

# HEALTH

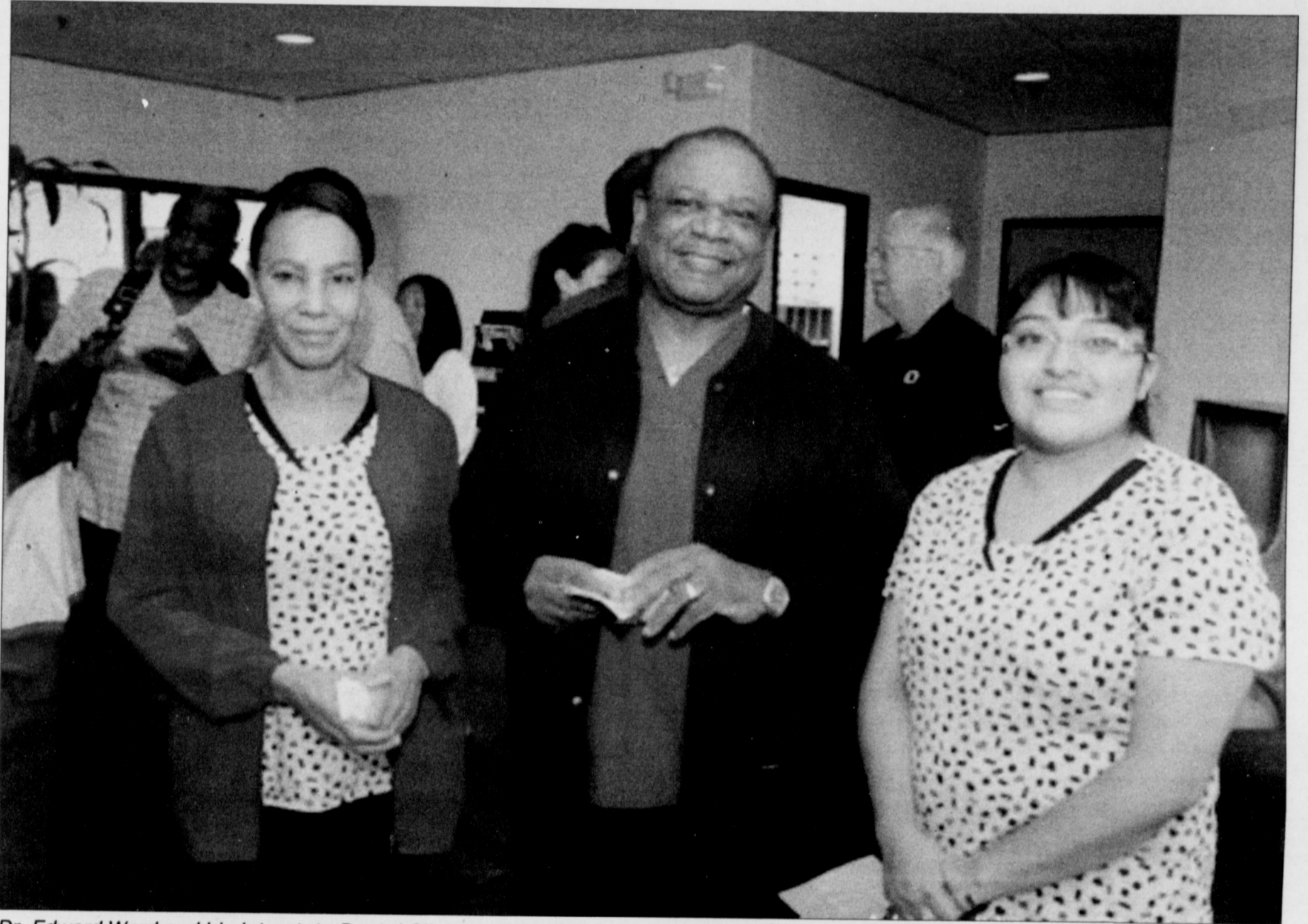
## Providing Dental Care for 38 Years

**Dr. Ward on the importance of healthy teeth and gums**

Dr. Edward Ward has some important tips to understand the overall importance of caring for your teeth and gums. Dr. Ward and his Interstate Dental Clinic staff have been serving the dental needs of Portland for over 38 years.

According to the Academy of General Dentistry, a healthy mouth also has a connection to good heart health.

Studies have shown that there is a link between cardiovascular disease and periodontal (gum) disease, the chronic inflammation and infection of the gums and surrounding tissue. Forms of gum disease, such as gingivitis (gum inflammation) and periodontitis (bone loss) can be indicators for cardiovascular problems, which is why it is important



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## Mental Health Practice Opened

By OLIVIA OLIVA  
THE PORTLAND OBSERVER

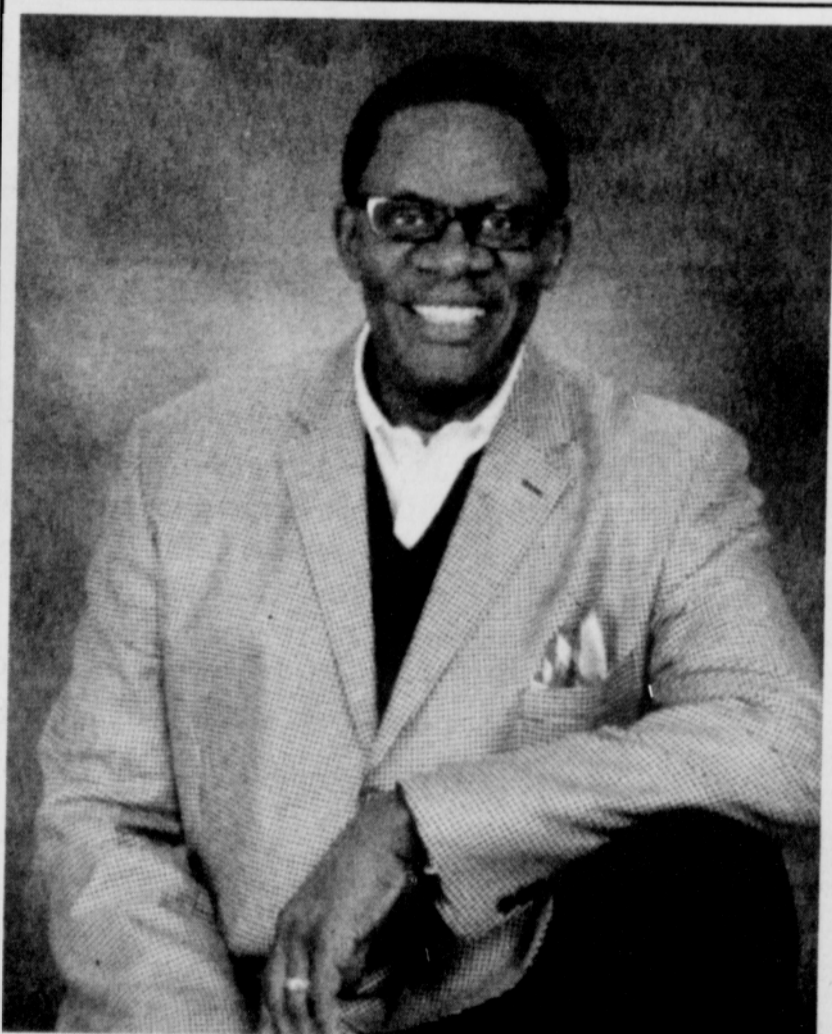
Ime Kerlee started her private practice "PDX Trauma Free" to fill a gap in service for

people of color and other marginalized groups. As someone who grew up in Portland, she understands the experiences of race and racism for people just moving to here and people who have lived here forever, and how this both im-

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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 17. Understanding Pain:

#### Why do you have it? How can you get rid of it?

**Q:** My friend constantly takes pills. I've tried to convince her to see a Chiropractor. Can you make any suggestions?

**A:** You might try asking your friend this: "If you heard a fire alarm going off in the middle of the night, would you call the Fire Department or would you

Yank the wires out of the wall and calmly go back to sleep?" You see, pain is your nervous system's fire alarm. Pain pills may alleviate the pain

but will do nothing to take the stress off the spine and nervous system. When the body yells, "Fire!" and you experience pain; it is trying to get your attention that it is being injured. When there is stress in the nervous system, this is a serious problem.

The nervous system controls every other function of the body and left un-

treated can cause ill-health in other areas of the body as well. Our specialty is finding the cause of your problem and taking care of it, painlessly, without drugs... Just as nature intended. If you suffer from pain, stop pulling the alarm wires from the walls. Together, we can put the fire out... for good!

**Flowers' Chiropractic Office**

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