

# A NUTRITIONAL APPROACH TO HEALTH RECOVERY

Richard O. Brouse MA, DC, DACBN, CCN

Sunnyside Health Center & Chiropractic Clinic, PC  
8800 SE Sunnyside Road, Suite 111  
Clackamas, Oregon 97015  
(503) 654-3225

Web Site ~ [www.sunnysidehealthcenter.com](http://www.sunnysidehealthcenter.com)

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## **BIOGRAPHY**

Dr. Richard Brouse is a chiropractic physician, biochemist, certified clinical nutritionist, teacher, author and lecturer on health preservation and disease prevention. He founded The Sunnyside Health Center and Chiropractic Clinic in 1977. Since that time many thousands of people in the United States, Canada, South America, the Pacific Rim and Europe have regained a greater measure of health while following the recommendations of the Clinic's health professionals under Dr. Brouse's direction.

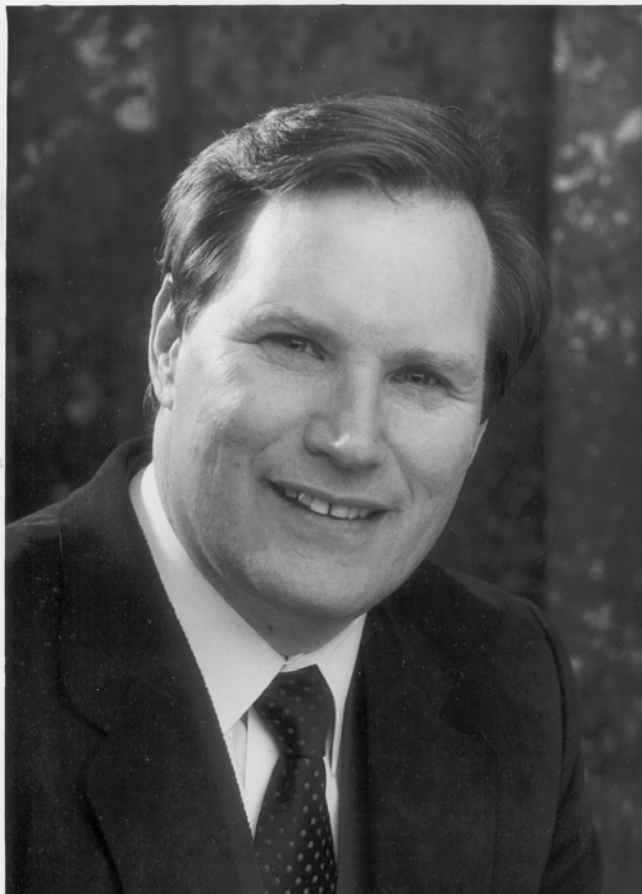
Dr. Brouse received his Masters Degree in Biochemistry from Western States College of Colorado in 1970. He was appointed by the US Surgeon General to conduct metabolic research at the Army Burn Research Center in San Antonio, Texas from 1970 through 1972. He received the Doctor of Chiropractic degree from Western States Chiropractic College of Portland, Oregon in 1977. Dr. Brouse has taught organic chemistry and biochemistry and served as Professor of Clinical Nutrition at Western States Chiropractic College for 14 years. He is a Diplomate of the American Chiropractic Board of Clinical Nutrition and is a Fellow of the International and American Certified Clinical Nutritionists. He is Board Eligible as a Diplomate of the American Chiropractic Association Council on Family Practice.

Dr. Brouse has served as Professor of Sports Nutrition at the Los Angeles Chiropractic College post-graduate school, Professor of Clinical Science at Northwestern College of Chiropractic of Minneapolis, Minnesota and Adjunct Preceptor Professor of Clinical Science at the National College of Naturopathic Medicine in Portland, Oregon. Besides his nutritional practice, he has recently retired as instructor of Minor Surgery and Proctology at Western States Chiropractic College where he served since 1996.

Memberships include: The American Medical Informatics Association, The Linus Pauling Institute of Science and Medicine, The International and American Association of Clinical Nutritionists, The American Chiropractic Association Councils on Nutrition & Diagnosis and Internal Disorders, and he is a lifetime member of National Health Federation.

Dr. Brouse has authored numerous books, training programs and video documentaries on health and wellness. He has lectured to numerous organizations throughout the world and is a frequent guest on public television and radio host shows. He is married to Jennie and they have three children and a steadily increasing number of grandchildren. His Christian

principles and lifestyle give stability to his practice as a physician, teacher and father.



## **INTRODUCTION**

Some forty years ago, there was a general belief that "scientific medicine" would in short order obliterate just about all disease. Optimism continued to mount as new antibiotics and tranquilizers were discovered, new surgical procedures were devised and space age diagnostic techniques were perfected. For a while it seemed that if we could live just a few more years, new discoveries might make us immune to death itself.

Looking back, we can see that the optimism began to fade about ten or fifteen years ago. More and more, people suspected that medicine's voyage of discovery had degenerated into a mere joyride of doctoring. Antibiotics and tranquilizers were prescribed and swallowed like candy. Drug side effects were worse than the disease. X-rays were ordered for trivial reasons. Surgery rates climbed and so did medical bills.

It was not just an innocent burst of enthusiasm. Real harm was done. Drugs, we all learned, sometimes had lingering side effects. By 1994 prescription drugs became the 4<sup>th</sup> leading cause of death in America. Needless X-rays are believed to promote cancer. Many operations, we learned, are ineffective or unnecessary or both.

But that's only half of the new perspective. The other half has this to say: Even when done correctly, even when done with care and compassion, the orthodox medical approach to disease is incomplete. Wonderful, yes, but not quite the whole answer. Nutrition had been totally ignored.

Consider your own health. Are you the kind of person who would like to have more say and control over your health? How often have you had an examination by a physician when you felt ill, only to be told that you are as healthy as he is? In fact, this may be true, but it is small comfort to know that your doctor is equally unhealthy.

What orthodox medicine ignores is the dimension of natural healing: strengthening the body's immune system through nutritional and other natural means, physical therapies, stress reduction, diet improvement, and lifestyle change. To ignore these factors is to overlook a much more conservative, perhaps even more effective treatment. Even when extensive medical intervention is required, we now know the battle against disease cannot be won by medicine alone. Unless the body has sufficient vitality to recover from the trauma of intervention and reestablish a state of health that will prevent the return of disease, medicine may be to no avail.

Some people, reacting against what they see as over-doctoring, have rejected the technological approach almost completely. They have returned, in effect, to the 19th Century, relying on herbs, untested diets and unscientific procedures to treat all illness. But there is no need to reject all of modern medicine because of its excesses. Nor is total rejection very smart. Today, we are in the unique position of being able to take advantage of the best technological medical care and the best natural healing techniques. By using both approaches, as dictated by good sense, we can literally enjoy the best of both worlds.

### **OUR APPROACH TO NATURAL HEALTH CARE**

Our mission at the Sunnyside Health Center is to prevent and relieve chronic degenerative diseases. Diseases are not accidents. Disease occurs when our body systems are unable to cope with the combination of lifestyle, diet, environmental contaminants and micro-organisms, all of which stress our bodies. Each person has a unique biochemical makeup or "blueprint." By discovering and understanding this blueprint, we can predict, treat and help prevent disease. Each of us has a different "chink" in our immunological armor. The stresses of the environment, poor diet, etc. will first penetrate our armor at this weakest point. Thus, each of us will have one area in which we are more susceptible to "disease" such as high blood pressure, obesity, indigestion, arthritis, etc. It is up to each individual to determine and practice prevention to its fullest - before disease strikes.

Standard medical practice is oriented toward "intervention and replacement." This emphasizes the treatment of symptoms and the removal or replacement of "diseased" tissue.

At Sunnyside Health Center, we are oriented toward "regeneration and restoration." This emphasizes building up the body's immune system and other systems to correct the underlying causes of the symptoms and regenerating the "diseased" tissue.

### **THE GARDENER AND THE MECHANIC**

The difference between our approach and the conventional approach to health care is analogous to the difference in the practices of a gardener and an auto mechanic. Orthodox doctors, like auto mechanics, seek to remove and replace worn out parts and to suppress the "squeaks and rattles" that keep us from operating smoothly. We at Sunnyside are more like gardeners who seek to understand why the patient isn't flourishing and try to provide the proper nutrients and environmental factors to promote health and vitality.

Rather than weeding out the weak, we try to cultivate the healthy by understanding the factors that affect the biochemical blueprint and teaching methods for promoting health.

Orthodox medical care looks at "disease" as an opponent to be combated at all costs. Unfortunately, the cost is at the expense of the healthy cells and tissue of your body. For example, the orthodox treatment of breast cancer is first to remove the tumor or breast by surgery. Then, because all of the tumor may not have been found, radiation treatments are given to kill any of the tumor that might have escaped the surgeon's knife. Chemotherapy may be used in case some individual cells escaped into the circulatory system to set up house in some other part of the body. This type of treatment leaves the body in such a debilitated condition that (quite literally) if the cancer doesn't kill you, the treatment will.

Metabolic Therapy looks at this situation from a different point of view. Cancer cells are basically defective cells. We all have a small number of defective cells in our body, just as we all have bacteria in our body. In a normal healthy individual, this is no problem because the immune system of the body is able to search out and destroy defective cells. Rather than attempting to combat the cancer directly, Metabolic Therapy seeks to build up the inherent recuperative powers of the body, thereby maximizing the body's ability to heal itself.

As we mentioned earlier, there are many aspects of orthodox medicine that are very useful in treating disease when combined with Metabolic Therapy. We utilize a team approach in which we often work with other doctors, specialists, and scientists to improve our patients' health. Orthodox doctors often refer patients to us, and we augment their medical-surgical approach with our biochemical- nutritional- metabolic approach.

### **HEALTH RECOVERY VS. SICK CARE**

Look in the mirror and ask yourself "Who has responsibility for my health?" The answer is looking at you. Each of us is responsible for our own health, and no one can or should take that responsibility away from us. Yet over the years, we have given up that responsibility to an ever eager and willing health care system that has taken advantage of unlimited resources and unlimited freedoms to do with you what they would like. Experimenting with dangerous drugs and costly procedures has made ours one of the most expensive health care delivery systems in the world. Yet we rank only 23rd

in infant mortality and 27th in overall health according to the World Health Organization figures.

### **SELF TREATMENT**

As we mentioned in the Introduction, there are many people who believe that the pendulum of modern medicine has swung so far to the technological side that they have abandoned all modern practices, both good and bad. These people have adopted "herb and potion cures." Some of these practices are useful, but many modern methods are also useful. Prevention is mostly the responsibility of the individual, treating disease requires some professional direction. We would like to help.

At Sunnyside, we prefer to take a "middle of the road" position and adopt the best from both modern and time-proven remedies. We adopt therapies that work with the body's own recuperative powers instead of working against the body's natural healing process.

### **THE COST OF COMPROMISE**

Most people expect to have some aches, pains, gas, diarrhea, headaches, etc. They are part of modern life. Everyone they know has similar complaints. Standard medicine dismisses them as nothing but temporary inconveniences that will pass. Often they do pass. However, something more serious usually takes their place. These "minor annoyances" are early warning signs from your body telling you that all is not right. It is your choice -- You can ignore these warnings, but remember that the next message from your body may be harder to ignore and more difficult to treat. Many problems could be treated in their early stages with simple measures such as nutrition, stress reduction, or elimination of environmental pollutants. Instead, many people take antacid tablets or aspirin and cover up the symptoms without ever dealing with the underlying cause. Take, for instance, the problem of hypoglycemia that the orthodox medical profession has not yet acknowledged as a real problem. According to Dr. Emanuel Cheraskin in his book *Predictive Medicine*, hypoglycemia untreated will exhaust the pancreatic production of insulin and eventually lead to diabetes. Here we see a condition that if caught early, could ward off a disease that so many people dread in this country. In fact, diabetes has become the fifth leading cause of adult death. The sudden feeling of lightheadedness when one goes into a room to pick up something could be the subtle beginning of some chronic degenerative problem. Often these are the early symptoms of Alzheimer's disease or other debilitating conditions that could be improved or corrected if early metabolic-biochemical therapies were provided.

## **PROCRASTINATION**

The price of procrastination when a symptom develops is obviously too high for any of us to pay. The least that you should do is have an evaluation to determine the underlying conditions or stresses that are affecting systems and organs in your body. By early detection and correction, we are able to prevent the occurrence and development of many latent problems. By letting symptoms go, however, the problem can develop into something that no one can help.

Postponing needed evaluation has another great danger. It puts stress on the healthy organs that must compensate for the malfunctioning organs. This can cause tremendous stress on all systems of the body, especially the nervous system. Often when people experience insomnia or nervous distress, it is due to some underlying irritation to an organ or system that could be corrected using optimum nutrition.

## **CONDITIONS TREATED AT SUNNYSIDE**

Often individuals suffering from a chronic degenerative problem believe that somewhere there exists a diet to eliminate the effects of a lifetime of health abuse. "If only someone can put me on the right diet, my problems will go away." Unfortunately, the problems have usually progressed to the point that other systems have been affected and require specific support to eliminate the problem. Yes, scurvy can be corrected with vitamin C. However, if it goes untreated and has become severe enough that internal hemorrhage and complete tissue breakdown have occurred, no amount of vitamin C will restore the tissue and system damage. Other nutrients have also become depleted. This is true of most chronic degenerative diseases that are allowed to progress too long.

When reading about the specific conditions discussed in this booklet, please keep in mind that in most cases we are talking about prevention. If the problem has developed to the point of disease, only total lifestyle changes and corrective measures can minimize the suffering and reduce or alleviate the condition. With that in mind, the following is a list of patient complaints and conditions we have successfully evaluated and helped using advanced nutrition and lifestyle modification:

## DETAILED LIST OF PATIENT PRESENTATIONS

Acne (Vulgaris, Rosacea)	Bruising	Congestive Heart Failure	Fibrocystic Breast Disease
ADD/ADHD	Burns	Conjunctivitis	Fibromyalgia
Age-Related Macular Degeneration	Bursitis	Constipation	Fibrositis
AIDS Support	Cancer Treatment Support	Copper Overload (Wilson's Disease)	Flatulence
Alcohol Withdrawal	Candida	Coronary Artery Disease	Flu
Allergies and Sensitivities	Albicans/Candidiasis	Cough	Food Allergies
Allergy (Hay fever)	Canker Sores	Crohn's Disease	Fragile Capillaries
Alzheimer's Disease	Capillary Fragility	Cyst (Breast)	Fungal Infection,
Anemia, Iron Deficiency	Car Sickness	Cystitis	Foot
Angina	Cardiovascular Disease	Degenerative Arthritis	Gallstones
Anxiety	• Angina	Degenerative Joint Disease	Gas (Stomach)
Aphthous Ulcers	• Atherosclerosis	Dementia (Alzheimer's Disease)	Gastric Ulcer
Arterial Disease	• High Cholesterol	Dental Disease	Gastritis
Arthritis (Gout)	• High	Depression	Gastrointestinal (Indigestion)
Arthritis (Osteo)	Homocysteine	Dermititis	Gingivitis
Arthritis	• High	Diabetes	Glaucoma
(Rheumatoid)	Triglycerides	Diarrhea	Glue Ear
Arthritis (Toxic)	• Hypertension	Discoid Lupus	Gout
Asthma	Carpal Tunnel Syndrome	Erythematousus (DLE)	Gum Disease
Atherosclerosis	Cataracts	Duodenal Ulcer	Hardening of the Arteries
Athlete's Foot	Celiac Disease	Dupuytren's Contracture	Hay fever
Athletic Performance	Cervical Dysplasia	Dysmenorrhea (Painful Menstruation)	Headache (Migraine)
Atopic Dermatitis	Cervical Smear Test	Dyspepsia	Heart (CHF)
Attention Deficit Disorder	Change of Life	Ear Infections	Heart Disease
Autism	Chemical Allergies	Ears, Ringing	Heart Failure
Bacterial Infection	Chemotherapy Support	Eczema	Heart (Mitral Valve Prolapse)
Benign Prostatic Hyperplasia	Chinese Restaurant Syndrome	Edema	Heartburn
Bladder Infection	Cholecystitis	Elevated Blood Pressure	Heavy Menstruation
Blepharitis	Cholesterol (High)	Enlarged Prostate (BPH)	Hemorrhoids
Blindness (Night)	Chronic Fatigue Syndrome (CFS)	Eye	Hepatitis
Bloating	Chronic Obstructive Lung Disease (COLD)	• Cataracts	Hepatolenticular Degeneration
(Indigestion)	Chronic Obstructive Pulmonary Disease (COPD)	• Glaucoma	Herpes Simplex 1 (Cold Sores)
Bloating (Water Retention)	Chronic Venous Insufficiency (CVI)	• Macular	Herpes Simplex 2 (Genital Herpes)
Blood Pressure (High)	COLD	Degeneration	Herpes Zoster
Blood Sugar (Diabetes)	Cold Sores	• Night Blindness	High Blood Pressure
Blood Sugar (Low)	Colic	• Retinopathy	High Cholesterol
BPH	Colitis (Irritable Bowel)	Fatigue, Chronic	High Homocysteine
Breast Tenderness	Common Cold	Fever Blisters	High Triglycerides
Brittle Bone Disease			HIV Support
Brittle Nails			Homocysteine (High)
Bronchial Asthma			Hot Flashes/Flushes
Bronchitis			Housemaid's Knee
			Hyperactivity

Hypercholesterolemia	• Premenstrual Syndrome (PMS)	Premenstrual Syndrome (PMS)	Triglycerides (High)
Hyperemesis Gravidarum	Migraine	Pregnancy (Nausea)	Ulcer (Gastric/Duodenal)
Hypertension	Milk (Lactose Intolerance)	Pregnancy (Support)	Ulcer (Mouth)
Hypertriglyceridemia	Minor Injuries	Prostatic Hyperplasia	Ulcerative Colitis (UC)
Hypochlorhydria	Mitral Valve Prolapse (MVP)	Psoriasis	Upper Respiratory Infection
Hypoglycemia	Moles	Pulmonary Disease (COPD)	Urinary Calculi
Hypothyroidism	Morning Sickness	Raynaud's Disease	Urinary Tract Infection (UTI)
IBS	Motion Sickness	Regional Enteritis	Urolithiasis
Immune Function	Mouth Ulcers	Renal Calculi	Vaginitis
Impotence	MS	Respiratory System (COPD)	Varicose Veins
Indigestion	MSG Sensitivity	Restless Legs Syndrome	Veins, Varicose
Infection	Mucus Colitis	Retinopathy	Venous Insufficiency (Chronic)
Infection (Ear)	Multiple Sclerosis	Rheumatoid Arthritis	Vitiligo
Infertility (Female)	Nails (Yellow Nail Syndrome)	Rickets	Water Retention
Infertility (Male)	Nausea (Motion Sickness)	Ringing in the Ears	Weight Loss
Inflammation (Bursa)	Nausea (Pregnancy)	Sea Sickness	Wilson's Disease
Inflammatory Bowel	Nephrolithiasis	Senile Dementia (Alzheimer's)	Wind
Influenza	Nervousness	Sensitivities and Allergies	Worms
Injuries, Minor	Neuralgia,	Shingles	Wound Healing
Injuries, Wounds	Postherpetic	Sinusitis	Yeast Infection
Insomnia	Night Blindness	Skin	Yellow Nail Syndrome
Intermittent Claudication	Nyctalopia	• Burns	
Iron-Deficiency Anemia	Obesity	• Depigmentation	
Irritable Bowel Syndrome (IBS)	Osgood-Schlatter Disease	• Eczema	
Jet Lag	Osteoarthritis	• Psoriasis	
Kanner's Syndrome	Osteochondrosis (Tibial Tuberosity)	• Warts	
Kidney Stones	Osteomalacia	• Wounds	
Lactose Intolerance	Osteoporosis	SLE	
Light Sensitivity	Otitis Media	Sleeplessness	
Liver (Hepatitis)	Pap Smear (Abnormal)	Sore Throat	
Low Blood Sugar	Parasites	Spastic Colon	
Lungs (COPD)	Peptic Ulcer	Sperm Motility	
Lupus	Periodontal Disease	Sports Supplements	
Macular Degeneration	Photosensitivity	Sprains	
Menstrual Conditions	Piles	Stomach Ulcer	
• Dysmenorrhea (Painful Menstruation)	Pimples	Stomach Upset	
• Menopause	Plaque (Arterial)	Strains	
• Menorrhagia (Heavy Menstruation)	PMS/PMT	Systemic Lupus Erythematosus	
• Menstrual Cramps	Pollen Allergy	Tardive Dyskinesia	
• Pap Smear (Abnormal)	Poor Digestion	Teeth (Periodontal Disease)	
	Postherpetic Neuralgia	Thrush	
	Postpartum Support	Thyroid (Low)	
		Tinnitus	
		Travel Nausea	

Health restoration from the many "isms" and "itises" that exist can come about only when all of the body systems are functioning optimally and the total health of the individual is raised to the point that the weakest organ, gland or system is functioning at a level conducive to health. Most people who come to us for health advice have common findings that are classified into a little more than a score of conditions. We will explain our position on these as follows:

- Allergies and Sensitivities
- Arthritis and Bone Disorders
- Asthma and Respiratory Conditions
- Behavioral & Learning Disorders
- Cancer and Its Prevention
- Candida Yeast, Mold & Parasites
- Cardiovascular Disease & Circulation
- Chemical and Drug Toxicity
- Childhood Illnesses
- Chronic Fatigue
- Chronic Pain
- Colitis, Diverticulitis and Crohn's Disease
- Malabsorption Problems
- Multiple Sclerosis
- Obesity
- Psychological Disorders
- Skin Conditions

### **ALLERGIES and SENSITIVITIES**

Foods, pesticides, herbicides, dust, mold, fungus, yeast, trees, grass, weeds, fabrics, cosmetics, laundry detergents, insects, mites, pets, parasites, engine exhaust, paint, solvents, furniture, amalgam fillings, tooth paste, hair spray, hair coloring, artificial lighting and even high voltage electro-magnetic radiation have been linked to immune reactions, sensitivities and intolerance. THE book on allergies has not been written which explains all of the ways, which the human immune-nervous-digestive-respiratory-circulatory-hormonal-skeletal-urinary-elimination systems respond to substances from outside the body. At least one half of all degenerative conditions involve foreign substance reactions - foods and food derived chemicals being the most common. Sunnyside strives to unravel through history, examination and testing how and which substances might be enveloped with your health concern. Everyone is different. An allergy is not merle hives or a sneeze. Learn how to build up the immune system and eliminate the allergic reactions.

## **ARTHRITIS and BONE DISORDERS**

Arthritis is a condition involving protein and calcium malnutrition or malabsorption. This condition primarily affects elderly people, but more recently is seen in individuals as young as their mid twenties. Although there are no two individuals that have the same arthritic complaint, evaluating a person metabolically will often disclose the underlying cause of the condition.

A special case of arthritis is osteoporosis. The natural shortening of the human posture is a symptom of this condition that can eventually be crippling or result in spontaneous fractures. People over the age of 60 can testify that they have lost anywhere from one-half to three inches in their overall height since their twenty-first birthday. This is due to a reduction in the length of the spine and often the discs, or pads, that separate the spinal vertebral segments. Optimum nutrition, determined by examination, history and laboratory testing, in most cases, can help reduce pain, strengthen bone and for some individuals, an improvement in height.

## **ASTHMA**

Breathing and pulmonary disorders are the fourth leading cause of adult death after heart disease, cancer and accidents. Pulmonary function studies analyzed by a computer measure improvements in breathing while undergoing treatments at Sunnyside. Being the most important nutrient for health, oxygen is often ignored until a crisis develops. Often asthma sufferers have hidden allergies or chemical sensitivities that are revealed by laboratory examination. A careful analysis of a person's lifestyle, stresses, nutrition and exercise requirements assist us in determining the best course of action. Follow-up pulmonary function studies and specific laboratory tests help measure improvement.

## **BEHAVIORAL and LEARNING DISORDERS**

The work of Dr. Abram Hoffer has taught us how the human nervous system malfunctions during mal- or dysnutrition. Advances in brain science have led to new insights into mental illness. Many disorders are not recognized to be caused by aberrations in the infinitely complex interactions of brain chemicals. Our approach is to examine the nutritional and metabolic needs of the individual to achieve neurotransmitter balance. Psychological, physical and biochemical examinations often reveal the underlying cause of the condition. Such conditions as attention deficit disorder, depression, manic-depressive disorder, hyperactivity, autism, Parkinson's and Alzheimer's begin to display a commonality when effective treatments with adequate dosages of naturally

occurring nutrients, either alone or in combination, are found to provide relief.

## **CANCER AND ITS PREVENTION**

Cancer affects one out of three Americans. It is the most dreaded illness of all time. Many people seek our help with nutrition and even start a preventive program while they are undergoing their standard treatments. We evaluate the function of the body and make recommendations appropriate to fortify the body's immune system. Metabolic Therapy does not replace the orthodox medical care that a cancer patient may require. It augments the standard medical approach to facilitate the inherent healing potential of the body. Some people turn to nutritional therapy after other therapies have failed and they are told there is no hope. For these people, our approach can reduce suffering and improve the quality of their life.

Often, patients who have been diagnosed as having cancer are referred to our Clinic for specific diet and nutritional counseling and individualized therapies. Each person must be evaluated carefully on an individual basis to determine what is best for each specific situation. Although nutrition cannot reverse an advanced cancer where organs and tissues have been destroyed, more evidence is being produced all the time showing that early detection followed by specific nutritional treatment affords the greatest advantage for the individual no matter what therapies are undertaken afterward. In most recent cancer investigations, nutrition has been the component that has been omitted. Our approach is the restoration of normal health and the recovery from such debilitating problems using substances common to food.

## **CANDIDA**

Yeast infections have become more common as antibiotic-laden foods find their way to our table. Steroid medications, a high sugar diet and stress play a role in upsetting the delicate balance among friendly as well as unfriendly ones. While all of us have some yeast present in our bowel, bladder, throat and even brain, a healthy immune system can keep these parasitic plants in check. Populations of yeast, mold and fungus begin to rise in the body when internal as well as external factors weaken our reserves. We attempt to alleviate the causes of candida and develop a program for prevention of this often debilitating illness.

## **CARDIOVASCULAR DISEASE and CIRCULATION**

The modern approach to treating heart attacks with drugs is considered "conservative" by surgeons; but it is in fact extreme, and usually leads to by-pass

or open-heart surgery. While the surgical approach may indeed relieve the symptoms for a period of time, if nothing is done to address the underlying cause of the heart disease, the problem is certain to return.

Except in extreme cases, we try to avoid this surgery, and we adopt a "more conservative" approach. Almost all medical doctors agree that lifestyle and diet are the keys to preventing cardiovascular problems. It has also been shown that exercise, diet, stress reduction and nutritional therapy can arrest and usually reverse cardiovascular impairment and high blood pressure. By taking a careful health history, live cell analysis, detailed nutritional physical exam and appropriate laboratory examination, the best program can be developed for the individual.

### **CHEMICAL and DRUG TOXICITY**

The use of drugs and alcohol is not only increasing but is occurring at an earlier age than ever before. While tobacco usage is dropping among older age groups the only group actually showing an increase is among those between 10 and 14 years of age. Young girls are twice as likely to take up smoking and use alcohol as boys. Such early usage of addictive substances sets a stage for harder drugs later in life. A fully integrated approach to family lifestyle counseling as well as determining the best metabolic plan for each individual is our method.

### **CHILDHOOD DISEASES**

Hyperactivity, learning disabilities, scoliosis, eating disorders, chronic infections, attention deficit and behavioral problems are some of the serious childhood diseases we treat at Sunnyside. Our treatment is very individualized, because these diseases can be caused by many different factors. After discovering the underlying causes, we tailor the treatment to each family and patient's individual situation.

### **CHRONIC FATIGUE**

Lack of adequate rest or exercise is a common modern cause of reduced energy. Malnutrition is also a known cause of ongoing fatigue. Any one of 102 essential nutrients, when lacking in the diet, can produce fatigue. One condition often overlooked as a cause of chronic and progressive fatigue is post viral syndrome. Some germs such as the Epstein-Barr virus have a nasty habit of damaging the body's ability to convert food into energy. Slow growing viruses can live in liver, brain and nervous systems to smolder for years evading the immune system

before a true disease can be identified. Latest scientific studies on sub-virus sized entities called prions threaten to further weaken the health of humans.

Sunnyside attempts to determine the cause of the chronic fatigue and develop a program of detoxification, virus control, and restoration specifically tailored to the individual needs.

### **CHRONIC PAIN**

Old injuries, inflammation, internal disorders and stress often give rise to unrelenting pain. Muscles, joints, bones and internal organs such as gall bladder or stomach can give rise to pain reflexes emerging at a spinal level or some other surface. Pain cannot be measured in a physical or biochemical exam, however its cause can often be found and modulated by physical and nutritional means. One condition known as Fibromyalgia (pain in muscles and fibrotic tissues) is rising to epidemic levels. Proper exercise accompanied with optimum nutrition is often found to be the answer.

### **COLITIS, DIVERTICULITIS and CROHN'S DISEASE**

Colitis, diverticulitis and Crohn's disease are all a result of modern lifestyles. These diseases are characterized by an inflammation and irritation of the large intestine. In Crohn's disease, the most serious of the three, an auto-immune reaction in the large intestine may ultimately atrophy and obstruct the bowel. Ulcerative colitis has its roots in bowel ecology and arises from improper balance of friendly bacteria. Diverticulitis is predisposed by constipation and poor bowel elimination. These diseases are products of stress or are often caused by allergies, individual vitamin deficiencies, and a diet deficient in roughage and containing too much sugar and refined carbohydrates.

It is very important to understand the individual person's biochemical makeup so that the proper approach to treating these diseases can be determined. The treatment of bowel diseases varies considerably from person to person. It is also necessary to begin nutritionally treating these diseases as early as possible to avoid the possibility of rectal cancer or the surgical loss of the bowel.

### **MALABSORPTION**

Nervous bowel, allergies, repeated bouts with antibiotics or chemical sensitivity could upset the delicate microorganism flora within the bowel. When this takes place, digestion and absorption are reduced. Opportunistic organisms such as yeast, mold, fungus or pathological bacteria can ferment foods before they can be carried into body tissues causing what is known as a “leaky gut.” Maximizing

digestion and controlling populations of foreign microbes is often the best assurance of good absorption. Malabsorption of nutrients can ultimately lead to malnutrition even when eating healthy foods and taking nutritional supplements.

Our examination of each patient for absorption assures every bite of food and every supplement can be utilized to maximum capability. This is done through comparing the person's food diary and supplements with blood, urine and tissue nutrient levels. Sunnyside also uses a state-of-the-art digestive and absorptive analysis called "radio telemetry" where the person painlessly swallows an FM radio transmitter (the size of a vitamin pill), which broadcasts the conditions of the upper bowel to a recorder for analysis and comparison with other tests.

### **MULTIPLE SCLEROSIS**

Multiple Sclerosis (MS) primarily affects people of Scandinavian or Western European descent. It afflicts individuals from northern climates and people who have lived on high amounts of animal products. MS has been exposed as being a nutritional problem by Dr. Roy Swank in his book *The Multiple Sclerosis Diet Book*. Thirty years of careful evaluation spanning from Manitoba, Canada to Portland, Oregon shows the direct link between diet and this crippling and unnecessary chronic degenerative disease. Often we find grossly altered digestion, absorption and elimination in the MS patient. The reduction in fats, the maximizing of oxygen tension and the optimization of all nutrients is essential when treating this problem. MS can be prevented. Immediate relatives of MS patients are encouraged to get a preventive screening including a simple red blood cell analysis test developed by Dr. Roy Swank and performed at Sunnyside Health Center. Links indicating viral damage to nerve myelin are also appearing.

### **OBESITY**

How many times have you been told that if you just counted calories and ate less, then you would lose weight? This is not necessarily true. Obesity is the most obvious visible sign of chronic degenerative disease. An early sign of malnutrition is the swelling of tissue and the high rate of carbohydrate absorption with rapid conversion into fat for storage. The National Geographic photos of starving people in Africa show the large pendulous abdomens and skinny muscle-deficient arms typical of children in impoverished countries. This is also common in our own country, but it is hidden by excessive adipose tissue (fat). The greatest energy crisis that exists is in human energy and productivity.

When weight control is approached in a scientific and individual manner, you can achieve lasting success. We have developed a weight control program at Sunnyside that is safe, reliable and effective. It incorporates food, exercise and behavior modification techniques. After determining your body's individual needs and metabolism, we customize our dietary program to your specific requirements. During this program, we use several tests to monitor your body's progress and condition on a weekly basis so that the program's diet can be fine-tuned to your particular metabolism guaranteeing fast and safe weight loss. All we ask is that you keep a simple daily log and come to the clinic for weekly monitoring. This is a very economical program that can be completed in twelve weeks or less. Often, an initial detoxification program using colonic irrigations is recommended.

Some individuals enter this program after other more serious health problems are corrected such as kidney disorders, heart disorders, allergies and circulation problems. Because this program is tailored specifically for your individual metabolism, we can guarantee that you will lose from twenty to thirty pounds (depending on your needs) in a twelve-week period. We have had such positive results from this program, that if you do not lose the weight we have calculated you should lose, we will continue (at no further charge) to monitor your condition and fine-tune your diet until your target weight has been attained.

## **PSYCHOLOGICAL DISORDERS**

Some of the psychological disorders we treat at Sunnyside are: depression, neurosis, anorexia nervosa and bulimia. We accept these patients only when they are referred to us by psychologists or psychiatrists who are treating the patients.

It is a common misconception that psychological disorders arise spontaneously in the mind. In fact, modern research has shown that they are often caused by biochemical imbalances in the brain. Metabolic Therapy can often help correct the disorder by restoring the biochemical balance.

## **SKIN CONDITIONS**

Human skin receives the harshest treatment of any structure of the body. Different skin types are prone to different kinds of skin disorders. While eczema and dermatitis reactions to toxic chemicals is common, immune reactions to

foods, additives, fabrics and dyes, water pollutants and neurological adaptations produce many similarly upsetting conditions. Parasites, insect or spider bites and contagious viruses create multiple rashes, itches, pain and discomfort within the skin. Often, microscopic examination of hair roots, skin scrapings or body fluids provide clues for proper treatment. Cultures can often help identify the specific organism. Sunnyside uses thorough diagnostic techniques to identify the cause and recommend effective natural remedies for a whole host of skin problems. Many patients who have suffered from skin conditions have found natural relief at Sunnyside beyond the orthodox covering of symptoms with steroid creams and topical anti inflammatory drugs.

## **METABOLIC EVALUATION**

We use the latest scientific testing in evaluating your condition so that we can understand the operation of your metabolism. Metabolism is simply the sum of all the biochemical processes that are occurring in the body. Some processes are building new tissue while other processes are tearing down old tissue. A thorough investigation of body systems for function and stability are compared with efficiencies at each body system produces a metabolic blue print on each individual patient by measuring quality of your, diet, digestion, absorption, assimilation elimination and physical examination.

## **DIET**

The metabolic evaluation at Sunnyside Health Center starts with the evaluation of your diet. Using computerized methods, your food diary is coded so that the computer can identify each food eaten over a period of time. It is entered into the computer and a detailed analysis is performed providing a precise breakdown of the nutrients available in the food you have eaten. This printout includes a listing of your intake of: total calories, grams of protein, total fats, polyunsaturated fats, cholesterol, carbohydrates, fiber, vitamin A, thiamine (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), ascorbic acid (vitamin C), vitamin E, calcium, phosphorus, iron, sodium, potassium, magnesium, selenium, zinc, and copper. The diet analysis also shows the number of servings of foods from the various food groups and the number of teaspoons of "hidden" sugar contained in the food you have eaten. Diet is the first step in the metabolic evaluation because it is a conscious maneuver we each perform. We are all on a "diet" because we all "choose" foods to eat from the many thousands of foods that are available to us. We alone are responsible for our diet. Education makes healthier diets possible.

## **DIGESTION**

Digestion is the second step in our evaluation. There is an old saying, "You are what you eat." This is only part of the truth. In reality, "You are what you eat and are able to digest." Poor digestion is the underlying cause of a multitude of health problems.

This radio-telemetry gastric analysis is performed by the use of a sophisticated piece of equipment developed by the space industry for evaluating the digestibility of food in the stomach and small intestine. The test is accomplished by swallowing a miniature radio transmitter the size of a vitamin pill. This capsule measures the pH or acid-base balance of the gastrointestinal tract contents and then broadcasts an FM radio signal containing the information. The frequencies transmitted are picked up by a belt antenna the patient wears during the test. The receiver then displays the values on a meter and simultaneously records them on a graph.

During the test, the digestive ability of the stomach is "challenged" by having the patient drink small solutions of sodium bicarbonate (baking soda). In this way, the ability of the stomach to produce digestive hydrochloric acid is measured. After this has been tested, the capsule then passes out of the stomach into the small intestine where it measures the production of pancreatic enzymes. With this information, recommendations can be made as to any needed supplements to aid in digestion.

Digestive aids in America are out-sold only by pain remedies. Alka Seltzer, Di-Gel, Maalox and others are a multi-million dollar industry that is fueled by people seeking relief from common ailments that could be corrected by improved digestion. Unfortunately, use of these products tends to cover up symptoms, and in the long run makes the problem worse. When a person takes an antacid for an upset stomach, this does not aid in digestion, it merely triggers the stomach to empty the undigested contents into the small intestine. This will usually make the person feel better, but this undigested food in the small intestine will tend to putrefy and in turn cause other problems. The importance of good digestion should not be underestimated and needs a thorough analysis.

## **ABSORPTION**

Absorption is the next step in metabolic evaluation. The many allergies that plague people in modern times are a sign that substances foreign to the body have been absorbed. Dr. Frances Pottinger, Jr. is a noted allergist in San Diego.

He states that by the year 2000, every man woman and child will have allergies in this country. What are allergies? What is the mechanism?

Food allergies are due to an irritation and activation of mast cells found in the digestive tract during the process of absorption. This is often due to the inability to adequately digest and absorb nutrients before they are acted upon by unfriendly organisms that often accompany food. Malabsorption is the underlying cause for a whole host of allergic symptoms including diarrhea, skin rashes, sneezing, watering eyes, rapid heart rate, headaches, muscle aches and pains, and many other symptoms. Understanding how absorption takes place and minimizing our stress can give us all a greater magnitude of vibrant health.

### **ASSIMILATION**

Once nutrients are absorbed into the body, individual cells begin their process of making energy, enzymes, hormones and structures needed for optimum health. The intracellular biochemistry of nutrition addresses how genetics, environment and lifestyle complete the assimilation of food components into living and healthy cells, tissues, organs and systems. Proper assimilation guarantees optimum health of the whole organism. Sunnyside recommends factors such as exercise and rest along with proper nutrition to maximize individual assimilation.

### **ELIMINATION**

The evaluation of elimination provides the next aspect of our metabolic investigation. Proper bowel, kidney, lung and skin function is necessary to excrete toxicity from the body. A person in a hospital will often be allowed to lie in a bed for three to five days without having a bowel movement before the cheerful nurse administers an enema to evacuate the last 12 to 18 inches of the colon. Then the person will be allowed to go another three to five days before the procedure is repeated. When asked what constitutes regular bowel movements, the average physician will say "It is unique to you, once a day or once a week, if you're comfortable, it is adequate."

In "The Save Your Life Diet" written by Dr. David Ruben, it is pointed out that the change to low-fiber and low-roughage diets has caused a great reduction in the frequency of normal healthy bowel movements. This situation leads to a whole host of auto-toxicity reactions that are now being found to relate to such problems as rheumatoid arthritis, certain forms of cancer and even learning disabilities in children.

Bowel elimination in nature occurs after every feeding. Three meals a day should be followed by three healthy bowel movements within one to two hours after the meal. The transit time of food through the digestive tract should be no longer than twelve hours. This is adequate for all digestion and absorption to

take place in a healthy digestive tract. At Sunnyside Health Center, we have carefully developed questionnaires to allow you to report on your individual habits and experiences in all of the above situations. Diet habits and frequency, food choices, reactions after eating certain foods, bowel habits and elimination all constitute your own unique fingerprint in assessing health problems.

## **NUTRITIONAL PHYSICAL EXAMINATION**

The next component of the metabolic evaluation is a physical exam. Often physical examinations provided by doctors are a brief tapping of the back, listening to the heart, looking in the throat, and rushing you out the door with no real concern for your individual questions or time to ask for pertinent information. The physical exam provided at Sunnyside is one that has been developed over the last 20 years to adequately assess nutritional status as well as optimum function of each organ and system by non-invasive techniques. The examining physician spends at least one hour in intense testing and measurement to integrate the following five areas:

### **PART I - HISTORY AND HEALTH HABITS**

- Sleep habits
- Stress and adaptation
- Exercise level
- Previous Illnesses
- Previous Surgeries
- Past and Current Medications
- Effects of Drugs on Vitamin and Mineral Status

### **PART II - PHYSICAL EXAMINATION**

- Height and Weight
- Body Temperature
- Skin, Hair and Nails
- Skull and Cranial Distortion
  
- Visual Acuity & Eye Exam
- Ears, Sinuses, Nose and Throat
- Teeth and TMJ
- Neck Musculature and Glands
- Percent of Body Fat

Blood Pressure Comparisons (while lying down and standing)  
Pulse Rate  
Heart Sounds and Rhythm  
Twelve Lead, Level 5 Electrocardiogram  
Lung Function and Vital Capacity  
Abdomen Palpation and Digestive Sounds

### PART III - NEUROLOGICAL EXAMINATION

Cranial Nerves  
Cerebella Function  
Superficial Skin Sensation  
Deep Tendon Reflexes  
Muscle Strength  
Hand Grip Strength

### PART IV - ORTHOPEDIC EXAMINATION

Postural Examination  
Leg Length Measurement  
Range of Motion Measurements  
Motion Palpation of Spinal Motion Segments  
Straight Leg Raising Test  
Spinous Process Percussion Test  
Palpation of Spinal Musculature  
Other Orthopedic Testing

### PART V - DIETARY PATTERNS

Eating Habits  
Water Consumption  
Bowel Habits  
Urination Habits

### **THE LABORATORY ANALYSIS**

Laboratory analysis provides a window into the body's biochemical factory and how it is functioning. Detailed blood and urine analyses are coupled with the latest techniques in evaluating mineral levels in hair and body fluids. Not all people are in need of all of the procedures available at the center, so Dr. Brouse

determines the level of evaluation needed by the individual at the time of the initial visit. Often desperate individuals request “every test” or “. . . exactly what my aunt Suzy received.” “Every test” ordered indiscriminately would require weeks of sampling and many thousands of dollars. It has been our experience that a person will usually require one of four various levels of evaluation available at the center. The following is only a guide for interested persons to gain perspective into their need. Dr. Brouse can help determine your exact needs during the initial visit and physical examination.

The Profile I: The Basic Preventative Evaluation is for healthy people interested in preventive care only. It is designed to provide preventive advice to people who have no real health problems, yet want information on proper supplementation for more optimum health and the prevention of disease. Often there is a familial disorder (diabetes, MS, prostate cancer, etc.), which the individual wants to prevent. We make specific nutritional recommendations based upon the individual's age, sex, body type and physical activity.

Basic services provided to evaluate this individual include a blood chemistry screening profile, a complete blood count with a differential count, a blood sedimentation rate analysis, a routine urinalysis including measurements of a digitized wave-form blood pressure, a dark field examination of peripheral blood cells, a metabolic health survey consisting of 175 questions to evaluate an individual's lifestyle, daily habits, and a symptom frequency and subclinical symptom questionnaire that assess responses the lifestyle circumstances. Additional tests may be requested by Dr. Brouse at the time of your consultation.

A detailed report is produced giving the interpretation and significance of the laboratory results and the results of your metabolic system health survey questionnaire. This information is combined with the laboratory values from the blood chemistry screening. Once all this material is available, we make specific dietary and supplement recommendations customized for your unique biochemical needs. A short consultation with Dr. Brouse is arranged to go over

this information, answer any questions you have and start you on your optimum health program.

The Profile II; The Better Health Evaluation is intended for people who are not under a physician's care but are seeking diet therapy and wanting specific supplementation recommendations regarding specific health concerns. Individuals with problems such as difficulty in maintaining their weight, lifestyle

stresses and fast food cravings or sensitivity to stress receive a comprehensive analysis of their diet, and a trace mineral analysis of their hair for eighteen minerals. Services provided in the better health evaluation profile include an initial history-taking consultation with our staff and Dr. Brouse, a live blood cell analysis which can be watched on the TV monitor, an electrocardiogram, a blood chemistry screen profile, a complete blood count with differential, a blood sedimentation rate analysis, routine urinalysis, a 150-point nutritional physical examination, a trace mineral analysis of the hair, a computerized seven-day diet analysis, and a metabolic health systems survey questionnaire.

Once these findings have been analyzed by our staff, we provide you with a computerized printout of the interpretation of the laboratory results and the metabolic system health survey questionnaire. At this time, Dr. Brouse will meet with you to summarize the results of your tests and to make recommendations in your specific case.

The Profile III; The Comprehensive Health Evaluation is the most common evaluation done at the Sunnyside Health Center. It is intended for people that have early or moderate signs of chronic degenerative disease. Often these people have been referred to us by other doctors for evaluation and dietary recommendations to treat these early warning symptoms such as high blood pressure, arthritis, etc. These persons are usually under a physician's care but are seeking nutritional advice to help their condition.

The services provided in the comprehensive health profile usually include an initial history consultation with the doctor, a live cell blood cell analysis that is

watched on a TV monitor, a 150-point nutritional physical examination, a bowel flora analysis, an adrenal stress profile measuring adaptation hormone levels, a blood chemistry screen profile, food sensitivity or allergy testing, complete blood count with a differential count, a blood sedimentation rate and analysis, a routine urinalysis, a radiotelemetry digestive analysis, a trace mineral analysis of

the hair, other specific laboratory tests deemed necessary by the Sunnyside staff, a seven-day diet analysis, a metabolic systems health survey questionnaire and a report on the interpretation of your laboratory results and metabolic system health survey questionnaire. It is necessary to have several consultations with Dr. Brouse to go over these findings and recommendations.

The Profile IV; The Complete Metabolic Evaluation is for those people with exceptionally complicated problems of long duration or some diagnosed

condition that has not responded to orthodox therapies. It is the policy of this Clinic that if the condition is potentially life-threatening, we do not accept the responsibility of being the primary treating physician. This is done since we do not admit patients into hospitals to treat persons who are on life support. Our role is to provide biochemical and metabolic guidance to augment treatment by your primary physician.

Services provided in the complete metabolic evaluation profile include an in-depth and extensive initial consultation with Dr. Brouse which includes the case research of any and all records, a live blood cell analysis that is watched on a TV monitor, a bowel flora analysis, an adrenal stress profile including cortisol and DHEA studies, a 150-point nutritional physical exam, a blood chemistry profile, additional blood chemistry tests as needed, a complete blood count with differential count, a blood sedimentation rate analysis, a urinalysis, measurement of urinary indican (a test for putrefaction of proteins), food intolerance or allergy testing, a toxic and trace mineral analysis of the hair, a radiotelemetry gastric analysis test to assess the digestive capacity of the gastrointestinal tract and other laboratory tests determined to be necessary by the doctor.

Once these findings have been analyzed by our staff, Dr. Brouse produces an understandable report of your dietary and nutritional needs related to your condition, a metabolic systems health survey, a report of all laboratory results and the metabolic systems health survey questionnaire. Specific therapeutic procedures may be needed in your specific condition. Those persons needing a complete metabolic evaluation usually have need for special therapies and usually schedule one or two extra weeks for these services. Finally, you will

have a discharge consultation with Dr. Brouse to summarize your particular case and to make specific recommendations for diet, lifestyle changes and dietary supplementation. It is also a time for answering any questions you may have

regarding your program. A schedule for retesting to measure improvements is decided at this time.

These health profiles are only guidelines to help determine approximately which level of care is needed. They are performed on an individual basis based upon the patient's unique needs. Should you need a more customized evaluation, our staff and Dr. Brouse will work with you at your initial consultation to make a joint decision as to the profile that is most appropriate for your present health condition. Each person's condition varies, therefore the cost varies accordingly.

We can provide a more accurate estimate of the costs after your initial consultation with the doctor.

Other therapies that may be necessary depending upon your particular condition include: colon irrigation, chiropractic adjustments, cranial or sinus malposition, physiotherapy, massage, weight counseling, relaxation and exercise counseling, and group counseling for social and lifestyle stress control.

### **SPECIAL SERVICES**

Special services such as European style massage, the conservative treatment of hemorrhoids, cranial adjusting by the technique taught by Dr. Richard Stober, minor surgery to remove non-malignant growths, prostate examinations, GYN examinations, school physical exams, FTC truck driving examinations and schizophrenic and emotional exams are administered at Sunnyside Health Center by individuals highly trained and experienced in each of those areas.

### **NUTRITION and DIET COUNSELLING**

Although Dr. Brouse may gain great insight into a person's specific requirements in the restoration of health, other trained Sunnyside professionals can assist in therapy administration, lifestyle counseling, developing menus, giving advice on cooking techniques, and recommending the right cookbooks and cooking hints for your individual needs. Diet counseling deals with the change in habits necessary to see long-term health improvement.

### **PROCTOLOGY**

Often, a proctologic exam is necessary for people who have problems with their lower rectum. Any abdominal or low back pain, hemorrhoids, fissures, fistulas or any irritation of the lower bowel should be evaluated to see if conservative care might help. Although nutritional methods will prevent and correct the early development of these problems, often it is necessary to use minor surgical

procedures to help correct the situation. Internal hemorrhoids can be adequately treated, in most cases, painlessly and effectively without hospitalization. Being state certified and board licensed in these areas, and instructing hundreds of young doctors each year, Dr. Brouse can perform most of the necessary treatments at the clinic without hospitalization.

### **MINOR SURGERY**

We advocate the use of nutrition, lifestyle changes and other non-invasive therapies in the treatment of chronic degenerative disease. Often, however, there is the need to do in-office procedures to remove such things as suspicious warts,

moles, or benign tumors on the surface of the skin. These are effectively and efficiently removed with local anesthesia and with little or no scarring due to the advanced healing that takes place with Metabolic Therapy. Being a Chiropractic Physician, and surgically trained as an Army Corpsman, Dr. Brouse can provide in-office surgical care usually performed in hospitals or expensive clinics. If you have such unsightly and annoying blemishes on your body, we can evaluate them and remove them if it is indicated in your case.

## **EDUCATIONAL TAPE LIBRARY**

We feel very strongly that our mission is to teach as well as strive to assist healing. We have an extensive video tape library covering over 100 of the most popular topics recorded by Dr. Brouse and other professionals in various health fields. We encourage our patients to view these tapes to supplement the information in our written evaluations. Many of our patients order personal copies to share with their families and interested friends. The more you understand about your specific condition and its treatment, the more you are in control of your own health. If you are hesitant about utilizing our services, we recommend that you visit the clinic and view (at no charge) any of the tapes that pertain to your specific condition. By doing so, you will be able to observe our methods and philosophy of treating that particular disease. Please keep in mind that each individual's case is unique, and your treatment may differ somewhat from that described in the tape.

## **COST OF SERVICES**

Patients have asked us what the average cost is, and we might reasonably answer this question by asking, "How do we know your case is average?" The cost of

the services you need depends upon what kind of problem you have and how much time and testing will be required to adequately evaluate the condition. The

cost of preventive care at this center has been studied, and we feel very pleased to say that our treatments cost, on average, far less than any orthodox approach to the same problem. Our fees are modest, making our services available to

almost anyone. It is our desire to keep all costs at a minimum so that anyone desiring our services might be able to enjoy the benefits of natural care without finding the cost prohibitive.

Most people must be concerned about cost, therefore, after the initial consultation, we give an estimate of what treatments may be necessary and what our fees would be. If you live a long distance from the clinic, our office

personnel can consult with you by telephone to arrive at an estimate range. The initial consultation with you gives Dr. Brouse an idea of what testing and evaluation must be done to develop an effective treatment plan for you. Partial testing often reveals partial cause and produces partial results. Adequate examination and laboratory data may suggest further testing needed in your case.

## **INSURANCE COVERAGE**

As a free service to our patients, we are able to provide a statement containing the information needed by the insurance industry. You, in turn, can submit this form to your insurance company for reimbursement.

We would like to point out three important things regarding our policy relating to insurance:

1. True “health insurance” is prevention, purely and simply. Prepaid “sick-care insurance” seldom pays for everything or covers everything. Many insurance programs consider our treatment as “preventive or experimental,” however other companies see our alternative methods less expensive and often more effective. At the present time, very few companies will pay these bills completely. Some type of co-payment or deductible amount must be met. The insurance policy is usually a partial financial help. Our treatments, on the other hand, are usually just a fraction of the cost that you would have paid for orthodox hospital treatment. As a matter of fact, many patients have found that the cost of our treatment is about equal to the part they would have to pay for their surgical or medical therapies over the same period of time.

2. The usual hospital or medical approach to chronic degenerative disease keeps the patient on drugs and therapy to control the symptoms. Usually there is a great loss of productivity and time at work while the patient is undergoing orthodox therapy. In many instances this means considerable loss of income and separation from the details of the patient's job, home life or business. You should remember that our treatments not only decrease time loss in most cases, but there are no disabling side effects like those that characterize most drug treatments. For patients whose employment is in the local area, time loss is very small. Measured in dollars and cents, money can often be saved by our kind of service, even in cases where the average extent of medical and hospital costs would be paid by insurance.

3. A good share of our work is lifestyle correction, nutrition and diet counseling for complications and inadequacies suffered from delay or previous medical care. This fact, of course, points out the inherent dangers in choosing a method of treatment simply because the insurance policies pay for it. Whenever this happens, no money is saved, and suffering and trouble is usually extended. We cannot over-emphasize the fact that for so prized a possession as a person's health, preventive care that is directed to the cause usually incurs the least amount of time lost and the least chance of dangerous complications. Whether the insurance company will or will not pay the bill in whole or in part, should only be of secondary importance when considering a true health care program. Our reputation has been built by treating many patients after orthodox medical methods have failed.

Remember, the major overall investment, which you will make in your health, is proper food selection, exercise, rest and nutritional supplementation. If you find an insurance company, which pays for these items, please let us know!

### **LOCATION and LODGING**

The Sunnyside Health Center and Chiropractic Clinic is located at: 8800 S.E. Sunnyside Road, Suite 111, Clackamas, Oregon, which is located across the street from the Clackamas Town Center, one of the largest malls in Oregon. This shopping center has over 100 stores and several restaurants. There are several healthy and natural food restaurants that have excellent service and delicious food at reasonable prices.

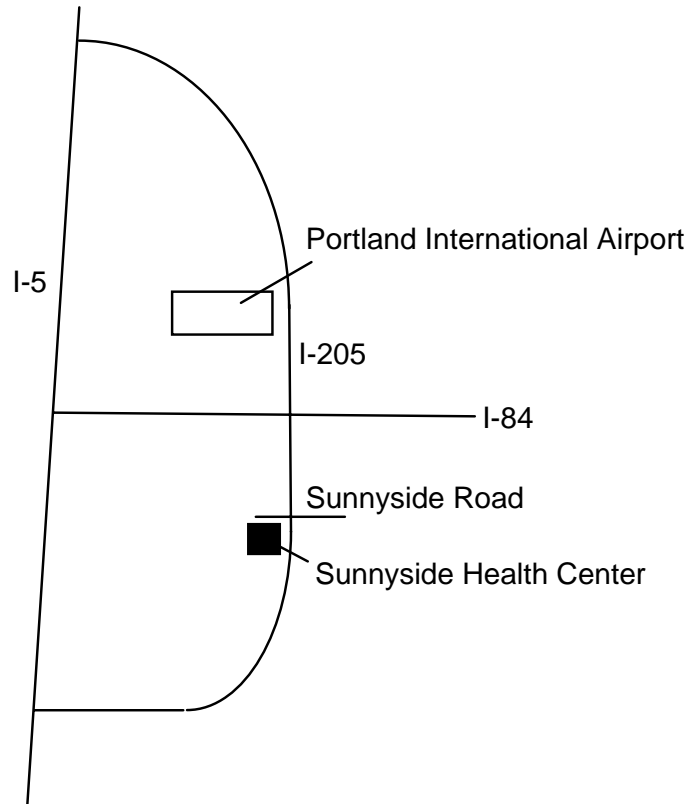
Our clinic is three blocks from Interstate Highway 205, 20 minutes from Portland International Airport, one block from the Tri-Met bus depot and 25 minutes from the Amtrak railroad station in downtown Portland. If you are driving and need directions, call us when you get to the Portland area.

Three very convenient motels, the Monarch Motor Hotel, The Days Inn and the Best Western Sunnyside Inn, are within a three-to-four block walking distance from our Clinic. These motels provide excellent lodging and often provide

transportation to and from the airport as well as to and from our clinic. Please contact them directly for reservations and rates. When calling, ask them about reduced lodging rates for patients of the Sunnyside Health Center. For your convenience, their telephone numbers are:

Monarch Motor Hotel	(503) 652-1515
Best Western Sunnyside Inn Motel	(503) 652-1500
The Days Inn	(503) 654-1699

### ROAD MAP



### **ARE YOU READY?**

Nutritional and lifestyle therapy is not for everyone. It takes a great deal of discipline to reverse years of poor health habits. If you want to be a passive recipient of a "miracle cure," you should look elsewhere. However, if you are motivated to change and want treatment that encourages and builds the body up rather than covering symptoms and tearing it down, you should know that alternatives are available.

Having seen thousands of patients over the years at Sunnyside, we have come to realize that not everyone is ready or able to accept the responsibility for his or her own health. It is our goal to help you understand the steps you must take for improved health recovery to take place using the nutritional-metabolic-biochemical approach. Ideally, we would like to see individuals that are mature

enough to accept the responsibility for their ongoing health and are committed enough to follow a logical sequence of events. This program of health restoration has been proven by thousands of patients demonstrating that health can be rebuilt using natural methods.

### **TIME COMMITMENT**

The time necessary for a complete evaluation at Sunnyside Health Center varies. Out-of-town patients usually begin their evaluation on a Monday and stay for one, two or in extreme cases, three weeks. This allows enough time to conduct a thorough evaluation, obtain the results from lab testing and lay out a health restoration program tailored to their unique needs. In the some cases, individualized therapies can be started and often referred for completion by a doctor near your home. If you have previous medical records, lab work, or X-rays from other doctors, by all means bring them with you. If the information is current, it may reduce the amount of lab work that you will need to have done at Sunnyside. When patients traveling a long distance return home, subsequent follow-up consults to monitor their progress and make any needed changes in their program can usually be made over the phone with the assistance of a local physician ordering lab testing. In other cases, follow-up visits to Sunnyside from monthly to quarterly intervals (until stability is achieved) are needed to receive specialized care.

Since every person is a unique individual, the time needed for recovery from a chronic degenerative disease varies greatly. Usually, follow-up retesting is

necessary at four weeks to yearly intervals depending upon the magnitude of the complication. Since a person's need for care and education at the center varies from one to three weeks, we attempt to concentrate the learning experience. For those patients traveling a great distance, it is usually more economical to stay several days or weeks at a time rather than to run back and forth for a shorter duration. If the patient's own family physician will provide us with the follow-up laboratory data, we can make modifications in the program usually on a three-month basis by phone. Some chronic degenerative diseases may require as much as two to even five years for total resolution. As you can understand, the difficulty in "predicting" what will occur with individuals is difficult. We are only offering these time guidelines as a general rule. Every person responds differently to care and we take that into consideration.

### **CONCLUSION**

This brochure was written as Dr. Brouse and the staff entered our twenty eighth year at Sunnyside providing Metabolic Therapy and preventive nutritional counseling. Sunnyside has been pleased to help people from all fifty states, Canada, Mexico, Belize, Japan, Korea, Germany, Malaysia, Ecuador, Peru, Taiwan, Saudi Arabia, France, Finland, Sweden, Holland, England, Ireland, Greece and Italy. We have been the internship training center for over twelve hundred natural doctors who now practice in twenty-two states and five foreign countries implementing many services provided at the clinic. State, province and national laws often restrict certain practices performed at the clinic in Oregon.

We are confident that more and more doctors will soon realize the benefits of our Nutritional Approach to Health Recovery. We constantly strive to keep abreast of the latest in preventive, non-invasive diagnostic and natural therapeutic techniques. The United Nations World Health Organization defines health as "a state of complete physical, mental and social well-being, and not merely the absence of disease and infirmity." It is our sincere hope that more people will be able to achieve this degree of vibrant health, and that you will be among these people.