

# HEALTH MATTERS



## FAB LIVING W/ REBEKAH STAR

Lucky for us Portlanders, spring is finally here! As we welcome in the sunshine, we also welcome a new season of vegetables and fruits. Crisp asparagus, delicious artichokes, juicy strawberries- I'm getting hungry just thinking about it! Loaded with nutrients, fresh fruits and veggies can give your body a boost, a feeling of revitalization. We are all lucky enough to live close to a farmers markets- There are two in the Lloyd Center area and another on Interstate. They are loaded with all of the fresh, in season foods that we all love and need, so pay a visit. Not only will you help the local economy, but they also carry fresh, hard to find produce and you can deal directly with the farmer to get any questions you may have answered. As seen in Runner's Magazine, here are a few items that are great for your health and are now in season.

### Green Garlic

A young, mild-tasting version of the white globes, green garlic has petite bulbs and stem like shoots that contain ajoene, a compound that may protect against heart disease. How to Eat: Chop and add to salads, or saute with other veggies for the garlic flavor.



### Baby Greens

Two cups of young Romaine, arugula, and other greens pack 140 percent of your Daily Value (DV) for bone-building vitamin K. Greens also contain phytonutrients that speed recovery for athletes. How to Eat:

Use in salads and sandwiches; wilt slightly and top with grilled fish. Now that sounds really good!

### Strawberries

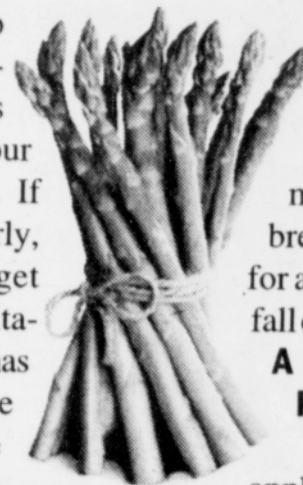
One of my favorites! These red

## Spruce up your diet with seasonal produce

berries have only 45 calories per cup, but supply 130 percent of the DV for vitamin C, a potent antioxidant. They also contain the phytonutrient ellagic acid, which is known for its cancer fighting power. How to Eat: Add to cereal, yogurt, or blend with avocados and bananas in a smoothie.

### Asparagus

Just one cup of steamed asparagus supplies 65 percent of your daily folate needs. If you exercise regularly, you often don't get enough of this B vitamin, and low intake has been shown to cause anemia and reduce endurance. How to Eat: Add raw asparagus tips to salads, or use in a veggie stir-fry. My favorite is grilled with just a hint of garlic flavor.



### English Peas

Sweet green peas provide 40 percent of your DV for manganese, a mineral that's crucial for our endur-

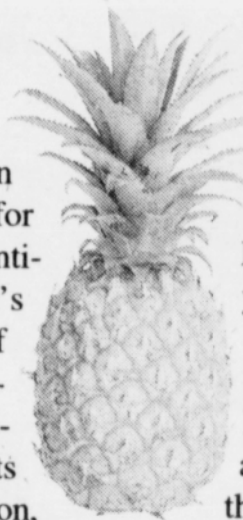
ance. Studies show that it also helps people adapt to exercise at high altitude- skiers and snowboarders-get your English Peas! How to Eat: Microwave or steam freshly shelled peas. Add raw to a salad, or use in a pasta dish along with chicken or herbs.

### Artichokes

One medium artichoke has only 60 calories, but contains over 25 percent of you DV for fiber and vitamin C. Research suggests that a vitamin C-rich diet may help asthma-sufferers breathe easier. How to Eat: Steam for about 30 minutes or until leaves fall off.

### A Sweet Delight: Pineapple

One cup of pineapple contains more than 100 percent of your DV for the immune-boosting antioxidant vitamin C- that's almost as much as a cup of oranges. It's also an excellent source of bromelain, an enzyme that fights inflammation, aids digestion,



and reduces swelling and pain from bruises and sprains. How to Pick: Pineapple is ripe when it smells sweet and its top leaves can be easily pulled off. Ripen and store the fruit at room temperature. To Cut: Slice off the top and bottom and cut the prickly skin vertically, so that most of the dark "eyes" are removed. Cut away the fibrous center core before eating.

Pineapple also is a great dessert substitute. One cup of fresh pineapple is around 80 calories vs. 850 calories for a piece of pineapple upside down cake. Can I compare those two?

I hope that you are inspired to add a dose of these delicious foods into your diet. And remember to visit a local farmers market. Please visit our Facebook Page: Fab Living w/Rebekah Star. Post your favorite in season side dishes and information on local Farmer's Markets here in Portland. Have a very healthy and prosperous week and until then- Live Fabulously!

## HEALTHWATCH

**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.

**Leg Alert Screening** — Check for peripheral arterial disease with this safe, simple screening using ankle and arm blood pressure. The fee is \$40. To schedule an appointment, call 503-251-6137.

**Smoke-Free Support Group** — Meets Mondays, 7 p.m. to 8 p.m. For information, call 503-256-4000.

**Maternity Water Workout** — Helping new

moms regain muscle tone, strength, and flexibility, all in the support and freedom of the water. Call 503-256-4000 for more information.

**Senior Aerobics** — A low-impact workout geared specifically toward seniors. Call 503-449-0783 for current schedule.

**Osteoporosis Screening** — An ultrasound bone density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.

**Mind Body Health Class** — Learn and practice techniques to help you improve your mood, health and wellbeing, including effective ways to manage difficult emotions and chronic stress or illness. Registration is \$70 for Kaiser Permanente members and \$95 for

nonmembers. Call 503-286-6816.

**Red Cross Certification** — The Oregon Trail Chapter Red Cross now offers credits to helps professionals maintain licensing or certification. For a cumulative list, visit pdxinfo.net.

**Tenderfoot Care** — Treat your feet with a soak, nail trim, buffing and massage from a licensed nurse at one of six clinics or at your home. Call 503-251-6303 for more information.

**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.

## Senior Fitness Programs Offered

Studies consistently show that staying fit and keeping active is essential to healthy aging. Portland Parks & Recreation's Senior Recreation programs offer a wide array of age-appropriate activities, from yoga and hiking to cycling and swimming.

**During Fitness Week, April 5 through April 9**, adults age 55 or older can purchase a special \$5 fitness pass, valid for any fitness class offered at PP&R community centers or at Loaves & Fishes sites.

All classes are taught by instructors with experience leading classes for adults age 55 and older.

Call PP&R Senior Recreation at 503-823-4328 for details on locations and times.



Dr. Billy R. Flowers

## THE SPINAL COLUMN™

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

### Part 31. Treatment for Lower Back Injury

**Q:** My lower back has been aching for months. But I'm afraid of chiropractors, so I haven't seen a doctor. What should I do?

**A:** Back pain is one of the most common medical complaints for people ages 45 to 65. It's also one of the most common reasons people miss work. Fortunately, not many people need back surgery because non-

invasive treatments help control most back pain. If you have recurring back pain that makes it difficult or uncomfortable to complete your day-to-day activities, experts suggest you see a doctor who specializes in spine diseases and

injuries, and who works closely with other specialties related to the spine. A chiropractor will first rule out any serious conditions you might have, and then work with you to determine the best way to treat you pain.

### Flowers' Chiropractic Office

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