



Hazel Heights is a new affordable housing complex that will be home to 153 households on Southeast Stark Street at 126th Avenue.

A Dent on Homelessness

Non-profit opens complex for 153 households

People are coming together to solve Portland's housing crisis. Central City Concern, Portland's

non-profit serving people impacted by homelessness, poverty and addictions since 1979, has opened Hazel Heights, the first of three buildings in the Housing is Health initiative—a pioneering commitment from local hospitals

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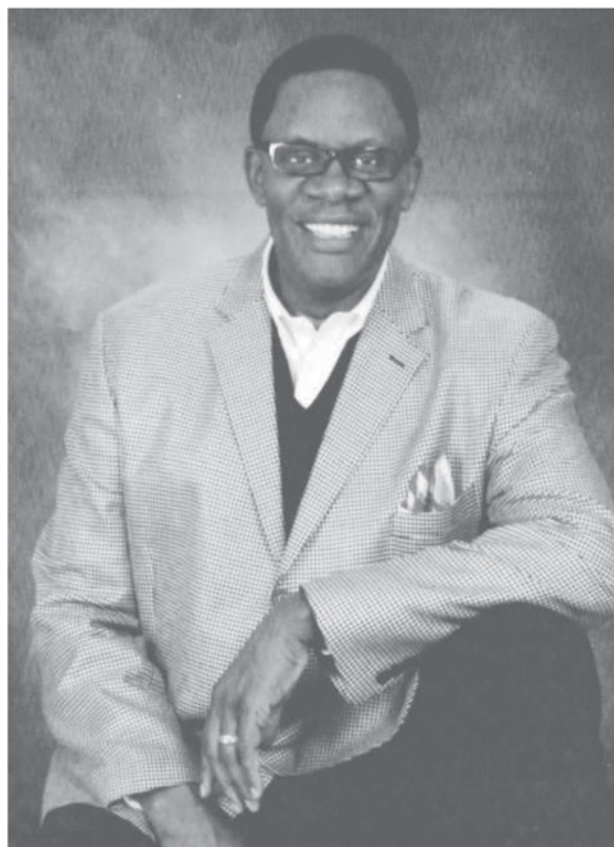
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Dr. Billy R. Flowers

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

Part 9. Low Back Surgery:

The unkindest and most unnecessary cut of all.

Q: Should I try chiropractic for my low back pain or have surgery and get it "fixed right?"

A: We hear this question quite often and considering many physicians' pro-surgery preoccupation, it's no wonder people ask such questions. That is, until they examine the facts. The truth is that in about 90% of low back pain, the problem is mechanical. Chiropractic has had and continues to have the best technique for treating spinal mechanical problems through gentle, exact adjustment with highly skilled hands. And Chiropractic re-

quires no drugs, surgery, recuperation or expensive hospital bills. With Chiropractic, the only side effects are the disappearance of symptoms and the recurrence of vitality.

Q: Which technique has better results for low back problems, Chiropractic or surgery?

A: According to a recent issue of Computer Medicine, low back surgery is one of the least effective procedures. In fact, 75 to 99% are

unsuccessful. Before you make any decision, heed the advice of the "father" of low back surgery: "exhaust all methods of conservative care before considering surgery to the lumbar (low back) spine." To find out how Chiropractic can help you avoid back surgery, or for answers to any questions you might have about your health, please call us at the phone number displayed below.

Flowers' Chiropractic Office

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