

# HEALTH MATTERS

## E-smokes at Center of Fight over Risks

### Battery-powered cigs operate in legal gray area

(AP) -- As electronic cigarettes become more popular, the battery-powered smokes become the center of a fight over how risky they are compared with traditional smoking, whether they're legal and, if they are, how they should be regulated.

E-cigarettes are made of plastic and metal and heat a liquid nicotine solution in a disposable cartridge, creating vapor that the "smoker" inhales. A tiny light on the tip even glows like a real cigarette.

Nearly 46 million Americans smoke traditional cigarettes. E-smokes operate in a legal gray area.

The Food and Drug Administration and public health groups have sounded the alarm, saying they contain dangerous chemicals and are being marketed to children, and the federal agency has halted shipments of e-cigarettes at ports nationwide.

Some sellers of e-cigarettes sued the FDA last year after the agency instructed customs officials to refuse entry of shipments into the U.S. A

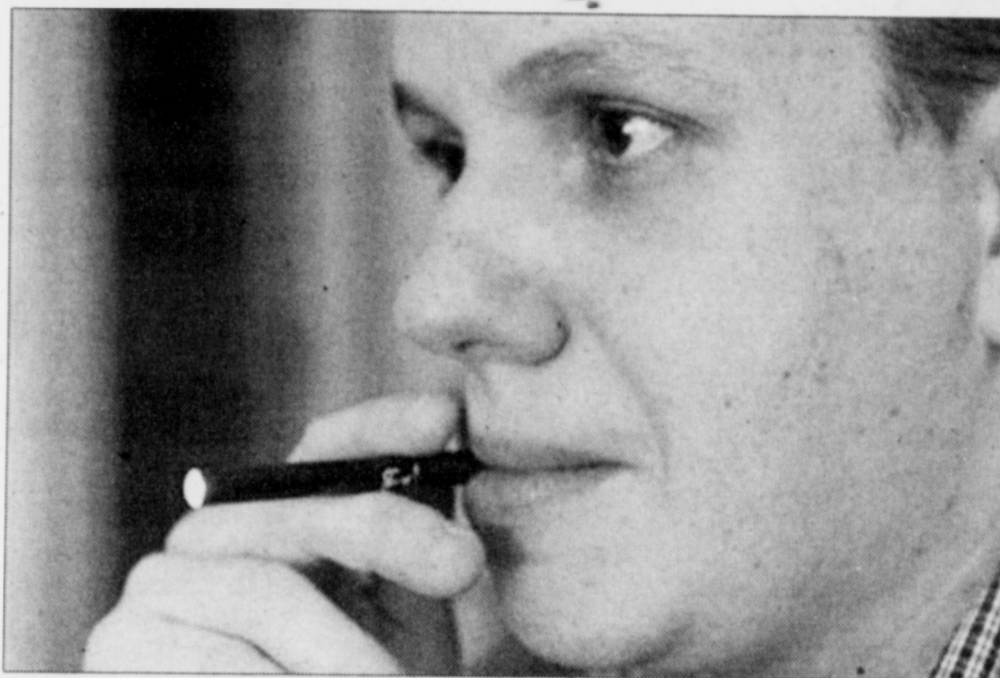
federal judge ruled that the FDA can't stop those shipments, saying the agency had overstepped its authority. The FDA appealed, and won a stay of that ruling, pending oral arguments that are set to begin next month.

E-cigarette sellers would like to see them regulated as a tobacco product, which would follow the same restrictions as traditional cigarettes and tobacco products.

Several states have tried to ban the sale of the products. A leading distributor has agreed to halt sales in Oregon following a lawsuit filed by the state. And Sen. Frank R. Lautenberg, D-N.J., also wrote to the FDA in March asking that e-cigarettes be taken off the market until they can be proven safe by the agency.

Users and distributors say e-cigarettes address both the nicotine addiction and the behavioral aspects of smoking — the holding of the cigarette, the puffing, seeing the smoke come out and the hand motion — without the more than 4,000 chemicals found in a traditional cigarette.

First marketed worldwide in 2002 as an alternative to regular cigarettes, e-cigarettes didn't become easily available in the U.S. until late 2006. Now, the industry has grown



Galen Kipe demonstrates the use of an electronic cigarette. The 34-year-old has tried quitting a number of times, and he says he has now swapped real smokes for an electronic cigarette.

from the thousands in 2006 to several million worldwide, with estimated 20,000 to 30,000 new e-smokers every week, according to Jason Healy, the president of Charlotte,

N.C., electronic cigarette maker Blu Cigs.

Healy's company is expected to have \$30 million in sales this year.

A starter kit, including flavor car-

tridges, costs about \$60. Additional cartridges, equivalent to about 150 cigarettes, are about \$25. The cartridges include flavor and different levels of nicotine, or no nicotine at all.

Still, the FDA has said its tests found the liquid in electronic cigarettes contains substances known to be toxic to humans — besides nicotine, which is itself toxic in large doses — as well as carcinogens that occur naturally in the tobacco in cigarettes. Most e-cigarettes are imported from overseas.

Christian Berkey, CEO of Johnson Creek Smoke Juice, a Wisconsin company that makes the "juice" for e-cigarettes, said its products have only seven ingredients, none of which has ever been deemed unfit for human consumption.

"There's no combustion, and that's what it really comes down to," said Berkey, who has asked the FDA to test its products and is awaiting results.

## Healthy Home Check-Ups

The local non-profit Josiah Hill III Clinic wants to make sure your home is a healthy place to live.

Americans spend about 90 percent of their time indoors where the air is 2-5 times more polluted than the air we breathe outdoors. Everyday cleaning supplies can be surprisingly toxic, harmless-seeming mold and mildew can trigger asthma and allergies, and the invisible presence of lead can severely affect the development of children.

Thanks to funding from the Environmental Protection Agency, the Josiah Hill III Clinic now offers free Healthy Home Check-Ups to north and northeast Portland families with

small children.

A friendly volunteer or staff member will visit your home and assesses potential hazards, such as asthma, allergy, and migraine triggers; lead exposure from paint and other sources; mold and mildew; and toxic chemicals linked to adverse health outcomes.

Once hazards are identified, the clinic provides consultation on exposure elimination and provides helpful resources and household supplies to assist you in improving the health of your home.

For more information or to sign up for a Healthy Home Check-Up, call Amanda Lawrence at 503-802-7389 or visit [jhilleclinic.org](http://jhilleclinic.org).

## Back to School Sleep

Staying up late and sleeping in are summertime rituals for most kids. But summer sleep habits can leave children sleep-deprived and unfocused at the start of the school year.

Providence sleep experts recommend that most school-age children get at least nine hours of sleep per

night.

Parents should consider establishing school-year bedtime routines two weeks prior to the start of school. Creating a bedtime routine and encouraging quiet time and relaxing activities will allow for downtime and sufficient sleep time.



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

## THE SPINA COLUMN™

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### Part 18. Chiropractic And Prevention:

*Life doesn't have to be a series of emergencies anymore*

**Q:** It seems that I am always sick. I do what my doctor says but if anything my colds and flu attacks are getting worse. What do you think?

**A:** Constant colds and influenza indicate that the immune system (and the body in general) is highly stressed. Did you know that recently leading scientists have discovered that the entire immune system is an out-growth of the nervous system? If your nervous system is stressed and irritated, the immune system can-

not work properly either. People who have regular Chiropractic checkups report that they get fewer colds and influenza. They keep the stress off their nervous systems. Keeping irritation off the nervous system also helps you avoid morning backache and head-aches and allows you to cope with stress bet-

ter. And you'd be amazed at the energy you have with preventive Chiropractic checkups. If you'd like to trade in your colds for a bounce in your step, call us for an appointment today. It could be the healthiest call you have ever made. Isn't time you stepped up to Chiropractic?

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