

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



Dr. Billy R. Flowers

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
2027 Lloyd Center Mall,
Portland Oregon 97232
Phone: (503) 287-5504

Christmas Tree Adventures

Picking out your own Christmas tree with a journey to the woods can be great experience for the whole family. The Mt. Hood and Gifford Pinchot National Forests near Portland are again selling personal use Christmas tree cutting permits at ranger stations and online.

Permits sell for \$5 each. When purchasing your permit you will receive an information sheet with helpful information on the rules for cutting holiday trees on the national forest, and keeping safe as winter weather in the forest can change rapidly.

You can apply for the permits and learn more at openforest.fs.usda.gov.

National Forest Service permits allow the cutting of a Christmas trees in designated areas.



FOOD Winter Vegetable & Lentil Soup

Ingredients:

- 85g dried red lentils
- 2 carrots, quartered lengthways then diced
- 3 sticks celery, sliced
- 2 small leeks, sliced
- 2 tbsp tomato purée
- 1 tbsp fresh thyme leaves
- 3 large garlic cloves, chopped
- 1 tbsp vegetable bouillon powder
- 1 heaped tsp ground coriander



Directions:

1. Tip 85g dried red lentils, 2 quartered and diced carrots, 3 sliced celery sticks and 2 sliced leeks into a large pan with 2 tbsp tomato purée, 1 tbsp fresh thyme leaves, 3 chopped garlic cloves, 1 tbsp vegetable bouillon powder and 1 heaped tsp ground coriander.
2. Pour over 1½ litres boiling water from the kettle, then stir well.
3. Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.
4. Ladle into bowls and eat straightaway, or if you like a really thick texture, blitz a third of the soup with a hand blender or in a food processor.

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