

Dear Reader:

3-Week Issue

Our August 28th issue will cover three weeks of events from August 28-September 17. We will publish again on September 18. The deadline for the three-week issue is August 21. The deadline for the September 17 issue is September 11. We will continue publishing weekly until the holiday issues. We will let you know our winter schedule in the Fall.

The WHAT'S HAPPENING office will be closed August 28-September 10. It will re-open Thursday, September 11 at 9 am.

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HEALTH & FITNESS

Chiropractic Health Care In Sports Medicine

by Craig M. Balter

In 1982 Billy Olson, former indoor record holder in the pole vault, hurt so badly he wanted to drop out of the Vitalis U.S. Olympic Invitational. The meet director, Ray Lumpp, personally escorted him to a chiropractor for help. Olson was experiencing acute pain in his back and legs. The chiropractor twisted and cranked on his back and Olson thought he would never move again, yet he cleared the bar on his next jump and went back to the chiropractor again. On his next attempt he set his first National Record. Olson became a strong believer of Chiropractic Medicine.

Today top ranking athletes and amateurs alike consult chiropractors for injuries suffered in sports. These injuries range from serious sprain/strains to overuse type injuries. Local track stars Mary Slaney and Alberto Salazar have been under chiropractic care for a wide variety of maladies that are very common to most high caliber athletes. Both of them have had unique experiences that have led them to believe in chiropractic health care.

In 1978 Mary Slaney developed sciatica, an acute nerve condition in the leg. This caused her to stay out of competition for six months. Neither cortisone shots, physical therapy, nor any other traditional cure gave her relief from the excruciating pain she was feeling. As a last resort she started seeing a chiropractor. After two months of treatment she began a slow com-

back to racing. Many other world class athletes have had similar experiences to Slaney's.

Sports medicine chiropractors have gained national recognition as the specialists to consult in cases of musculoskeletal pain. Recently the TAC National Track and Field Championships were held in Eugene. Dr. Richard Gorman and myself were the meet chiropractors. Many athletes were not only getting treated for acute injuries, but to improve their biomechanics (the body's efficiency of movement), therefore enhancing athletic performance.

Chiropractors have a unique treatment to offer, and that is manual manipulation of the body's articulations (joints). They analyze injuries differently than their medical counterpart. For example, chiropractors believe that previous trauma influences the spinal column integrity and cause vertebrae to misalign. This can result in a weakened spinal column and nerve root pressure. This nerve root pressure results in a weakened leg muscle that can lead to a leg injury. By contrast, a medical doctor would view a leg injury as only a problem of that limb.

Chiropractors are starting to become an integral part of the sports medicine team. We are not advocating that we replace medical doctors but that all of the specialties work together to provide the highest quality treatment possible.

Feverfew

Herbal remedy for pain

Migraine and arthritis sufferers may find relief from pain in a powerful new herbal extract formula made and distributed here in Eugene. The product is Feverfew, made from the herb feverfew (*Tanacetum parthenium*), a member of the chrysanthemum family. The herb has been used in Europe since the Middle Ages as a natural remedy for fever, arthritis, headaches, psoriasis, and other aches and pains, but has only recently gained attention in the United States.

In August, 1985, *The British Medical Journal* published the results of a study on the use of feverfew in treating migraine headaches and arthritis. The research showed that over 70% of the participants were able to totally prevent the occurrence of migraines through the use of the herb.

Feverfew works by inhibiting the production of prostaglandins, altering the inflammatory and pain processes in the human body. This ability accounts for feverfew's effectiveness for conditions that respond to aspirin-like products. Feverfew has also been successful in treating headaches and cramps associated with premenstrual tension.

The Eugene-based company Quantum manufactures Feverfew in capsule form—as Feverfew Extract and Migrelief—now available at local health food stores. Quantum also manufactures 20 other herbal and natural health products and distributes about 10 others. Two of their most popular products are Super Lysine Plus, a natural remedy for herpes blisters and other skin conditions, and Cold Season Plus, a zinc-based lozenge which alleviates cold symptoms. These are also available at local health food stores.

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