

QUALITY COUNTS

Paul's customers usually don't see Virginia. She is our office manager. Virginia moved to Eugene in 1997. Though English is not her first language, she completed her accounting degree and was named Lane Community College's Outstanding Accounting Student for 2002-2003. Quality counts, for products, and service, in our stores, and in the back office too.



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health hits

HEALTH-RELATED
ISSUES & INFORMATION

Straight Flush

If you're feeling constipated, bloated, gassy, or just generally unhealthy, colonic hydrotherapy might do you well.

"The benefits are really innumerable," says Tara Alder of the Alder Brooke Healing Arts Center. During a session, Alder uses an inflow tube to control a trickle of warm, purified water that flushes the colon, loosening matter and allowing it to exit the body via an outflow tube.

"I've seen pounds of old fecal matter within an hour session," says Alder.

While benefits are purportedly far-reaching – relief from allergies, anxiety, indigestion, obesity – colonics are not for everyone. Alder will not treat anyone undergoing radiation treatment for cancer, recovering from bowel surgery, or suffering acute ulcerative colitis or Crohn's disease.

Alder can be reached at 683-7894. Also practicing colonic hydrotherapy in Eugene is Laura Taylor at Sunrise Colonics (484-6224.) For more information, visit www.i-act.org – *Celene Carillo*

Childhood Obesity: An Herbalist's Perspective

Statistics show half of all Americans are clinically obese or overweight. Perhaps more surprisingly, the same goes for a quarter of all American children.

Heather Nic an Fhleisdeir, local health consultant and herbalist with Mrs. Thompson's Herbs, says, "Addressing a childhood weight issue needs a delicate touch to avoid possible future obsession regarding weight."

Fhleisdeir counsels good regular play and exercise, as well as a diet of whole foods free of additives, preservatives and hormones. Food refinement and additives can wreak havoc with body chemistry, especially early on with children.

To help decrease fat deposits and levels of fat in blood, as well as assisting a healthy metabolism, Fhleisdeir suggests this herbal formula, safe for anyone older than six months: Mix 1 cup rosehips, 1/2 a cup fennel seeds and 1/2 a cup of dandelion root (organic ingredients are best here) in a quart jar. Cover with boiling water and steep overnight. Strain and refrigerate. Liquid can be reheated or served cold. – *Bobbie Willis*

Over Eating

New to the video/DVD counter at Star Gate Books is the info-mentary *Eating*. Narrator Michael Anderson realized all of his family members were dying from complications related to a "healthy" diet, and decided to look at how eating, or rather overeating animal proteins, is killing Americans today.

With the ever-growing popularity of programs like the Atkins diet, seeing what commercially produced animal fat and protein does inside of you is a true eye-opener. For more information, contact Alan Stein at Star Gate Books: 342-8348. – *Bobbie Willis*

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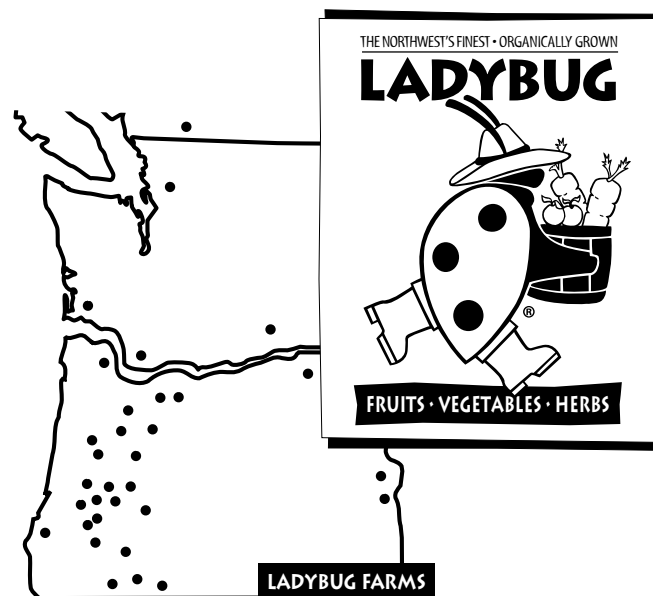
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