

HEALTH MATTERS

Pull Weeds, Not Your Back

As springtime hits full stride, many people are spending more time outside planting bulbs, mowing the lawn and pulling weeds.

Gardening can provide a great

workout – but your body might not be ready for all the bending, twisting, reaching and pulling.

Providence physical therapists recommend that before you reach for

your gardening tools, it's important to stretch your muscles. The back, upper legs, shoulders, and wrists are all major muscle groups affected when using your green thumb and stretching can help you prepare for this type of physical activity.



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

THE SPINA COLUMN™

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

Part 36. Healing Time

Q: How long will it take until you get well?

A: Your body possesses tremendous healing powers. In fact, by correcting the subluxations which interfere with healing, your chiropractor helps make you well again.

However, your body establishes its own priorities of healing. It is now uncommon for a patient to come in with a history of allergies, sinus trouble, headaches, low back pain, constipations and menstrual irregularity. All at once.

Q: Can you imagine your body healing them all at once?

A: You need to be patient. But, to help you understand which priorities your body may select, your chiropractor will want to know which problems developed first, which bother you the most and whether any might be hereditary.

Your diet and sleep habits could be hindering. Anyone who smokes two packs of cigarettes a day can understand why their lungs aren't clearing up. However, with proper diet, sleep and chiropractic adjustments, you can be sure you're doing everything possible to help

your body help you.

And now that you'll understand the role your body plays in healing, you'll understand the role in healing, you'll understand the role your chiropractor plays.

There are three basic phases of treatment.

1. Eliminating the pain.

Though your chiropractor does not treat pain per se, he or she will work very hard to eliminate any pain you might have. In many instances, it is impossible to make any corrective adjustments on your spine until the pain has been eliminated. During this phase, your chiropractor will need to see you often.

2. Helping your body help itself.

This second phase of treatment is very important. This is when your chiropractor corrects your subluxations, allowing your body to start making the necessary repairs. Ligaments will begin to tone up, muscles will start to provide support again and tissues will cleanse themselves. You may find yourself more alert, less depressed and even desir-

ing healthier food. During this phase of treatment, you will need to see your chiropractor less often. But be patient and keep all your appointments. Remember, your body is going to repair the worst damage first and even though a different problem may seem more urgent to you, your body will get to it in time.

3. Preventative Maintenance

During this phase, you will probably have forgotten the aches and pains of Phase 1. The important thing, though, is not to forget the need for regular checkups. To protect the investment you have made in good health and make sure you haven't gotten any new subluxations, which would start the process all over again.

By this time, you will obviously know and appreciate the benefits of proper chiropractic care. And if you're like most people, you want to make sure your friends and loved ones share the same healthy advantage too.

Without drugs. Without surgery. Without question.

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FAB LIVING

W/ REBEKAH STAR

Are you allergic to your products?

"I would say that at least 50 percent of women think they have sensitive skin," says dermatologist Dr. David Bank. "They have a hard time finding products that won't cause a reaction." That reaction, called contact dermatitis, falls into two categories: allergic and irritant. Allergic indicates that the immune system is displeased, while irritant reactions stop at the surface. It's something Lynne Greene, Clinique's global president, became all too familiar with on a recent trip to Asia. "I went to Singapore, which is one climate; Japan, which is another; and finally Shanghai, which has a lot of pollution," she says. "By the time I boarded the plane home, my skin was tremendously red and reactive." But while the detrimental effects of environmental aggressors may be beyond our control, what we put on our skin can be monitored, says Greene. And a number of reactions, both allergic and irritant, can be traced back to one of these culprit ingredients:

PHTHALATES: A plasticizing ingredient commonly listed as DBP or di-n-butyl phthalate, it is used most often in the beauty world to give nail polishes increased pliability. Considered to be a potential carcinogen and possible cause of birth defects, allergic rashes and eczema, they are already banned in Europe. When shopping for lacquers, look for phthalate-free formulas. Neither Zoya nor Spa Ritual has ever used the ingredient in its lines, while Essie, OPI, and Sally Hansen altered their formulations in recent years to get rid of it.

SHEA BUTTER: It may seem completely harmless, but anyone with a nut allergy could find themselves with a heightened sensitivity to it. "I have seen reactions among those with nut allergies to both shea and cocoa butter," says Dr. Ellen Marmur, author of the new book *Simple Skin Beauty*. "Even organic or natural ingredients can cause allergic reactions."

TRICLOSAN: Flu season and the ongoing swine flu epidemic have made hand-washing a frequent ritual, and in some cases, it's the soap that causes the itchy rashes creeping up on palms and fingertips. If your hands are inflamed, steer clear of any soaps or sanitizers with this antibacterial agent.

BALSAM OF PERU: Fragrance is the number-one cause of allergic contact dermatitis, and Balsam of Peru, a resin that is actually a conglomeration of scents, is often responsible. Because of its phototoxic ingredients, when the skin is exposed to sunlight, brown or reddish streaks called berloque dermatitis may occur wherever the scented product or perfume was applied—dermatologists report many incidents of berloque behind the ears. The key is to look for products that are totally fragrance-free—which is not the same as unscented. "Unscented means that a product can contain a masking fragrance to camouflage its pungent, unpleasant odor," says Bank. "Fragrance-free means truly no fragrances."

FORMALDEHYDE: While most beauty products won't include this ultra-common makeup, skin, and haircare pre-

servative on the ingredient list, many will have a formaldehyde-releasing agent like imidazolidinyl urea or quaternium 15, which can be equally reactive. Therefore, those who experience an allergy or irritation to formaldehyde actually have a list of names to be on the lookout for. Nowadays, two of the most frequent places where contact may occur are the nail and hair salon. "The most common cause of eyelid dermatitis is the formaldehyde in nail polish," says dermatologist Dr. Marsha Gordon. "After you polish your nails, there is a day or two when the finish is not rock hard, and that's when formaldehyde may be released. Your hands may not show redness because that skin is tough, but when you touch your eyes while washing or moisturizing, you can end up with dermatitis there."

PARABENS: They are the darlings of preservatives among mass manufacturers since they're cheap and stable. It can be downright difficult to find products that don't contain parabens like methyl, propyl, and benzyl hydroxybenzoate. Those who experience redness or a rash can avoid them entirely by seeking out lines such as Aubrey Organics, Burt's Bees, Dr. Hauschka, and Weleda, whose formulations are all paraben-free.

ACIDS: While the majority of acids—azelaic, alpha hydroxy, benzoic, lactic, sorbic—are tolerable in modest doses, cinnamic can pose a problem. A tartar-fighting agent in toothpaste, it can be the reason for itchy eruptions on the lips and around the mouth. Look for toothpaste without cinnamic acid (like Tom's of Maine), or if you're attached to a brand that has it, dermatologist Dr. Dennis Gross recommends applying Vaseline around the mouth and chin before brushing to form a barrier.

PPD: Paraphenylenediamine (PPD) is found in most permanent hair dyes. Those who are allergic will likely develop a rash not on the scalp but around the hairline on the forehead and neck and behind the ears. According to Gross, allergy to PPD seems to increase with age. Avoid contact by requesting PPD-free dyes or opting for henna and color rinses that don't contain the irritant.

RETINOIDS: Most dermatologists will concur that despite a laundry list of antiaging and acne-fighting benefits, retinoids are also a classic irritant. "They make your skin more sensitive to the sun in the summer and more prone to dryness in the winter," says Gross. "What really matters is the net concentration that you apply to your skin. Using something weaker more often is better than something stronger that can only be tolerated a few times per week." Marmur also has a little retinoid magic trick: "If you want your antiaging without the red, raw skin, put on your retinoids for 15 minutes at night, then wash it off with a mild cleanser. I call it 'short-contact antiaging.'" -Marie Claire Magazine

If you are experiencing allergic reactions or skin irritation you may want to take a look at the ingredients in your products.

Please log in to our page on Facebook—*Fab Living w/Rebekah Star*—and post your comments and questions. Until next week, Live Fabulously!