

***A few years ago, I had scheduled a trip with my husband to celebrate our 20th wedding anniversary in Paris. Unfortunately, a couple of months before the trip, I severely sprained my ankle and it was very swollen. After three weeks of traditional medical treatment, and the help of an orthopedic surgeon, there was no improvement. I had heard Dr. Gorman speak at chamber events about his holistic approach to health and I thought he could help me. I went to his office for an exam and he correctly identified that toxins were impeding my progress. I told him I needed to “get back on my feet” within a couple of weeks and we worked out a plan. It worked! I did go to Paris for my anniversary and I was able to walk all over the city! I highly recommend Dr. Gorman and his incredible staff—not just for Chiropractic care, but for care of the whole body. In fact, I keep a monthly appointment so I can maintain optimal health.***

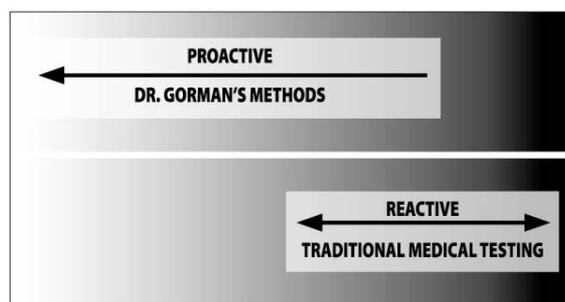
**— Deb Myatt, American Red Cross**

**M**ost people think that health is the absence of disease. In America, our traditional medical system has taught us that you go to the doctor when you are “ill” and seek treatment to get “well.” We have an alternative approach at Gorman Optimal Health Solutions: We believe that everyone has an “optimal health” point that can be reached when their physical, nutritional and emotional systems are in balance. We also believe that the body will heal itself if provided with the proper tools. All our diagnostic work, from simple muscle testing to hormone testing, pH testing and blood tests all have one goal—to identify imbalances and provide the body with the support needed.

Gorman Optimal Health Solutions is first and foremost a Chiropractic practice. Our goal is to help the body heal itself, and we always begin by examining the spine, because it is the direct connection to the brain, and the brain controls the whole body. Many patients come to the office to tell us about a back

pain or a headache—our initial goal is to help the body resolve the pain by restoring alignment to the spine and neck. Many times, a simple alignment is all it takes.

### Full Spectrum of Health & Disease

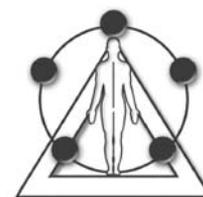


**OPTIMAL HEALTH    DYSFUNCTION OF BODY    SYMPTOMS    ONSET OF DISEASE    SERIOUS DISEASE    DEATH**

However, sometimes our bodies are trying to tell us something when the “pain” keeps coming back. We use the non-invasive diagnostic method called Applied Kinesiology or “muscle testing” to determine if a misalignment is the result of stress to a body system or organ. We then help the body to heal itself by offering support to that system or organ through the use of nutritional supplements or other appropriate methods.

That’s why people come to our office with serious medical conditions and are amazed at the results! We’ve treated people with allergies, fibromyalgia, migraine headaches, chronic fatigue syndrome, and even serious digestive problems.

We host a monthly lecture on various health topics which is open to anyone who would like to attend. We provide a free healthy dinner and will be happy to answer any of your questions at the lecture. Please call the office for more information at 215-9-HEALTH (215-943-2584) or visit our informative website at [www.GormanOptimalHealth.com](http://www.GormanOptimalHealth.com).



**GORMAN**  
OPTIMAL  
HEALTH  
SOLUTIONS INC.

Oxford Crossing  
Professional Offices  
333 N. Oxford Valley Road  
Suite 402  
Fairless Hills, PA 19030



**“The central truth of our practice is that the brain and nervous system are the most important parts of the body. Anything that interferes with the brain or the nervous system can result in poor health or slow healing. We remove any interference so that the body can heal itself quickly and maintain optimal health.”**

**—Dr Michael Gorman**