



Fitness with JJ

BY JANITA
'JJ' JONES

Can we please give a round of applause for the worst flu season ever! Oh my goodness, when I say it took me out... I mean it took me out!

I was so weak I couldn't even pick up my son. I went into urgent care and was given two bags of saline due to severe dehydration. This is not only my story but the story for a lot of us.

My social media feed is full of this nasty crud attacking families all around. The debate on whether to get a flu shot or not is not one I am looking to get into. Everyone in my family got flu shots and every one in my family got the flu. Hydrating with Pedialyte became a staple in my fridge for three months.

A simple stroll into the website for the Centers for Disease Control will show you that every week this year activity for influenza has increased. Face masks are a must if you are in close contact with potentially sick people. We have all been around that person that should have stayed home with all of their germs but decided to get out and spread the love anyway.

Continuously washing your hands and disinfecting high traffic areas is also a must. That means targeting door knobs, cell phones,

steering wheels and shopping carts.

I had a friend ask me for any old school remedies to help kick her crud. The list was a pretty good compilation of some favorite health comforts, like Vicks or Eucalyptus oil on the bottom of the feet with socks or using the menthol products in a steamy shower. Other aids are vegetable broth, jalapenos and hot sauce soup, sleep with a hat on your head, pho with garlic, ginger and apple cider vinegar.

When you are sick and under the weather do not expect to work out. Some people are able to sweat it out and stay active while sick. Depending on your level of sickness, the good old fashioned remedies of rest and relaxation may help you get on the path of recovery faster! Listen to your body and do not over do it or push it until you are ready!

Janita "JJ" Jones is a fitness professional and sports journalist for the Portland Observer. Find her cheering on her alma maters the University of Nevada and Benson High School, chasing after her baby dragons, coaching amazing athletes or teaching exercise classes. She can be reached via email at jj@theportlandobserver.com.

The Flu Took Me Out!



5010 NE 9th Ave
Portland, Or 97211
Phone: 503 284-2989

We specialize in a variety of cuts for men and women, hot towel razor shaves, braiding, hair extension, Shampoo, blow dryer and Platinum fade.

Call Today or Walk in !!!

AFFORDABLE



JJ



LOCK & KEY

**FULL LOCKSMITH - SERVICE
RE-KEY AND INSTALL LOCKS**

LOCKED OUT?

**WE MAKE KEYS FROM SCRATCH
HOUSE, OFFICE OR CAR**

503-284-9582

Serving Portland/Metro area (N, NE, SE, SW & NW)

LEGAL NOTICES



Need to publish a court document or notice? Need an affidavit of publication quickly and efficiently? Please fax or e-mail your notice for a free price quote!

Fax: 503-288-0015

e-mail:

classifieds@portlandobserver.com

The Portland Observer

Subscribe!

The Portland Observer

503-288-0033 Fill Out & Send To:

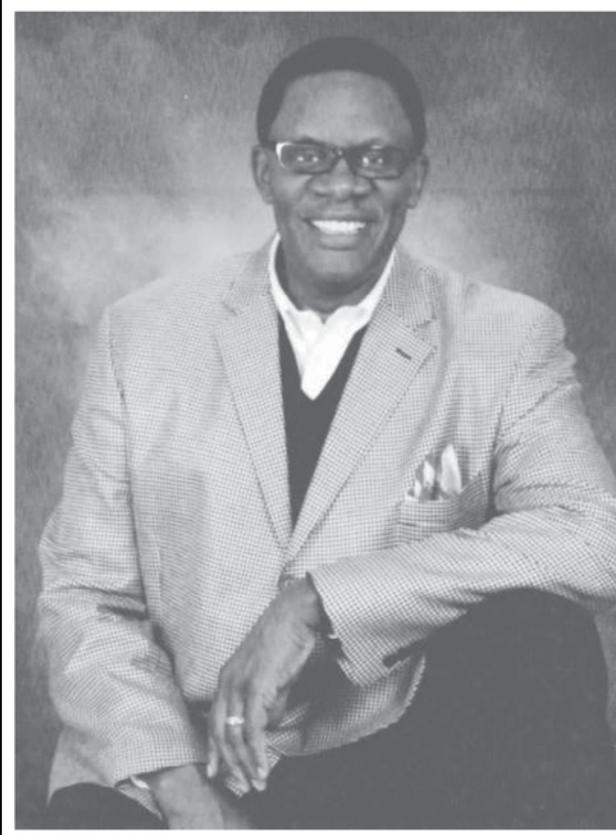
Attn: Subscriptions, PO Box 3137, Portland OR 97208 (*please include check with \$45.00 for 3 months • \$80.00 for 6 mo. • \$125.00 for 1 year this subscription form*)

Name: _____

Telephone: _____

Address: _____

or email subscriptions@portlandobserver.com



Dr. Billy R. Flowers

THE SPINAL COLUMN™

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

Part 6. HEADACHES: Why Chiropractic is nature's long-lasting pain reliever.

Q: I always seem to be plagued with headaches. They come up over my head and seem to stop at my eye. What can Chiropractic possibly do to help me?

A: About 70% of all people experience headaches of one sort or another. The type you describe is quite typical. The pain can range anywhere from moderate to nauseating. The top three nerves in the neck go up over the back of the skull in a very similar pattern to what you describe. Any type of pressure or irritation on these nerves can cause

extreme pain. Your problems could be nerve-related and therefore, stand a very good chance of being relieved by Chiropractic.

Q: Why should I go through a full course of Chiropractic when drugs often relieve my headaches?

A: Drugs work primarily on relieving pain, but not on treating the cause of the headache. What's more,

drugs have serious side effects. The only side effects of Chiropractic are relief from pain and a healing of the cause of pain. To find out how Chiropractic could help relieve your headaches or for answers to any questions you might have about your health, please call us at the telephone number listed directly below.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212

Phone: (503) 287-5504