

Bailey recommends the natural

By Robert Lothian

Dr. Steven Bailey, N.D., has a reverence for the human body's ability to repair and regenerate diseased conditions naturally.

Bailey is a naturopath, which means he uses vitamins, herbs, massage, chiropractic back adjustments, stress therapy and life-style changes to treat sickness rather than the expensive drugs, surgery and high tech therapy of mainstream doctors and hospitals.

He opened his Cascade Naturopathic Clinic at 819 N. Killingsworth in March, and he encourages N.E. residents to come in and try his natural remedies.

Bailey says his patients might find natural treatments less expensive because naturopathy is based on the idea that "an ounce of prevention is worth a pound of cure." Through the preventive approach, he said, expensive treatments and surgery can often be avoided.

"Rather than just treating the symptoms," he said, "the naturopathic physician will attempt to understand the whole person, to remove illness through its root causes, with a state of wellness and prevention of future disease as the final objective."

The naturopath's tools, says Bailey, are substances found in nature — herbs, heat, nutrition, electricity, fasting.

Adequate nutrition is one of the main ingredients for health and disease prevention and for Bailey that means a lot of whole foods: grains, raw and steamed vegetables, fruit juice, herb teas and fiber, and a minimum of processed foods, fats and sugar.

And eat less, he said. "The American diet is eat, eat, eat," but constant eating does not give the body a chance to detoxify itself, according to Bailey.

The average American consumes 15 pounds of chemicals and additives each year from processed foods, says

Systematic unfairness in voting process

by Gina Wood

Are we as minorities deprived of fully participating in the political process?

Minority Vote Dilution, edited by Chandler Davidson, is an unprecedented study of the most widely practiced form of electoral discrimination in the U.S. today. Davidson's work probes the major issues surrounding vote dilution, including its historical basis, its impact in the minority vote, legal tools available for abolishing the practice, and possible remedies. Vote dilution occurs when election laws, combined with the practice of majority group bloc voting, prevent a minority group from electing candidates of its choice.

In *Minority Vote Dilution*, the contributors delineate various dilution techniques — including at-large elections, white bloc voting, run-off primaries, and gerrymandering — and document numerous instances in which vote dilution was used to weaken the voting strength of minorities.

Davidson, under the auspices of the Joint Center for Political Studies, *Minority Vote Dilution* includes essays by contributors who are lawyers, historians, and social scientists. The contributors have been at the forefront of the legal efforts to ensure equal voting rights for minorities. Their thought provoking analysis give the reader an in-depth view of the devastating impact of vote dilution. *Minority Vote Dilution* challenges all to remember that one of the principal tenets of a democratic society is "the right of each member to participate in the process of public leadership selection and to have his or her vote freely cast, fairly counted and equally weighed."

Those interested in purchasing *Minority Vote Dilution* should write Donna Ennis: Howard University Press, 2900 Van Ness St. NW, Washington, D.C. 20008; ISBN: 0-88258-156-2, Price \$24.95.

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Bailey, a situation he thinks can lead to cancer and other degenerative diseases.

Sugar is another enemy of good health, he said. "We put sugar in everything," says Bailey, and that causes the body to think it's getting adequate nutrition when it isn't. He encourages his patients to go on a purifying five-day juice fast and then change their diets to include more whole foods.

A good health regimen also includes regular exercise and "dealing with emotions in an upfront manner so that you don't repress stress," he added.

For flus and common colds, Bailey recommends a combination of vita-

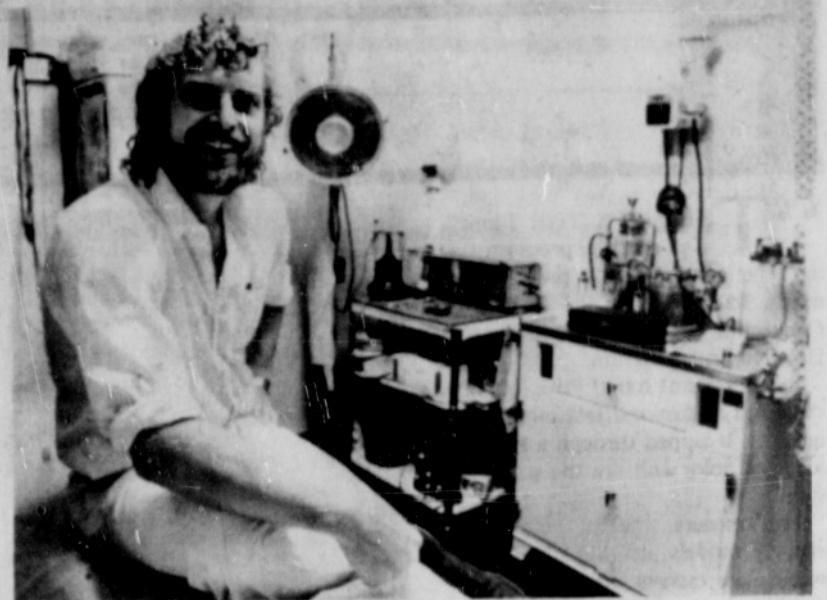
mins A, C and B-6, echinacea root, garlic and golden seal. Garlic and goldenseal are mild antibiotics, according to Bailey.

He also treats back injuries, low energy, dietary health problems, allergies and women's health problems including pre-menstrual syndrome. Some problems are for other doctors — "I'll leave the car accidents and emergency medicine to others," he said.

Bailey, 31, a graduate of the National College of Naturopathic Medicine and member of its board of directors, also practices acupuncture and Chinese medicine. After graduating from Lewis and Clark College in 1976, Bailey worked with handi-

capped people for four years. That experience caused him to see inadequacies in traditional medical approaches, he said. "It directed me toward getting into a more therapeutic field of medicine."

In early 1984 he purchased the practice of Dr. Archie Allen, now semi-retired, who practiced naturopathy for 35 years at the Killingsworth office. Allen and colleagues fought prejudice in the 1950s, said Bailey, sometimes going to jail and having their equipment confiscated. Something similar is going on in Oregon now, he said, with legislation being considered in Salem that would limit prescriptive privileges for naturopaths.



DR. STEVEN BAILEY, N.D.

(Photo by Richard J. Brown)



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