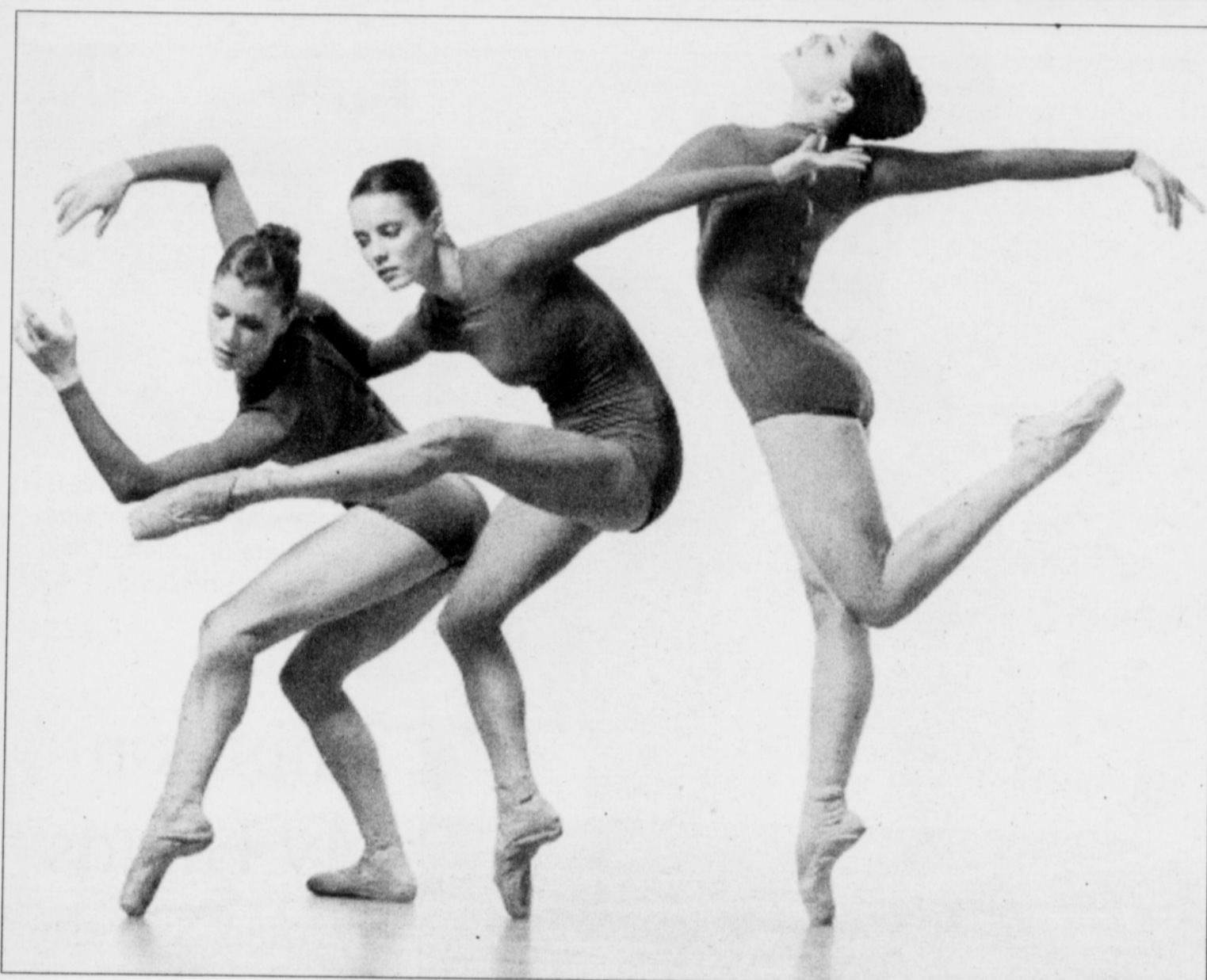


Arts & ENTERTAINMENT



Breathtaking Choreography

Called 'simply breathtaking' the Aspen Santa Fe Ballet kicks off White Bird's 16th anniversary season on Wednesday, Sept. 25 at the Arlene Schnitzer Concert Hall. The 11-member company will perform a unique program featuring today's most compelling international contemporary choreographers. For tickets and more information, visit whitebird.org.

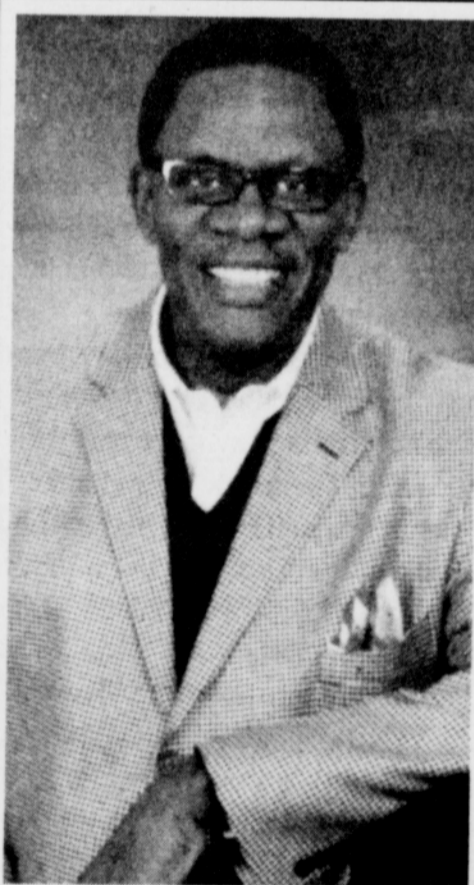


Showdogs is a full service salon. We do baths, all over hair cuts, tooth brushing, nail trims, soft claws, flea treatments, mud baths, and ear cleaning. We also have health care and grooming products to keep your pet clean in between visits.

Show Dogs Grooming Salon & Boutique
 926 N. Lombard
 Portland, OR 97217
503-283-1177

Tuesday-Saturday 9am-7pm
Monday 10am-4pm

*Yo dawg is gonna look like a show dawg
 and your kitty will be pretty.*



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 35. Different Benefits by Age Group

since the delivery process itself causes a high percentage of subluxations, infants to need chiropractic care.

Obviously, children and infants are treated differently than adults. There are new, highly sophisticated methods of adjusting children and infants to insure the best possible results with the least possible discomfort. Though young children can't tell you they're in pain, their irritability is often a sign of the need to be checked.

Young Adults and Teenagers

More and more young adults and teenagers are getting involved in active sports. As a result, more and more of them are getting injured, requiring prompt chiropractic care.

Obviously half of the girls in our society develop scoliosis (curva-

ture of the spine) during puberty. Left untreated, scoliosis keeps getting worse over time. However, it can almost always be corrected when chiropractic care is initiated in time.

Needless to say, every teenage girl should be checked regularly for scoliosis and all teenagers and young adults should see their chiropractor regularly to make sure their newly active sports lives aren't creating spinal problems they'll have to live with the rest of their lives.

Adults

The world today is experiencing a terrible level of stress. Long work weeks, seemingly impossible deadlines and economic woes create incredible pressures. In addition, most adults breathe in polluted air,

drink chemically treated water and consume an average of nine pounds of food additives and chemical preservatives in a year, putting even more stress on their bodies. One sure way to keep the stress level from causing potentially dangerous subluxations is with regular chiropractic checkups.

Senior Citizens

Retirement age for many people has become just plain tiresome. Aches and pins, often the result of untreated subluxations, abound. Yet it hardly seems fair that having to suffer with pain or being drugged into numbness are fair rewards for all the years of hard work.

Depending on the degree of subluxations degeneration, your chiropractor can often provide help.

For senior citizens who've been fortunate enough to suffered minimal trauma in their lives, virtually complete spinal recovery should be almost as easy as it would be for younger people.

For those who have suffered needlessly for years, your chiropractor can often slow or stop the degeneration, making life more comfortable. It is certainly worth the effort so that our senior citizens get the dignity of health care they deserve.

Something for Everyone

As you can see, there are practically as many reasons to have regular chiropractic checkups as there are people. Make an appointment for yourself and your loved ones soon.

Flowers Chiropractic Office
 2124 NE Hancock
 Portland, Oregon 97212
 Phone: (503) 287-5504

Infant and Young Children

Other mothers are often amazed to see a mother carrying her infant out of the adjusting room. And yet,

Flowers' Chiropractic Office

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