

# HEALTH

## Dark Chocolate for Heart Health

(AP) -- Australian researchers have found that eating dark chocolate daily over 10 years has "significant" benefits for high-risk cardiac patients and could prevent heart attacks and strokes.

A study of 2,013 Australians conducted at Melbourne's Monash University found that the consumption of 3.5 ounces of chocolate with a 70 percent or higher cocoa content every day was an effective measure to reduce risk.

Lead researcher Ella Zomer said the team found 70 fatal and 15 non-fatal cardiovascular

events per 10,000 people could be prevented over 10 years if patients at risk of having a heart attack or stroke ate dark chocolate.

"We've predicted significant health benefits of eating 100 grams of dark chocolate every day over a 10-year period," Zomer said of the study, published in the British Medical Journal.

"Our findings indicate dark chocolate therapy could provide an alternative to or be used to complement drug therapeutics in people at high risk of cardiovascular disease."

## Best Green Companies for Work

Oregon Business magazine is out with its 100 Best Green Companies to Work For in Oregon.

The employers were determined by an anonymous employee survey and an independent assessment of the employers' sustainability practices. There were 431 organizations and more than 20,000 employees participating in the project. Companies must enter either the 100 Best Companies survey or the 100 Best Nonprofits survey to be eligible for the 100 Best Green ranking.

The top 10 100 Best Green Companies are:

- Oregon Environmental Council, Portland
- Rose City Mortgage, Portland
- Standing Stone Brewing, Ashland
- Doubletree by Hilton Hotel Portland, Portland
- Sokol Blosser Winery, Dundee
- Research into Action, Portland
- Salem Conference Center, Salem
- Portland YouthBuilders, Portland
- SERA Architects, Portland
- New Seasons Market, Portland

For a full list of the 100 winners, visit to OregonBusiness.com.

**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.

**Senior Aerobics** -- A low-impact workout geared specifically toward seniors. Call 503-449-0783 for current schedule.

## HEALTH WATCH

**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](http://pdxinfo.net).

**Chronic Pain Support Group** -- Meets the first Wednesday at 4 p.m. to 5:30 p.m. and the third Wednesday of each month, from 7 p.m. to 8:30 p.m. For more information, call 503-256-4000.

**Cardiac-Rehab Exercises** -- A medically supervised exercise program for people dealing with heart conditions. For information, call 503-251-6260.

**Stroke Alert Screening** -- Check your carotid arteries with a painless ultrasound to assess your risk. Fee \$40. To schedule a screening, call 503-251-6137.

**Managing Chronic Hepatitis C** -- Third Wednesday of each month at 5 p.m. The informative session is led by a registered nurse to help you manage side effects of medications and dosage preparations and administration; doctor referral required. To register, call 503-251-6313.

**Better Breathers** -- An asthma educational support group meets on the 1st Tuesday of the month from 1:15 p.m. to 2:45 p.m. at Adventist Medical Center. For information, call 503-251-6830.

**Powerful Tools For Caregivers** -- 6-week educational series designed to help family caregivers take care of themselves while caring for relatives or friends with chronic illness. Class size is limited, and registration is required. Call 503-413-8018.

**Leg Alert Screening** -- Check for peripheral arterial disease with this safe, simple screening using ankle

and arm blood pressure. The fee is \$40. To schedule an appointment, call 503-251-6137.

**Smoke-Free Support Group** -- Meets Mondays, 7 p.m. to 8 p.m. For information, call 503-256-4000.

**Osteoporosis Screening** -- An ultrasound bone density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.

**Family Caregiver Support Group** -- This topic-oriented group offers a safe place to discuss the stresses, challenges and rewards of providing care to an older relative or friend. Meets the first Thursday of each month at 3 p.m. at Legacy Good Samaritan Hospital.

**Free Body Basics** -- This physician recommended class is appropriate for all ages and health conditions. Plan to attend this one-session class and learn the simple guidelines for safe exercises, including stretching. Call 503-256-4000 to register.

**Empowerment through Relaxation** -- Free informal meditation classes that address breathing techniques, some gentle ancient African yoga poses and mental balancing techniques. People have left these classes joyful and with a peaceful view of their lives. Call Dr. Marcelitte Failla at 503-228-6140.

**Tenderfoot Care** -- Treat your feet with a soak, nail trim, buffing and massage from a licensed nurse at one of six clinics or at your home. Call 503-251-6303 for more information.

**Cancer Resource Center** -- Providence St. Vincent Medical Center and the American Red Cross have joined forces to create the first in-hospital resource center providing books, printed material, computer access and more for individuals and families dealing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.

**Lead Poisoning Prevention** -- Learn how to protect your family from lead poisoning. Ideal for folks in live in older homes with children or pregnant women. Qualified participants receive a free kit of safety and testing supplies. Call 503-284-6827.



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 4. Stress: How Chiropractic can help ease life's day-to-day pressures.

**Q:** I hear a lot about stress these days. Just how serious is it?

**A:** Stress causes high blood pressure, which in turn is a major cause of strokes and heart disease. It can lead to asthma, arthritis, insomnia and migraines. It impairs the immune system and is estimated to cost the nation over \$100 billion each year in lost productivity, absenteeism and health care costs. That's pretty serious.

**Q:** I have a very stressful job. How can Chiropractic help me?

**A:** Modern Chiropractic care can help de-stress your body. By helping your nervous system work more smoothly, Chiropractic helps assure that all your body functions (including the ones negatively affected by stress) are working prop-

erly. What's more, today's Chiropractors can also help you with natural relaxation techniques such as yoga, massage and visualization. For less stress, or more answers to any questions you might have about your health, you'll 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