

HEALTH

Local Woman Writes Cookbook Shares knowledge about weight loss

Once a morbidly obese woman who consumed highly caloric processed food, Chrisetta Mosley has turned a new leaf and wants to share her new found knowledge with others.

The Vancouver resident says there's nothing more rewarding for her than sharing her passion for good wholesome food with the community.

Mosley teaches healthy cooking classes at Chuck's Produce and Street Market in Vancouver and blogs about her culinary creations.

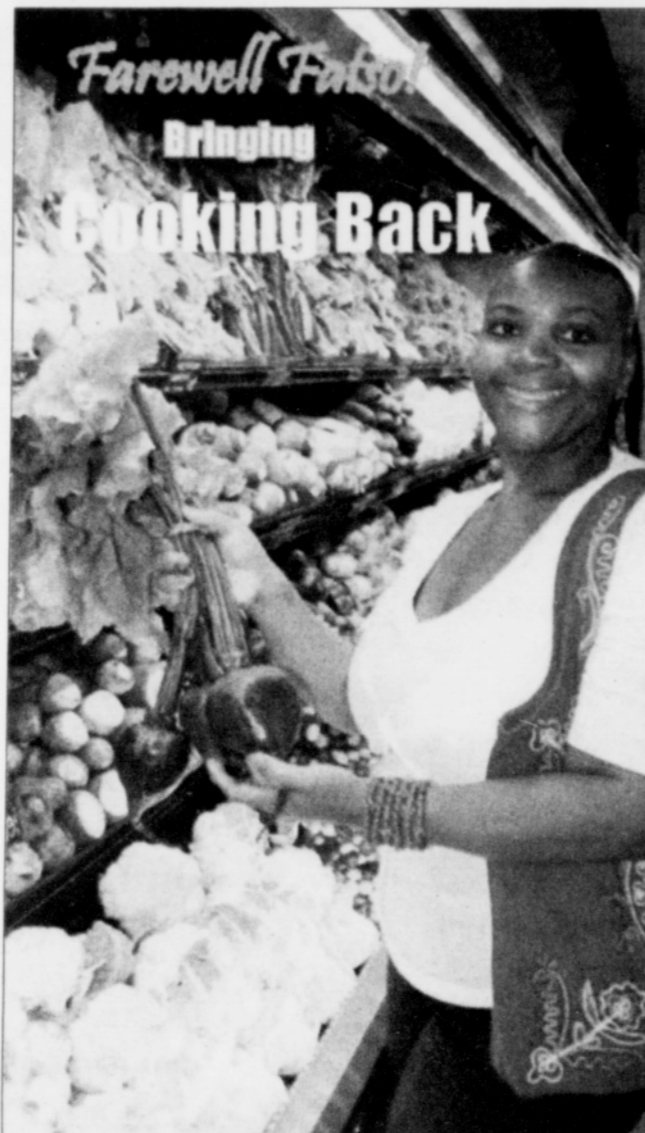
Last month, she released a cookbook, "Farewell Fatso! Bringing Cooking Back."

Mosley hopes to motivate people to cook at home again. The cookbook is filled with easy-to-follow recipes using everyday ingredients: Feta cheese, whole grain pasta, vegetables, cumin, and cinnamon, to a name a few.

She realizes for most people half the battle is not knowing what to stock in their kitchen. To help her readers navigate the grocery store, she created a "Kitchen Essential" section in the cookbook.

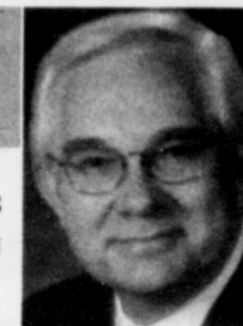
"I want to bring cooking back into style," she said.

To order the cookbook, which sells for \$15, visit her blog, foronceandforallfarewellfatso.blogspot.com.



A Healthy Pregnancy Later in Life

For Your Health



DR. JAMES
N. MARTIN

Many women today are choosing to have babies later in life. Although the majority of births are still by women in their 20s, birth rates among women in their 30s and 40s are the highest they've been in decades.

Women in their 30s and 40s have a very good chance of having a normal pregnancy, but certain factors that may complicate a pregnancy are more likely in older women than in younger women.

It may be harder to get pregnant. A woman's fertility begins to decline in her early 30s. Eggs may not release from the ovaries as frequently, or they may not be as easily fertilized. Women over 35 are also more likely than younger women to have blockages in the fallopian tubes or conditions such as endometriosis and fibroids, all of which could make pregnancy harder to achieve.

There is an increased risk of birth defects or genetic disorders. As a couple ages, they have a greater chance of having a baby with a birth defect or inherited disorder, such as spina bifida. Your doctor may refer you to a genetic counselor or a doctor who specializes in genetics to assess your risk and help decide if genetic testing is appropriate. An ultrasound exam—called a nuchal translucency test—may be recommended at about week 10 or 11.

You may also be screened for chromosomal problems during your pregnancy.

Common tests used are amniocentesis and chorionic villus (CVS) sampling. With amniocentesis, a small amount of the fluid that sur-

rounds the baby is removed. With CVS, a small sample of the placenta is removed and tested.

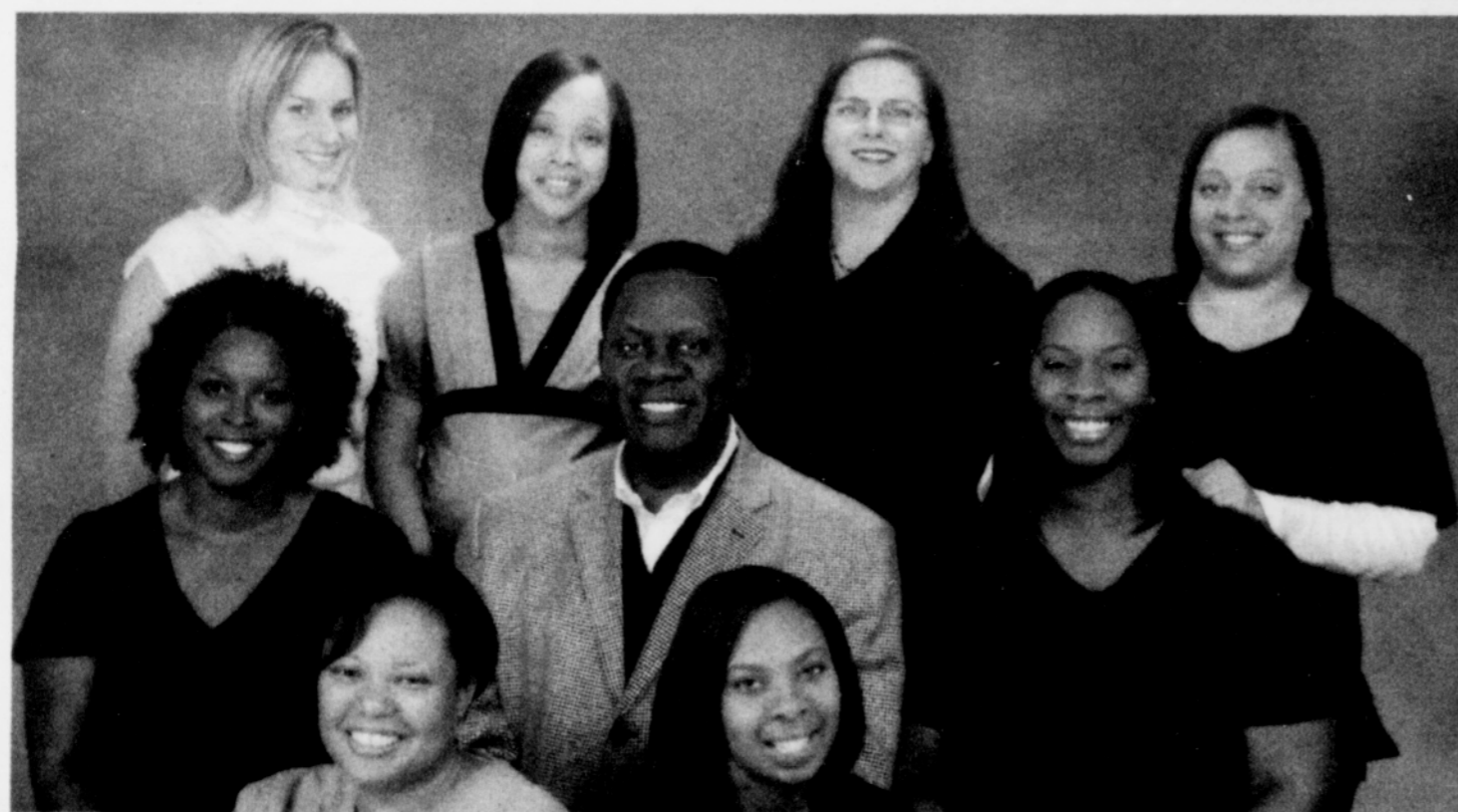
Uncontrolled medical conditions can spell trouble. Medical problems that can complicate a pregnancy, such as high blood pressure and diabetes, are more common in older women. These conditions may lead to small or preterm infants and can also endanger the mother's life.

Older women should be aware of the unique challenges that they may face during pregnancy. Talking to your doctor when planning a pregnancy can help you avoid or minimize some complications associated with later childbearing.

Before you become pregnant, try to schedule vaccinations and work on getting current medical problems under control. Your doctor may also suggest that you lose weight if you're overweight and that you begin taking a folic acid supplement, eat a healthy diet and exercise regularly, reduce your stress levels, and get plenty of rest. Once you become pregnant, get to your doctor early and often for prenatal care. Regular prenatal visits will help you to have the healthiest pregnancy possible.

For more information, the ACOG Patient Education Fact Sheet "Later Childbearing" is available by visiting acog.org.

Dr. James N. Martin Jr. is president of the American Congress of Obstetricians and Gynecologists.



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 17. Understanding Pain:

Why do you have it? How can you get rid of it?

Q: My friend constantly takes pills. I've tried to convince her to see a Chiropractor. Can you make any suggestions?

A: You might try asking your friend this: "If you heard a fire alarm going off in the middle of the night, would you call the Fire Department or would you

Yank the wires out of the wall and calmly go back to sleep?" You see, pain is your nervous system's fire alarm. Pain pills may alleviate the pain but will do nothing to take the stress off the spine and ner-

vous system. When the body yells, "Fire!" and you experience pain; it is trying to get your attention that it is being injured. When there is stress in the nervous system, this is a serious problem.

The nervous system controls every other function of the body and left untreated can cause ill-

health in other areas of the body as well. Our specialty is finding the cause of your problem and taking care of it, painlessly, without drugs...Just as nature intended. If you suffer from pain, stop pulling the alarm wires from the walls. Together, we can put the fire out...for good!

Flowers' Chiropractic Office

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HEALTHWATCH

Cholesterol Profiles -- Get the resources to help you keep an eye on your cholesterol and other indicators of heart health. Educational material provided. For more information, call 503-261-6611.

Bereavement Support Groups -- Free, safe confidential group meetings for those who have experienced the death of a loved one offered on various nights and locations. For information and registration, call 503-215-4622.

Maternity Water Workout -- Helping new moms regain muscle tone, strength, and flexibility, all in the support and freedom of the water. Call 503-256-4000 for more information.

Free Dental Services Day -- The Oregon Dental Association will host

Mission of Mercy dental clinic on Monday, Nov. 23 and Tuesday, Nov. 22 at the Oregon Convention Center. Teeth cleanings, x-rays, fillings, extractions and partial dentures will be performed on a first come, first-served and at no charge. Doors will open at 6 a.m.

Mind Body Health Class -- Learn and practice techniques to help you improve your mood, health and wellbeing, including effective ways to manage difficult emotions and chronic stress or illness. Registration is \$70 for Kaiser Permanente members and \$95 for nonmembers. Call 503-286-6816.

Red Cross Certification -- The Oregon Trail Chapter Red Cross now offers credits to help professionals maintain licensing or certification. For a cumulative list, visit pdxinfo.net.