




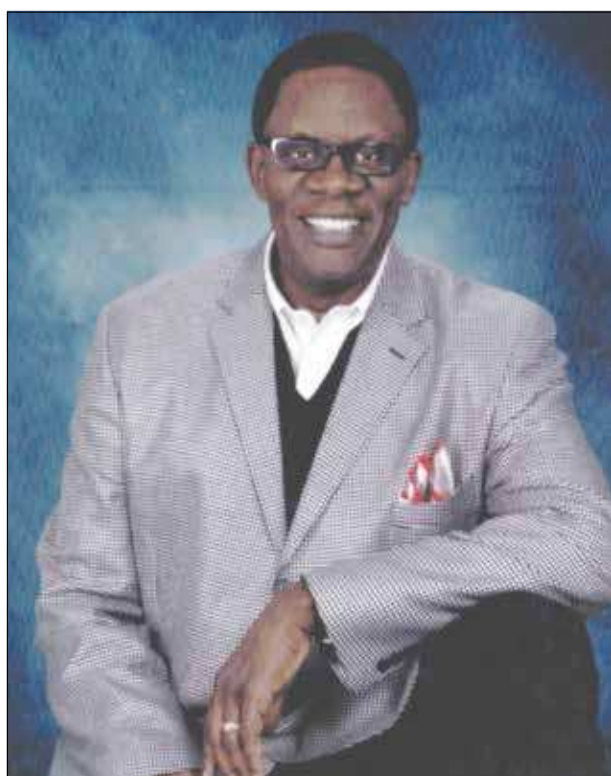
# It Does Good Things™

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## October 2017 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>8</p> <p><i>Edward Ormondroyd born, 1925</i> <i>The Great Chicago Fire started (1871)</i></p>	<p>9</p> <p>Leif Ericson Day Columbus Day Thanksgiving Day in Canada Moldy Cheese Day</p>	<p>10</p> <p><i>James Marshall born, 1942</i> <i>Henry Cavendish born in England in 1731</i></p>	<p>11</p> <p><i>Eleanor Roosevelt born, 1884</i> <i>First Steam-Powered Ferryboat 'Juliana' began operations in 1811</i></p>	<p>12</p> <p>☾ National Poetry Day (England) Farmer's Day Dia de la Raza (Mexico)</p>	<p>13</p> <p>Margaret Thatcher born in 1925. <i>Molly Pitcher (Revolutionary War Heroine) born, 1754</i></p>	<p>14</p> <p><i>Lois Lenski born, 1893</i> <i>Dwight David Eisenhower (34th President) born, 1890</i></p>
<p>15</p> <p>National Grouch Day</p>	<p>16</p> <p>Dictionary Day <i>Noah Webster born, 1758</i> <b>World Food Day</b></p>	<p>17</p> <p>Black Poetry Day <i>San Francisco Earthquake (1989)</i></p>	<p>18</p> <p><i>Mason-Dixon Line Established (1767)</i> <i>Puerto Rico Became U.S. Colony In 1898</i></p>	<p>19</p> <p>● <i>Thomas Edison Electric Light, 1879</i> <i>Final battle of the Revolutionary War (1781)</i></p>	<p>20</p> <p><i>Sir James Chadwick (Discoverer of the Neutron) born, 1891</i></p>	<p>21</p> <p>Sweetest Day <i>Guggenheim Museum Opens (1959)</i></p>
<p>22</p> <p>Mother-in-Law's Day National Nut Day</p>	<p>23</p> <p><i>iPod First Revealed (2001)</i> Red Ribbon Week (Oct 23-31)</p>	<p>24</p> <p><i>Bruno Munari born, 1907</i> National Bologna Day United Nations Day</p>	<p>25</p> <p><i>Pablo Picasso Born in Spain in 1881</i></p>	<p>26</p> <p><i>Hillary Rodham Clinton born, 1947</i> <i>International Red Cross Organized In Geneva, Switzerland in 1863</i></p>	<p>27</p> <p>☾ <b>Theodore Roosevelt born in 1858</b></p>	<p>28</p> <p><i>Bill Gates born, 1955</i> Plush Animal Lover's Day <i>Statue of Liberty dedicated in 1886</i></p>
<p>29</p> <p><i>Stock Market Crash - 1929 (1929)</i></p>	<p>30</p> <p><i>John Adams born in 1735.</i> <i>Emily Post (author) born, 1873</i></p>	<p>31</p> <p><b>Halloween</b> <i>Juliette Gordon Low Born in 1860, she started United States Girl Scouting in 1912</i></p>	<p>October is Breast Cancer Awareness Month </p>			



Dr. Billy R. Flowers

### THE SPINA COLUMN™

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

#### Part 25. Chiropractic and Fitness: The way to wellness in the eighties

**Q:** I continue to hear that diet and exercising are helpful in maintaining a strong body. But where do I begin? There is so much literature and when I ask my doctor he seems unconcerned. How can I get started?

**A:** A good way to begin is with the basics. Since 1895 Chiropractic has been the leader in teaching the basics of health to our society. Good health must include proper nutrition. A general rule of thumb is that foods high in fiber are best for you.

Limit your meats and refined foods as well as alcohol. Get plenty of exercise. For most people it only takes an hour or so a week to stay fit. Walking at a brisk pace with good arm swing is excellent. Rest is paramount. Everyone feels better after a good nights sleep. In Chiropractic, we will often recommend relaxation exercises as well. Have a joyful spirit. Scientists know now that our attitudes actually

affect our entire chemistry. Finally, always keep a healthy nervous system. Chiropractic is especially suited for understanding the effect of stress on the nervous system and how to eliminate it. Total fitness can be only a call away and worth so much more than just another pain prescription. Isn't it time you stepped up to safe effective Chiropractic?

**Flowers' Chiropractic Office**

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