

Happy Mother's Day!!

*The team at Gajda would like to extend special wishes to all Mothers on Mother's Day!  
Enjoy Your Special Day!*

**In This Issue**

- GHPN Welcomes New Team Members!
- Hyper Flexibility
- Words of Wisdom
- Put Yourself in a Good Mood!
- Normal Aging vs. Dementia
- The Metaphysician Within

***GHPN Welcomes New Team Members!!***

**We would like to welcome Dr. J. Moreno, MD to the Gajda Health Plus team!**  
**Dr. Moreno is a licensed physician and surgeon educated at Saint Mark University, an International Ivy League School and trained at Northwestern University. He has 30 years experience in surgery, emergency medicine, general practice, and alternative medicine. He approaches patients as a whole - *Mind, Body and Spirit* - to accomplish healing, prevent illness and optimize wellness.**



**Dr. J. Moreno**

**Please also join us in welcoming our new chiropractic affiliates,  
Dr. Robert Priebe, Chiropractic Physician  
and  
Dr. Victor J. Wojtas, D.C.**

## Hyper Flexibility by Robert Gajda

There is absolutely no scientific evidence that "stretching" or forcing a joint beyond its normal anatomical range of motion is beneficial. In fact, traditional orthopedic teaching holds that the ability to assume these abnormal postures and positions is itself abnormal. Hyperflexibility, in fact, is characteristic of a variety of pathologies, three of the most common ones being polio, Ehlers Danlos syndrome (the "India rubber man"), and hypotonia (loss of tonicity of the muscles).

If maximum flexibility were the test for athletic prowess, then victims of polio would be our best athletes. Legs that are partially or completely paralyzed by polio have almost complete flexibility accompanied by flaccid ligaments plus total lack of muscle tone. But these partially or completely paralyzed legs are extremely unstable, and incapable of supporting body weight. This is in stark contrast to the stability, throughout the full range of motion of the joints, required by athletic performance.

If you compare the structure and physical abilities of a human with those of a gorilla you will understand what we say about flexibility and stability. Man is of course much more flexible, but the gorilla is much, much stronger. The gorilla, however can stand erect for only short periods and spends most of its time crouched in an "all fours" position. It uses its shoulder girdle, collarbone, and scapula much like the human uses the pelvis. The huge pectoral serratus, and latissimus dorsi muscles act like a suspension bridge for the entire torso.

While we are not recommending that our readers walk around on "all fours", we are suggesting that for some sport manuevers you can learn a key aspect of stability from a friendly gorilla.

Two excellent examples are reflected by the linebacker who is taking on a big running back and the power lifter who is breaking a world record in the squat. Both use the stability approach of the gorilla. At a critical point in implementing their techniques they widen their feet and lower their center of gravity into a crouched position.



## Words of Wisdom by Mary Lou Gajda

### *May Reading Recommendations:*

#### ***"A New Earth"***

**One of the great personal growth books that will truly awaken you to new heights, help you overcome inner conflict.  
by Eckhart Tolle**

#### ***"Five Minds for the Future"***

**A researcher at Harvard, the author explains the five minds within our mind. He explains how the five minds work and are nurtured across all age spans.  
by Howard Gardner**

#### ***"Hands of my Father"***

**A hearing boy, his deaf parents, and the language of love.  
by Myron Uhlberg**



## Put Yourself in a Good Mood! by Susie Lawrence

### ***Tips to Lift Your Spirits:***

- 1. Wake up and SMILE! Every day you are given a new chance to make a positive change in your life or in someone else's life.**
- 2. Don't dwell on the past. Yesterday is gone and we have learned from our mistakes. They make us who we are.**
- 3. Approach life's little setbacks with a sense of humor.**

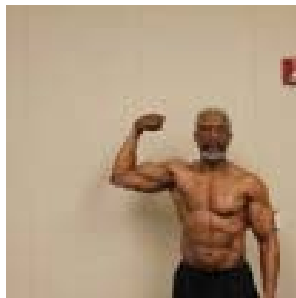
4. Don't let other's attitudes affect you negatively. You are in control of your emotions.
5. Be friendly to everyone you meet. You never know, you may just make their day.
6. There is beauty all around you, notice it. Don't take it for granted.
7. Laugh as much and as often as you possibly can.

***After all, a Happy Person is a Healthier Person.***



## **Patient Testimonial by Bill Busby**

I met Bob in 1979 when I used to travel from the city of Chicago to train at his "sports fitness institute." He influenced me greatly as he helped train me and advise me. He had a strange training method and philosophy that I use and teach today which is the PHA Method. It was a highly controversial method of body building for that time. If it was good enough for Arnold and Bruce Lee, then who am I to argue? This method helped me become successful as a body builder in the late 1980's and early 1990's in the Mr. America, USA and World competition. At 59 years of age today, as a personal trainer and consultant, I think it's about time for the world to get a taste of what PHA really is.



**Bill Busby**

*Normal Aging vs. Dementia*

Ever wonder how to tell the difference if you or someone you love are exhibiting the normal signs of aging or if some form of dementia is evident?

This free educational seminar, presented by Grandma's Girlfriend, will cover what the normal signs of aging are and how we all may at times exhibit what feels like dementia to us but is really a very normal part of the aging process. The presentation will also cover when some of these signs may indicate a problem.

Two seminars will be held. Click onto [www.grandmasgirlfriend.com](http://www.grandmasgirlfriend.com) and fill out the "Get Started" form for more info on dates and locations.



## ***PREPAREDNESS SOLUTIONS!***

*Click on the following link from Natural News for tips that can mean a world of difference in any kind of emergency scenario.*

[Be Prepared](#)



*"The Metaphysician Within"*  
*Transforming Weakness to Wellness*

*Physicians have always know that, given time and the right conditions, the body has the ability to cure itself of many - if not, most - diseases. A healthy diet, exercise and adequate rest go a long way toward curing many problems.*

*"Each patient carries his own doctor inside himself.  
We are at our best when we give the doctor who resides within  
each patient a chance to go to work."*

*-Dr. Albert Schweitzer*



Please email your thoughts to [gajdahpn@yahoo.com](mailto:gajdahpn@yahoo.com)  
for "The Metaphysician Within" article.  
We will include them in next month's newsletter.

*A mother is the truest friend we have,  
when trials heavy and sudden, fall upon us;  
when adversity takes the place of prosperity;  
when friends who rejoice with us in our sunshine desert us,  
when trouble thickens around us,  
still she will cling to us,  
and endeavor by her kind precepts and counsels  
to dissipate the clouds of darkness,*

*and cause peace to return to our hearts.*

*-Washington Irving*

