

Sunnyside Health Center

NEWSLETTER

ISSUE: FALL 2011

GI Health Panel

(Regular & Expanded)

25% Off

Reg. \$410 / \$485

Special \$307.50 / \$363.75

A non-invasive screen of the gastrointestinal tract and its function. It includes 15-22 individual tests to determine the health of your bowel.

Special Expires: November 10th, 2011
Must be used within 3 months of purchase



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Intestinal Health Q & A

By Dr. Brouse



Because, we receive so many questions about indigestion and bowel problems, and that I have just returned from a continuing education seminar in Baltimore addressing many of these concerns, we will dedicate this newsletter to this subject.

There are a growing number of gluten-free products springing up. Is there a gluten sensitivity epidemic?

Yes, because of the following factors:

- GMO foods
- Gluten deamidation (product of acid or enzymatic treatment of gluten used in the food-processing industry)
- Gluten storage in bins for long periods of time, leading to enterotoxin contamination
- Hygiene hypothesis
- Leaky gut syndrome
- Chronic stress-breakdown of immune tolerance
- Poor nutrition
- Enzyme deficiency
- Gluten cross-reactions between antigens

What is the correlation between autoimmune diseases and gut health/immune health?

There are probably more correlations than we realize. The health of our digestive/elimination tract is the largest protected border of our body. Imagine 200 square meters of surface teaming with 100 "trillion" mold, fungus, yeast and single celled microbes of all kinds interacting with our food, our mucous membranes, our immune system and nervous systems! It is mind boggling! Yet this "circus" is being managed by a central intelligence computer (white blood cells). If this "computer" becomes overloaded it will underestimate our immunoglobulin or interferon needs and we get infections or it can overestimate our immune needs and we develop autoimmunity which is a "self destruct" signal. Keeping a healthy and balanced immune system is a life time battle. It is like paddling a canoe in the middle of a chemical and

microbial current – too slow paddling takes us down stream; too much extra paddling causes us to use up our reserves and we burn out.

What is the difference between Crohn's and Celiac Disease?

Crohn's is an autoimmune form of inflammatory colitis often initiated by high stress, low vitamin D and a Type A personality. Crohn's can be very hard to treat in some people. Celiac Disease is a gut reaction due to gluten grains not being digested adequately. Once celiac begins, only avoidance of wheat, barley and rye and sometimes corn (because of GMO) immediately resolve symptoms. Celiac (sprue), was thought to be contained in the gut producing gastric distress and diarrhea.

What is "leaky gut"? "Biofilm"?

Microbes multiply prolifically in the bowel due to ideal growing conditions. They are prevented from overgrowing by their "neighbors". When a colony of some species of parasites, bacteria or yeast reaches a certain population, they secrete a cocoon-type of wrapping that fences them off from the surrounding environment and feeds off of the intestinal wall producing what is called "leaky gut.". This wrapping is called a "biofilm" and is the reason some infections do not respond to herbal or probiotic treatments. A GI panel is recommended to check stool and saliva to measure immunoglobulin and enzyme secretions in order to identify and properly treat resistant strains. Often colonic irrigations with chlorophyll and ozone are needed to mechanically dissolve the biofilm and displace the colony.

Does having colonics cause your bowel to become dependent upon them?

Getting exercise does not cause your muscles to become dependent upon flexing and contracting them so is the case with the muscles in our bowel. The bowel is a 26 foot long muscular tube that pulls and pushes over 70,000 pounds (35 tons) of food and bacterial waste through our body in our three score and ten years.

As quoted by Donald Mantell, MD in "Colon Hydrotherapy and its Clinical Applications" - "There is no better way to reduce intestinal stasis, improve bowel motility, and improve nutrient absorption, and remove parasitic and dis-

ease causing microbes that has been devised by man than a professionally administered colonic irrigation".

What is the difference between healthy bacteria promoting normal flora and disease?

We have relied upon dietary bacteria for thousands of years. Miso, sauerkraut, cheeses, meats, fish and yogurt all rely upon friendly bacteria to protect against dangerous bacteria damaging our food and poisoning us. Our bowel flora represents the most friendly and cooperative bacteria. A special form of bacillus bacteria lived in our grandmothers for hundreds of generations of which were inoculated during the birth process. Our first breath brings billions of Doderlein's Bacillus into our throat, sinuses, and bowel where they live and thrive – until antibiotics, chlorinated drinking water or food additives kill them and the turf battle with other organisms begins. Only by re-inoculating our GI tract with a probiotic like Shaklee Optiflora can we hope to protect this line of defense against the unhealthy organisms that threaten us on a daily basis.

What kind of digestive enzymes do I need to take?

The answer lies in what kinds of food are you having trouble digesting. Carbohydrates require an enzyme called amylase that is very effective for breaking down lactose in milk, starch in vegetables and beans. Shaklee EZ Gest is an all vegetable enzyme that works well for this class of foods. If you have problems digesting protein you may be low in hydrochloric acid or a pancreatic enzyme for which we recommend products like Acidoll and Wobenzym N. If fatty foods give you problems, you may need bile salts which are found in a product we have called Bile Gest.

Per information from LabCorp, "Disorders of the lower gastrointestinal tract in adults and children are among the most common conditions and may pose a difficult diagnostic problem. Approximately 1 in 20 of all general practitioners' consultations involve these conditions, and their symptoms are often ill-defined. Those disorders include a wide range of pathologic conditions including irritable bowel syndrome, Crohn's disease, as well as celiac disease.

SEE RESOURCE SECTION FOR MORE INFORMATION

Recipe Corner

Apple & Carrot Salad

By Jennie Brouse

Serves 4 as a side dish

2 large apples, *cut into bite-size pieces*

2 large carrots, *peeled & grated*

1 stalk celery, *sliced*

1 medium red, green, or yellow sweet pepper, *cut into bite-sized pieces*

1/2 cup roasted or glazed walnuts, pecans or almonds

1/2 cup drained crushed pineapple

1/2 cup sunflower seeds, *optional*

1/2 cup plain yogurt

2 Tablespoons fresh lemon juice

1 Tablespoon + 1 teaspoon honey

To prepare the salad dressing, mix the yogurt, lemon juice and honey. In a large bowl, combine all of the ingredients including the dressing. Mix well until combined. Refrigerate until ready to serve.

Be sure to try Carolyn's winning Green Smoothie Recipe that she submitted for our Green Smoothie contest. Thank you for all of your recipe submissions. We had fun trying out all of the different smoothies!

SSHC Green Smoothie

Contest Winning Recipe:

Going Green Smoothie

Submitted by Carolyn Welther

Serves 1-2

1 cup green grapes

1/2 cup fresh, ripe pineapple

2 cups fresh spinach

1/2 ripe banana, peeled

1/2 cup water

1 cup ice cubes

Place all ingredients into the blender in the order listed and secure the lid. Turn on machine blend for 60 seconds or until desired consistency is reached.

Patient Testimonial

by Carolyn Welther



I live in Erie, Pennsylvania and in January, 2000, I was diagnosed with Multiple Myeloma (an incurable cancer of the bone marrow which has no known cause). I began working with Dr. Brouse via telephone from February, 2000, until December, 2000, when I flew to Oregon to see him personally at his clinic.

Having cancer and the treatments I was receiving from my oncologist, had me scared for my life -- especially after I read that the median life span for a person with Multiple Myeloma is three years. I saw Dr. Brouse twice a year for eight years, and now my trips to see him are annual. On each visit we do the blood work and the lab tests, which Dr. Brouse recommends. During my annual week's stay in Oregon, I receive daily colonics. On the last day of my week's visit to Dr. Brouse, we review the lab results. He sends me home with his recommendations of specific foods that I should consume and what supplements and how many of each I should take until my next trip to Oregon. I credit Dr. Brouse for saving my life. He has taught me so much about good eating, living a healthy lifestyle, and ways to remove stress from my life.

Also, during the past 11 years, whenever I was receiving mostly doom & gloom messages from my oncologist, after calling Dr. Brouse with tears in my eyes and talking with him for a brief time, I would hang up smiling and feeling there was so much hope and a long future ahead of me. I honestly don't think I'd be alive today, if it weren't for my trips to Oregon, and following his recommendations when I returned home. I've made good friends with SSHC staff, and know I can always count on them. Sharon is my rock to whom I always turn when I need help. Suzanne is the one I trust when receiving colonics and doing the tests while I'm there. Now during my appointments with my oncologist, he says he doesn't know what to think about me because I'm doing so well, even though I'm not taking any of his drugs and chemicals. Unfortunately, he doesn't really want to know what I'm doing (although I've tried to tell him), but he tells me whatever it is I'm doing, to keep on doing it.

My heartfelt thanks to Dr. Brouse,

Carolyn Welther



Kilee Johnson,
Nutrition Consultant

Personalized Nutrition Programs

by Kilee Johnson

I am very pleased to offer my services to patients of SSHC! My nutrition consulting business, Whole Nutrition, prepares complete dietary programs and support to those needing assistance with their daily meal plans. Do you need to lose weight, avoid certain foods due to sensitivities or boost your energy? I can work with you to create a meal plan that fits your specific dietary needs and busy lifestyle. My personalized 3 & 6-month programs will help you achieve your nutritional and lifestyle goals. For more information, please visit my website at: <http://kileejohnson.com/nutrition-consulting/> or call 503-338-8829.

Kilee's Gluten-Free Baking Class:

Friday, September 30th, 10 a.m.

At Sunnyside Health Center

8800 SE Sunnyside Rd, Ste. 111

Clackamas, OR 97015



Come and learn techniques for preparing delicious gluten-free baked goods. Your family and friends will be begging for you to make more of the healthy, gluten-free treats that Kilee has prepared for the class.

Techniques covered in the class:

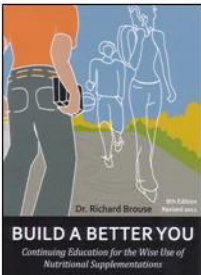
- Which flours work as well together as substitutes for wheat flour
- How to replace refined sugars with all-natural sweeteners
- Ways to reduce the amount of fat in your baked goods

Call 503-654-3225 to reserve your seat!

Class fee: \$5 cash per person



2011 ~ Fall Tour Across Canada
Saturday, October 15th ~ Surrey, BC
Saturday, October 29th, ~ Winnipeg, MB



Dr. Brouse's **Build A Better You, 8th Edition** was delivered 7-15-2011. The book has been expanded to include all SHAKLEE products introduced since the release of the 7th Edition of the Build A Better You. This book is similar in it's organization as the previous award winning 7th edition with expanded sections on cancer, lung disorders, heart health, Vitamin D, Thyroid and other topics are a must read. The book is organized into 3 sections: (1) Supplements & Their Ingredients (2) Conditions & Supplement Recommendations (3) The Nutritional Cost of Prescription Drugs. All topics have been updated with the latest research documentation related to health issues and **Shaklee's premium supplements**. Business builders as well as retail customers will find this reference book a vital tool in answering day to day questions regarding health and prevention of disease. Retail price: \$39.95 **Special: \$35.00**

Seminar Schedule:

Sept. 9th~Soldotna, AK
Audrey Pearson (907) 262 5359

Sept. 10th~Wasilla, AK
Cheri Gumley (907) 232 6602

Sept. 24th~Denver, CO
Rick Seymour (303) 733-9797

Jan. 21st~Simi Valley, CA
Margie Arendts (805) 498-6959

March 24th~Tacoma, WA
Rick Hiser (253) 549-2140
Steve Hanby (253) 473-2030

Online Store

Avoid the crowds...avoid the traffic...shop online at the Health Ed Store which is again operable. To shop online go to:

www.HealthEdStore.com

Dr. Brouse has Library CD's, Video CD's for the computer, and DVD's on many current health topics. Dr. Shaklee's book, **A Study Course In Nutrition** and Dr. Brouse's book, **Build A Better You, 8th Edition** are also available through the store. Also offered on CD are many topics chosen by the Shaklee field through the Tele-Clinic lecture series. Dr. Brouse lectures for 20-40 minutes and then opens the line for questions and discussion which is a valuable teaching tool.



SPECIALS: CD's \$15, DVD's & VCD's \$25, Seminar Lectures \$30. Dr. Shaklee's book, **A Study Course In Nutrition** \$10
Sale Ends: Sept. 30th ~ no other discounts apply

**Available Dates to Sponsor
Dr. Brouse to *Your Area***

2011

- Oct. 22nd
- Nov. 12th
- Nov. 19th
- Dec. 10th



2012

- | | |
|-----------|------------|
| Feb. 11th | April 14th |
| Feb. 18th | April 21st |
| Mar. 10th | April 28th |
| Mar. 17th | May 19th |

To Order:
Email:
Karen@HealthEdCorp.com
Or Call Karen at
(503) 654-3225



Lecture topics that might be helpful pertaining to the theme of this newsletter are:

Tele-Clinic CD's:

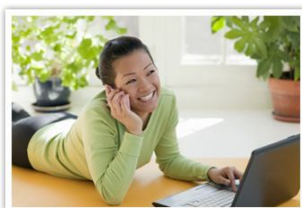
- Colon Health
- Celiac
- Digestive Aids

Library Lectures CD's & DVD's:

- Detoxification
- Bowel Health
- Colitis
- Crohn's Disease
- Autoimmune Disease
- Candida & Yeast
- Liver & Gallbladder



NEW!!! Shaklee Business Leader Support



By popular demand and your desire to help others, we are offering a NEW phone service for our Shaklee Business Leaders. This service is for our established patients to call and ask Dr. Brouse general health questions in order for them to help their clients. Cost is \$15 per 5 minute increments. No patient charts are available and medical advice is not given. Any time can be scheduled that is available during our clinic hours.

We will continue our Nutritional Advice Interview service, for \$25/5 minutes for new patients.

Reminder: Our Hot Line is a complementary service which was designed for patients who are on a current program (testing within the last year) so they may have access to Dr.

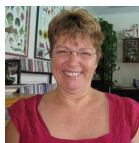
Brouse to discuss their health program (or that of family member who is on a current program.). CHARTS ARE NOT AVAILABLE.

If you are calling regarding lab results, etc., one of our Sunnyside team members would be happy to assist you with scheduling a consultation during our regular office hours, Monday – Thursday 9-5 PST (503) 654-3225.

For those seeking general guidance or education, we have:

- An extensive library of educational materials
- Dr. Brouse's newly revised (8th edition), BABY book
- Free Tele-Clinic lectures every other Monday (which are available later on CDs.) *For more info, see Health Education, page 3.*

Resource Section by Sharon Culp



* From Dr. Brouse's article Intestinal Health Q & A: See our Health Ed Department for a superb selection of CD/DVDs on Autoimmune Diseases, Bowel Health, Candida, Celiac, Colitis, Colon Health, Crohn's Disease, Detoxification, Digestion, Digestive Aids, Liver and Gallbladder, etc.

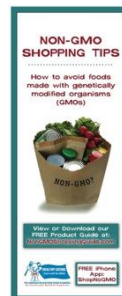
* Also, for Dr. Shaklee's opinion on "enemas", see page 15 of "A Study Course in Nutrition", which is also available through Health Ed.

* As of today's date, EZ Gest is on Back Order from Shaklee. For a temporary replacement, find a product that contains enzymes derived from *Aspergillus Oryae* and *Aspergillus Niger*. For our patients, we carry a product called *Gastri-Gest* that we can substitute for you in the interim.

* Dr. Bernard Jensen's "Guide to Better Bowel Care: A Complete Program for Tissue Cleansing through Bowl Management." Visit <http://nonGMOshoppingguide.com> for a brochure of a list of non-GMO brands.

* As a SSHC field trip on January 7, 2011, we saw the film, "Forks Over Knives." This documentary presents evidence that a whole food plant-based diet can prevent, and in many cases, reverse degenerative diseases. See website for DVDs, books, showtimes, etc. <http://www.forksoverknives.com>

* <http://www.carepages.com/> Experiencing a health challenge can be exhausting. There are many complex emotions. You want to keep loved ones in the loop, but there's no time. A CarePages website is a way for you to connect and share with the people who matter most to you. And since membership is free, there's no reason not to explore further." (referred to us by one of our patients).



Sunnyside Health Center Summer 2011



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<http://sunnysidehealthcenter.com>