

What is a Total Health Scan Nutrition Evaluation?



Dr. Michael A. Gorman is a Chiropractic Physician who blends the best of traditional and alternative healthcare concepts into both his practice and his lectures. His additional background in sports medicine, fitness, acupuncture, nutrition, psychology, and stress management make him distinctive in the Bucks County area. To find out more about what makes Dr. Gorman's approach to healthcare so unique, as well as his lecture schedule, please visit our website.

- Chiropractic care
- Detoxification
- Sports medicine
- Nutritional counseling
- Massage therapy
- Allergy elimination

“As a holistic chiropractic physician, I address the Structural, Nutritional, and Emotional component of each patient.”

— *Dr. Michael Gorman*

Since the soil has become depleted of vitamins and minerals, and we have so many processed foods today, everyone needs to be on vitamin and mineral supplements to get what they need. Did you ever wonder which supplements are the right ones for you? How do you know if they are necessary? We can help you answer these questions with an evaluation via muscle testing. If you think of your body as a computer, then you can think of muscle testing as the keyboard that helps us access all available information.

Muscle testing enables us to easily evaluate all of your organs, glands, hormones, and body systems for insufficiency or deficiency. We then determine specific recommendations to restore and rebuild all of your body's systems to optimal function through the use of pharmaceutical grade nutritional supplements. As a result, many of your stubborn pains and other symptoms begin to improve because we are addressing all the root causes of your pain or dysfunction, and giving your body what it needs to heal itself. Muscle testing is always used in conjunction with a detailed history; and we may also recommend blood work, urine, hair, saliva, pH, and other lab tests to help determine your specific needs.

In an ideal world our body would obtain everything it needs through what you eat and drink, so proper digestion is critical. Often, a total health scan will reveal imbalances with digestion, assimilation and elimination of foods in the body. Imbalances in digestion can create havoc in the body—often leading to physical difficulties without an apparent cause. We also evaluate your body's ability to manage stress, electro-magnetic pollution, and fight off infective organisms such as yeast, parasites, viruses, and bacteria.



GORMAN
OPTIMAL
HEALTH
SOLUTIONS^{INC.}

333 N. Oxford Valley Road
Suite 402

Fairless Hills, PA 19030

215-9-HEALTH (215-943-2584)

(Continued on other side)

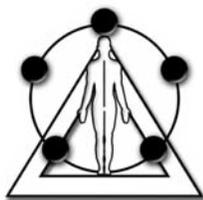
The good news is that a Total Health Scan is completely non-invasive, and restoration of proper function often occurs quickly and painlessly. Most patients do not have to take many nutritional supplements for very long in order to regain balance. We can usually regain balance in most cases in 2-3 months. We normally do a follow-up scan every 30 days to assess progress. Since every body part is related to other parts, many times chronic pains can be directly related to organ dysfunction, and improving the function of that organ via nutritional supplements actually corrects the pain and dysfunction. A great example of organ related pain we are familiar with is someone who has chest, shoulder, and TMJ pain when having a heart attack. What if we could catch that dysfunction and cause of that pain before it had a chance to develop into a heart attack?

We also find that many patients who are on several supplements themselves and are guessing at what they need, actually save money and get better results because of our ability to "ask your body" specifically what it needs and does not need.

As a holistic practice focused on optimal health, the Total Health Scan helps us identify "dysfunction" before it becomes a symptom or major health issue. We can tell which parts of the body are not keeping up with the demands being placed on it, so we can find weak circuits before they become broken ones. So whether you have chronic pain, a stubborn health issue that is not being resolved, or are just looking for optimal health, we highly recommend this to all patients. It will help your body heal much quicker if you have pain, and in many chronic health conditions, it is the only thing that will jumpstart the body on the road to recovery.

"As a medical doctor, who is a general surgeon, I have always wondered if there was a way we could evaluate how the organs are performing and catch problems before an operation is needed. Most of the tests we do in medicine don't show problems until it is too late, and then we have to do drastic things like prescribe medications for life or remove an organ to save the person's life. Doing a health scan with Dr. Gorman is just that...it evaluates how the organ is performing to show when there is a small problem, and even better it shows what to do about it so you can heal the body naturally before you reach the point of having disease or a big problem that is irreversible. I think everyone should have a total health scan on a regular basis."

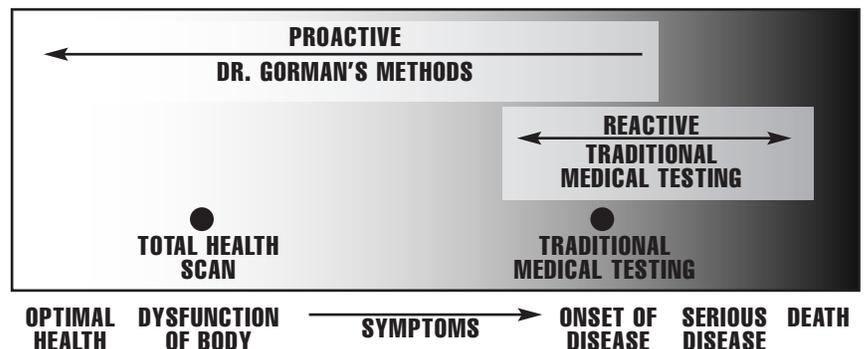
— Dr. Rochelle Stark, MD



GORMAN
OPTIMAL
HEALTH
SOLUTIONS

333 N. Oxford Valley Road, Suite 402
Fairless Hills, PA 19030
215-9-HEALTH (215-943-2584)

We regularly demonstrate this technique at our lectures. If you would like to see a demonstration, come to the next lecture titled:
"Optimal Health 101."



Chiropractic • Sports Medicine • Holistic Healthcare
www.GormanOptimalHealth.com