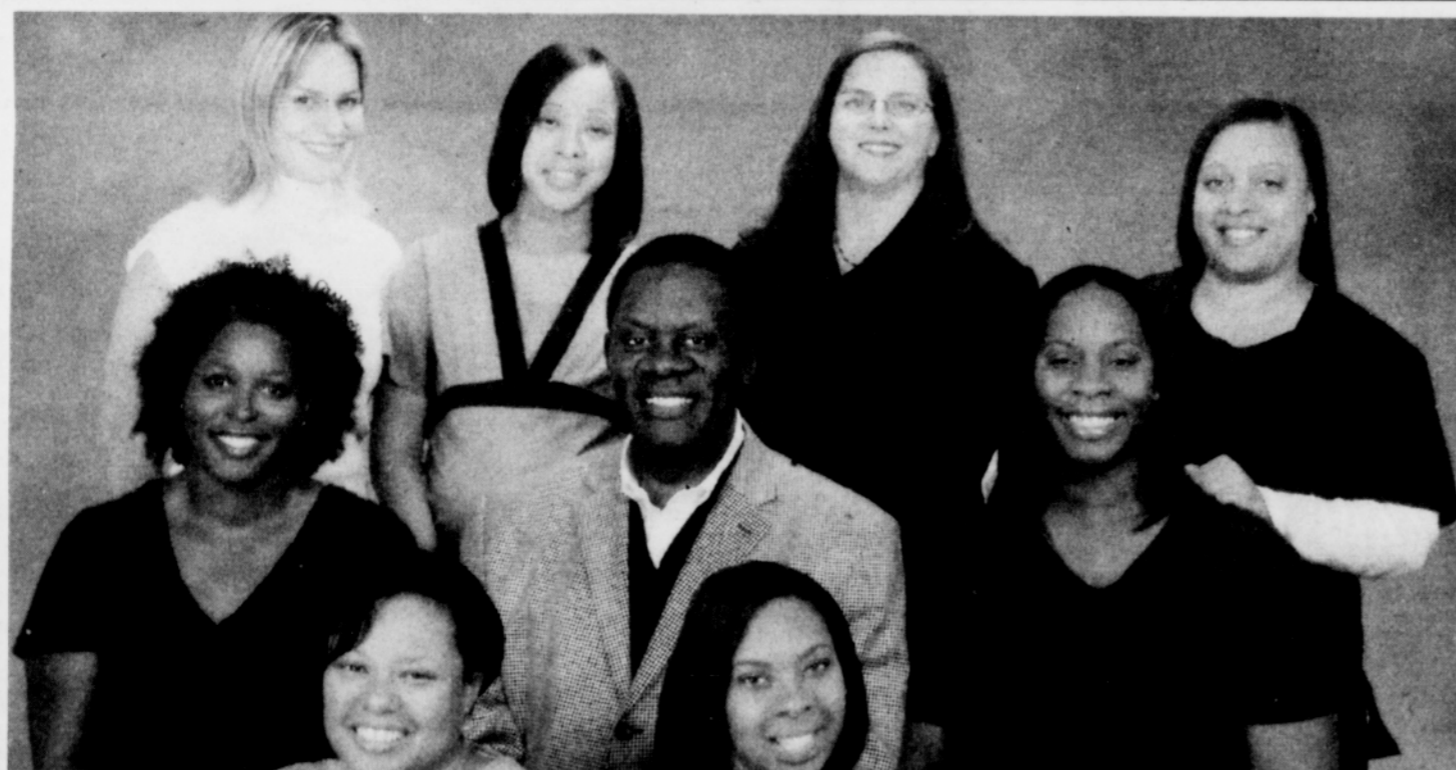


north_{by}
northeast
COMMUNITY HEALTH CENTER

May is High Blood Pressure Awareness Month!

High blood pressure (hypertension) is our country's most common health problem, affecting nearly one in three adults. Hypertension increases the risk of stroke and heart attack. Don't let this happen to you! Make sure your BP is under control. This month – and every month – we offer free blood pressure checks between 9:00 am and 5:00 pm Monday – Friday. Come on by!

3030 NE Martin Luther King, Jr. Blvd. | Portland Oregon 97212
503-287-4932 | nxneclinic.org



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 3. ALLERGIES: Why Chiropractic often works more effectively than drugs.

Q: Nothing else has ever really helped my allergies. What can Chiropractic possibly do?

A: First, take a look at the word itself. "Allergy" is a shortened form of "altered energy." Way back when patients first complained of allergic symptoms, it was obvious to the physician who coined the term that somehow, the body's energy configuration had shifted and caused the problem. Chiropractors now know that the central nervous sys-

tem controls the body's flow of energy. We also know that when the spinal column is out of alignment, it interferes with the central nervous system's flow of energy. When those nerves leading to the eyes or nose or throat are being interfered with, "altered energy" symptoms result. By correcting the source of the problem, not

just the symptoms, Chiropractic can often provide complete, lasting relief. Without drugs or drowsiness. For help with your allergy-related problems or answers to any questions you might have about your health, your will find that Chiropractic is often the answer. Call us for an appointment today.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212

Phone: (503) 287-5504

HEALTH

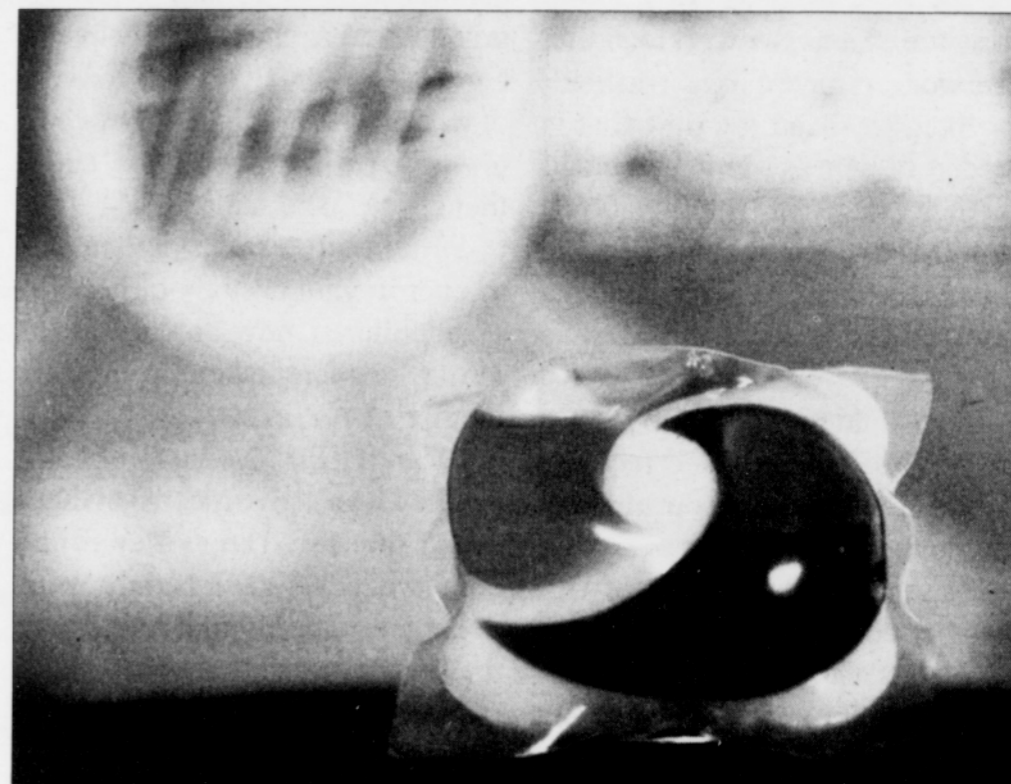
Laundry Pods Cause Safety Concerns

Children confuse packets with candy

(AP) — The maker of Tide Pods will create a new double-latch lid to deter children from accessing and eating the brightly colored detergent packets.

Procter & Gamble spokesman Paul Fox said the Cincinnati-based company plans to create a new lid on tubs of Tide Pods "in the next couple of weeks." The company continues to study the design of the package, Fox said.

Doctors say children sometimes swallow TidePods and similar laundry products, around 1 inch cubes that are meant to be dropped into a washing machine in place of liquid or powder detergent. Nearly 250 cases nationally have been reported to poison con-



Laundry detergent makers introduced miniature packets meant to be dropped into a washing machine in place of liquid or powder detergent. But doctors across the country say children are confusing the tiny, brightly colored packets with candy and swallowing them. (AP photo)

rol centers this year, a figure that's expected to rise. No deaths have been reported.

Almost all of the cases so far have been reported since March, when several companies began to market the packets. A handful of children have been hospitalized for several days.

Texas reported 71 instances of exposure this year, all but one in March or later. Missouri reported 25 cases related to the packets, and Illinois reported 26.

Some children might be confusing the tubs of colorfully swirled detergent packets for bowls of candy, said Bruce D. Anderson, director of operations at the Maryland Poison Center. Maryland has reported 15 cases this year.

"Kids are very bright and will find a way to get to something that they want to get to," he said.

Dr. Michael Buehler of the

Carolinas Poison Center said Tide's tougher lid could make a difference.

"In a nutshell, yes, it would be good, but I don't know enough," Buehler said. "It's too early to tell."

The packets appear to cause more severe symptoms than typical detergent, possibly because a single packet has a full cup's worth of detergent or because the packets might activate more quickly or differently.

In suburban Philadelphia, a 17-month-old boy climbed onto a dresser and popped a detergent package in his mouth. The boy vomited, became drowsy and started coughing, said Dr. Fred Henretig of the Poison Control Center at The Children's Hospital of Philadelphia. The boy was put on a ventilator for a day and hospitalized for a week.

Dr. Michael Buehler of the

Doctors Apologize for Nazi-era Crimes

(AP) — Germany's medical association has adopted a declaration apologizing for sadistic experiments and other actions of doctors under the Nazis.

In the statement adopted earlier this week in Nuremberg, the association said many doctors under the Nazis were "guilty, contrary to their mission to heal, of scores of human rights violations and we ask the forgiveness of their victims, living and deceased, and of their descendants."

In addition to performing pseudo-scientific experiments on concentration camp inmates, German doctors also were key to the Nazi's program of forced sterilization or euthanasia of the mentally ill or others deemed "unworthy of life."

The medical association says "these crimes were not the actions of individual doctors but involved leading members of the medical community" and should be taken as a warning for the future.