



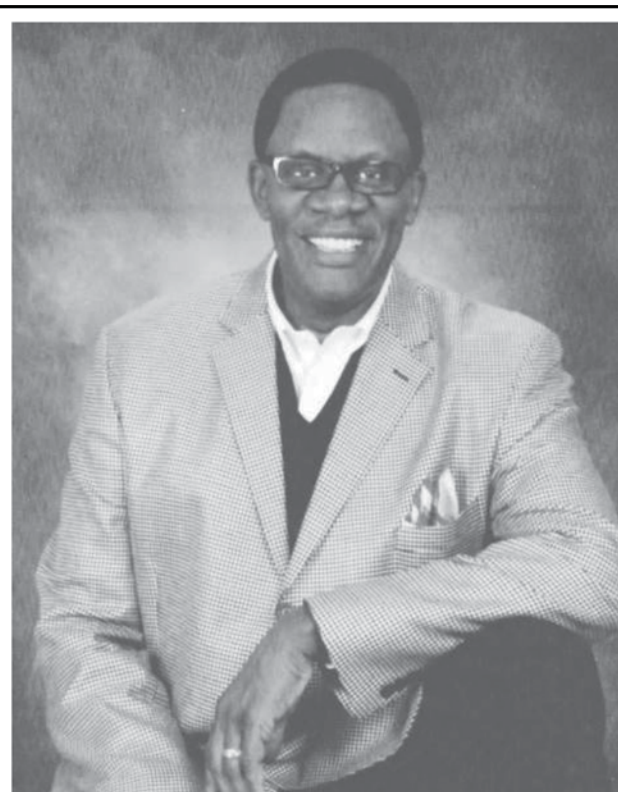
Together, we do good things.

*This page is sponsored by the Oregon Lottery**

CALENDAR 2019 February

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

<p>18</p> <p>President's Day Former planet, Pluto, Discovered by Clyde Tombaugh in 1930</p>	<p>○ 19</p> <p>Phonograph Patented, 1878, Thomas Edison Mr. Roger's Neighborhood Debuted, 1968</p>	<p>20</p> <p>John Glenn Orbits Earth, 1962 Love Your Pet Day</p>	<p>21</p> <p>Malcom X Assassinated (1965) Washington Monument dedicated (1885)</p>	<p>22</p> <p>George Washington born, 1732 Be Humble Day World Thinking Day</p>	<p>23</p> <p>International Dog Biscuit Appreciation Day U.S. Flag raised at Iwo Jima (1945)</p>	<p>24</p> <p>Steve Jobs born, 1955 Wilhelm Carl Grimm born, 1786</p>
<p>25</p> <p>Quiet Day Artist Pierre Auguste Renoir born, 1841</p>	<p>☾ 26</p> <p>Levi Strauss born, 1829</p>	<p>27</p> <p>Uri Shulevitz born, 1935 International Polar Bear Day</p>	<p>28</p> <p>Public Sleeping Day Gold Seekers arrived in San Francisco (1849)</p>			



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 18. Chiropractic And Prevention:

Life doesn't have to be a series of emergencies anymore

Q: It seems that I am always sick. I do what my doctor says but if anything my colds and flu attacks are getting worse. What do you think?

A: Constant colds and influenza indicate that the immune system (and the body in general) is highly stressed. Did you know that recently leading scientists have discovered that the entire immune system is an out-growth of the nervous system? If your nervous system is stressed

and irritated, the immune system cannot work properly either. People who have regular Chiropractic checkups report that they get fewer colds and influenza. They keep the stress off their nervous systems. Keeping irritation off the nervous system also helps you avoid morning backache and head-aches and allows you to cope with stress better. And you'd be

amazed at the energy you have with preventive Chiropractic checkups. If you'd like to trade in your colds for a bounce in your step, call us for an appointment today. It could be the healthiest call you have ever made. Isn't time you stepped up to Chiropractic?

Flowers' Chiropractic Office

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