

HEALTH MATTERS

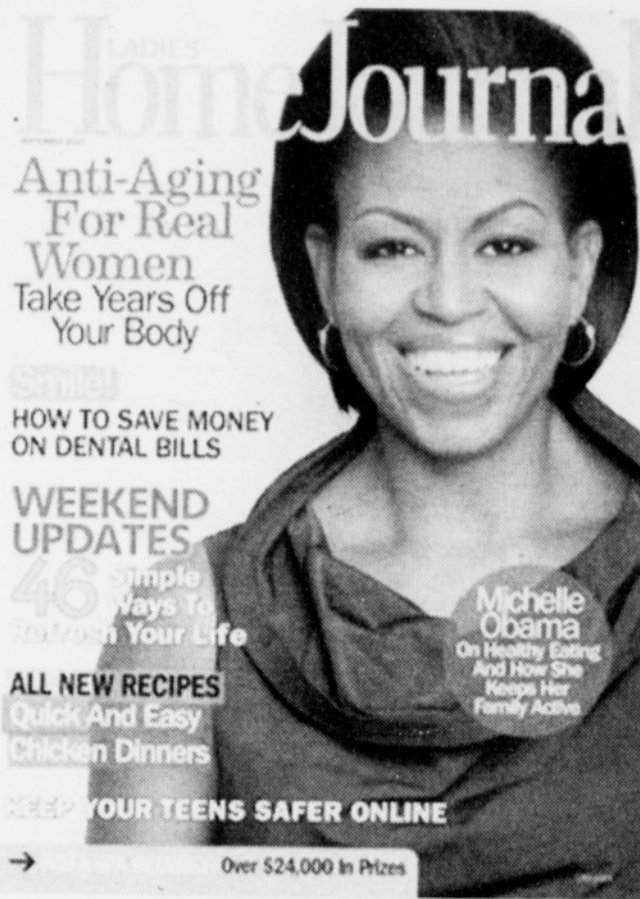
First Lady Talks Health, Fitness

Shares personal, family experiences

(AP)—Michelle Obama dishes on the first family's health and eating habits in a new magazine interview, admitting she can't stand beets and that she does an occasional dietary "cleanse" to clear her palate and change her mindset.

In an interview for the September issue of Ladies' Home Journal, Mrs. Obama says she recently was "on a sort of cleanse" in which she was just eating vegetables. The first lady, who's on a campaign against childhood obesity, also says she never talks about weight with her daughters because the topic's too sensitive, and that she made the girls take up tennis under protest.

"I have them do a sport that they like and sport that I like," the first lady said. "I want them to understand what it feels like to do something you don't like and to improve. Because in life you don't always



First Lady Michelle Obama talks health and fitness in the new edition of Ladies' Home Journal.

get to do the things you want."

Daughters Sasha and Malia resisted tennis at first, she says, "but now they're starting to get better and they actually like it. And I'm like, 'Mom was right!'"

The first lady also made a point to show she's human when it comes to diet and exercise: She said there are days when she her typical 4:30 a.m. workout and that on a recent weekend in Chicago she "ate everything that was available. In fact, we had a take-out food-fest."

And, she can't stand beets.

"Neither the president nor I have the beet gene," she says.

Mrs. Obama doesn't give a lot of detail about her cleanses, saying that she might do one for two days but that "it isn't a way of life because I like food too much."

The cleanses, she said, "help me clean out my palate. Because when you start adding things like sugars into your diet, you start craving them. And the more you eat, the more you crave."

A cleanse can involve a temporary

change in diet promoted to rid the body of toxins and improve well-being.

The first lady's cleanse involves eating as many fruits and vegetables as possible and cutting out fats, oil, dairy, meat, caffeine, sugar and starch for a short period of time, according to the White House.

Heather Mangieri, a registered dietitian and spokeswoman for the American Dietetic Association, said of a cleanse such as the one described by the first lady: "I definitely wouldn't recommend it because you're missing food groups." While missing food groups for a couple of days may not result in deficiencies, she said, "it's really not necessary. You can still feel good by having a balanced diet," eating whole foods and removing processed foods and saturated fats.

Some more radical cleanse regimens in which people give up solid foods for days and eat only liquid solutions can be dangerous, Mangieri said.

The first lady has the cover photo in the September issue of Ladies' Home Journal.

For Your Health



Uninsured Help

BY DR. GERALD F. JOSEPH

What do you do when you think you have the flu, strain your back, or come down with an ear infection? If you are one of the fortunate Americans who have health insurance, you might schedule an appointment with your doctor, go in for an exam, pay small co-pay, and leave with care instructions or medication to help you feel better. But for more than 46 million Americans without insurance, getting medical attention is not easy.

Uninsured families face numerous hurdles in receiving adequate care, such as finding doctors who accept uninsured patients, long waits for care, and expensive medical bills. Many families opt to skip medical treatment altogether, try to stay healthy, and hope for the best. But that doesn't always work. An uninsured American dies every 24 minutes because they could not get the care they needed.

Anyone can lose their insurance—rich, poor, married, single, employed, and unemployed of every race in every part of the country. Women are especially vulnerable to becoming uninsured. More than 45 percent of all uninsured people in the U.S. are women, including 13 percent of all pregnant women.

Women are more likely to be dependents, making them susceptible to losing health insurance due to divorce, becoming widowed, or because their spouse's company in-

creases premiums or drops family coverage. Uninsured women are less likely to receive clinical breast exams, Pap tests, and other preventive health care and screening tests than insured women. They are also more likely to be diagnosed later and receive less treatment once diagnosed.

Resources to help uninsured Americans find health care are available include:

- State resources for finding insurance: covertheuninsured.org/content/resources-uninsured.
- Free/low-cost health care clinics by state: findahealthcenter.hrsa.gov.
- Programs that provide low- or no-cost medical and dental insurance coverage for children and pregnant women by state: insurekidsnow.gov/state/index.html.
- Free mammograms and Pap tests for uninsured, underinsured, and low-income women who qualify: apps.nccd.cdc.gov/cancercontacts/nbccedp/contacts.asp
- Listing of dermatologists by state who offer free skin cancer screenings: aad.org/public/exams/screenings/index.html.
- Free or low-cost eye exams: 800-222-EYES.
- Check community health fairs for free screenings, such as blood pressure and cholesterol tests. And try contacting your local health departments to find free flu shots.

Dr. Gerald F. Joseph is president of the American College of Obstetricians and Gynecologists.



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 14. Scoliosis Exam: The most important test your kids will take all year.

Q: My kids already get back-to-school check-ups. Why should I bother with yet another one?

A: Scoliosis, a lateral curvature of the spine, is one test probably not included in your children's back-to-school physical checkups. And yet, it is disturbingly common among teenage girls. If left untreated, scoliosis often leads to painful arthritis of the spine. But if the disorder is detected by age eight, before the adolescent growth spurt, there is

better than 50% chance for complete recovery.

Q: How can I tell if my daughter might have scoliosis?

A: The most common visible symptom is very prominent shoulder blade higher than the other. However, the best check for scoliosis is an annual pre-school checkup with a Chiropractor. The one pro-

fessional best trained to detect and correct spinal disorders. It's a simple, painless, inexpensive procedure that can save your children years of discomfort and disfigurement later in life. For a scoliosis checkup, or for answers to any questions you might have about your own health, call us at the number below.

Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland Oregon 97212

Phone: (503) 287-5504