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# Fall 2004



## *Fall Wellness Workshop* October 11th~22nd, 2004

We are now accepting appointments for our quarterly Wellness Workshop. Appointment times are available weekdays **October 11 through October 22** from **8:00 am until 11:45 am**. Appointments are also available during the same hours on **Saturday, October 16th**.

Taking part in the workshop is a terrific way to update your health program. Participants in the Workshop will receive a 10% discount on all specialty laboratory tests, including the following tests: ELISA food allergy, Inhalants allergy, hair mineral analysis, Adrenal Stress Index, and Male as well as Female Hormone Panel until November 30th. You will have time to take advantage of this discount after your consult.

**Profile I - \$450.00 (Savings of \$340)**

- Full blood work-up and urinalysis
- Diet Analysis
- MetSys™ Report and Written Interpretation
- Entry into the Wellness Seminar
- 15 minute Consult with Dr. Brouse
- Bone Density Screening
- 1-month 15 min Follow-up Consult

**Profile II - \$480.00 (Savings of \$480)**

**For people over age 40 and/or with heart/lung concerns.**

All of Profile 1 Plus:

- EKG
- Spirometry (Lung Function test)



Call our office at **(503) 654-3225** to reserve your appointment time. Please schedule no later than **October 15th** as this will allow enough time for you to receive and complete your 7-day diet record. You can find the forms on our web site ([www.sunnysidehealthcenter.com](http://www.sunnysidehealthcenter.com)) in the section titled *Forms* or call the office and we will mail them to you. Our Workshop fills up fast so schedule your appointment time as soon as possible.

*We appreciate the opportunity to be of service and look forward to seeing you!*

**Mark your calendars!**  
Winter Wellness workshop: January 10th-21th  
Spring Wellness workshop: April 4th-15th

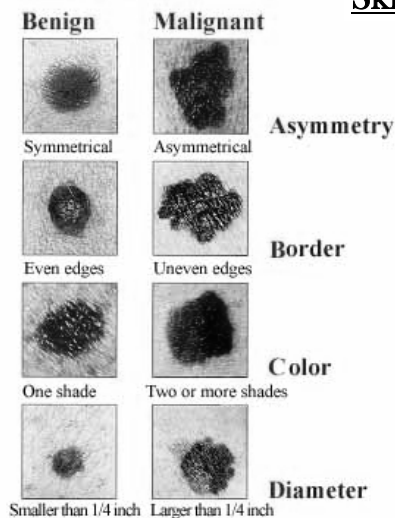
*Just a reminder  
Some specialty test pricing  
increased as of  
March 1st, 2004*

**Sunnyside Welcomes Sharon to the Front Desk**

At the age of 16, I began working as a veterinarian assistant. With my office skills and interest in health care, I went on to achieve a 2-year degree as a Medical Secretary. Through the years, I gained further experience and knowledge in the chiropractic, acupuncture and physical therapy fields and also acquired schooling in nutrition. I have known "of" Dr. Brouse for many, many years and now feel privileged to be a part of his team. Working at Sunnyside Health Center is very rewarding: customer service is valued, a sense of humor is appreciated, and where integrity, compassion and spirituality are practiced. I enjoy working in an environment that helps and makes a difference in the lives of others. I look forward to talking to all of you.



*The Sunnyside of Health*



Approximately one million people will develop skin cancer, (today's most common type), each year in the United States. Undiagnosed and untreated skin cancers can be fatal. The most common types of skin cancers are basal cell and squamous cell, which usually occur in older people, grow slowly and are most easily cured in the early stage by a proper biopsy. Melanoma is a more aggressive cancer that requires earlier detection and treatment. It may occur at any age, although it is rare in childhood. Fair skinned people have a higher risk of developing skin cancer. People with abnormal moles (dysplastic nevi) are at increased risk for melanoma. Dr. Brouse is thoroughly trained in the early detection and treatment of precancerous skin conditions and is state licensed and certified in minor surgery. He counsels his patients in performing the A \_ B \_ C \_ D self-examination for early detection of skin cancer. (See Plate) For early detection, a Black Light test for skin fungus and precancerous sun damage is performed in every annual metabolic examination at the clinic.

Protecting ourselves from excessive sun exposure, proper dietary consumption of carotenoids (carrots, broccoli, squash, tomatoes, etc), and taking a natural antioxidant supplement can be a wise preventive measure for all. Everyone should check their own skin monthly and have skin examinations done regularly by a qualified natural physician. Sunnyside offers routine skin exams at which time Dr. Brouse can remove or sample suspicious or unsightly spots. Call and make an appointment today.

### SSHC Hotline with Dr. Brouse

503-654-3225

Tues. & Thurs. 8-9 am & 5-6 pm (PST)

This 3 minute hotline is now *exclusively* for Sunnyside Health Center current patients who need additional information regarding their health program or health concerns.

(Non-current patients and all others can schedule a Nutrition 911 Hotline appointment. See details on next page.)

We suggest that you write down your questions before placing your call to best utilize the 3 minutes. There are 3 phone lines used for the Hotline, so you may have a few minutes to wait for your turn. Thanks!

### Jennie's Recipe Corner

#### Good Start Pancakes

- 1 1/4 C Whole Wheat Flour
- 1/4 C Shaklee Instant Protein
- 1/2 C Fresh Wheat Germ
- 2 tsp Baking Powder
- 1/2 tsp Baking Soda
- 2 Tbsp Coarsely Ground Flax Seed
- 1/2 tsp Sea Salt
- 2 C Buttermilk
- 2 Large Eggs
- 1/4 C Olive Oil
- 1/4 C Honey

Combine dry ingredients in a large mixing bowl. Blend eggs, milk, oil & honey in blender.

Mix into dry ingredients until just blended. Pour about 1/4 C onto hot oiled griddle. Cook about 2 minutes on each side.

Option: Serve with vanilla yogurt and fresh fruit such as sliced peaches, pears or berries.

### Sunnyside Health Center



Welcomes:  
Sarah  
Gutierrez

I would like to thank Dr. Brouse for the opportunity to work for SSHC as a front office assistant. The entire "SSHC family" is an encouragement and support to me in learning my job. Every day I love to come to work because I am able to help others achieve their health goals.

Working beside Dr. Brouse has taught me some valuable lessons: he cares very much about each patient, he leads by example, he is always available to instruct and help when needed, and he treats the SSHC staff like we are his family.

I enjoy meeting the patients of the clinic, either in person or on the telephone. My goal is to give each person great "Sunnyside Care and Service". I'm looking forward to growing with our clinic and building a relationship with each patient. We are here for you, so don't hesitate to call us with any questions. I will be happy to help you in any way I can.

~Sarah

*The way to happiness: Keep your heart free from hate, your mind from worry. Live simply, expect little, give much, scatter sunshine, forget self, and think of others.*

~Norman Vincent Peale



# Health Education Corporation

Join Dr. Brouse and  
Staff for our on-  
location PNC Course!  
Reserve Now!!

Dr. Brouse's Practical Nutrition Course 2005-2006  
**Nashville, Tennessee April 20-24th, 2005**  
Become a Certified "Level 1 Practical Nutritional Advisor"

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Shop Online and Order Today: [www.shophealthed.bizhosting.com](http://www.shophealthed.bizhosting.com)

## ALL NEW!

### Dr. Brouse's Teleconferencing Lecture Series

Wednesday's, from 5-6pm PT  
Current Topics are:

**Sept 1<sup>st</sup> ~ Aging Men & Staying Healthy**  
**Sept 22<sup>nd</sup> ~ How to help your libido:  
What libido?**

**Sept 29<sup>th</sup> ~ Acne and your teen.**

**Oct 6<sup>th</sup> ~ Energy: Why do I sleep till  
noon?**

**Oct 13<sup>th</sup> ~ How much Sugar is too  
much?**

**Oct 20<sup>th</sup> ~ Appreciate your feet: Care of  
your 2<sup>nd</sup> Heart.**

\$24.95 each lecture

\$14.95 each lecture ~ PNC Level 1

~Classes are limited. Pre-Enroll.~

Dr. Brouse's Fall

Out - of -Town Lectures:

Sept 10-11th 2004

Sacramento California

Contact Silvia McCoullough at:

530-742-7030

Nov 5th-6th 2004

Merrillville, Indiana

Contact Marian Weimer

219-531-1415

## Dr. Brouse's

### Nutrition 911 Hotline

*Anytime, Mon-Fri 9am-5pm PT*

*By Appointment Only*

- Need a second opinion?
- Have a quick question?
- What to tell a friend?
- Have someone who needs to talk to a professional?

Dr. Brouse is available for anyone who is not a current patient for consulting on health issues. Just call to schedule an appointment.

**\$25.00 for 5 minutes**

**\$5.00 each additional minute**

**\$55.00 Lab Interp Fee-additional**

## ALL NEW!

### Dr. Brouse's Health Topics on a DVD Program

We are pleased to announce all Seminars on DVD!

You Receive a DVD with:

- Dr. Brouse's Seminar Including all Power Points &
- Hard copy of Power Point Slides for notes

*Current topics are:*

1. *Depression Seminar*
2. *Protein Nutrition Seminar*
3. *Weight Management Seminar*

***Cost of each Seminar is: \$29.95***

## ALL NEW!

### *Dr. Brouse's Basic Nutrition Course*

**Part 1 ~ An Introduction to Practical Nutrition:** Introduction to nutrition, American diet, Politics of Nutrition, Healthy diet, Optimum nutrients, Disease Prevention

**Part 2~Nutrient Classes:**

Six Classes of Nutrients (Carbohydrates, Lipids, Protein, Vitamins, Minerals, Water), Functions of Nutrient Classes, Phytochemicals (plants)

**Part 3~Supplementation:**

Why Supplement, Why Nutrition

- 3 DVD Set
  - Power Point Slides
  - 2.5 hours
- Only \$49.95***



**BACK TO SCHOOL** is both an exciting and stressful time of year for parents and young people. Starting the day with a nutritious breakfast at the table with the family provides a healthy balance both physically and emotionally to all. In earlier years, the school lunch consisted of food choices from the four basic food groups. Today, with the

introduction of fast food fare into the school lunch program, given a choice between a nutritious lunch or popular fast food selection, fast food will be the first choice. While fast food selections are appealing to the eye and to taste, there is very little balance and good nutrition. A healthful lunch for our school children is imperative for optimum learning. In summer, we have the availability of fresh fruit and vegetables from the garden and the local Farmer's Market. In winter, access to properly grown, harvested and preserved foods is more limited. However; we in the Northwest are blessed with such stores as Wild Oat's (formerly Nature's), New Season's and Trader Joe's, which offer wonderful food selections (meats, fruits, vegetables, dairy and grains) for every

season of the year.

Inadequate nutrition affects our students' ability to focus and retain.

It affects their stamina, endurance and emotional balance. It is well documented that depression/suicide and obesity in our young people are reaching epidemic proportions in this country. It is also well documented that because children drink soft drinks in large quantities, that there is a significant increase of broken bones in young people. A balanced nutritional program is both a responsibility and a gift, we as parents, must provide our children. We need to discuss and embrace by example the benefits of a balanced diet, food supplementation (necessary because of our hectic, stressful schedules), pure water consumption and adequate exercise for body, mind and spirit.

A suggested pro-active objective to ward off student obesity and depression/suicide:

**Three to four times a week-parents & children reserve time in the day to eat together, walk and talk. This is not an easy objective due to varied & hectic schedules but it is a worthy one. The key is to start.**

*-Karen Cole (We Care Co-Coordinator)*



*For Children under the age of 12*

Sunnyside is pleased to provide the following services for our growing school children:

- *Posture-scoliosis Check*
- *Immune Check from Live Cell Nutriscreen*
- *Eye, ear, nose & throat exam*

**Free for the Month of September!**

***'Fall' into Fall with our Colonic Special***

~Set of 3 Colonics


~Within a period of 2 weeks

~ \$250.00  
Special Pricing



Receive a ***FREE***  
1 - hour  
Massage

## *Fall Local Lecture Schedule*

	Sep-	September 7, 2004	Brain Health
	September 21, 2004	Cancer	
	October 12, 2004	Exercise and Nutrition	
	October 19, 2004	Immune System	
	November 2, 2004	Men's Health	
	November 16, 2004	Hemorrhoids	
	December 7, 2004	Premenstrual Syndrome	
	January 4, 2005	Arthritis	
	January 18, 2005	Healthy Hearts	

These health education lectures are open to the public and free. They are about one hour beginning at 7:30pm, and are held at the Clackamas Banquet and Meeting Rooms in the Denny's Restaurant located near the corner of Hwy 205 and Hwy 212 near the Hampton Inn. Feel free to bring a friend.

SUNNYSIDE HEALTH CENTER  
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Clackamas, Oregon 97015

Phone: **503-654-3225**  
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