

**GORMAN**  
OPTIMAL  
HEALTH  
SOLUTIONS  
INC.

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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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## Teach Your Children Well



Are your children watching you get adjusted or watching you take drugs?  
Children learn what they grow up with. Want them to stay away from drugs or do you want them running to the medicine cabinet for every ache or sniffle?



Are you teaching them to respect their body's natural healing ability? Are they learning about natural resistance to disease?

Teach them about chiropractic's drug-free, natural approach to health. Teach them about good nutrition. Teach them about the need to avoid drugs and surgery as much as possible and instead to save them for what they were originally intended for....emergencies.

Bring your kids up with chiropractic care and they (and their children) will be healthier and happier for it - and so will you. (1) Gorman Optimal Health Solutions, Inc. is offering free examinations for children this month. See our Specials for details.

## Vaccinations Are NOT Required To Enter School

In most states Part A of the law says, "No shots, no school," but most parents don't know that Part B of the law says, "If you don't want them you don't have to have them." No one is told about Part B. Every state has exemptions; go to <http://www.thinktwice.com/> and click on "Immunization Laws."

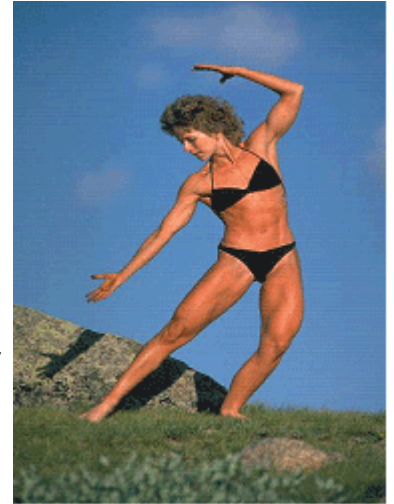
## Chiropractic Keeps Your Muscles Healthy



**Your body has 650 muscles and all of them need healthy nerves to function properly.**

You think of moving your toe and you move it. You throw a football to a running receiver and the pass is completed. How do you make your muscles move?

The answer is nerves. Messages travel over your nerves from your brain to every muscle in your body.



Without a constant nerve supply your muscles would shrivel up (that's why stroke victims' muscles atrophy).



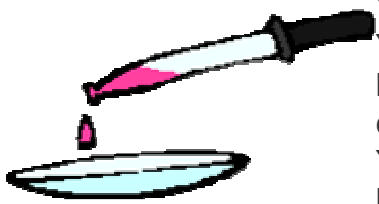
But if you have a subluxation in your body your nerves can be affected and your muscles won't work properly. What is a subluxation? It is a distortion in your body structure that affects your body balance, posture, nerves, discs, ligaments, tendons, blood vessels, body chemistry, and overall body function. If you are not balanced your muscles will be affected. Some of your muscles will become tight while others will be flaccid. If you have a subluxation for a long time you may have chronic (long-standing) muscle problems. This will drain your energy, leaving you tired all the time.

But subluxations also affect your nerves, and that can cause pain, muscle spasm, contraction, muscle weakness, and muscular in-coordination. You may seem clumsy and unbalanced, or not as strong and energetic as you once were. Maybe you just can't seem to get a good golf swing.

Chiropractors are specially trained to locate and correct (or adjust) subluxations. To take it a step further, Dr. Gorman uses a specialty called Applied Kinesiology.

AK specifically tests muscles and can measure dysfunction in the body. Every muscle shares relationships with all the organs and glands in the body, making it possible to gain insight into how well things are working way before disease or pathology presents itself. For healthy muscles, better balance, healthier nerves, and more energy, a chiropractic checkup (and adjustment) is essential.

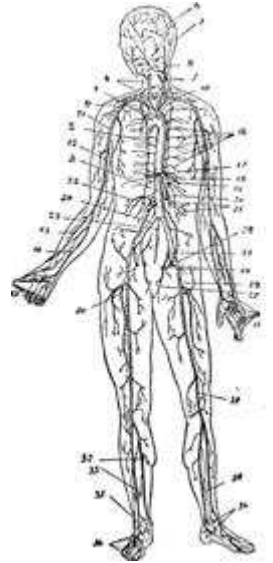
### Did You Know?



**Your body contains nine pints of blood!**  
**Your blood travels along 62,000 miles of blood vessels.** If stretched out, these vessels could go around the equator 2.5 times!!  
Your nerves control the size of many of the blood vessels that go to your internal organs. A

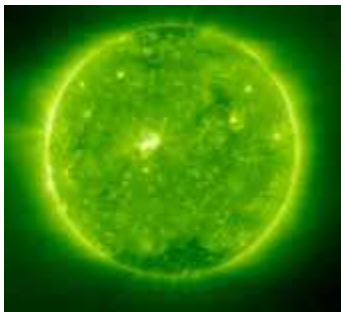
subluxation can affect your blood vessels that go to all your organs, including those that go to your heart!

Dr. Gorman has taken a patient's blood pressure many times to find it to be high. He adjusted them and then took their blood pressure again and saw a significant improvement in it. If the root cause of the high blood pressure is a pinched nerve, medications will not address the root cause. With the current number one cause of death in the United States being side effects from medications, we should look to natural solutions first.



### Don't Stop Sunbathing-It's The Ultimate Organic Food

(The photo is a new look at the magnetic structure of the sun. From a NASA satellite. See more solar views at <http://www.solarviews.com/eng/sun.htm> )



The days are getting shorter and the nights are getting longer but don't miss your chance in the sun. Few things are as essential to good health as sunlight. Please remember to get some sun. Research is showing that sunlight is good for you. Rather than causing cancer, sunlight actually prevents it.

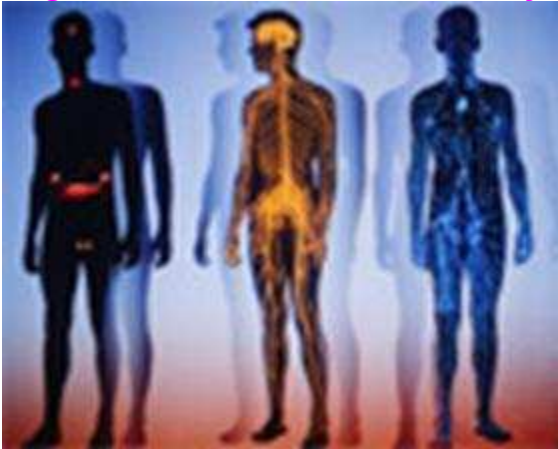
A recent article in the esteemed *British Medical Journal* has this gem in it: *Reducing exposure to solar radiation, far from preventing cancer, may have the opposite effect.* (2) Another peer-reviewed medical journal discovered that the closer you live to the equator, the less your chances of getting cancer. As the paper states "The association between latitude and breast cancer suggests that higher UV-B exposure is protective.spurs production of vitamin D.. Other research suggests vitamin D may help ward off cancer." (3)

Which cancers increase due to lack of sunlight? Thirteen malignancies have an inverse correlation to solar radiation including reproductive and digestive cancers.especially breast, colon, ovary, and prostate cancer and non-Hodgkins lymphoma. (4)

**It's not just protection from cancer.** Studies show that sunlight also lowers cholesterol, lowers blood pressure, and lowers blood sugar. Sunlight also increases endurance, sex hormones, and resistance to infection. Remember, every living thing in nature needs the sun. The chemical reaction of excessive sun exposure combined with the toxins from diet is more likely the cause of cancer.

**And avoid sunscreen; it causes cancer.** Sunscreens cause free radicals that can cause cancer, and sunscreen chemicals have been shown to have estrogen-like qualities that mimic sexual hormones, affecting sexual health in both children and adults. Statistics are revealing that the more sunscreen use, the more skin cancer. "Sunscreen use is associated with an increased risk of melanoma skin cancer...high nevi (mole) count in adults is a strong predictor of melanoma. sunscreen use appears to be associated with development of nevi. sunscreen use may be involved in melanoma occurrence." (5)

### Chiropractic And Spinal Research-Infertility, Advanced Spinal Degeneration, And Visual Recovery



No matter what disease or condition a person has, they need a body free from subluxations. You may know many people who are sick and suffering and living with numerous subluxations in their body because no one told them to try chiropractic.

**Infertility.** A 32-year-old woman had attempted to become pregnant for two years with no success from artificial insemination, a fertility drug, and in vitro fertilization. She also had endometriosis, low back pain, and headaches. After 6 weeks of chiropractic care, her low back pain and headaches improved dramatically and her fertility specialists noted that her estrogen levels, endometrial thickness, and cervical mucus levels were healthier. A second in vitro fertilization was successful. (6)

**Advanced Spinal Degeneration.** A 30-year-old man had spinal ankylosing spondylitis (AS) joint degeneration. There is no medical cure for AS which ultimately causes complete fusion of spinal joints, immobility, and disability. In the previous 10 years of medical care, his condition was worsening and he had constant low back, hip, and neck pain. After 12 weeks of chiropractic care, he reported an overall improvement in how he felt as well as his flexibility. His quality of life improved. (7)

**Visual Recovery.** An elderly man experienced a complete loss of vision following head trauma. It was determined that optometric and ophthalmological treatments were not indicated. The patient was referred to a chiropractor and after a series of chiropractic adjustments the patient's vision returned. (8)

### Words Of Wisdom

*" Kind words can be short and easy to speak, but their echoes are truly endless."*  
- Mother Theresa

### NutraSweet And Equal Cause Cancer In Rats

A 2006 study in the peer-reviewed journal *Environmental Health Perspectives* (EHP) shows that aspartame (NutraSweet and Equal) increased the risk of cancer (malignant tumors, lymphomas, and leukemia) in rats. The rats received aspartame at dosages simulating human daily intakes. The authors of the study called for an "urgent re-evaluation" of guidelines for aspartame consumption.

Aspartame is found in more than 6,000 products including soft drinks, hot chocolate, chewing gum, candy, desserts, yogurt, and tabletop sweeteners - even vitamins and cough drops! If it says sugar-free, check the label. Aspartame is also addictive and **MAKES YOU GAIN WEIGHT**. People using aspartame and other artificial sweeteners gain weight because of the drug's effects on the pancreas and insulin levels. What to do? Use stevia, a natural, plant-based sweetener, and real sugar, with all its faults, is far healthier than synthetic sugar. (9)

### **While You're At It, Avoid Margarine Too!**

From the *New England Journal of Medicine*: "Eating margarine can increase heart disease in women by 53% over eating the same amount of butter. " (10)  
Remember that butter is natural but margarine is man-made. Your body instinctively knows what to do with natural things but it doesn't know what to do with man-made things.

### **Specials**

We want to make chiropractic fun so this month we have 2 specials that we want you to take advantage of!

#### **Pumpkins Give You Gas**

Gorman Optimal Health Solutions, Inc. is giving away two \$50 gift cards for gas! We have a pumpkin in the office. Patients may guess the weight of this pumpkin by filling out a slip of paper with your name and estimated weight of the pumpkin. Put your slip of paper in the cauldron located next to the pumpkin. One entry per patient per visit. Plus for every new patient you refer from October 13-31, 2006 you get 5 extra entries!

There will be two winners; the patient who guesses the weight closest to the exact weight of the pumpkin and the patient whose name is randomly drawn from the cauldron!

#### **Get Your Bones Checked**

From October 23-27, 2006, children 14 years old and under will receive an initial examination at no charge and halloween goodies. Plus a prize will be awarded for the best costume!

**HAPPY HALLOWEEN!**

## Humor

### Real Newspaper Ads

FREE YORKSHIRE TERRIER: 8 years old. Hateful little bastard. Bites!

FREE PUPPIES: 1/2 Cocker Spaniel, 1/2 sneaky neighbor's dog.

FREE PUPPIES: Mother, AKC German Shepherd. Father, Super Dog...able to leap tall fences in a single bound.

FOUND: DIRTY WHITE DOG. Looks like a rat. Been out a while. Better be a big reward.

COWS, CALVES: NEVER BRED. Also 1 gay bull for sale.

NORDIC TRACK. \$300, hardly used, call Chubby.

GEORGIA PEACHES. California grown - 89 cents lb.

JOINING NUDIST COLONY! Must sell washer and dryer \$300.

WEDDING DRESS FOR SALE . WORN ONCE BY MISTAKE. Call Stephanie.

FOR SALE BY OWNER: Complete set of Encyclopedia Britannica, 45 volumes. Excellent condition. \$1,000 or best offer. No longer needed. Got married last month. Wife knows everything.

**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).**

## Upcoming Lectures

### Natural Solutions To Women's Health Issues

Tuesday, October 10, 2006

7:30 PM-8:30 PM

YMCA

601 South Oxford Valley Rd.

Fairless Hills, PA 19030

### 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

### **Neuro-Emotional Technique: The Mind-Body Connection**

Wednesday, November 29, 2006

7:00 PM-8:00 PM

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

### **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 at 215-943-2584 or email her at [Giovanna@GormanOptimalHealth.com](mailto:Giovanna@GormanOptimalHealth.com) .**

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