



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 35. Different Benefits by Age Group

Q: What age groups can a chiropractor help most?

A: This is like asking which age groups benefit most from good health. And yet, each age group has specific problems for which your chiropractor has specific answers.

Infant and Young Children

Other mothers are often amazed to see a mother carrying her infant out of the adjusting room. And yet, since the delivery process itself causes a high percentage of subluxations, infants to need chiropractic care. Obviously, children and infants are treated differently than adults. There are new, highly sophisticated methods of adjusting children and infants to insure the best possible results with the least possible discomfort. Though young children can't tell you they're in pain, their irritability is often a sign of the need to be checked.

Young Adults and Teenagers

More and more young adults and teenagers are getting involved in active sports. As a result, more and more of them are getting injured, requiring prompt chiropractic care.

Obviously half of the girls in our society develop scoliosis (curvature of the spine) during puberty. Left untreated, scoliosis keeps getting worse over time. However,

it can almost always be corrected when chiropractic care is initiated in time.

Needless to say, every teenage girl should be checked regularly for scoliosis and all teenagers and young adults should see their chiropractor regularly to make sure their newly active sports lives aren't creating spinal problems they'll have to live with the rest of their lives.

Adults

The world today is experiencing a terrible level of stress. Long work weeks, seemingly impossible deadlines and economic woes create incredible pressures. In addition, most adults breathe in polluted air, drink chemically treated water and consume an average of nine pounds of food additives and chemical preservatives in a year, putting even more stress on their bodies. One sure way to keep the stress level from causing potentially dangerous subluxations is with regular chiropractic check-ups.

Senior Citizens

Retirement age for many people has become just plain tiresome. Aches and pins, often the result of untreated subluxations, abound. Yet it hardly seems fair that having to suffer with pain or

being drugged into numbness are fair rewards for all the years of hard work.

Depending on the degree of subluxations degeneration, your chiropractor can often provide help.

For senior citizens who've been fortunate enough to suffer minimal trauma in their lives, virtually complete spinal recovery should be almost as easy as it would be for younger people.

For those who have suffered needlessly for years, your chiropractor can often slow or stop the degeneration, making life more comfortable. It is certainly worth the effort so that our senior citizens get the dignity of health care they deserve.

Something for Everyone

As you can see, there are practically as many reasons to have regular chiropractic checkups as there are people. Make an appointment for yourself and your loved ones soon.

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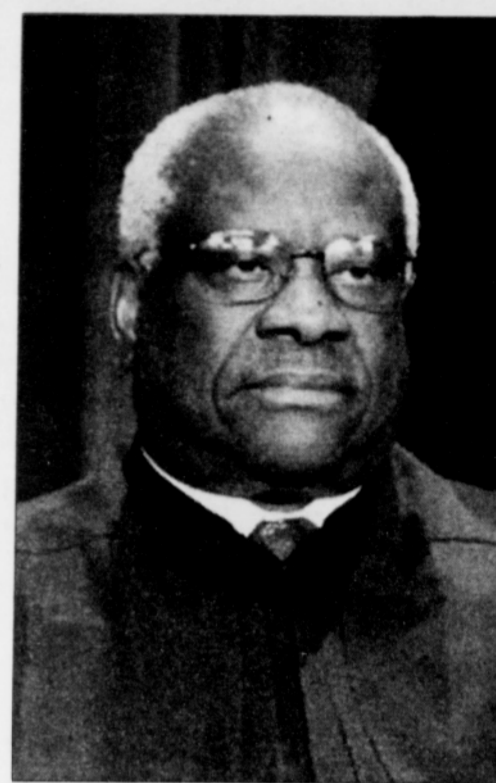
Book Reignites Scandal

(AP) -- A former girlfriend of Supreme Court justice Clarence Thomas has a deal for a "sexually driven" memoir.

Lillian McEwen, who dated Thomas in the 1980s, has signed with TitleTown Publishing, a Green Bay, Wis.-based publisher specializing in true crime and "inspirational" survivor stories.

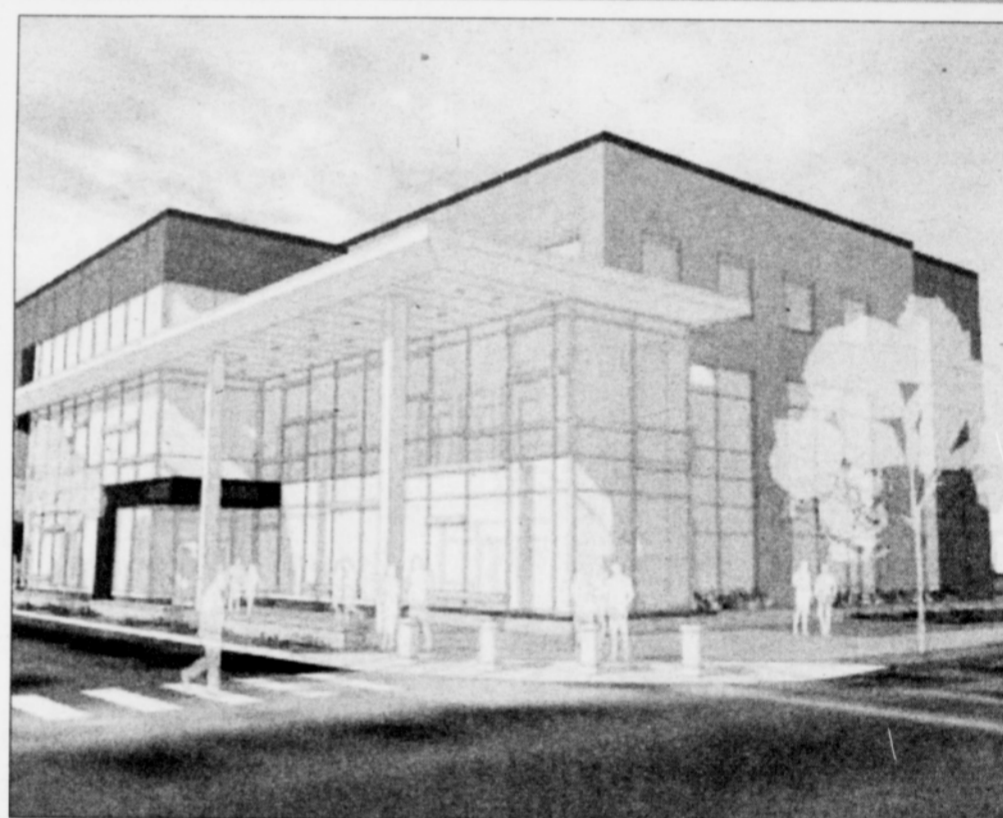
"D.C. Unmasked and Undressed" is scheduled to come out in early February, TitleTown announced Tuesday, adding that the book was "sexually driven."

McEwen, a retired administrative law judge, broke a long public silence last fall when she told The Washington Post that Thomas often made inappropriate comments and was "obsessed with porn," allegations made by former Thomas colleague Anita Hill during



Clarence Thomas

his 1991 confirmation hearings. Thomas vehemently denied such behavior.



An artist's rendering shows the exterior of a new courthouse coming to the Rockwood neighborhood of Gresham.

Courthouse Construction Begins

Rockwood facility to expand services

Multnomah County is slated to break ground Friday on the construction of a new courts facility in the Rockwood neighborhood of Gresham.

The \$19.6 million courthouse on a 4.2 acre lot at Southeast 185th Avenue and Stark Street is scheduled to open in spring 2012.

The expanded court facilities will serve people being adjudicated for misdemeanors, violations, small claims, landlord and tenant actions, ex parte hearings and document filing for civil and domestic relations actions. Many of these functions historically have been filed at the downtown courthouse.

Multnomah County is required

by state statute to provide court facilities in the city of Gresham for violations that occur east of 122nd Avenue. In 2008 alone, an estimated 27,000 defendants went through the courthouse in Gresham.

The facility will replace the current leased Gresham Courthouse. The new courthouse will also include security, a data center and office space for the Multnomah County District Attorney's office.

The Board of Commissioners approved the construction and financing of the courthouse in October. Financing includes approximately \$15 million of federal economic stimulus bonds. The remaining portion will come from the sale of the South Edgefield property.

The courthouse will use green and energy reduction technology such as solar, eco roofs and geothermal ground source heating.