

Arts & ENTERTAINMENT

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Edgy, Versatile and Fresh

The Latin Grammy nominated female band Mariachi Flor de Toloache bring their edgy, versatile and fresh take on traditional Mexican music to the Newmark Theatre, downtown, on Thursday, Feb. 23 at 7:30 p.m.

Learn the role African Ancestry plays in high-risk breast cancers



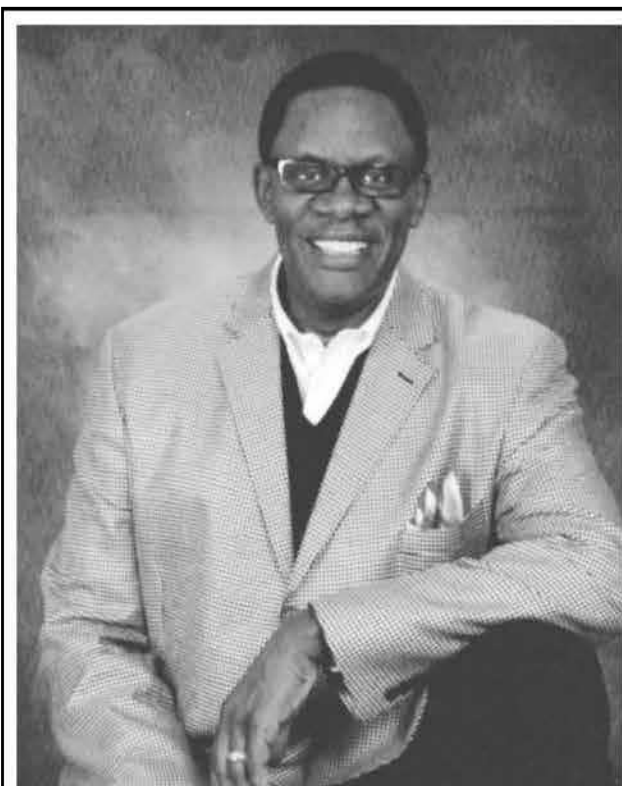
Lisa Newman, MD, MPH,
Henry Ford Health System, Detroit MI

bci 2017 REGIONAL BREAST
CANCER ISSUES CONFERENCE

March 11, 2017

DoubleTree Hotel | 1000 NE Multnomah St.

Register at Komenoregon.org



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 27. Chiropractic VS Migraines:

Saying goodbye to the most menacing of headaches

Q: Can anything be done for migraines? I've had them for the last 20 years and I sincerely can't take it much longer.

A: I had a patient once ask the same question. Her concern, however, was that Chiropractic might hurt. After becoming a patient, she began to make progress. Slowly but surely the nauseating effects of the migraine were leaving her. One day, relaxed and without pain, she said to me "I can't believe that I waited 20

years for this!" That's one comment I'll never forget! The story had a happy, but isn't it sad that it had such an unfortunate beginning. So many suffer for so long with their pain. They literally waste years of their lives, waiting, thinking that it is just a temporary condition. Life itself is a temporary condition. We are all here

for only a while. Why waste one precious moment, let alone years suffering needlessly? Find your freedom through good health NOW... naturally. Find your freedom through Chiropractic...and make each day count. Isn't it time you stepped up to safe, effective Chiropractic?

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