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**Gorman Optimal Health Solutions, Inc.**  
**333 North Oxford Valley Rd.**  
**Suite 502**  
**Fairless Hills, PA 19030**  
**215-9-HEALTH (943-2584)**  
**[www.GormanOptimalHealth.com](http://www.GormanOptimalHealth.com)**

**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 Is Health?

Everyone wants to be healthy – especially when they are suffering. But what is health? It's more than being symptom-free. Many people “feel fine” only to drop dead of a heart attack, suffer a stroke, or get diagnosed with a terrible illness. And all the time they “felt fine” (although they probably lost a lot of feeling over the years).



True health means your body is working right which expresses itself as lots of energy, structural balance, restful sleep, deep breathing, optimism, joy, creativity, inspiration, and growth.

If simply being free of symptoms were the only sign of good health, then aspirin, drugs and other medicines would make you healthy, and the people taking the most drugs would be the healthiest. But are they? As soon as the drugs wear off the masked symptoms come back, along with the need for more drugs, and perhaps stronger drugs.



Although drugs have an important place in emergency situations, they don't make you healthy. They may reduce or alter your symptoms, but that does not make you healthy. What makes you healthy? Life makes you healthy. Having 100% life flowing through you, having a body free of

nerve stress so the energies from the brain can travel freely to every part of your body. That's what health is all about and that's the goal of the Doctor of Chiropractic.



**When do people start to deteriorate?** Apart from sudden trauma the development of disease is often a slow, gradual, inexorable process. Look at the

sick old people around you. Do you think that consciously and willingly, they gave up, overnight, the vibrancy in their step, the sparkle in their eyes, the joy in their being? The silent weakening, wearing down, and stiffening of their lives, and the resulting boredom happened slowly, ever so gradually. No one wakes up suddenly older.

We have to make a choice: to change or die. Too often we make no choice, and that's our choice. As the poet W.H. Auden wrote: "We would rather die than change...." But every moment is an opportunity. Start re-connecting your energies and rebalance your being with chiropractic care for you and your family; eat natural, nutrient dense foods; drink healthy un-chlorinated, un-fluoridated water; avoid toxic chemicals; get sunlight; exercise; nurture your relationships (emotional connections); and live creatively so you're not bored. Life is not for the weak – start getting stronger by living in harmony with nature. We'll do everything we can to help you.

### **Exercise And Vitamin C**

Vitamin C helps you burn more fat when you exercise. People who took 500 mg of C daily burned 39% more fat while exercising compared to those who took less. (1) Make sure to ask us about nutrition testing available at Gorman Optimal Health Solutions, Inc.

### **Beware Of The New Cervical Cancer Vaccine**

"Around 60% of those who got Gardasil or the aluminum placebo suffered side effects such as headache, fever, nausea, dizziness, vomiting, diarrhea, and myalgia. Gardasil recipients had more serious adverse events such as gastroenteritis, appendicitis, pelvic inflammatory disease, asthma, bronchospasm, and arthritis." See article at <http://www.whale.to/vaccines/lobato.html>

### **Avoid Soy Infant Formula**



Babies fed soy-based formula have 13,000 to 22,000 times more estrogen compounds in their blood than babies fed milk-based formula. Infants exclusively fed soy formula receive the estrogenic equivalent (based on body weight) of at least five birth control pills per day. Girls are showing signs of puberty as early as age 5 or 6. Premature development of girls has been linked to the use of soy formula and exposure to environmental estrogen-mimickers such as PCBs and DDE. Source: The Weston A. Price Foundation for Wise Traditions in Food, Farming and the Healing Arts.

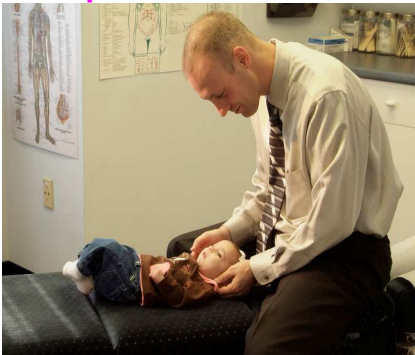
[www.westonaprice.org](http://www.westonaprice.org)

### Another Benefit To Breastfeeding

In addition to the many benefits of breastfeeding (healthier immune system, better weight, emotional stability), new research shows breastfeeding helps babies handle stress better. The study found that children who are weaned naturally were less affected by anxiety as they grew older than children who had formula milk. This dovetails with other research indicating breastfed babies have healthier brains and nerves.

[http://www.whatistheword.com/story/Lifestyle\\_929.html](http://www.whatistheword.com/story/Lifestyle_929.html) (2)

### Chiropractic And Children



Case studies reports, clinical reports, and countless parents report what we see in our office every day – that children under chiropractic care stay healthy and get healthy without dangerous drugs.

There are many ways that infants, babies, and children get subluxations: the birth process, falls, accidentally being dropped (it happens more than you think), and even sleeping in bad positions can put severe stress on the body, interfering with nerve, brain, organ, and tissue health and

resistance to disease.

Many children with physical disorders, learning disorders, and emotional problems need a chiropractic spinal checkup. It can make all the difference in the world to them. Plus it's safe and drug-free.

### Breast Cancer Deaths Drop

A recent study found that the most common form of breast cancer dropped by 15% between August 2002 and December 2003. The reason? Researchers believe it is because millions of women stopped hormone replacement therapy. (3)

### Heart Disease + Antidepressants = Increased Death Rate

In a surprising finding, patients with coronary artery disease who take commonly used antidepressant drugs may be at significantly higher risk of death. Duke University Medical Center researchers have found that SSRI use was associated with increased risk for heart patients. (4)



## Chiropractic And Spinal Research - Psychology, Learning Disabilities, And Dyslexia



Remember, 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.

**Psychology and Chiropractic.** Chiropractic almost doubled the recovery rate at an addiction treatment clinic. "Jose Mehlman enrolled in the Exodus addiction treatment center as a study participant, he had hit

bottom. He had tried many treatments but they were 'nowhere near effective' as chiropractic. Today, Mehlman is living a viable, drug-free life. 'I think that chiropractic care was an integral part of my recovery,' he says." (5) Read more at <http://www.psychologytoday.com/rss/pto-20060714-000001.html>

**Learning Disabilities, Dyslexia, and Chiropractic.** In a review of papers on the effect of chiropractic on learning disabilities and dyslexia (eight studies and 25 anecdotal reports), researchers found that all of the studies reviewed suggested a positive effect of chiropractic on individuals suffering from learning disabilities and dyslexia. (6)

### Upcoming Lectures

#### 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

**Optimal Health 101**

Gorman Optimal Health Solutions, Inc.  
333 North Oxford Valley Rd.  
Suite 502  
Fairless Hills, PA 19030  
Wednesday, April 4, 2007  
7:00 PM-8:00 PM

**Optimal Health 101**

Gorman Optimal Health Solutions, Inc.  
333 North Oxford Valley Rd.  
Suite 502  
Fairless Hills, PA 19030  
Tuesday, April 17, 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**

**NEW ELEMENT DISCOVERED!!**

A major research institution recently announced the discovery of the heaviest element yet known to science. This new element has been tentatively named "Administratium."



Administratium has one neutron, 12 assistant neutrons, 75 deputy neutrons, and 111 assistant deputy neutrons, giving it an atomic mass of 312. These 312 particles are held together by a force called morons, which are surrounded by vast quantities of lepton-like particles called peons.

Since Administratium has no electrons, it is inert. However, it can be detected as it impedes every reaction with which it comes into contact. A minute amount of Administratium causes one reaction to take over four days to complete when it would normally take less than a second.

Administratium has a normal half-life of three years; it does not decay but instead undergoes a reorganization, in which a portion of the assistant neutrons, deputy neutrons, and assistant deputy neutrons exchange places.

In fact, Administratium's mass actually increases over time, since each reorganization causes some morons to become neutrons, forming isodopes.

This moron-promoting characteristic has lead some scientists to speculate that Administratium is formed whenever morons reach a certain quantity in concentration.

This hypothetical quantity is referred to as "Critical Morass." You'll know it when you see it...

**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).**

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