

HEALTH MATTERS



FAB LIVING

W/ REBEKAH STAR

Should Guys Groom?

In a recent conversation with a gentlemen friend of mine, I was telling him about a new product that will be hitting the market soon. It's a universal product in skincare and I suggested that he try it. He told me that he doesn't use any skincare products, just soap and water- the old school way. He agreed to try it once, but after that it's a wrap! I thought it was funny how the idea of skincare was pretty much off limits as far as he was concerned. And that's the way it is with a lot of men. It's well understood and I kind of like that a little bit. On the other hand there are guys who are undercover about it (when I operated a skincare salon, some of the manliest men would schedule bi-monthly, after hours appointments) and there's the one's that go to the extreme with regular facials, manicures, pedi-

cures, waxing, etc.

As far as waxing goes, you may not agree, but let me just say it: Men should have hair! On their heads, if possible, but certainly on their bodies. I've heard arguments to the contrary- "you don't want a bushel hanging out of your mans' button up!" To which I'd respond: Who's more appealing, the ultra depilated Bruno or his very hairy-and sexy-alter ego, Sacha Baron Cohen? Chest fur connotes virility, testosterone, bad-boy danger! Ladies, don't you like danger!?

Unfortunately, some men aren't hearing that. A recent survey of male college students by Gillette found that 80 percent have done below the neck hair removal, with an even gay-straight split. And the trend isn't limited to hair removal: In recent years, male grooming has become a record-breaking, recession-proof industry- netting \$23 billion a year, a whopping 500 new products hitting the market last year alone,

many with names that suggest a new Gatorade flavor or the latest breakthrough in the auto industry (Energizing Hydro Gel or BodyCruzer). Men's magazines try to lure them in with articles "36 best new product for your 'grooming cabinet'". I definitely have well over 36 grooming products in my bathroom. But I don't think that a guy who likes girls should. **The rule of thumb on this male primping subject is pretty simple in my book: Do not spend more time on your appearance than your lady does.** Guys may be able to get away with a facial or pedicure here and there, maybe slightly grooming their brows, a splash of cologne, but definitely not going overboard with any of it. I've seen a couple of guys who had their eyebrows done and if you can tell they have been done-that's already too much! Seeing a straight guy with a perfectly arched eyebrow is pretty frightening!

The irony is that most guys who indulge in the extras think they are stocking up on product and primping for women. They start all the way back in junior high, swimming in Old Spice or Brut to go to the school dance. Then grow to having

the freshest hairstyles in high school. Just waiting for the ladies to come stroke their egos. Look at these guys from MTV's 'The Jersey Shore.' Pauly D says he spends about an hour on his hair and not only that but tans and spends numerous hours in the gym. Come on Pauly D, maybe you do spend that much time but please don't admit to it publicly-not cute at all. Odds are though, if they are not trying to score with the ladies, they won't be patrolling the fragrance aisle at Macy's or sneaking in the backdoor at the spa. So ladies, what do you think? Do you like the super-duper buff, line-up clean shaved fella? Or the more rugged look? Let's let the guys know how we feel.

A TRIP THROUGH TIME

1980: When Magnum P.I. debuts, even your dad jumps on the 'stache' bandwagon!

1980-1994: The memorable and very popular hairstyle that created a wash and wear look- 'The Jheri Curl' leaves its mark on black men in America, not to mention car windows, couches and everywhere else...Follow the drip!

1997: Boy bands such as Dru Hill

, Backstreet Boys, and N'sync spend some of their royalties maintaining their highlights...I couldn't stand that blonde look on the brothas!

2002: Salon.com writer, Mark Simpson introduces the term "Metro-sexual" and becomes the most hated salon.com writer of all time! That is too funny!

2004: Just as Newsweek reports a spike in straight men getting bikini waxes, David Beckham's Faux-hawk hits Hollywood creating a new hair phenomenon...And we still are in it 6 years later.

2009: Pop culture introduces a kind of sloppy thrown together look that's takes quite some time to prepare...Go figure!

Whether you are considered a more rugged manly-man or metro-sexual, it's always great to take a certain amount of pride in your appearance. After all, you only get one chance to make a first impression! What do you think about grooming habits for men? Let me know by posting a comment on our Facebook Page: FaBLiving w/Rebekah Star or sending an email to RebekahLiv@yahoo.com. I'd love to hear from you! Til' next week- Live FaBulously!

Free Body Basics -- This physician recommended class is appropriate for all ages and health conditions. Plan to attend this one-session class and learn the simple guidelines for safe exercises, including stretching. Call 503-256-4000 to register.

Families with Mental Illness -- A free, 12-week course for people whose family members live with mental illness is offered at Emanuel Hospital, Mt. Hood Medical Center and Providence Medical Center. The

course has been described as "life-changing" by former participants. Registration is required by calling 503-203-3326.

Managing Chronic Hepatitis C -- Third Wednesday of each month at 5 p.m. The informative session is led by a registered nurse to help you manage side effects of medications and dosage preparations and administration; doctor referral required. To register, call 503-251-6313.

Better Breathers -- An asthma edu-

HEALTH WATCH

cational support group meets on the 1st Tuesday of the month from 1:15 p.m. to 2:45 p.m. at Adventist Medical Center. For information, call 503-251-6830.

Cancer Resource Center -- Providence St. Vincent Medical Center and the American Red Cross have joined forces to create the first in-hospital resource center providing books, printed material, computer

access and more for individuals and families dealing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.

Lead Poisoning Prevention -- Learn how to protect your family from lead poisoning. Ideal for folks in live in older homes with children or pregnant women. Qualified participants receive a free kit of safety and testing supplies. Call 503-284-6827.

Parenting Classes -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

Cardiac-Rehab Exercises -- A medically supervised exercise program for people dealing with heart conditions. For information, call 503-251-6260.

Stroke Alert Screening -- Check your carotid arteries with a painless ultrasound to assess your risk. Fee \$40. To schedule a screening, call 503-251-6137.

Empowerment through Relaxation -- Free informal meditation classes that address breathing techniques, some gentle ancient African yoga poses and mental balancing techniques-- People have left these classes joyful and with a peaceful view of their lives. We have these sessions bi-monthly-- Call Dr.

Marcelitte Failla at 503-228-6140.

Heart Talk Support Group -- Meets on the second Monday of each month; from 6 p.m. to 8 p.m. For more information, call 503-251-6260.

Family Caregiver Support Group -- This topic-oriented group offers a safe place to discuss the stresses, challenges and rewards of providing care to an older relative or friend. Meets the first Thursday of each month at 3 p.m. at Legacy Good Samaritan Hospital.

Chronic Pain Support Group -- Meets the first Wednesday at 4 p.m. to 5:30 p.m. and the third Wednesday of each month, from 7 p.m. to 8:30 p.m. For more information, call 503-256-4000.

Cholesterol Profiles -- Get the resources to help you keep an eye on your cholesterol and other indicators of heart health. Educational material provided. For more information, call 503-261-6611.

Bereavement Support Groups -- Free, safe confidential group meetings for those who have experienced the death of a loved one offered on various nights and locations. For information and registration, call 503-215-4622.

Powerful Tools For Caregivers -- 6-week educational series designed to help family caregivers take care of themselves while caring for relatives or friends with chronic illness. Class size is limited, and registration is required. Call 503-413-8018.



Dr. Billy R. Flowers

THE SPINAL COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

Part 28. Industrial Injuries: What to do if you are hurt on the job

Q: I was lifting a heavy object on the job site and my back just collapsed on me. I have since gone to several company doctors only to get yet another pain pill. One doctor has mentioned surgery. What do you think I should do?

A: You should immediately request to see a Chiropractor. Approximately 90% of back injuries have the capacity of being helped through Chiropractic. Our

office has an excellent track record with helping problems like yours. We make every attempt possible to get you back on the job safely as soon as possible -- often within a few days. This is obviously beneficial not only to you but your company as well. It is not uncommon for a workmen's compensation back surgery to run

\$100,000. I'm sure your employer would just as soon not have expenses like that. Speak to your employer today about having a Chiropractic consultation. If you have had a lifting injury or suffer from pain, why don't you call us today. A life of suffering is indeed a wasted life. Don't let it be yours.

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