

CAREER & EDUCATION



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 34. Osteoperosis and Bone Loss Reversal

Q: Could my golf swing hurt my back?

A: People who exercise regularly and perform stretching and strengthening exercise are less likely to injure their backs. Their supporting muscles, such as their stomach, hamstrings, and gluteals are stronger and more flexible from regular conditioning.

However, people who play golf

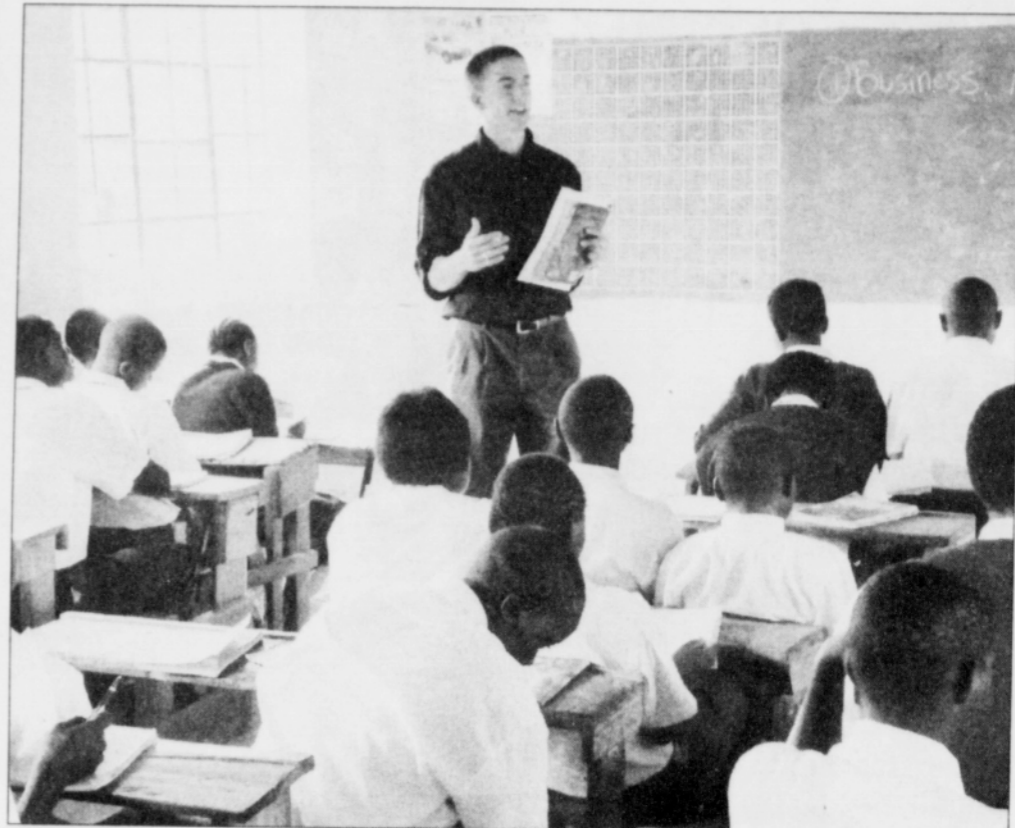
or racquet sports are more prone to injuries because of the frequent twisting and bending motions. Casual athletes could be more at risk for injuries as well; depending on their level of fitness. Most injuries

of these types respond well to conservative chiropractic treatments. A chiropractor can show you how to prevent these injuries with proper conditioning and technique.

Flowers' Chiropractic Office

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University of Portland student Kurt Berning addresses students at a school in rural Kenya. He has raised nearly \$1,500 to install electricity to the school.

Senior Helps Rural Kenyan School

University of Portland senior Kurt Berning has raised nearly \$1,500 to successfully bring electricity to a rural Kenyan school.

Berning is volunteering in Kenya through the university's Moreau Center for Service and Leadership East Africa Internship program.

The Friends Secondary School in Lusui serves 220 students in rural western Kenya. Berning surpassed his goal by raising \$1,490, and purchased 50 new books for the school with the additional donations. Electricity was installed at the school in July.

According to Berning, the addition of lights, wiring, and electrical outlets will dramatically expand the reading and academic culture of the school by giving students a place to study in the early morning and late

evening, and allow teachers to use more effective teaching aides.

Few of the surrounding homes have electricity, and many of the students are orphans who are affected by HIV/AIDS.

The Moreau Center program, launched in 2009, sends up to three students to East Africa for a nine-week internship program in collaboration with the Foundation for Sustainable Development. The interns work to address local health, social, environmental, and economic issues through grassroots, community-based action.

Berning is also the co-creator of the Global Alliance for Developing Education, an innovative non-profit that is dedicated to building education in developing countries, primarily Cambodia.

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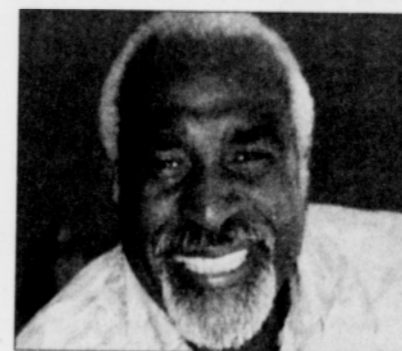
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