

HEALTH



Bounce House Injuries Explode

A nationwide study released Monday found inflatable bounce houses can be dangerous and the number of kids injured in related accidents has soared 15-fold in recent years. The numbers suggest 30 children a day are treated in emergency rooms for broken bones, sprains, cuts and concussions from bounce house accidents. (AP photo)

Health Equity Alliance Kickoff

Uniting people of color organizations across the state, the Oregon Health Equity Alliance is a grassroots effort to ensure equal health for all Oregonians.

Community members, leaders, and elected officials will join the alliance for a kickoff celebration on Thursday, Nov. 29 at 6 p.m. at Irvington Covenant Church, 4003

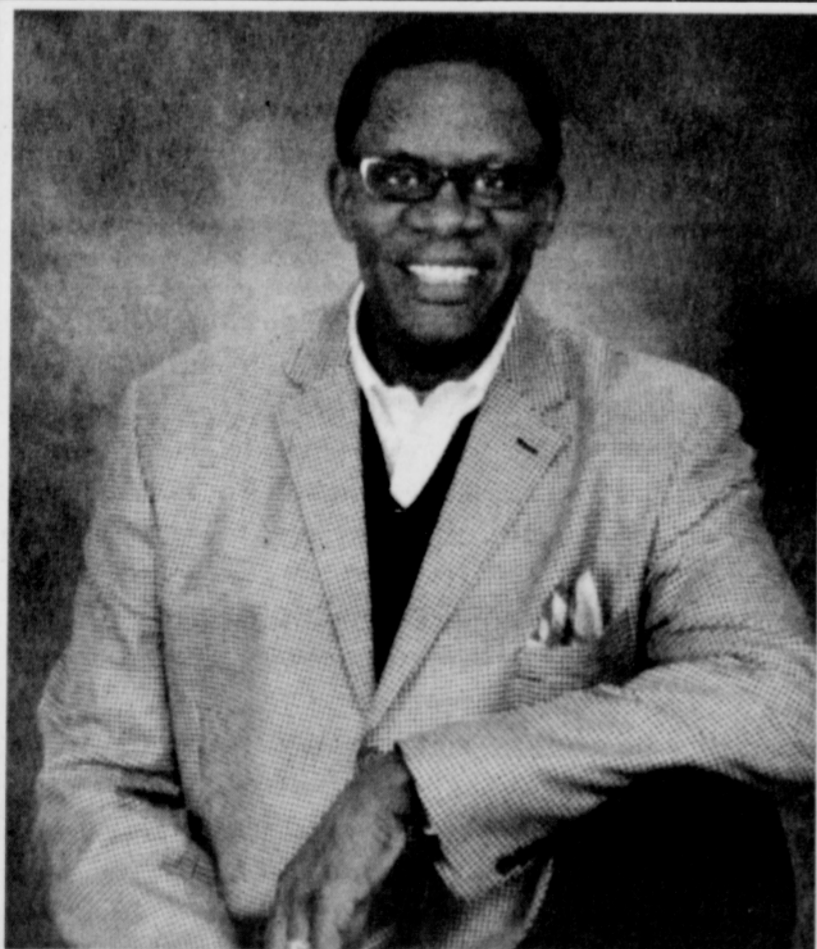
N.E. Grand Ave.

The event is sponsored by the Urban League of Portland, APANO, Causa Oregon, Center for Intercultural Organizing, Oregon Action,

and the Oregon Latino Health Coalition. The Portland Interfaith Gospel Choir will perform.

The Equity Alliance mission is to improve the health outcomes for underserved communities, particularly communities of color, immigrants and refugees.

Their top priorities for 2013 include tuition equity for immigrant students, driver's license restoration, improved data collection and analysis, prenatal health care for all women and cultural competency training for health professionals.



Dr. Billy R. Flowers

THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

Part 30. Genuine Benefits of Chiropractic Help

Q: Can a chiropractor really help my problems?

A: You have no doubt heard how chiropractors helped a friend's headaches, neck pain, neck stiffness, back pain or fatigue?

But, it is perfectly normal for you to wonder whether a chiropractor can really your particular problems. Your headaches. Your neck pain and/or stiffness. Your back pain or other symptoms. Problems you may have had for some time.

The truth is, doctors of chiropractic are extremely successful at eliminating many symptoms. Often more quickly and effectively than other healing methods.

But, your doctor of chiropractic can do so much more for you than just treating symptoms. Your chiropractor is concerned with making sure your entire body is functioning properly. Therefore, your

chiropractor goes beyond treating your immediate symptoms to make sure your body is still functioning efficiently. That is the only way true health can be achieved.

But we aren't the only ones who have said it. Chiropractic has been accepted by the ultimate authority; you the people.

Flowers' Chiropractic Office

2124NE Hancock, Portland Oregon 97212 • Phone: (503) 287-5504