

The Sunnyside of Health

AUTUMN

Several of our patients have asked when we are going to have another Wellness Week. We discontinued this program because we felt the quality of personalized care was diminished. We are offering Autumn Appreciation for all to participate in and meet their individual needs. **This offer excludes all other discounts.**

To allow us to best serve your needs, make your appointments as soon as possible. We are limiting the number of patients scheduled so we can offer quality care for each one of you. **Call the clinic at (503) 654-3225 with any questions or to make an appointment for Autumn Appreciation in September and October.**

September *Build A Better You* Program

The entire month of September is dedicated to our long-distance patients who cannot come to the clinic. 20% will be reduced from the cost of any testing, consults, excluding supplements and educational materials. This is the perfect time to retest with the Build A Better You Program to make sure you are making the progress you want in your health endeavors.

The October *Visit the Clinic* Month

During the entire month of October, our patients or new patients can come to the clinic to meet their health needs and receive 20% off the total price, excluding educational materials and supplements.

Here are a few suggestions how you could use this program:

- Update your present health program.
- Invite your friend or family member to have a metabolic health profile.
- Have bothersome hemorrhoids or moles treated.
- Enjoy massages and colonics with a fall detox program.
- Obtain a set of orthopedic Superfeet.
- Include testing for allergies, toxic metals, hormone balances, cancer tumor markers, etc.



The Friesen family visited our clinic this summer. Each member had an evaluation to know how to have a healthy year.

Shaklee Vitalizer-Redefining Vitality

Shaklee's New Vita-Strips

Here is the best of Shaklee science in 80 bio-optimized nutrients clinically proven to create a foundation for a longer, healthier life.* Anyone can put vitamins and minerals in a supplement. Only Shaklee gets the right nutrients to the right place through a revolutionary, patent-pending delivery system. Taking Vitalizer is not just an investment in your long-term health. This is how to start feeling "WOW", today and every day from now on. Vitalizer provides a daily boost of clinically supported vitamins, minerals, antioxidants, phytonutrients, omega-3 fatty acids, and probiotics. So you know you always get what you need each and every day.

Each strip contains:


- 2 Vita Lea
- 1 Vitamin B+C
- 2 Caroto-E-Omega
- 1 Optiflora Probiotic

Vitalizer Benefits

- Supercharged vitality
- Antioxidant defense
- Healthy hair, nails, & skin
- Anti-aging phytonutrients
- Nerve & muscle function
- Preconception nutrition
- Healthy teeth & gums
- Vision & eye health
- Enhanced immunity
- Heart & brain health
- Bone & joint health
- Digestive health
- Lung Health
- DNA protection
- Colon health
- Anti-aging phytonutrients

Choose:

- Shaklee Vitalizer
- Shaklee Vitalizer + Iron
- Shaklee Vitalizer Gold





Meet the new additions to our staff

Hi! My name is Carissa Houck. I began working at Sunnyside Health Center about 3 months ago. I grew up in Oregon but spent the last 7 years in Oklahoma and Texas going to school and working full time at a ministry. I moved back to the north-west to marry my high school sweet heart. I grew up in a very



health conscience family where I learned a lot about natural medicine and nutrition . I feel very blessed to be able to serve the Brouses and all of their patients. It is my desire to help people live hopeful and healthy lives. I am excited to be a part of the team at Sunnyside Health Center.

My name is Anita. I have always had a passion for education and living a healthy and natural lifestyle. This led me to raise my three children on an organic farm just outside of Portland. My hobbies are yoga, Japanese Brush Painting, and long walks in the fresh air. I came to work for Dr. Brouse because of his commitment to educating and empowering his patients to live a life of abundant health and happiness. I look forward to getting to know each of you and hopefully adding a smile and maybe a word of wisdom to your day.



You may hear Carissa's cheerful voice on the phone or enjoy her patient care while at the clinic. She is replacing Brianna who is expecting a precious little girl in October. She will be enjoying motherhood with her two young children.

Anita is our new office assistant who will meet your needs while at the clinic and on the phone. Sharon has naturally stepped into the "patient care coordinator" position to give each of you quality care with your detailed questions.

3-Minute Hotline

Dr. Brouse's 3 Minute Hotline
Tues & Thurs 8-9 am & 5-6 pm PST
503-654-3225

This free 3 minute hotline is exclusively for Sunnyside Health Center patients following a **current program** and may be accessed 4 times per week. All questions and comments are welcomed and patients are There is a \$25 fee per 5 minutes with Dr. Brouse ~ \$55 lab or interpretation fee when requested.

Call

Sunnyside Health Program

We invite you to join the Sunnyside Health Program. The goal of this "club" is to encourage preventative and wellness care on a regular basis! You receive 10% off all sales and services and regular rechecks on your health program by paying a monthly fee. Please call Sharon for further details.

Eat More Cabbage

Cabbage is an abundant and universal food eaten throughout the world and ages. It is easily grown and stored. Rich in nutrition and fiber and low in calories, it is an exceptional source of several vitamins, and minerals. The nitrogenous compound indoles is rich in cabbage and can lower the risk of various forms of cancer, especially colon cancer. Vitamin A, C, E and the Bs are also high in cabbage promoting healthy skin, eyes, and energy. Cabbage extracts kill certain viruses and bacteria, inhibiting ulcers and infection. It boosts the immune system's ability to produce more antibodies. It has high levels of iron and sulphur, minerals that work as cleansing agents of the digestive system. There are several varieties of cabbage. Do your health some good and try them all in different dishes once to three times a week.



Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. Samuel Ullman

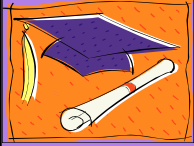


Health Education Corp



AUTUMN
APPRECIATION

Volume I Issue 3
September 2007



~ Nancy DiRuscia ~ First Graduate of the



If you have a yearning to know more about prevention and using nutritional support, specific to certain disease or conditions, then the Advanced Practical Nutrition Course will stimulate this passion with its wealth of valuable information including 30 years of Dr. Brouse's experience. Each topic excites you to learn more...and to share the information immediately. You learn the why's and the how's behind the do's and the don'ts. Be empowered by making a



Imagine taking a full science university course load for 1 1/2

years, to include 5-6 hours of DVD seminar viewing plus completing 5-6 examinations a month. Nancy DiRuscia was our test student, and persisted through the difficulties of meeting the challenges of completing this extensive course.

Nancy has successfully answered 620 questions over the instruction materials and has received her certification as NWAPN's first

Practical Nutrition Consultant.

Practical Nutrition Consultants, dedicated to professional ethics, are true leaders providing accurate & useful resources for their Shaklee business associates & customers. They uphold Dr. Shaklee's philosophy and Roger Barnett's vision and emerge as



BASIC
PRACTICAL
NUTRITION
GRADUATES

Cheryl Mangan

Annette Reeder

Mary Parsell Burley Strader

ADVANCED PRACTICAL
NUTRITION STUDENTS:

Celine Franche-Brunette

Tamara Riess, ANP-BC

INTERMEDIATE
PRACTICAL
NUTRITION GRADUATES

Celine Franche-Brunette

Cheryl Mangan

Miki Jarvie

Right is right, even if you
are the only one doing it.

Wrong is wrong, even if
everyone is doing it.



Update On The Build A Better You Book, 7th Edition By Dr. Richard Brouse

The latest word from the publishers is an expected delivery date of September 7th to Health Education Corporation. When the books are delivered, we will insert the CD pocket, the CD containing "Your Personal Supplement Advisor" Program, charge Shipping & Handling (unless you have ordered in sufficient quantities to qualify for FREE shipping) and mail the books to you. We are delighted to nearing the point when we can put the books in your hands.

Tour Across Canada 2007

Speakers:
**Richard Brouse, M.A.,
D.C. DACBN, CCN**

William Martin, Ph. D
Research Director at Shaklee
New Product Development,

Plus Home Team Members

**Health & Wellness
Meeting Features:**

50th Anniversary Landmark
Study

Learn how Changing Brands Can
Change Your Life™

Introduction to a product that's
redefining vitality

Shaklee Vitalizer™ A
comprehensive multinutrient
formula with probiotics and
omega-3's

Register Online at
www.Shaklee.ca
Meetings ~ 7-9 PM

Thursday, September 13th
Calgary, AB

Friday, September 14th
Edmonton, AB

Saturday, September 15th
Surrey, BC

Monday, September 17th
Saskatoon, SK

Jennie's Recipe Corner



Fall Slaw

- 1 Cup finely cut red cabbage
 - 3 Cups finely cut green cabbage
 - 1 Cup shredded carrot
 - 1 small red sweet pepper, cut into matchsticks
 - 1 Cup jicama, cut into matchsticks
 - 1/2 Cup shredded radish or Daikon radish
 - 1 small zucchini, cut into matchsticks
 - 1/4 Cup snipped fresh dill weed or cilantro
 - 1/3 Cup light mayonnaise or plain yogurt
 - 2 Tbsp. lime or lemon juice
 - 1 Tbsp. honey
 - Salt and pepper to taste
- Mix mayonnaise, juice, and honey in separate

Nutritional Advice Interview

Dr. Brouse's Nutritional Advice Interview is for those who are not patients of Sunnyside Health Center. We encourage you to refer friends and family members who are seeking alternative solutions in their health pursuits.

Dr. Brouse brings over 30 years of clinical experience and advanced proven and tested recommendations for your health concerns.

- Call **503-654-3225** to talk to one of our team members about scheduling a visit with Dr. Brouse
- Mon-Thur 9am-5pm and Fri 9am -1pm PST.
- There is a \$25/5 minute consult fee.
- If requested, a lab interpretation is \$55.



Dr. Brouse talking to you live!

[Sunnyside Website:sunnysidehealthcenter.com](http://sunnysidehealthcenter.com)



Log on to Sunnyside's Web Site and Get Connected!

There is a wealth of information available to you 24 hours a day 7 days a week. You may download, free, Dr. Brouse's book ***A Nutritional Approach to Health Recovery*** as well as all necessary forms to help us keep in touch with you and meet your health needs. Please help us by completing the Sunnyside Patient Survey and try the crossword puzzle. Once logged on check out the tabs displayed there.

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Return Service Requested

Choose Health ~ Choose Life

