

ITS IN THE JEANS!

# JEANOPOLY

Fashionably Jeanius

Grand Opening  
June 1st

10% off  
\*with flyer\*

3611 NE MLK JR BLVD  
503-282-5377



PHOTOS BY MINDY COOPER/THE PORTLAND OBSERVER

Resting in front of the Wing Ming Herbs shop in the center of the "New China Town" in southeast Portland is a bin filled with 30 to 40-year-old mushrooms called Wild Ling Zhi which is used as a health supplement in boosting an individual's immune system.

## New China Town

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around the intimate store helping customers find the herbs they were looking for amongst a large variety of products, probably foreign to individuals unfamiliar with Chinese medicine.

In the front of the store rested a giant mushroom called the wild Ling Zhi, which Yu said is good for boost-

ing the immune system and keeping the body healthy.

She said the mushrooms are 30 to 40 years old.

According to Jang, a lot of the store's available products, which would be easy to find in China, are not easy to find within the United States. "Here about 80 to 90 percent of the medicines are the same as in China."

Yu said a lot of the customers visit the store on a regular basis. The clientele, however, are people from all sorts of backgrounds and areas of the city.

"Fifty-percent Asian," she said. "It is unique because of service and specialty."

A grandmother walked in with her daughter and eight-year-old granddaughter looking to purchase some medicine and fish oil.

Although their English was not quite fluent, they clearly communicated they like living in the area.

## Carrie's Corner Daycare

Where learning is fun!!!



**NOW OPEN**

Mon-Fri: 6:00am-6:00pm

Accepting Children as early as 1 month -13 years old.

Accepting full or part time child care.

For more information Contact:  
Carrie Green: 503-384-2529  
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@JIMMY MAK'S AUG 12TH 7:30-9PM  
221 NW 10TH AVE



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 32. Associated Pain

**Q:** Is my leg pain related to my recent back injury?

**A:** Sharp pain radiating from you back down one leg can be a result of a pinched nerve in the spine. Herniated discs and bone spurs are two of the most pinched nerve in the spine. Disc in the spine function like shock absorbers; and they can become damaged from an injury or normal use.

Your leg pain is likely related to a problem in your lumbar spine, although it is hard to pinpoint exactly what triggered your pain. You might have had a pre-existing condition made worse by a recent injury. The good news is this type

of pain often resolves on its own or with chiropractic treatment. If the pain lasts longer than a few weeks, or if you have noticeable weakness in your leg or foot, talk to a doctor about getting an MRI.

### Flowers' Chiropractic Office

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