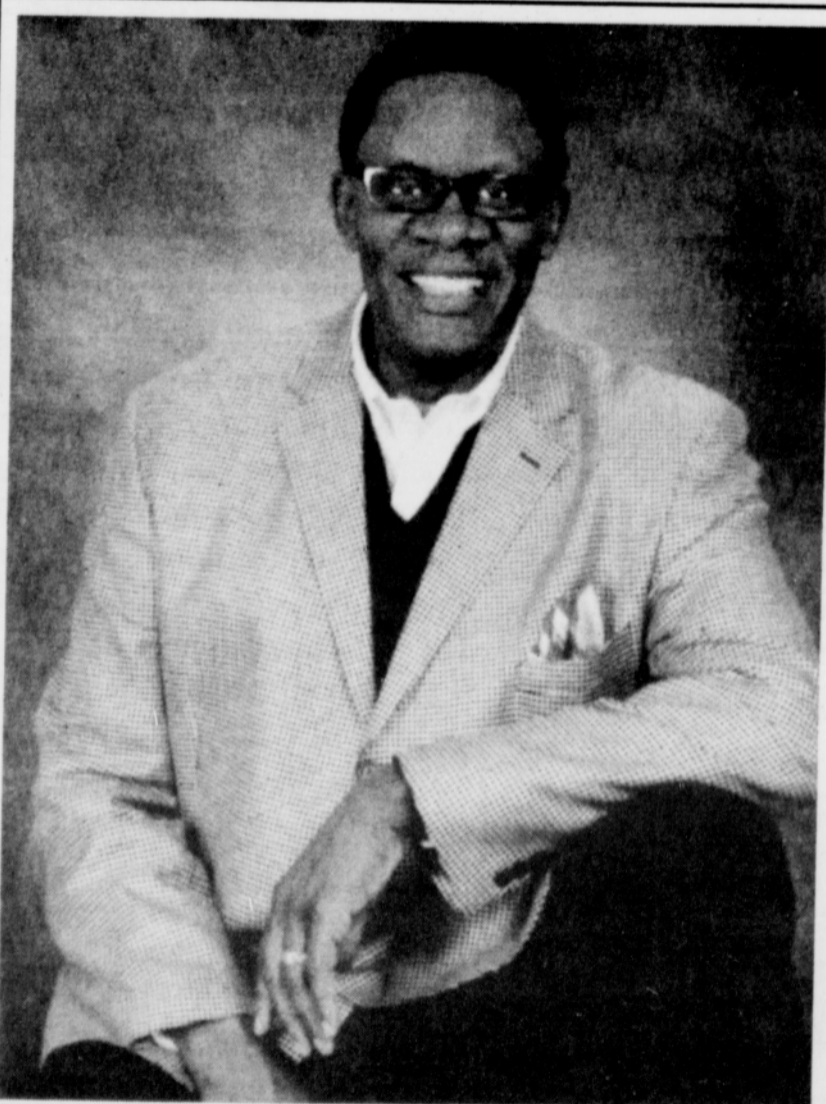




## Support for Black Officers

Newly elected representatives of the local chapter of the National Organization of Black Law Enforcement Officers take their oath of office from Multnomah County Circuit Court Judge Adrienne Nelson during a recent ceremony. Pictured (from left) are Roy Jay, Kevin Modica, Norma Gaines, Derrick Peterson and Derek Rodrigues.



Dr. Billy R. Flowers

### THE SPINA COLUMN™

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

#### Part 4. Stress: How Chiropractic can help ease life's day-to-day pressures.

**Q**: I hear a lot about stress these days. Just how serious is it?

**A**: Stress causes high blood pressure, which in turn is a major cause of strokes and heart disease. It can lead to asthma, arthritis, insomnia and migraines. It impairs the immune system and is estimated to cost the nation over \$100 billion each year in lost productivity, absenteeism and health care costs. That's pretty serious.

**Q**: I have a very stressful job. How can Chiropractic help me?

**A**: Modern Chiropractic care can help de-stress your body. By helping your nervous system work more smoothly, Chiropractic helps assure that all your body functions (including the ones negatively affected by stress) are working properly. What's more, today's Chiropractors can also help you with

natural relaxation techniques such as yoga, massage and visualization. For less stress, or more answers to any questions you might have about your health, you'll find that Chiropractic is often the answer. Call us for an appointment today.

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