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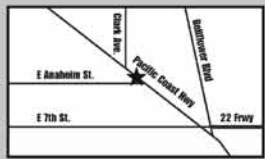


AVAILABLE FOR RENT

- Dining room (Includes kitchen)
- B-B-Q Facility (at an additional charge)
- 3 different size meeting rooms



Contact Tara Cole- Rental Coordinator
562.494.3332



International City Center
5155 Pacific Coast Hwy. Long Beach, CA 90804

What Schools Can Do to Improve Their Menus

More fruits and vegetables, less sodium and a cap on calories — those are just some of the recommendations a committee of experts has made on how to improve this nation's school lunch and breakfast menus.

A report, "School Meals: Building Blocks for Healthy Children," has been issued by the Institute of Medicine.

The report recommends that the Food and Nutrition Service of the USDA

— which oversees this nation's school meal programs — adopt standards for menu planning that are more in line with the Department of Health and Human Services' Dietary Guidelines for Americans.

The recommendations include: Increase the amount and variety of fruits, vegetables and whole grains; set a minimum and maximum level of calories; and reduce the amounts of saturated fat

and sodium in school lunches. These updates are based on the latest child health and nutrition science. Since the school meal programs were last updated in 1995, experts have learned more about the links between diet and chronic health problems, including obesity and heart disease.

The Institute of Medicine is the health arm of the National Academy of Sciences. To learn more, visit iom.edu/schoolmeals.

HELZER CHIROPRACTIC OFFICE is pleased to announce the newest member of our office

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The Difference You'll Feel Is Night & Day!

Do you have pain? Many people quietly suffer through their day with some degree of pain. It may be Headaches, neck, back or any combinations of muscle and joint pain, but whatever it is, it impacts all of us at some time in our lives. Low back pain is the most common, affecting, to some degree, all of us at some point in our lives, neck, shoulder and arm pain comes in second with headaches very close behind. And yet, as common as pain is to us very little is known about it and there are some very common misconceptions about pain.

For instance pain is not a disease, pain is a symptom, the word symptom comes from the Latin word for sign this means that pain is our body's alarm system telling us that something is wrong and if we try to ignore it, it will increase until it has our attention. It is a distress signal sent out by our body to warn us of illness and injury. It is a very remarkable system built into every part of our bodies, if you don't believe it, take a pin and try to find a place you can't feel it. Yet as amazing as this warning system is, it is very misunderstood.

It is estimated that Americans take over 100 Tons of aspirin, Tylenol, Motrin and other pain killers every day. Why well that's obvious because they have pain but if pain is a sign or symptom and not a condition they may be doing themselves a great harm. To kill pain without finding its cause is, a very dangerous game called denial. For one thing, by stopping the pain you may be allowing the cause of it to get worse. That backache might be a pinched nerve, or a bad disc waiting to blow out, by killing the pain so you can go golfing or finish yard work, you take the risk of hurting yourself further perhaps permanently use of painkillers is acceptable and thank the lord we have them but over use is a dangerous situation. People who take tablets in the morning and again at dinner time then take a "PM" before bed are blocking serious signs that something is wrong. Another problem is that with long term dosages there is a strong chance that you will have side effects, stomach or intestinal bleeding, ulcers, kidney or liver failure, serious bruising, even stroke. The Universal pain assessment tool was developed to help patients better communicate with their Doctors (see chart) It works as a tool for Doctors too as they can assess the patient accurately.

If you suffer from chronic or returning pain measure your pain on the chart keep a record of how you feel before you take anything and then after about one hour. Keep track of this for a week or so and you will be able to determine how serious your pain is and how serious the underlying condition that's causing it.

For over 50 yrs we at the Helzer Chiropractic Center have been helping people with pain find the cause of it and help them overcome the pain using natural methods of care without the long term dangers or addiction to pain killers. we look for the cause of the pain and we are very successful where other "Run of the mill" treatment at our office we treat each patient as an individual, we take time to listen to their complaints, we never charge for a consultation and are office is open to help everyone, great and small. If you scored higher than a 2 on the scale, especially if it's been constant a long time, you owe it to yourself, come to our office and talk with the Doctor.

UNIVERSAL PAIN ASSESSMENT TOOL

This pain assessment tool is intended to help patient care providers assess pain according to individual patient needs. Explain and use 0-10 Scale for patient self-assessment. Use the faces or behavioral observations to interpret expressed pain when patient cannot communicate his/her pain intensity.

| | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|--------------------------------|---------------|--------------------|-----------------------|-------------------------------|-----------------------------|---------------------|---|---|---|---|----|
| Verbal Descriptor Scale | NO PAIN | MILD PAIN | MODERATE PAIN | SEVERE PAIN | VERY SEVERE PAIN | WORST POSSIBLE PAIN | | | | | |
| WONG-BAKER FACIAL RIMACE SCALE | | | | | | | | | | | |
| ACTIVITY TOLERANCE SCALE | NO PAIN | CAN BE IGNORED | INTERFERES WITH TASKS | INTERFERES WITH CONCENTRATION | INTERFERES WITH BASIC NEEDS | BEDREST REQUIRED | | | | | |
| SPANISH | NADA DE DOLOR | UNPOQUITO DE DOLOR | UN DOLOR LEVE | DOLOR FUERTE | DOLOR DEMASIADO FUERTE | | | | | | |

Helzer Healing Arts Center

562-866-3721

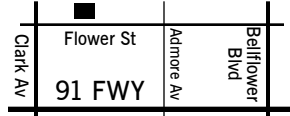
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Bellflower Bulletin

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