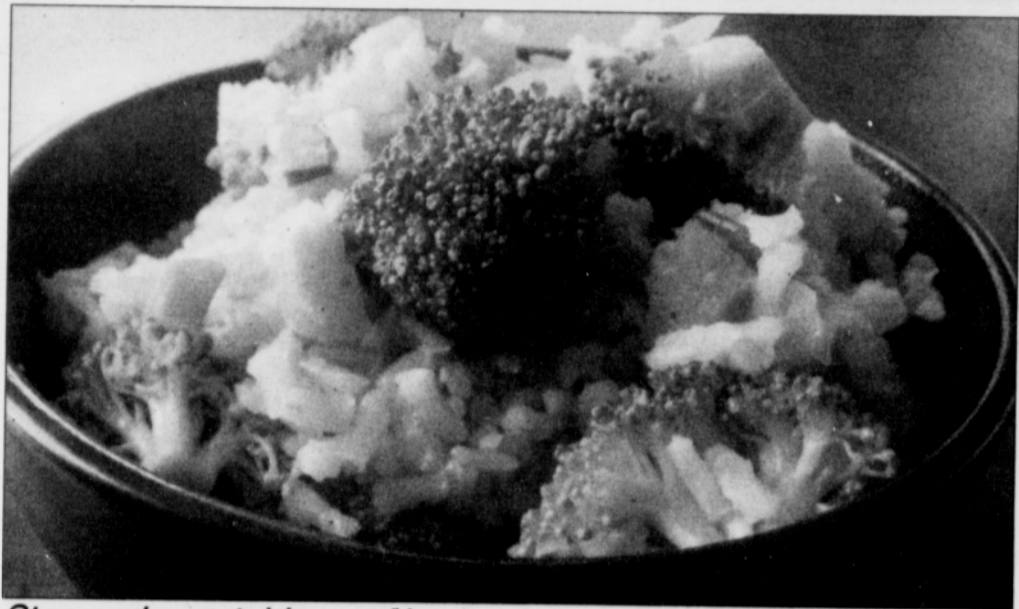


# FOOD



Steamed vegetables and brown rice are healthy dietary choices.

## Health Benefits of Steamed Vegetables Brown Rice

Diet is important in ensuring obtaining enough nutrients to provide energy and keep organs and tissues functioning properly. In the long term, a healthy diet can also help avoid certain potentially serious disorders such as heart disease and diabetes. Adding steamed vegetables and whole grains such as brown rice to daily meals is a good strategy to maintain health and remain disease-free.

### Steaming Vegetables

Steaming vegetables is a cooking method in which water vapor in steam cooks vegetables gently, without immersing the food in hot water. This allows them to maintain more of their nutrient content. You can steam vegetables on the stove top by suspending them in a vented basket over a small amount of boiling water or in a microwave, with a small amount of water added to the container. Steaming vegetables is a good choice compared to boiling them in water or frying them. It softens the vegetables and is unlikely to overcook them when timed carefully. It also avoids the use of fat, which is added when vegetables are fried.

### Vitamins and Phytonutrients

Vegetables are generally rich in vitamins. Several important vitamins are water-soluble, including vitamin C and the eight vitamins that make up the B-complex family. Because these vitamins are leached out of food by immersion in water, steaming vegetables preserves them more effectively than boiling. Vegetables also contain healthy, natural antioxidant compounds called phytochemicals. In a comprehensive study of cooking methods published in the "Journal of Agricultural Chemistry" in 2008, researchers found that water-cooking methods such as steaming preserved antioxidant chemicals in vegetables. Antioxidants help protect you from damaging effects of free radicals, biochemical byproducts made in your organs that can damage cellular components and raise your risk for heart disease, cancer and other disorders.

continued ▼ on page 20

## By Faith International Group Ministry "West" You are invited to join us for our 1st Anniversary



For information call  
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770 375-5468  
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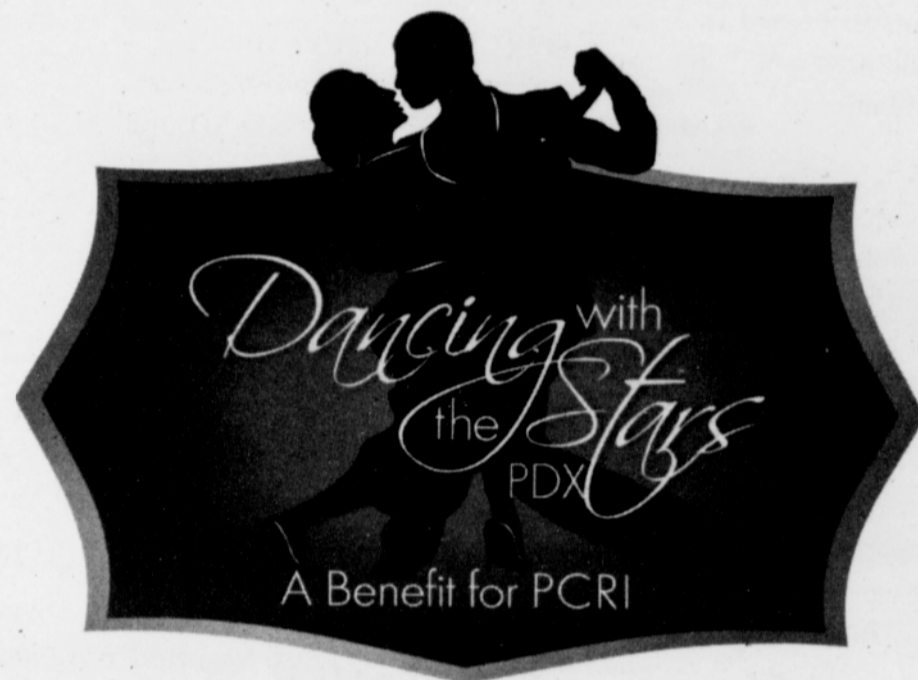
March 20-21 at 6:30pm

March 22 at 12:00pm

(\$10.00 donation Luncheon/Fashion Wear)

March 23 at 3:30pm

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PCRI is bringing out the stars to celebrate our 3<sup>rd</sup> annual gala.

Please join us for an evening like no other in Portland: **Saturday, March 15, 2014.**

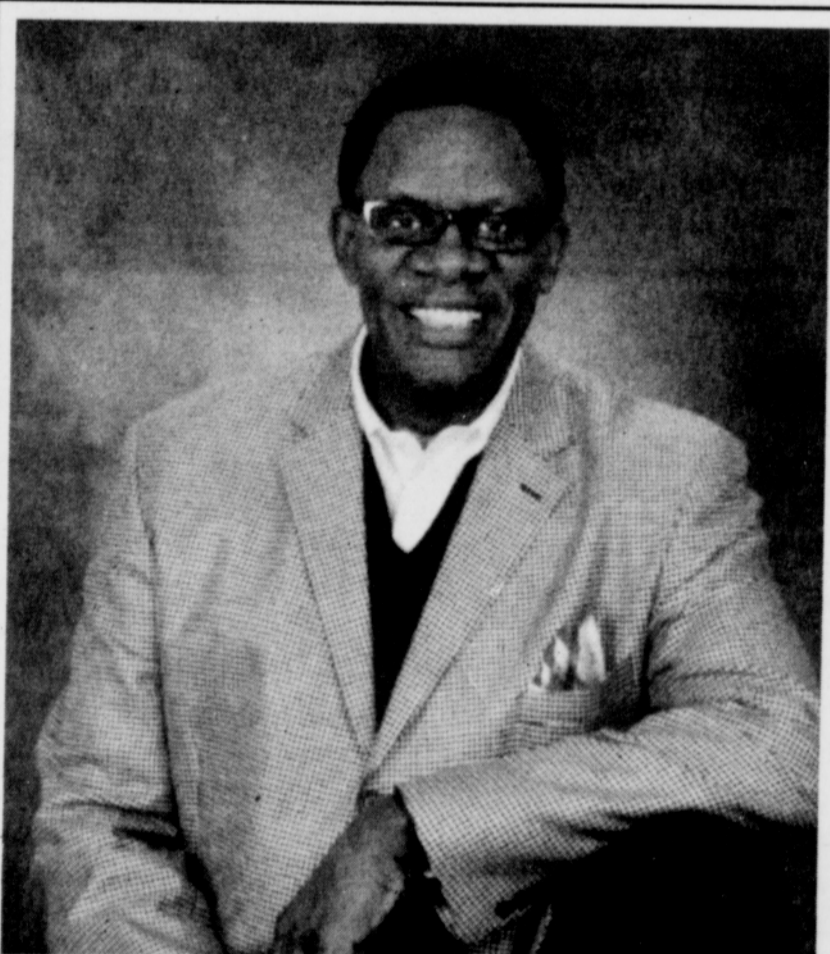
Enjoy a lively reception and plated dinner followed by a dramatic dance competition featuring local celebrities paired with professionals from Fred Astaire Dance Studio.



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Multnomah County Commissioner  
Loretta Smith  
and  
Metro Councilor Sam Chase

Visit [pcrigala.org](http://pcrigala.org) to learn more and purchase tickets.

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Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### Part 23. Chiropractic And Knees: Knees need to know how Chiropractic helps too.

**Q:** My right knee hurts terribly all of the time. It has been swollen several times to the point of needing to be drained. Can Chiropractic help?

**A:** Your case sounds familiar. It reminds me of one case in particular. A man once came to my office for consultation. He wanted to show me his knee but his slacks were so tight from swelling in his knee that

he could not pull his pant leg up to show me. I talked to him about his knee and showed him graphs of the nervous system and how it affects the knee. He decided to become a Chiropractic patient and has had no problem with his knee since. Within days the swelling was out of his knee. Like so many patients, he had

an added bonus. His back was stronger and healthier than it had been in years. His headaches disappeared. In short, he got that healthy happy feeling of Chiropractic. If you have knee pain or if you have any question concerning your health at all, call us today, Isn't it time you stepped up to Chiropractic?

### Flowers' Chiropractic Office

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