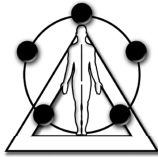


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GORMAN
OPTIMAL
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SOLUTIONS[®]

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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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Upcoming Lectures

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-8:00 PM

Cost: \$10 Donation to The YMCA Strong Kids Campaign

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

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.

Sports And Chiropractic

Fifty athletes were divided into two groups. One group received chiropractic care while the other group did not receive care. They were tested for agility, balance, power, speed, and hand reaction time. After 12 weeks the chiropractic group's improvement was 16.7% including a more than 30% improvement in reaction time. The [chiropractic] athlete reacts faster, coordinates better, and executes fine movements with improved accuracy and precision, amounting to an overall better athlete. (1)

University baseball players were divided into a chiropractic and non-chiropractic group. They were tested for vertical jump, standing broad jump, broad jump, muscle strength, pulse rate, electrocardiogram, blood pressure, and treadmill stress testing. The chiropractic group showed significant improvement over the control group. (2)

Many amateur and professional athletes wouldn't dream of competing without first getting a chiropractic spinal checkup. That's why 75% of the San Francisco 49ers received chiropractic care the day they won the 1990 Super Bowl. Dr. Nick Athens, their chiropractor, says: "Athletes are always looking for ways to improve their performance on the field; chiropractic care is one of the best ways to accomplish this." (3, 4)

How Healthy Are You?

The short answer to the above question is: a lot healthier than you think. Sometimes the best thing we can do for healing is to get out of our own way. Ancient Vedantic philosophy teaches that infinity and eternity lie between your thoughts. In deep meditation and prayer, the spaces between our thoughts broaden and we can glimpse the overpowering universal potential for healing, love, growth, and perfection we are always so close to.

The goal of natural or wholistic healthcare systems is to cure the entire person, not merely to fight the "disease" they have. Often the disease symptoms are the body's way of fighting unnatural, toxic imbalances within us. Let's work with our body and learn to heal deeply, profoundly and completely.

Want To Discover The Latest On Cancer And Natural Remedies?

Subscribe to CancerWire. It's free and has wonderful information. Go to www.cancerwire.com and ask for their latest issue. It might save a life.

What Do Most Asthmatics Die From?



"The cause of most disease is in the poisonous drugs physicians superstitiously give in order to affect a cure."
– Charles E. Page, M.D.

Researchers from Stanford and Cornell Universities reviewed 19 studies involving nearly 34,000 patients and found that people using popular drug inhalers for asthma (Serevent™, Advair™, Foradil™) were 2.5 times more likely to be hospitalized for severe asthma attacks and 3.5 times more likely to die. Five thousand people die each year from asthma (US) and about 4,000 of those deaths are caused by these drugs – 80%! (5)

Back Surgery Or Waiting?

For the first time ever (and it's about time!), large scale studies were done asking whether it's better to rush into back surgery for ruptured lumbar disks and sciatica or to just wait. The results found that surgery was no better than doing nothing. Patients in both the surgery and non-surgery groups improved substantially over a 2-year period.



Tell that to the 300,000 Americans that have spinal surgery each year. Actually these findings are nothing new – other studies have demonstrated the same thing: people with ruptured disks in their lower backs or with sciatica usually recover without surgery and there is no harm in waiting. No one in either study developed cauda equina syndrome that can cause nerve

damage, weakened legs, or loss of bowel or bladder control.



Many surgeons were against doing the studies because they said that they knew that the operations worked and it was unethical for their patients to participate in the study. The study mentioned that a percentage of those who had back surgery needed repeat operations within the year. (6, 7)

Anti-Bacterial Soaps

In 2004, Americans spent more than \$540 million on anti-bacterial hand cleaners, soaps, and detergents that contain chemicals such as triclosan to kill germs, even though a Food and Drug Administration panel found that they are no better than soap and water.



Triclosan mimics thyroid hormone, is commonly added to soaps, toothpaste, deodorant, dog shampoo, cutting boards, clothing, toys, and other anti-bacterial products, and is turning up in fish, breast milk, and wastewater. A recent study has shown it's enough to disrupt thyroid function in frogs. Equivalent data on humans isn't yet available.

By the way, anti-bacterial soaps don't prevent colds or flu, which are associated with viruses, not bacteria. (8)

Ear And Eye Infections In Kids Don't Need Antibiotics

<http://www.abc.net.au/health/thepulse/s1748158.htm>

Read This Before Saying Yes To A Bypass, Angioplasty, or Stent

There's no evidence that heart bypass surgeries, angioplasties, or stent procedures prolong life or prevent future heart attacks in the majority of patients.

The three-year survival rate for most patients who have had bypass surgery is almost exactly the same as it is for patients with heart disease who don't have surgery. Plus add a 3%-5% death rate from the surgery itself.

In fact, all these expensive and risky procedures can be replaced by natural foods, avoiding poisons in our diet, and lifestyle changes. For wonderful heart healthy advice go to <http://www.westonaprice.org/index.html>.

Most heart attacks are caused by tiny blockages in small arteries – these arteries are not replaced during surgery. Finally, the majority of bypass patients may suffer brain injury, cognitive difficulties, and memory problems. Bypass surgery patients are also nearly four times more likely to suffer a subsequent stroke. All this from a procedure that doesn't prolong life or make a patient healthier.

Did You Know?

Your body contains nine pints of blood that travel along 62,000 miles of



blood vessels (they could go around the equator 2.5 times). The nerves from your spine control the size of many of the blood vessels that go to your internal organs. A subluxation that irritates your nerves can affect your blood vessels and cause internal organ malfunction – another reason to see your chiropractor.

Your body has 650 muscles. Subluxations may cause pain, muscle spasm, contraction, muscle weakness, and muscular in-coordination (as in you just can't seem to get a good golf swing). Remember, it takes 17 muscles to smile and 42 to muscles frown (and only three to extend your arm and smack the person on the head who was bothering you in the first place).

Chiropractic Case Studies

Infertility and Chiropractic

(From The Monterey County Herald)

Did you hear the one about the woman who went to the chiropractor and got pregnant?

Really, all Karen Bulch wanted was a little neck-and-shoulders adjustment. But a month after wandering into chiropractor Mark Kimes' Salina office, the 44-year-old Monterey woman was with child, something she had unsuccessfully been trying to accomplish for 4½ years.

Kimes told her it might happen. And if it did, he said it would be within the first few months.

Kimes noticed a subluxation – essentially, that's chiropractic for blockage – in Bulch's lower back. He wasn't sure, but Kimes thought he just might be able to tweak the subluxation to the point of reproduction. "I've been in practice for 12 years and I've seen it happen with many women," he said. (9)

Deafness, Hearing Loss, and Chiropractic

Patient: 68-year-old woman native of the Dutch East Indies. At age 7, she was struck in the head by a Japanese military officer after she spilled tea on him while serving him. This caused her left ear to bleed. At age 9, a grenade exploded about 30 feet from her and she lost all hearing in her left ear and most of the hearing in her right ear. She had been wearing a hearing aid in her left ear since she was a young lady.

At her daughter's urging she came in for chiropractic care. By her third visit she was able to hear sounds for the first time since she was 9. On her fourth visit she was able to hear sounds (phone ringing, etc.) without having her hearing aid in her ear. On her fifth visit she was able to hear more subtle sounds without her hearing aid. [From the records of Joseph A. La Barbera, DC]

Humor

The Divorce

A man in Phoenix calls his son in New York a couple of days before Christmas and says, "I hate to ruin your day, but I have to tell you that your mother and I are divorcing; forty-five years of misery is enough."

"Pop, what are you talking about?" the son screams.

"We can't stand the sight of each other any longer," the father says. "We're sick of each other, and I'm sick of talking about this, so you call your sister in Chicago and tell her."

Frantic, the son calls his sister, who explodes on the phone. "No way they're getting divorced!" she shouts, "I'll take care of this." She calls Phoenix immediately and screams at her father, "You are not getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing, DO YOU HEAR ME?" and hangs up.

The old man hangs up his phone and turns to his wife. "Okay," he says, "they're coming for Christmas and paying their own way."

Ed Was In Trouble

He forgot his wedding anniversary. His wife was really angry. She told him, "Tomorrow morning, I expect to find a gift in the driveway that goes from 0 to 200 in 5 seconds AND IT BETTER BE THERE!!"

The next morning Ed got up early and left for work. When his wife woke up, she looked out the window and sure enough there was a box gift-wrapped in the middle of the driveway. Confused, the wife put on her robe and ran out to the driveway and brought the box back in the house. She opened it and found a brand new bathroom scale.

Ed has been missing since Friday.

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.

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