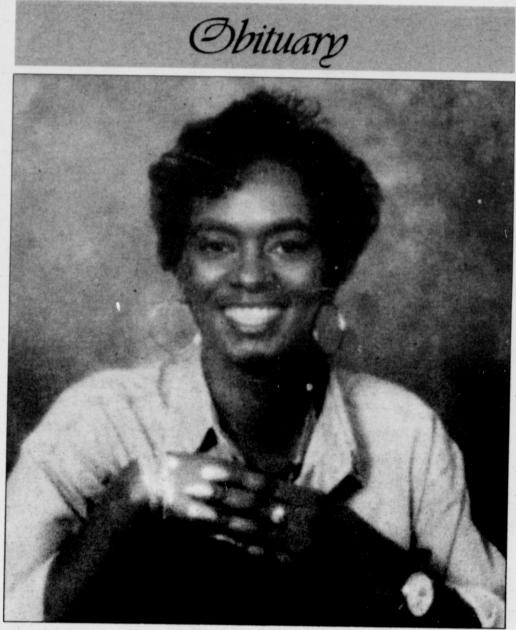
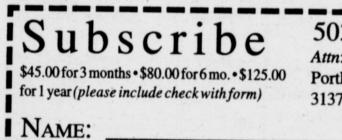
## The Portland Observer



## In Loving Memory Connie Moore-McCool

Services for Constance "Connie" Moore-McCool, who was born March 21, 1962 and passed away on Aug. 21, 2014, will be held Thursday, Aug. 28 at 1 p.m. at Highland Christian Center, 7600 N.E. Glisan.

The family would like to thank everyone for all your prayers and support.



**TELEPHONE:** 

503-288-0033 Attn: Subscriptions, The Portland Observer, PO Box 3137, Portland OR 97208.

Нарру **Birthday** Audrey Washington





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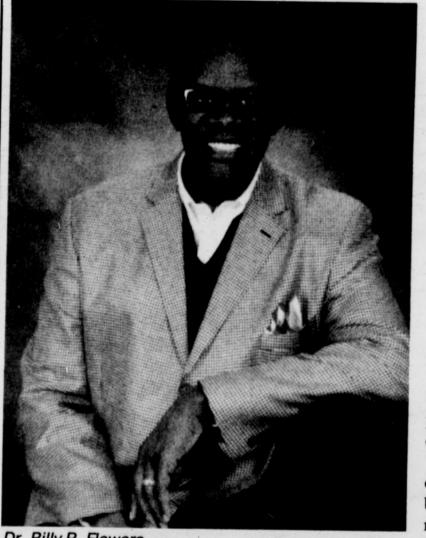
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Dr. Billy R. Flowers

Dwight A. Terry Oregon License CO-3644 Amy S. Terry Oregon License FS-0395

THE JA COLUMN

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

## Part 12. Regular Checkups: As important to your back as they are to your eyes or teeth.

I don't have any serious back problems. Why should I see a Chiropractor?

: That is a good question. Sometimes we don't realize that a small crick in the neck or some slight back discomfort is beginning of larger problems which are often much more difficult to treat at a later stage in life.

Unfortunately, eight out of ten Americans will be struck down by severe low back pain at one time or another. The mechanical or structural defects of the back usually develop slowly and with very little pain, but if left untreated, may disable you for days, months or sometimes permanently. The likelihood of disability increase dramatically in over 30. Fortunately, we are able to avoid many spinal problems with regular, precautionary checkups. Just as an eye exam or dental checkup prevents potential problems or corrects the problems or in its early stages,

so do Chiropractic checkups. Detected early, spinal defects are not only easier to treat, but may save a lot of pain and money, as well as reducing the chance of a disabling spinal disorder. To arrange for your checkup, or for answers to any questions you might have about your health, call our office at the number below.

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