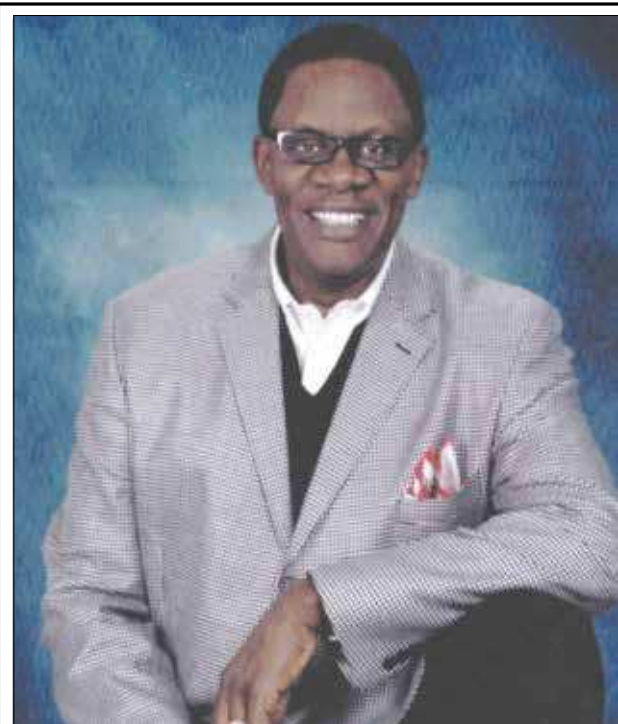


Arts & ENTERTAINMENT



Multicultural Night Market

Beaverton Night Market returns on Saturday, Aug. 11, a multicultural evening of international food and craft vendors, as well as cultural performances, from 5 to 10 p.m. at The Round, located just off the Beaverton Central MAX stop.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 30. Genuine Benefits of Chiropractic Help

Q: Can a chiropractor really help my problems?

A: You have no doubt heard how chiropractors helped a friend's headaches, neck pain, neck stiffness, back pain or fatigue?

But, it is perfectly normal for you to wonder whether a chiropractor can really your particular problems. Your headaches. Your neck pain and/or stiffness. Your back pain or other symptoms. Problems you may have had for some time.

The truth is, doctors of chiropractic are extremely successful at eliminating many symptoms. Often more quickly and effectively than other healing methods.

But, your doctor of chiropractic can do so much more for you than just treating symptoms. Your chiropractor is concerned with making sure your entire body is functioning properly. Therefore, your

chiropractor goes beyond treating your immediate symptoms to make sure your body is still functioning efficiently. That is the only way true health can be achieved.

But we aren't the only ones who have said it. Chiropractic has been accepted by the ultimate authority; you the people.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212 • Phone: (503) 287-5504