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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.



TABLE OF CONTENTS

- **New And Improved!**
- **Babies And Chiropractic**
- **Protect Yourself From Cancer With Food**
- **Did You Know?**
- **Beware Of Back Surgery**
- **Tylenol And Liver Failure**
- **Chiropractic And Spinal Research-High Blood Pressure And ADHD**
- **What Do Most Asthmatics Die From?**
- **The Placebo...A True Story**
- **Upcoming Lectures**
- **References**

New And Improved!

Gorman Optimal Health Solutions, Inc. has a new and improved website! Please visit www.GormanOptimalHealth.com and let us know what you think of the changes made thus far. Over the next few months, we will continue to make changes, so suggestions are welcomed.

Starting next month, our monthly newsletter will have a new look. You can also sign up for extra "topic specific" newsletters on our website. And as always, our archived newsletters can be found on our website.

Babies And Chiropractic



You do so many things to ensure your baby's health: during pregnancy you eat right, you avoid cigarettes, alcohol, and all drugs (even aspirin, cold, flu, and other over-the-counter medications can damage your unborn child or cause problems in pregnancy). You may even educate yourself so you may have a natural, drug-free birth. After the baby arrives you breast-feed knowing that is the superior form of nutrition; in short, you do everything you can to make sure your baby is healthy.

But have you had your baby's spine checked? How do you know if your child's spine is healthy? An unhealthy spine can affect your child's health for his/her entire life. Your doctor of chiropractic is specially trained to check your child's spine for areas of distortion causing nerve damage.



"With the birth process becoming more and more an intervening procedure, the chiropractic adjustment becomes even more important to the child's future." – Larry Webster, D.C.



For over a hundred years doctors of chiropractic have observed the often dramatic responses of infants after chiropractic care. In fact, there seems to be no limit to the conditions that can respond to chiropractic care: colic ¹, difficulty breast-feeding ², Erb's palsy (an arm is limp and undeveloped) ³,

torticollis (twisted neck) ⁴, unbalanced face and skull development ⁵, foot inversion ⁶, ear, nose and throat infections ⁷, allergies and sleep disorders ⁸, projectile vomiting ⁹ and many, many other conditions.

Give your baby the best possible chance to have a healthy life. You have your baby's eyes checked, heart checked, hearing checked – bring all your children in for a chiropractic spinal checkup. A simple checkup now might make a BIG difference for your children for the rest of their lives.

Protect Yourself From Cancer With Food

Since ancient times the once rare disease (until the last 100 years) we call cancer was considered a deficiency disease. A major reason why cancer rates are increasing is because many people are living on dead foods such as sugar, high fructose corn syrup, white flour, processed oils, denatured (pasteurized/processed) dairy products, bizarre chemicals added to our foods, and fruits and vegetables that are low in essential minerals. In addition, many nutritionists say that people overeat because they are starving for essential nutrients that are lacking in modern packaged foods.



At http://www.westonaprice.org/moderndiseases/cancer_broch.html (The Weston Price Foundation) you'll learn which foods may protect us from cancer and which substances in our diet are linked to cancer. This is lifesaving information, please share it with others.

Did You Know?

Did you know that cholesterol is not a deadly poison, but a substance vital to the cells of all mammals? That your body produces three to four times more cholesterol than you eat? That this production increases when you eat only small amounts of cholesterol and decreases when you eat large amounts? That many of the cholesterol-lowering drugs are dangerous to your health and may shorten your life? ¹⁰

Beware Of Back Surgery



Back surgery has such a high failure rate it should be outlawed. In a University of Cincinnati study of Ohio workers' compensation claimants with low back pain, 725 workers opted for lumbar spinal fusion surgery as treatment for back pain. A full 64% were still off work more than a year later! Only 6% had gone back to work and stayed for a full year. Approximately 20% had significant complications and 27% were in such pain that they needed another operation. Some 90% were in such pain they were still taking narcotics at follow-up.¹¹ A similar 1994 study of Washington State workers also found high rates of postoperative disability, high re-operation rates, and inadequate relief of back pain.¹² A study by Nicholas Ahn, MD, et al found that after single-level fusion, the total disability rate approaches 25% while for those who had two-level fusions and three-level fusions, the postoperative disability was 70% and 100%, respectively.¹³ Before anyone ever considers spinal surgery they should check out the non-medical, non-surgical chiropractic alternative.¹⁴

Tylenol And Liver Failure

Why are so many people dependent on painkillers to relieve their symptoms when there is chiropractic, acupuncture, homeopathy, naturopathy, and so many other safer alternatives? Although pharmaceutical drugs have their place for emergency situations, nobody should be living on synthetic pharmaceutical drugs, many of which are very dangerous.



In one study of 662 cases of acute liver failure the researchers discovered that poisoning with acetaminophen (Tylenol) far exceeded any other cause of acute liver failure. Of those cases resulting from acetaminophen poisoning, 29% died.¹⁵

Chiropractic And Spinal Research-High Blood Pressure And ADHD



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.

High Blood Pressure and Chiropractic

Chiropractic has recently gotten some very positive press. A Chicago-area study of 50 people with a misaligned atlas vertebra and high blood pressure showed that after one chiropractic adjustment, blood pressure decreased significantly. The study's lead author is George Bakris, M.D., director of the Hypertension Center at the University of Chicago Medical Center.

To read a few of the articles reporting on the study results, go to:

<http://www.torontodailynews.com/index.php/HealthNews/2007031704high-blood-pressure>, <http://www.sciencedaily.com/releases/2007/03/070315161129.htm> .

ADHD and Chiropractic

This is the case of an 8-year-old child with many learning and behavioral disorders associated with ADHD that began after he had a fall 18 months prior to the visit. Following two months of care his mother noted positive changes in behavior and reduction in his complaints of headaches and neck pain symptoms. His schoolteachers remarked on the positive changes in his behavior and improvements in academic performance.¹⁶



What Do Most Asthmatics Die From?

Most asthmatics die from asthma drugs. 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 than those using different inhalers. Five thousand people die each year from asthma (US) and about 4,000 are caused by these drugs.¹⁷

The Placebo...A True Story

A man brings his asthmatic child to the chiropractor. The child's breathing improves and the number and severity of attacks begins to diminish almost immediately. The father goes back to his MD.

"Why didn't you tell me chiropractic could help my child's asthma?"

"It's just placebo," his MD responded.

"Why didn't you tell me chiropractic was such a good placebo for asthma?" the father said.

(Note: Placebo is just another word for our ability to tap the natural healing ability or our inner doctor.)

Upcoming Lectures

Natural Solutions To Women's Health Issues

The Wellness Center At The YMCA
555 South Oxford Valley Rd.
Fairless Hills, PA 19030
Tuesday, May 8, 2007
7:00 PM-8:00 PM
Cost: \$10 Donation to The YMCA Strong Kids Campaign

Optimal Health 101:How To Stay Young The First 100 Years

Gorman Optimal Health Solutions, Inc.
333 North Oxford Valley Rd.
Suite 502
Fairless Hills, PA 19030
Tuesday, May 15, 2007
7:00 PM-8:00 PM

How To Raise A Healthy Child In An Unhealthy World

Babies R' Us
330 Commerce Blvd.
Fairless Hills, PA 19030
Tuesday, June 12, 2007
7:00 PM-8:00 PM
Call 215-269-0100 to reserve your seat for this FREE lecture!

Optimal Health 101:How To Stay Young The First 100 Years

Gorman Optimal Health Solutions, Inc.
333 North Oxford Valley Rd.
Suite 502
Fairless Hills, PA 19030
Wednesday, June 13, 2007
7:00 PM-8:00 PM

How To Relieve Headaches Naturally

Gorman Optimal Health Solutions, Inc.
333 North Oxford Valley Rd.
Suite 502
Fairless Hills, PA 19030
Tuesday, June 19, 2007
7:00 PM-8:00 PM

Optimal Health 101:How To Stay Young The First 100 Years

Gorman Optimal Health Solutions, Inc.

333 North Oxford Valley Rd.

Suite 502

Fairless Hills, PA 19030

Tuesday, June 26, 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).

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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