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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.



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Dr. Gorman Is A Daddy!

Abigail Rose Gorman made her debut on Sunday, October 29, 2006 at 1:58 AM. She weighed 8 lbs. 2 ozs. and was 21 1/2 inches long.

Special Flu Shot Report



"Here come the fear mongers....just in time for the flu vaccine marketing season.. Fear is used to persuade Americans to roll up their sleeves and hand over their children to be vaccinated. Years ago, people developed resistance the old fashioned way: getting the flu. And then when that type of flu came around again years or decades later, they either didn't get sick or had only a mild case. The vaccine marketeers want to take that away from our population. What will that make us? Vaccine dependent, of course." - Barbara Loe Fisher, co-founder of the National Vaccine Information Center

Three important reasons to avoid the flu shot:

1. The flu shot contains formaldehyde, gelatin, and traces of chicken cells.
2. The flu shot contains viral contaminants that have been linked to cancer.
3. You can get the flu shot - and all the risks that go with it - and still get the flu!



From the OsteoMed newsletter. To subscribe, go to osteomed2@aol.com .

Another good reason to avoid the shot: to avoid Alzheimer's Disease

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 five consecutive flu shots their chance of getting Alzheimer's is ten times higher! (1)

How does the flu shot cause Alzheimer's? Dr. Fudenberg states the mercury and aluminum in flu shots (and many childhood shots as well as some RhoGam shots) cross the blood-brain barrier causing brain damage. Alzheimer's is expected to quadruple. Are flu shots the reason? (2)



Flu hysteria is on the way (again)

Reports claim that "Influenza kills 30,000 to 40,000 Americans every year." (3) That is simply not the case. According to the Centers for Disease Control, the number of people who die of the flu are a fraction of that. 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)

Those who die of the flu are mostly frail, sickly, weak, malnourished, and unhealthy to begin with. For people in reasonably good health, dying from the flu is, in fact, very rare - research even shows the flu shot does not affect mortality of elderly people. In conclusion - the flu shot is dangerous and useless.

Flu shots do not save lives



The ads say "The flu shot saves lives," but research reveals it's not so. The flu vaccine isn't preventing death in the elderly, the "high risk group" that is told to get a flu shot to reduce mortality, according to a study in the Archives of Internal Medicine. (8)

Although immunization rates in those over 65 have increased 50% in the past 20 years, there has been no decline in flu-related deaths. In addition to ineffectiveness, the flu shot's typical ingredients include aluminum (associated with Alzheimer's and seizures), mercury (linked to brain damage, ADHD and autism) and phenol (a carcinogen).

In fact, mortality rates for those over 85 between 1968 and 2001 showed no change as well. The authors add: "Studies substantially overestimate vaccination benefit"; a diplomatic way of saying it's useless.

If you get the flu avoid aspirin and Tylenol

Researchers found that flu sufferers who took aspirin or acetaminophen (Tylenol) stayed sick an average of 3.5 days longer than people who did not take the drugs.

The researchers discuss the purpose of a fever and note how confused the medical profession is when it comes to fever. "In spite of centuries of clinical experience and recent intense investigation, it is still not clear whether fever is noxious per se, or if the benefits of antipyretic therapy outweigh its costs." (9)

Natural healthcare providers have always understood the value of fever in fighting infection and cleansing the body of toxins. This was recently underlined in a paper showing the following:

Do you have a caterpillar egg deficiency?

The FluBlok flu shot has caterpillar ovaries as one of its ingredients. Don't believe it? Go to Concord Monitor Online Article - Biotech firms developing egg-less flu vaccine - Your News Source - 03301 (10)

Long-term consequences of flu shots - immune system damage?

Researchers have discovered that repeated vaccination at a young age substantially increases the risk of influenza at older ages. This is possibly due to overall weakening of the immune system. However, getting the infection naturally appears to strengthen the immune system and decreases the risk of being re-infected. Natural appears to be better. (11) Note: The authors did not even look for Alzheimer's increases due to flu shots, a subject increasingly under discussion.

In conclusion

There are many people out there that do not even believe in the concept of "catching" the flu. Consider that we tend to get the flu during the time of the year when we eat the worst (Halloween through New Years) and are the most stressed running around to many gatherings and still keeping up our normal routine with even less sleep. Many believe that the flu is just our bodies becoming toxic and accumulating all these built-up toxins. Our body then shuts us down and gets the toxins out from one end of our body or both. A trick I learned with many patients is to do a water or juice fast for a day or two as soon as you feel the first sign of any flu symptoms. If you notice, most people with the flu are not hungry and do not eat for sometimes days. This is because your body is either in a detox and repair mode or a digest mode. By giving your digestive system a break by not eating, your body can focus on getting itself cleansed and healed and you will bounce back much quicker. One of the worst things we can do when we do get it is to suppress symptoms from expressing themselves, as this may set us up for more serious disease in the future. One should be careful to suppress symptoms....your body coughs for a reason, raises a temperature for a reason, has diarrhea for a reason, etc. It is your body's attempt to deal with and get rid of what is stuck inside that is not allowing it to work properly. Remember though, that illness is a time of rest and recuperation. Ill people need comfort, proper nutrition, and support. Many people who wish to avoid these medical suppressive therapies such as aspirin, Tylenol, antihistamines, decongestants, and other drugs designed to prevent symptoms instead turn to nutrition, chiropractic, homeopathy, naturopathy, acupuncture, and many other natural "expressive" healthcare systems so their bodies will get the full benefit from their symptoms - cleansing, healing, and improved health.

Words Of Wisdom

"If at first you don't succeed, do it the way your wife told you to." - Yvonne Knepper

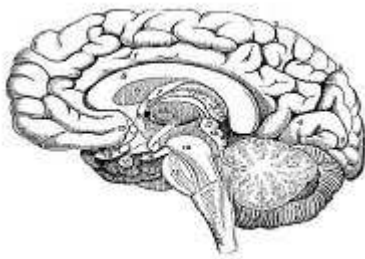
"Lead us not into temptation. Just tell us where it is." - Sam Levenson

"All the world's a stage and most of us are desperately unrehearsed." - Sean O'Casey

Sweetened Coffee Can Make You Fat

A 20-ounce Starbucks Caffè Mocha with whipped cream has 490 calories, equivalent to a McDonald's Quarter Pounder with cheese. A 24-ounce Starbucks Java Chip Frappuccino with whipped cream is equivalent in calories to a standard cup of coffee plus 11 of their creamers and 29 packets of sugar. (12)

Did You Know?



Your nerves send messages at speeds up to 224 miles per hour! Nerves are the longest cells in your body, up to 4 feet long! They carry messages to keep your muscular, circulatory, excretory, hormonal, digestive, respiratory, and other body systems functioning at their best so you can function at your best with lots of energy, enthusiasm, joy, strength, inspiration, and high resistance to disease. This marvelous communications system can be damaged by subluxations, a deep stress within you that can irritate your nerves, discs, muscles, and joints and can weaken your body.

Chiropractors are specially trained to locate and remove subluxations, permitting you to function with more energy and improving your body's ability to function more perfectly.

Want to make sure your messages are getting to where they should go so you are functioning at your best? Come in for a checkup and adjustment.



Specials

FOOD DRIVE

As the holiday season approaches, our office wishes to celebrate in a way that will make a difference in other people's lives. We have decided to give our time and services to patients in exchange for the patient giving food items for families in need. We have been blessed with so much that we want to give something back to someone in need.

We have set aside Monday, November 13th thru Thursday, November 30th for your friends and family members who have not been patients before to receive all first day services at NO CHARGE. What family members and friends do you have that have never been to our office before? This would be the perfect time for them to get started with their chiropractic care and at the same time help us put food on the table for needy families this year. The only thing we ask of them is that they bring a minimum of 5 canned goods or non-perishable items. We have also set aside Monday, November 20th for our existing patients to receive an adjustment at NO CHARGE by bringing in a minimum of 5 canned goods or non-perishable items. These food items will be given to The Lower Bucks YMCA, which is an outstanding organization committed to knowing who really is in need in our community and getting those food items to the proper people. Help us make this a special year for families in need.

Please call 215-9-HEALTH (943-2584) to schedule your appointment while they are still available!

HAPPY HOLIDAYS!

Humor

59 and Pregnant? A woman went to the doctor's office, where she was seen by a young, new doctor. After about 4 minutes in the examination room, the doctor told her she was pregnant. She burst out screaming as she ran down the hall.

An older doctor stopped her and asked what the problem was, and she told him her story. After listening, he had her sit down and relax in another room.

The doctor marched down the hallway to where the first doctor was and demanded, "What's the matter with you? Mrs. Smith is 59 years old, she has four grown children and seven grandchildren, and you told her she was pregnant?"

The new doctor continued to write on his clipboard and without looking up said, "Does she still have the hiccups?"

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

The Common Sense Approach To Nutrition & Weight Loss

Tuesday, November 14, 2006

7:30 PM-8:30 PM

YMCA

601 South Oxford Valley Rd.

Fairless Hills, PA 19030

How To Stay Young The First 100 Years

Tuesday, November 28, 2006

Wednesday, December 13, 2006

7:00 PM-8:00 PM

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Neuro-Emotional Technique: The Mind-Body Connection

Wednesday, November 29, 2006

7:00 PM-8:00 PM

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How To Raise A Healthy Child In An Unhealthy World

Tuesday, December 12, 2006

7:30 PM-8:30 PM

YMCA

601 South Oxford Valley Rd.

Fairless Hills, PA 19030

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 or Sarah at 215-943-2584 or email her at Giovanna@GormanOptimalHealth.com.

References

1. Dr. Fudenberg at the NVIC International Vaccine Conference, Arlington, VA. September, 1997. Quoted with permission. Note: Dr. Fudenberg's web site is: <http://members.aol.com/nitrfr> . Visit and read fascinating stuff there.
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3. <http://www.acponline.org/journals/news/jul-aug04/vaccinations.htm>
4. http://www.cdc.gov/nchs/data/nvsr/nvsr52/nvsr52_13.pdf (p.16)
5. http://www.cdc.gov/nchs/data/nvsr/nvsr51/nvsr51_05.pdf (p.16)
6. http://www.cdc.gov/nchs/data/nvsr/nvsr49/nvsr49_12.pdf (p.15)
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11. Carrat F et al. Repeated influenza vaccination of healthy children and adults: borrow now, pay later? *Epidemiol Infect*. 2006;134(1):63-70. <http://www.vaclib.org/basic/repeatedfluvax.htm>
12. Center for Science in the Public Interest's September Issue of Nutrition Action Healthletter. <http://www.cspinet.org/new/pdf/coffee.pdf>