



PHOTO BY LYNN KETCHUM

Oregon State University tests at the Food Innovation Center in Portland showed consumers like bread with less salt.

Taste Test for Breads with Less Salt

Consumers can't tell the difference

Consumers can't tell the difference between regular bread and bread with 10 percent less salt, according to taste tests by Oregon State University.

Researchers at OSU's Food In-

novation Center in Portland asked nearly 200 people to sample slices of whole wheat sandwich bread made with normal salt levels as well as ones with 10 percent, 20 percent and 30 percent less salt.

People tasted a difference in the 20 percent and 30 percent reductions, but they still liked the appearance, texture, smell, and taste of the breads.

"It's surprising that reducing

sodium by nearly a third did not negatively affect how much consumers wanted to buy bread," said Ann Colonna, who manages the sensory science program at the center. "The results suggest consumers would not be able to detect small, incremental cuts to sodium in bread over time."

"Small reductions are also feasible to manufacturers," Colonna added, "and wouldn't require much

reformulation to existing recipes."

Sodium chloride, or salt, is often added to foods to enhance flavor. Bread is one of the largest contributors of sodium in the American diet, according to the Centers for Disease Control. But too much sodium increases the risk of high blood pressure, which can lead to heart disease and stroke — together the leading cause of death in Oregon and the United States, Colonna said.

Helpings of Nuts Good for Health

Help yourself to some nuts this holiday season: Regular nut eaters were less likely to die of cancer or heart disease — in fact, were less likely to die of any cause — during a 30-year Harvard study.

Nuts have long been called heart-healthy, and the study is the largest ever done on whether eating them affects mortality.

Researchers tracked 119,000

men and women and found that those who ate nuts roughly every day were 20 percent less likely to die during the study period than those who never ate nuts. Eating nuts less often also appeared to

lower the death risk, in direct proportion to consumption.

The risk of dying of heart disease dropped 29 percent and the risk of dying of cancer fell 11 percent among those who had nuts seven or more times a week compared with people who never ate them.

Breaking Bad Cycles

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challenges of helping these youth transition back into the community. They also receive continuing guidance, training and resources.

Since Big Brothers, Big Sisters established the program in 2010 more than 30 youth from the Portland metro area have been helped. The results have brought them better social confidence and improved scholastic competence, educational expectations, and parental trust.

Second Chance mentors include adults previously involved in the justice system, educators, lawyers, police officers, members of the faith-based community and others who have a passion for working with older at-risk youth.

Clothing Donations

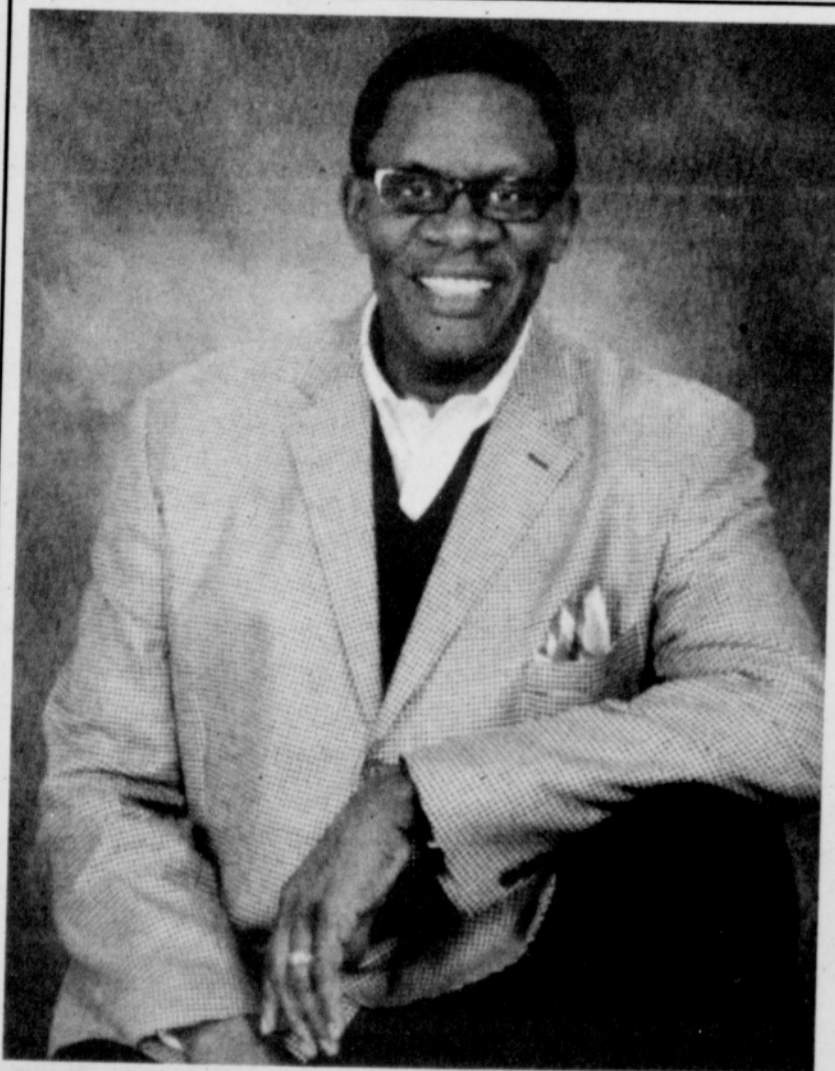
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and women's underwear (all sizes), tarps, blankets, and sleeping bags.

You can drop donations off Monday through Friday, 10 a.m. to 3 p.m., at the organization JOIN, 1435 S.E. 81st Ave. Folks can also bring donations to the Janus Youth administrative offices located at 707 N.E. Couch St., Monday through Friday, 9 a.m. to 5 p.m.

Street Roots vendors are in need of little hotties hand warmers, socks, gloves, hats and scarves. You can drop them off at 211 N.W. Davis St.

If you are interested in getting a group together and help with a meal for the Human Solutions Winter Family Shelter, connect with Kristi, 503-730-4754. Transition Projects is also in need of larger coats, gloves, hats, gloves, socks, blankets, coats and warm clothing in general. You can donate 24/7 at 665 N.W. Hoyt.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 13. Shoulder Pain: Why many people cannot, and should not, take it lying down.

Q: My shoulders hurt so bad at times, I can hardly sleep. What can Chiropractic do for me that no one else has been able to?

A: Shoulder pain is without question, one of the most debilitating types of pain we encounter. Because the shoulder is so intricately related to the spine, virtually any movement can be excruciating. It is not at all uncommon to see cases like yours where patients' hurt so bad, they cannot even get a decent night's sleep. To Complicate matters, many patients go

from doctor to doctor seeking relief, being told they have bursitis at one office, tenosynovitis at another and so on until they return home confused, frustrated and still in agony. As Chiropractors, we are concerned about nerve flow to the various parts of the body. Of course, we look to see if a bursal sac has been traumatized or if a tendon has been injured. But more importantly, we look to

see what caused the injury. You see, the cause was there long before the pain itself. By treating the cause, we not only relieve the pain, don't suffer through another sleepless night. Call for an appointment to find out how Chiropractic can eliminate the cause of the problem once and for all. Or feel free to call us if you have any questions whatsoever about your health.

Flowers' Chiropractic Office

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