

HEALTH

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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 16: Chiropractic VS. Morning Stiffness: A deadly blow to the agony of awaking.

Q: I used to be so stiff in the morning I could scarcely tie my shoes. Worst of all I was only 37 years old. Now that's all changed since coming to your office. I'm eternally grateful to you and Chiropractic. I just don't see how it works so well, particularly with-out medication.

A: We very much appreciate your kind compliment. It is true that many of our patients do rest better at night and wake up feeling more relaxed and refreshed. Chiropractic works by taking the stress and irritation off the ner-

vous system. As the nervous system gets well, you will notice that the spine begins to lose the rigid stiff feeling that it had. Muscles can begin to relax because they don't have to work to make the body bend and move. When the nerves are finally as healthy as they should be, the body will reflect that by being flexible and well

rested. If you have had problems with muscle stiffness, trouble resting or if waking up gives you the feeling that you've been through World War II, it's a great time to wake up to the feeling of Chiropractic! Call today for an appointment. Isn't it time you stepped up to Chiropractic?

Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland Oregon 97212

Phone: (503) 287-5504

HEALTH WATCH

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.

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

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.

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.

Parenting Classes -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

Heart Talk Support Group -- Meets on the second Monday of each month; from 6 p.m. to 8 p.m. For more information, call 503-251-6260.

Families with Mental Illness -- A free, 12-week course for people whose family members live with mental illness is offered at Emanuel Hospital, Mt. Hood Medical Center and Providence Medical Center. The course has been described as "life-changing" by former participants. Registration is required by calling 503-203-3326.

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.

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