There are two different kinds of stress: **macro-stress** such as accidents, falls, dental work and intense emotions; and **micro-stress** which are repeated small movements or constant emotional stress that gradually wears down your resistance. You can get a subluxation from a difficult birth or a childhood fall and never feel or function right. Neurological and other health problems have been traced to spinal damage at birth.

Nearly everyone has subluxations in their body, many are painless, and yet they can quietly undermine your health just as termites can quietly undermine the foundation of your home. By the time the kitchen floor collapses, it's too late to call the exterminator. By the time symptoms appear, a certain amount of subluxation damage may be irreversible. For that reason, periodic spinal examinations to locate and correct subluxations should be a part of every family's health routine.

Chiropractors specialize in locating and correcting or eliminating your subluxations. Correcting silent subluxations today might save you and your family from diseases that, later in life, could not possibly be ignored.



### **Did You Know?**

Ultrasounds reveal that fetuses cry during the third trimester in the womb.

### **Guess What Pregnant Women Are Not Doing**

It's criminal – doctors are telling pregnant women to decrease the amount of tuna they eat because of mercury in fish and yet at the same time telling women to be injected with a vaccine full of mercury. Thankfully most pregnant women are refusing this shot that's full of mercury and that's been linked to autism and many other neurological disorders. The CDC reports that 12% of pregnant women were immunized in the 2003-2004 flu season (1). One can only hope that number will decrease to zero for 2005-2006.

### **Words Of Wisdom**

"Youth is the Lord of Life, youth has a kingdom waiting for it. Everyone is born a king and most people die in exile, like most kings." - Oscar Wilde

"It's a paradox: The greatest revelations are to be found not in meditation, study, and prayer, but in the mundane world. Only, however, if you would rather be meditating, studying and praying."- Lubavitcher Rebbe

## Sex And Health

It isn't every day we're told something we enjoy is good for us but research reveals that an active sex life may protect a man's health. In one study 918 men in Wales age 45-59 were followed for 10 years and a statistical analysis of the men who died versus those who did not revealed something quite interesting. The men with the highest frequency of orgasm had half the death rate compared to the men with the lowest frequency. The men in the high frequency group had sex at least twice a week while those in the lowest frequency had sex less than once a month. (2)



What about women, you ask? This may be a shock to you but studies have revealed that women are different from men. Whereas the quantity of sex was important to longevity to men, with women the quality mattered. The enjoyment of sex was what made the difference, those with the most enjoyment lived longer. (3) Men didn't care about quality, just quantity. As one commentator, tongue-in-cheek, has stated, "These studies just go to show you what women have suspected all along – men are pigs."

*"After making love I said to my girl, "Was it good for you, too?" And she said, "I don't think this was good for anybody." – Garry Shandling*



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

### **Colic And Difficulty Breast-Feeding**

A 12-day-old male would not feed on the right breast. Mother reported he seemed "fussy" and had excess gas. The child's occiput had a limited range of motion and the atlas vertebra was found to be fixed. A chiropractic adjustment was performed to the atlas. The mother breastfed the infant at the office immediately following the adjustment with no problems nursing on the right breast. (6)

### **Disc Herniation And Chiropractic**

A 44-year-old man was diagnosed with a herniated cervical disc by magnetic resonance imaging (MRI). He suffered from severe neck pain with constant burning, left arm pain, and left shoulder pain with nerve pains in the index finger of the left hand. The patient also had diminished grip strength on his left hand. By the 5th week of care the severe neck, shoulder and arm pain were completely resolved. The patient's numbness and grip strength improved consistently during the next 6 months. An MRI 14 months later revealed complete resolution of the herniated cervical disc. (7)

### **Migraine Headaches And Chiropractic**

127 migraine sufferers were divided into two groups. One group received chiropractic adjustments while the others were in the control group. Chiropractic patients had significant improvement in migraine frequency, headache duration, disability and medication use and 22% of them reported more than 90% reduction in migraines after 2 months and 50% reported significant improvement in severity of migraine episodes. (8)

### **Humor**

Waiter at the therapy cafe: "Our specials tonight are repressed duck, filet of sole searching, and my favorite, shrimp basket case. For desert we have strawberry shortcomings and banana split personality. Start you off with a self-expresso?"

Last week I bought a box of Animal Crackers. It had a label that said, "Do not eat if seal is broken." I checked inside, and sure enough....

## Thoughts To Ponder

Life is sexually transmitted.

Good health is merely the slowest possible rate at which one can die.

Give a person a fish and you feed them for a day; teach a person to use the Internet and they won't bother you for weeks.

Some people are like a Slinky.....not really good for anything, but you still can't help but smile when you see one tumble down the stairs.

Health nuts are going to feel stupid someday, lying in the hospitals dying of nothing.

All of us could take a lesson from the weather. It pays no attention to criticism.

Why does a slight tax increase cost you two hundred dollars and a substantial tax cut saves you thirty cents?

In the 60's, people took acid to make the world weird. Now the world is weird and people take Prozac to make it normal.

While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "The tooth fairy will never believe this!"

While walking along the sidewalk in front of his church, our minister's 5-year-old son and his playmates had found a dead robin. Feeling that proper burial should be performed, they had secured a small box and cotton batting, then dug a hole. The minister's son was chosen to say the appropriate prayers and with serious dignity intoned his version of what he thought his father always said: "Glory be unto the Faaaather, and unto the Sonnn.... and into the hole he gooooes."

## Upcoming Health Talks

### **Holistic Sports Medicine: Muscle Testing**

Philly Fit Bash

Spring Mill Manor

173 Jacksonville Rd.

Ivyland, PA 18974

January 29th

1:00 PM-5:00 PM (speaking at 1:30 PM)

### **Optimal Health 101**

January 30th

7:30 PM-8:30 PM

**Optimal Health 101**

February 20th

7:30 PM-8:30 PM

Please RSVP for the Optimal Health 101 Talks.

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