



**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)**

### **Chiropractic Facts and Figures**

As evidence supporting the effectiveness of chiropractic continues to emerge, consumers are turning in record numbers to chiropractic care — a preventive, non-surgical, drug-free treatment option.

Just a few interesting facts on this increasingly popular form of health care:

- Chiropractic is the largest, most regulated, and best recognized of the complementary and alternative medicine (CAM) professions. (Meeker, Haldeman; 2002; Annals of Internal Medicine)
- There are more than 60,000 active chiropractic licenses in the United States. All 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands officially recognize chiropractic as a health care profession.
- In 2002, approximately 7.4 percent of the population used chiropractic care – a higher percentage than yoga, massage, acupuncture or other diet-based therapies. (Tindle HA, Davis RB, Phillips RS, Eisenberg DM. Trends in use of complementary and alternative medicine by US adults: 1997-2002. Altern Ther Health Med. 2005 Jan-Feb;11(1):42-9.)

- Doctors of Chiropractic undergo at least four years of professional study at one of 16 chiropractic colleges accredited by the Council on Chiropractic Education (CCE), an agency recognized by the U.S. Secretary of Education. In addition, Doctors of Chiropractic must pass national board examinations and become state-licensed prior to practicing.
- In national surveys, patients favor chiropractic over medical care for back or neck pain. Patients routinely rate Doctors of Chiropractic highly in skill, manner, and explanation of treatment.
- Doctors of Chiropractic provide care in hospitals and other multidisciplinary health care facilities.
- Chiropractic is the third largest doctoral-level health care profession after medicine and dentistry.
- Back pain is the second leading cause of all physician visits in the U.S. In fact, half of all working Americans admit to having back pain each year. According to a study conducted by the American Chiropractic Association in 2001, 43% of patients seen by a doctor of chiropractic were treated for low-back pain.

### **Chiropractic Care Can Help....**

**Our goal is to adjust the spine and help stimulate your body's natural healing process.**

*Information provided courtesy of the  
American Chiropractic Association (ACA)  
[www.amerchiro.org](http://www.amerchiro.org)*

### **Optimal Health 101-How To Stay Young The First 100 Years**

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

Wednesday, April 2, 2008  
7:00 PM-8:00 PM

Monday, April 14, 2008  
7:00 PM-8:00 PM

Wednesday, April 30, 2008  
7:00 PM-8:00 PM

Wednesday, May 14, 2008  
7:00 PM-8:00 PM

Wednesday, May 28, 2008  
7:00 PM-8:00 PM

Call 215-9-HEALTH (943-2584) to reserve your seat for this COMPLIMENTARY lecture!  
Seating is VERY limited.

### **Natural Solutions To Allergies And Toxicity**

Lower Bucks County Chamber of Commerce  
409 Hood Blvd.  
Fairless Hills, PA 19030

Tuesday, April 15, 2008  
6:30 PM-8:30 PM

Cost: \$25 per person  
A healthy dinner will be served.

Call 215-9-HEALTH (943-2584) to reserve your seat.

### **Natural Solutions To Women's Health Issues**

Lower Bucks County Chamber of Commerce  
409 Hood Blvd.  
Fairless Hills, PA 19030

Thursday, May 22, 2008  
6:30 PM-8:30 PM

Cost: \$25 per person  
A healthy dinner will be served.

Call 215-9-HEALTH (943-2584) to reserve your seat.

## **How To Decrease Stress**

Lower Bucks County Chamber of Commerce  
409 Hood Blvd.  
Fairless Hills, PA 19030

Tuesday, June 17, 2008  
6:30 PM-8:30 PM

Cost: \$25 per person  
A healthy dinner will be served.

Call 215-9-HEALTH (943-2584) to reserve your seat.