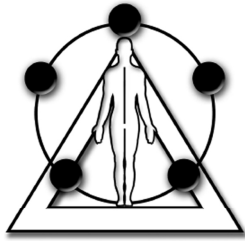


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GORMAN
O P T I M A L
H E A L T H
S O L U T I O N S ^{INC.}

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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.

"I have 10 experiences a day that touch my heart. That is my secret for longevity."- Ms. Kazue Kato, the first woman member of the National Diet of Japan on her 100th birthday

"The power of love to change bodies is legendary, built into folklore, common sense, and everyday experience. Love moves the flesh, it pushes matter around.... Throughout history, "tender loving care" has uniformly been recognized as a valuable element in healing."- Larry Dossey, MD

"I think you might dispense with half your doctors if you would only consult Dr. Sun more."- Henry Ward Beecher



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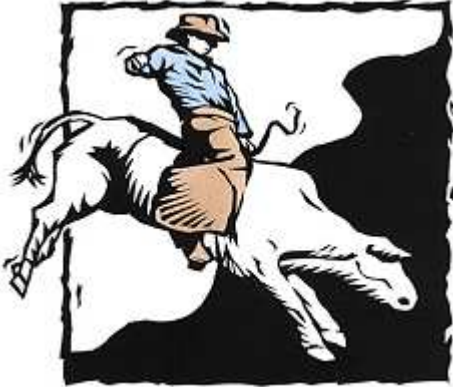
The Mind-Body Connection: Neuro-Emotional Technique

For thousands of years, ancients have known of the connection of the mind and the body. In the study of acupuncture, it is documented that certain emotions correlate to very specific parts of the body. As the study of the human body has evolved, psychologists have learned that certain emotional trauma and memories are stored not only in the brain, but specifically in different parts of the body. As a result, emotions can cause physical problems, and vice versa.

One of the most cutting-edge techniques to quickly and effectively address the root problems in the human body is called Neuro-Emotional Technique (NET). This technique is a great illustration of the term that is becoming more and more popular today known as "Holistic". By this it is meant that we evaluate and treat the person as a whole person, looking at all aspects that make up a person: Physical, Emotional, Nutritional, and Toxicity. It thus integrates the best of the information from the ancients and acupuncture with the technology of today in traditional psychology and chiropractic.

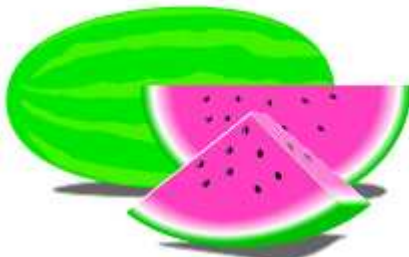
In a society where stress has become an epidemic and is recognized as "normal", there is a huge demand to find the solution or "cure". NET seems to be the answer. Many health problems that don't seem to respond well with traditional medicine or even traditional chiropractic often involve an emotional/stress component. For more background and information on how this technique works, please visit www.netmindbody.com. To see firsthand if it may be the solution for you, feel free to contact the office and request a complimentary session with Dr. Gorman.

Rodeo Cowboys Use Chiropractic



The May 8th, 2006 *Ventura County Star* has an article on rodeo cowboys and chiropractic. Getting tossed around on the back of an angry 1,800-pound bull and leaping off a galloping horse into the spiky horns of a charging steer can cause a lot of damaging subluxations. At the Conejo Valley Days rodeo, the cowboys would duck into a tent where they would get adjusted by a local chiropractor.

Some Simple Things To Do To Keep Healthy



1. Avoid all artificial sweeteners, especially aspartame (NutrasweetT) and SplendaT. They are bad for your brain, eyes, hearing, and overall health.
2. Never get a flu shot unless you'd like to get Alzheimer's.
3. Consider most fevers beneficial and do not suppress them. The same goes for cold and flu symptoms.
4. Avoid childhood vaccinations: they are untested and dangerous.
5. Get lots of sunlight - it's good for you; it prevents cancer of internal organs and many other diseases. Just don't burn.
6. Avoid sodas and drink lots of water instead.
7. Avoid fluffy food (rice, bread, pasta). Fluffy food makes you fluffy.
8. Avoid high fructose corn syrup - it's linked to obesity and heart disease.
9. Avoid statin drugs - they cause heart damage, increase cancer risk, and don't work as well as a healthy lifestyle.
10. Don't worry about cholesterol - it's not the cause of heart disease.

School Science Experiment On Microwaves

Does microwaving damage food? Does it make it less healthy and less alive? Take a look at this fascinating experiment that was part of a child's science fair experiment and ask, "If a kid could do it - why isn't the FDA requiring this kind of research?"

<http://www.rense.com/general70/microwaved.htm>

Words Of Wisdom



"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

Non-Vaccinated Kids Do Not Have Autism

"Thousands of children cared for by Homefirst Health Services in metropolitan Chicago have at least two things in common with thousands of Amish children in rural Lancaster: They have never been vaccinated and they don't have autism. 'We have a fairly large practice. We have about 30,000 or 35,000 children that we've taken care of over the years, and I don't think we have a single case of autism in children delivered by us who never received vaccines,' said Dr. Mayer Eisenstein, Homefirst's medical director who founded the practice in 1973."
(1)



Chiropractic And Spinal Research- Fertility, Headaches, HIV, And AIDS

Did you know there are thousands of papers on the wonders of chiropractic and spinal care in health and disease? Anyone with a health problem needs chiropractic care.

Fertility and Chiropractic

For over a century chiropractic has had great success with helping previously infertile couples get pregnant and with helping women carry to term. In this case report, a 40-year-old woman who had a miscarriage at 16 weeks first visited her chiropractor because of mid-back pain. Postural studies, however, revealed that her neck and low back had subluxations. She and

her husband began receiving chiropractic care. She became pregnant shortly thereafter, carried to term, and delivered a healthy baby girl. (2)

Headaches and Chiropractic

In this case study, a 13-year-old girl was suffering from severe headache and neck pain for five days. Her headache and neck pain completely resolved after chiropractic spinal care. (3)

HIV, AIDS, and Chiropractic

This is the study of a group of patients dying of AIDS. All were under medical care but half of them were placed under chiropractic care while the others were not. After 6 months of care, the medicine-only group experienced a continued decrease in CD4 white blood cells (-7.96%) with two deaths. The people receiving chiropractic, however, showed a 48% increase in CD4 cell counts and no deaths. This study was originally intended to go on for one year, but after two patients in the control group died of AIDS the study was ended and all the surviving controls were placed under chiropractic care. (4)

Humor

This is what a computer should do first thing in the morning! Click on the link below and then type in your first name...

<http://www.cse.unsw.edu.au/~geoffo/humour/flattery.html>

A Minneapolis couple decided to go to Florida to thaw out one icy winter.

They planned to stay at the same hotel where they spent their honeymoon 20 years earlier. It was difficult to coordinate their travel because of hectic schedules. So, the husband flew to Florida on a Thursday. His wife was to travel to Florida the next day.

The husband checked into the hotel. There was a computer in his room, so he sent an email to his wife. However, he accidentally left out one letter in her address when he sent the email.

Meanwhile, somewhere in Houston, a widow had just returned home from her husband's funeral. He was a minister who was called home to glory following a heart attack. The widow decided to check her email, expecting messages from relatives and friends.

After reading the first message she screamed and fainted. Her son rushed into the room, found his mother on the floor, and saw this on the computer screen:

To: My loving wife
Subject: I've arrived
Date: December 16, 2005

I know you're surprised to hear from me. They have computers here now, and you are allowed to send emails to your loved ones. I've just arrived and have been checked in. I see that everything has been prepared for your arrival tomorrow. Looking forward to seeing you then. Hope your journey is as uneventful as mine was. P.S. Sure is hot down here!

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.

Upcoming Lectures

Optimal Health 101

Gorman Optimal Health Solutions, Inc.
333 North Oxford Valley Rd.
Suite 502
Fairless Hills, PA 19030

Tuesday, July 25
7:30 PM

Tuesday, August 8
7:30 PM

Tuesday, August 22
7:30 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 Giovanna at 215-943-2584 or email her at Giovanna@GormanOptimalHealth.com .

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4. Selano JL, Hightower BC, Pflieger B et al. The effects of specific upper cervical adjustments on the CD4 counts of HIV positive patients. *Chiropractic Research Journal*. 1994;3(1):32-39.