

# HEALTH MATTERS

## Toxic Pokeweed a Growing Problem

### Seedlings of invasive plant develop quickly

Portland property owners are reporting more sightings of pokeweed, an invasive and poisonous plant relatively new to the area. Pokeweed is native to the southeastern United States, and is also found in the Midwest and all along the East Coast. Now it's popping up around the Pacific Northwest.

Pokeweed grows from a large, carrot-shaped tuber to a three to eight-foot tall shrub with reddish stems and bright green leaves. It has white blooms in summer that develop into clusters of dark berries when the plant matures in late summer and early fall. Seedlings develop quickly, and become difficult to dig up after two or three years.



The invasive Pokeweed plant takes root in Portland gardens. All parts of the plant are toxic to people.

Birds often eat the berries and carry the seeds to new locations, including natural areas. Left unchecked and unmanaged, pokeweed can form dense patches and over-

whelm native vegetation.

Although birds seem to be immune to the berries, every part of the pokeweed plant is toxic to people. Some people eat parts of

the plant (poke salad is an example). But preparation is tricky and ingesting improperly prepared pokeweed can cause severe nausea, or even death.

If you spot pokeweed on your property, you should clip the berry clusters or blooms and put them in the trash, not in your yard debris container.

The city of Portland's Early Detection/Rapid Response program may be able to help with removal. The early detection staff is mapping known plants, removing berries from those plants, and researching more pokeweed management methods.

If you think you've seen pokeweed growing in Portland, or you think it's growing on your property, call the early detection program at 503-823-2989.

For more information, visit the 4-County Cooperative Weed Management Area website at [4countycwma.org](http://4countycwma.org) and click on "Weed of the Month," or download a pokeweed fact sheet at [portlandonline.com/bes/pokeweed](http://portlandonline.com/bes/pokeweed).

### THE LAW OFFICES OF Patrick John Sweeney, P.C.

Patrick John Sweeney  
Attorney at Law

1549 SE Ladd  
Portland, Oregon

Portland: (503) 491-5156  
Hillsboro: (503) 615-0425  
Facsimile: (503) 244-2084  
Email: [Sweeney@PDXLawyer.com](mailto:Sweeney@PDXLawyer.com)



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 24. Osteoarthritis: you needn't be frightened about a frightening problem anymore

**Q:** I have been having a lot of pain in my neck. The doctor said that it was osteoarthritis and that I would have learn to live with it. What is your opinion?

**A:** As you might know, there is a tremendous amount of health research going on today. Much relates to the spine and nervous system. You might ask your doctor if he has read the latest study on osteoarthritis. The study showed that there was no correlation between the amount of osteo-arthritis and the amount of pain a person suffers. In fact it

has been found that pain and osteoarthritis are both caused by the same problem. Mechanical stress on the bone and joints is the biggest cause of pain and also the cause of that deformity of the joint your doctor calls osteoarthritis.

In Chiropractic we evaluate where the joint and bones are

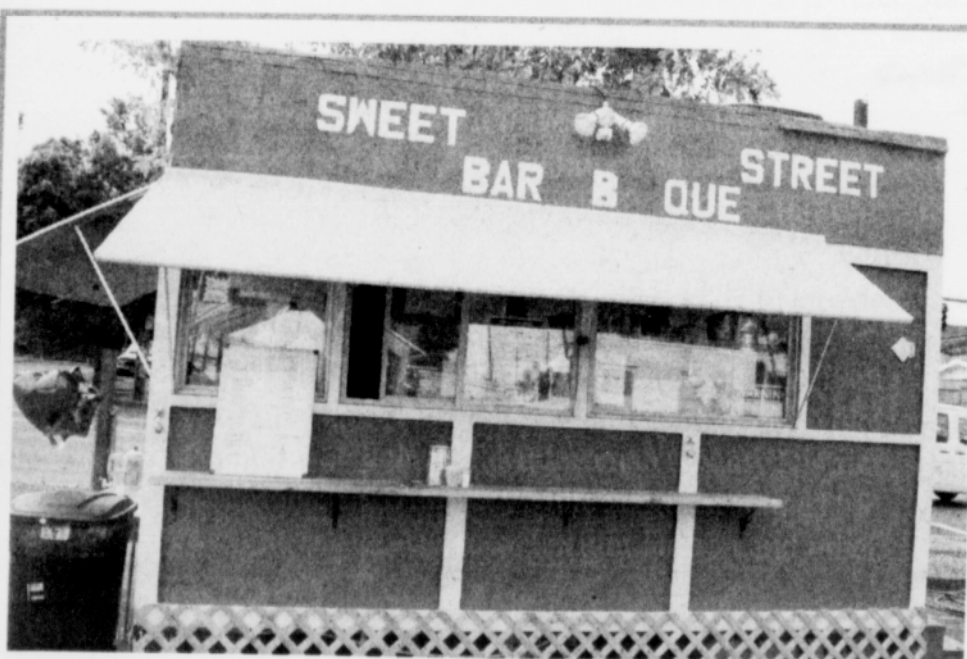
stresses. Our chief purpose then is to remove the stress or irritation from the joint (and nerves) — not only to reduce pain but to allow the bones to be as healthy as possible as well. If you have joint pain, isn't it time you stepped up to , effective Chiropractic?

### Flowers' Chiropractic Office

2124 N.E. Hancock Street

Portland Oregon 97212

Phone: (503) 287-5504



### Sweet Street Food Cart

on the corner of MLK and Lombard

Monday - Saturday, 11:00am - 9:00pm

Wednesday Special: 3 Wings \$2.00

Friday Special: Rib Sandwiched Beef or Pork \$4.00

call 503-995-6150 to place order