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Welcome to our office's first monthly health newsletter. It is our commitment to inform you about the truths of health, as well as dispel some of the myths and misconceptions. We want to empower and inspire you to transform your approach towards you and your family's health, and open new possibilities of what you thought previously unavailable to you. If you have any specific questions, feel free to email Dr. Gorman. Please share this with family and friends whom you think may benefit from the information. In addition to this newsletter, Dr. Gorman offers health talks in our office and in the local area on various topics. Check out the website for specific topics, times, and locations. Let us know if you would like to have him as a speaker for your group, church, etc. We are now an in-network provider for most insurance plans, accept credit cards, and offer payment plans to make achieving optimal health affordable for anyone. If you would like to receive our newsletter via e-mail, please send a request to DrG@gormanoptimalhealth.com.

"Life isn't about finding yourself. Life is about creating yourself." - George Bernard Shaw

"We either make ourselves miserable, or we make ourselves strong. The amount of work is the same." - Carlos Castaneda

Quick Tip of the Month: Drink at least $\frac{1}{2}$ your weight in ounces of pure, clean water every day. The #1 cause of chronic pain and fatigue is simply dehydration. Other liquids do not count, and coffee and tea will actually further dehydrate you.

Table Of Contents

- More Parents Turning To Alternatives
- We're Number One
- Chiropractor Helps Professional Football Team
- Results Of Natural Healthcare May Surprise You
- Asthma And Chiropractic
- Ear Infections And Chiropractic
- Why Refuse The Flu Shot?
- Bypass Surgery - More Harm Than Good
- Steroid injections for back pain
- Humor
- References

More Parents Turning To Alternatives



From *New Age Magazine*: "Little Noah was not a happy camper. At the age of eight months, he developed an ear infection and then a cough that often led to vomiting. His pediatrician prescribed one antibiotic after another, but after 10 months, Noah was still sick. Finally, the doctor decided to put him on asthma

medication, even though Noah didn't have asthma. For the boy's mother that was the last straw. "We'd been stuck in this treatment routine," she recalls, "but suddenly I looked at Noah and thought, this is an awful lot of medication for such a little kid!" Frustrated and concerned [she] sought alternative [healthcare] for their child.

With this decision they joined a small but growing number of American parents who are traveling beyond mainstream Western medicine in the search for better healthcare for their kids. According to a 1999 study published in *Pediatrics*, 10-15% of children nationwide have received some form of complementary or alternative care, such as chiropractic and herbal medicine. Parents who seek out such care are well educated and have often tried alternative treatments themselves, according to a study published in 1998 in the *Journal of Clinical Oncology*. Conditions such as asthma, eczema, allergies, bedwetting, irritable bowel syndrome, chronic respiratory infections, and nasal congestion and migraine headaches can be successfully treated with complementary care." (1)



We're Number One

In 1991 there were 428 million visits to "alternative care" providers and 388 million visits to medical providers. As reported in the November 11, 1998, *Journal of the American Medical Association*, by 1997, the numbers had grown to 629 million visits to "alternative care" providers while the number to M.D. physicians dropped to 386 million. (2) Why? Simply because most

"alternative" or natural healthcare is safer, non-invasive, gentler and often more effective than medical care. D.C. means Doctor of Chiropractic but many decades ago it started being referred to as Doctor of Cause. We don't treat symptoms, we search out a major cause of body malfunction -

the vertebral subluxation (spine and nerve stress). After we locate where the stress is coming from, we correct it with the art of the chiropractic adjustment. Dr. Gorman takes it even a step further and figures out the root cause, which can be physical, chemical, nutritional, and emotional; or any combination of thereof.

Chiropractor Helps Professional Football Team



Almost every NFL team has a Doctor of Chiropractic on staff. Why? Apart from helping players with injuries, chiropractic care keeps their spines and bodies balanced and aligned, and does it without drugs or surgery. Chiropractic athletes have better coordination, improved strength and can run faster than control groups of

athletes.

Among team chiropractors is Dr. Doug Miller (right) who has been adjusting the Baltimore Ravens professional football team for ten years. He was on the playing field when the Ravens won the 2000 Super Bowl.



Ravens athletic trainer Bill Tessoroff says, "A player favoring a knee or an ankle can cause alignment problems elsewhere. A chiropractor can help with a lot of those issues." Having been an athletic trainer for football and other sports, Dr. Gorman can personally attest to the value of combining traditional sports medicine and chiropractic. Dr. Miller adds a larger dimension to chiropractic awareness: "Its not just about relieving pain from backaches and injuries. It's about achieving optimum health," he says. (1)

Results Of Natural Healthcare May Surprise You



Remember, a person with *any* kind of health problem could benefit from chiropractic. Feel free to forward these studies to others.

Chiropractic and allergies, asthma, breathing, circulation, and digestion.

385 chiropractors in seven countries collected information on 5607 patients. Patients who began care for neuromusculoskeletal problems (such as back and neck pain) reported improvements in other areas as well, such as Allergies, 11%; Asthma, 17%; Breathing, 27%; Circulation, 21%; Digestion, 26%; Hearing, 13%;

Heart function, 11%; Ringing in ears, 19%; Vision, 13%. The longer patients were under chiropractic care, the more positive changes they experienced. (3)

Asthma and Chiropractic

47 asthma sufferers age 7 to 42 received chiropractic care for 4 to 8 weeks. All 47 showed significant improvements in symptoms (from 87 to 100 percent). Many of the patients were able to completely stop use of asthma medication.



At a two-year follow-up, all 47 of the patients also reported that they maintained the improvements they made at the beginning of the study. (4) See our [website](#) for Dr. Gorman's personal story on asthma, as well as his article on Natural Solutions to Asthma.

Ear infections and Chiropractic A baby boy, age 6 months: scheduled for ear tubes. After a chiropractic adjustment his ear infection completely cleared up by the next day. Tubes were never inserted. Two [girls] aged 3 and 4 with chronic ear infections and upper respiratory dysfunction [received] upper dorsal and cranial adjustments. No more ear infections have occurred since the first visit. (5) No ear tubes: All the children with chronic recurrent otitis media with chiropractic, avoided ear tubes, within 4 to 7 days of the commencement of the spinal adjusting program. The fluid level behind the tympanic membrane was most often resolved. (6)



Ear Infections - antibiotics not necessary or beneficial.

A recent study reveals that treating non-severe ear infections with antibiotics has no benefit when compared to doing nothing. 223 children were divided into two groups. Only one group received antibiotics.

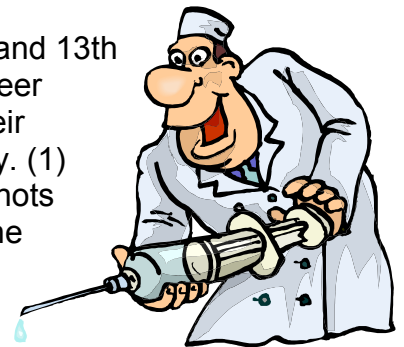
No difference was observed between the two groups in days of work or school missed, visits to doctors' offices or emergency rooms, or number of phone calls. There was no difference in the recurrence rate by day 30, and no difference in the clinical examination of the children's eardrums at day 30. (9) Not to

mention that taking antibiotics weakens your own immune system, and radically disrupts the beneficial bacteria in your body. If you do take them, you need to replenish the good bacteria afterwards.

Ear Tubes are ineffective. Every year about 280,000 children under age three have ear tube surgery, which is designed to reduce the number of ear infections or drain middle ear fluid that might muffle sounds and hinder language development. Parents are scared into agreeing to the operation because they are told it might prevent developmental problems later in life.

Apparently that is not true at all. Researchers at Children's Hospital in Pittsburgh conducted a study of nearly 400 children and concluded that waiting to implant the tubes had no effect on a child's performance on language and speech tests at age three or four or six. (10)

Why Refuse The Flu Shot? Not wanting Alzheimer's disease (AD) is a good reason. Since flu shot season is approaching we think it appropriate to remind everyone that according to Hugh Fudenberg, MD, the world's leading immunogeneticist and 13th most quoted biologist of our time (over 850 papers in peer reviewed journals), if an individual has had flu shots their chance of getting Alzheimer's disease increases greatly. (1) Dr. Fudenberg feels the mercury and aluminum in flu shots (and many childhood and RhoGam shots) build up in the brain causing AD. Is that why Alzheimer's is expected to quadruple? (2)



Flu Hysteria Is On The Way Again

Reports said that "Influenza kills 30,000 to 40,000 Americans every year." (3) Its simply not so. How many people really die of Influenza? Here is what the CDC says: In 2002: 753 died of the flu (4). In 2001: 267 died of the flu (5). In 2000: 2,175 died of the flu (6). In 1999: 1,685 died of the flu (7). These were no doubt people who were frail, sickly, weak, malnourished and unhealthy to begin with. Dying from the flu is, in fact, a very rare occurrence. The reality is more people die each year from OTC medications, including aspirin. Research shows the flu shot does not affect mortality of elderly people. According to Dr. Anthony Morris, former Chief Vaccine Control Officer at the FDA, "There is no evidence that any influenza (flu) vaccine thus far developed is effective in preventing or mitigating any attack of influenza. The producers of these vaccines know that they are worthless, but they are going to sell them anyway." In conclusion, the flu shot is dangerous and useless. Below is one more reason why children especially should NOT get a flu shot. Flu shots increase asthma attacks. In the *Archives of Diseases of Children* the authors of a published study found that vaccinated children had a

significantly increased risk of asthma-related clinic and emergency room visits. (8) Please send this flu information to everyone you know.

Bypass Surgery - More Harm Than Good

Julian Whitaker, MD has been a long foe of coronary bypass operations showing that blocked coronary arteries can be healed via natural means. He writes, "The data from the past quarter-century shows conclusively that bypasses do more harm than good for the majority of patients who submit to them.



The risk of having a heart attack after a bypass is the same as it was before surgery. Only now, without question, there is significant brain damage. Bypass surgery is to our culture what bleeding was in the days of George Washington. If you are told that bypass surgery is inevitable, get a legitimate second opinion - not just a nod of agreement from a like-minded colleague." (11)

Doesn't look like steroid injections for back pain are effective either.

158 patients diagnosed with herniated disk and sciatica were given either an epidural steroid or saline (salt) injection. Pain and functional measures were taken, along with physical examinations at intervals up to three months after the injections. The authors also looked at surgery rates for the two groups 12 months after intervention. There were no differences between the groups at 3 months follow-up. The epidural steroid injection group did report some transient reduction in subjective pain intensity and maximum forward flexion; however, this was not sustained at 3 months. The 1-year surgery rate was also almost identical across the two groups. Lumbar epidural steroid injections and sympathetic nerve blocks produce a large amount of money, with very little science to support their application. (12)

Humor

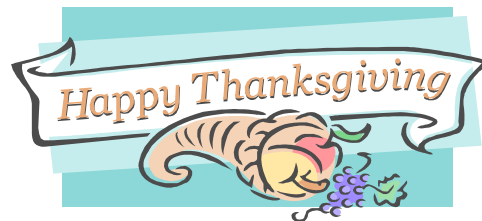
Inner Peace

We all could use a little more calmness in our lives.

By following the advice I heard on the Dr. Phil show, I have finally found inner peace.

Dr. Phil proclaimed, "The way to achieve inner peace is to finish all the things you've started and never finished."

So, I looked around my house to see all the things I started and hadn't finished, and before leaving the house this morning, I finished off a bottle of Merlot, a bottle of White Zinfandel, a bottle of Bailey's Bristol Cream, a bottle of Kalhua, a bottle of Gray Goose, a package of Oreos, the rest of the cheesecake, some saltines and a box of chocolates. You have no idea how good I feel!!



Dr. Gorman and his staff wish you and your family a happy and healthy holiday!

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