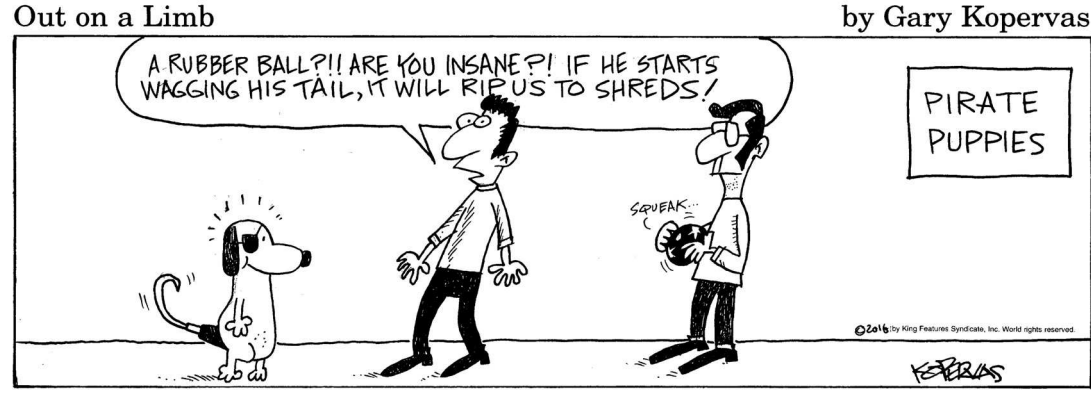
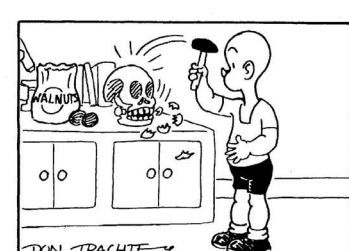
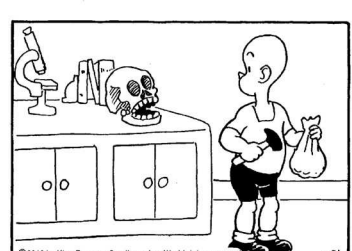
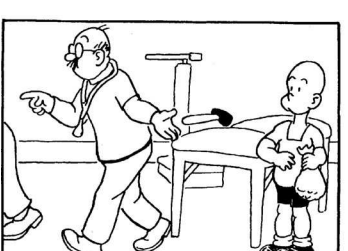
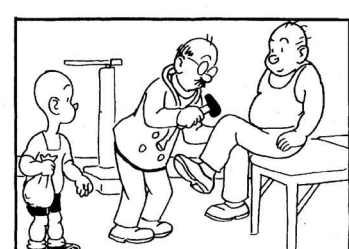
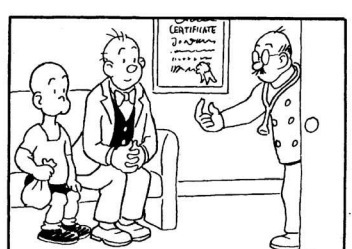
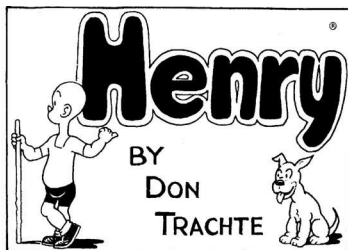
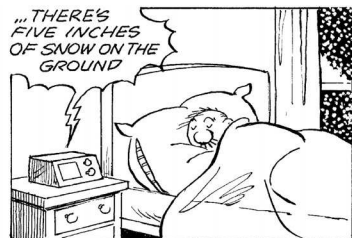
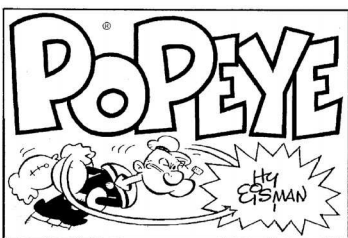


SIDE SHOW



TO YOUR GOOD HEALTH

Healthy bodies don't need supplements

DEAR DR. ROACH: After viewing an infomercial that praised the benefits of probiotics, I would like to know what you think. Probiotics have been prescribed when one is taking antibiotics to replenish the good bacteria that is lost.

When taking no medication, I found that when I took one capsule (30 billion live cultures per capsule/10 probiotic strains) on a daily basis, I would get gas and diarrhea; therefore, I stopped taking them. I thought that this was the exact opposite reaction that should have occurred. Please write about the pros and cons and the reasons/necessity for taking probiotics on a daily basis. — D.A.M.

ANSWER: Probiotics are microorganisms, usually bacteria or yeast, that have beneficial properties. There is at least some evidence to support the use of probiotics for inflammatory bowel disease (Crohn's and ulcerative colitis), colon inflammation from radia-

tion, irritable bowel syndrome and other diseases of the GI tract.

However, with a few exceptions, there is very little evidence that taking anything (prescription or supplement) is of benefit to people who are healthy with no symptoms. Probiotics haven't been shown to benefit healthy people. Any treatment can have side effects.

While there may be some benefits, such as preventing antibiotics-associated diarrhea, I hesitate before recommending any treatment to a healthy, asymptomatic person.

DEAR DR. ROACH: Does high blood pressure cause irregular or abnormal heart rhythms? — P.K.S.

ANSWER: Not usually. In some people with very longstanding high blood pressure, the heart can become dilated — blown up like a balloon to much more than its normal size. When the heart, particularly the atria (the top chambers), becomes dilated like that, it makes atrial fibrillation more likely.

High blood pressure is very common. Irregular heartbeats are universal — we all have some every day. It is human nature to associate one problem with another, since they are both related to the heart. However, it's more likely that the everyday irregularities you may have had without noticing take on new significance

with a diagnosis of high blood pressure.

That being said, since it is possible they are related, it's certainly worth an EKG next time you see your internist or cardiologist to make sure you don't have a dangerous heart rhythm. Sometimes doctors order 24-hour (or longer) EKGs for use at home, which can be correlated with any symptoms of heart irregularities.

The booklet on abnormal heart rhythms explains atrial fibrillation and the more common heart-rhythm disturbances in detail. Readers can obtain a copy by writing: Dr. Roach — No. 107W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6. Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: I have lower-back ache and have been seeing a chiropractor, which helps a little. Would yoga help? — A.

ANSWER: Yoga does help many people with back pain, but it's important to find an instructor with experience with beginners and in using yoga specifically for back pain. Similarly, tai chi and Pilates exercises have been shown to be useful treatments for back pain.

SALOME'S STARS

ARIES (March 21 to April 19) St. Valentine's Day magic rules the entire week for romantic Rams and Ewes. Music, which is the food of love, is also strong. The weekend offers news both unexpected and anticipated.

TAURUS (April 20 to May 20) Your aspects favor the arts — which the Divine Bovine loves, loves, loves. Also, for those looking for romantic love, Cupid is available for requests. After all, his mother, Venus, rules your sign.

GEMINI (May 21 to June 20) Loving commitments continue to grow stronger. Ditto budding relationships. A recent move to help start up a new career-linked direction soon could begin to show signs of progress.

CANCER (June 21 to July 22) Single Moon Children might be eager

to take that proverbial chance on love. But your more serious side will feel better if you take things slowly and give your moonstruck self more time.

LEO (July 23 to August 22) It's a love fest for Leos and Leonas this week. Paired Cats might expect to be purrfectly in sync. And with matchmaking friends, single Simbas searching for romance shouldn't have too far to look.

VIRGO (August 23 to September 22) More understanding on both sides can work miracles in restoring ailing relationships to health. Make the first move, and you'll be closer to your much-wanted reunion.

LIBRA (September 23 to October 22) Accept the fact that you are worthy of being loved, and you'll find proof in what is revealed to you over the course of the week. Also accept a compliment offered with great sincerity.

SCORPIO (October 23 to November 21) Planning to take a new direction in life is exciting. And so is a new awareness of someone's special affection.

Expect a slow and mostly steady development of the situation.

SAGITTARIUS (November 22 to December 21) Although you might still feel you weren't treated quite right in a recent matter, all that will work out in time. Meanwhile, enjoy the week's special qualities and potentials.

CAPRICORN (December 22 to January 19) Deciding not to give up on a troubling romantic situation helps start the healing process. Expect to find some valuable insight into yourself as things move along.

AQUARIUS (January 20 to February 18) The week is filled with positive potentials, but it's up to you to make the right choices. The advice of someone who truly cares for you and your well-being can be priceless.

PISCES (February 19 to March 20) It's a good time to make yourself available to possibilities of the romantic kind. Already paired? Good. In that case, be sure to reassure that special person of your feelings.

King Crossword

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ACROSS

- 1 Cookie container
- 4 Acknowledge
- 8 Work units
- 12 — Khan
- 13 Part of N.B.
- 14 Panorama
- 15 Acted as a go-between
- 17 Sicilian volcano
- 18 Data
- 19 Armada
- 20 Propaganda pamphlet
- 22 Unctuous
- 24 Solemn pledge
- 25 Haphazardly
- 29 Cravat
- 30 Square dance group
- 31 Ostrich's cousin
- 32 Chess climax
- 34 Finished
- 35 Addict
- 36 Small lizard
- 37 Characteristic
- 40 Antitoxins
- 41 Count counterpart
- 42 Fully filled
- 46 Regimen
- 47 N. Mex. neighbor
- 48 Historic time
- 49 Do in
- 50 Electrician's supply
- 51 Parched

DOWN

- 1 Predicament
- 2 Life time?
- 3 Shone brightly
- 4 Sternward
- 5 Kill a bill
- 6 Inseparable
- 7 Marry
- 8 Novelist
- 9 Ceremony
- 10 Actor
- 11 Hit a fly
- 16 Foot fraction
- 19 Level
- 20 Schlep
- 21 Reason for a tarp
- 22 Playful water critter
- 23 Enrages
- 25 Pinnacle
- 26 Strayed
- 27 Portent
- 28 Gloom
- 30 Brewer's oven
- 33 Culpable
- 34 Gumbo need
- 36 Capture
- 37 Danson and Koppel
- 38 Bar
- 39 Geometry calculation
- 40 Use a teaspoon
- 42 Witnessed
- 43 "Entourage" role
- 44 Mess up
- 45 Rotation duration

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King Crossword Answers

Solution time: 27 mins.

J	A	R	A	V	O	W	E	R	G	S
A	G	A	B	E	N	E	V	I	E	W
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D	I	E	T	A	R	I	Z	E	R	A
S	L	A	Y	W	I	R	E	D	R	Y

Just Like Cats & Dogs by Dave T. Phipps

ALL I'M SAYING IS, THE MONEY WE SPENT ON A WASHER AND DRYER WE COULD HAVE MAYBE JUST USED TO BUY A LOT MORE CLEAN CLOTHES.

Siuslaw News
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