

Sunnyside Health Center

NEWSLETTER

ISSUE: FALL 2010



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Fall Special Trace Mineral Analysis Test

Reg. \$104

Special \$85

A test to determine mineral imbalances, insufficiencies

and toxic metals

Expires: November 31st, 2010

Lauricidin

The pure form of Monolaurin. All of the staff and many of our patients are now taking Lauricidin during the Fall and Winter months of high flu season.

Why we encourage Lauricidin:

- ↑ Anti-bacterial, anti-fungal/yeast and anti-viral
- ↑ No danger of toxicity, resistance formation or interaction with drugs
- ↑ Promotes healthy immune and bowel function
- ↑ In a convenient, easy to take pellet form for all ages

Cholesterol Update

By Dr. Brouse



Compounds found in fruits, vegetables, and grains called “sterols” and “stanols” have been known to help lower cholesterol naturally since 1980. Much of the research however has been done by drug companies trying to combine these with the statin drugs, which are known to be toxic to the liver. Since sterols and stanols are not patentable, drug companies are instead recommending their statins, such as Lipitor.

Shaklee has just introduced a new FDA approved supplement called **Cholesterol Regulation Complex**. It contains 2,000 mg of sterols and stanols that can lower LDL by 10 to 20% within 30 to 90 days. These results put this natural supplement toe-to-toe

with the statin family of drugs. Many of the Shaklee Family have been successfully using the Shaklee **Cholesterol Regulation Complex** which raises HDL. Now Shaklee can improve both the HDL and LDL cholesterol. We should aim for a total cholesterol HDL ratio of around 3.0 for best results.

Let's keep in mind, that cholesterol is essential for life. It acts as an antioxidant to reduce free radicals, is a precursor to all the steroids hormones, and is a precursor for vitamin D production. A non-average American diet with minimal sugar and trans fats along with regular aerobic exercise will also contribute to balanced cholesterol. There is much we can do to have **our cholesterol work for us, not on us.**

Recipe Corner

Quinoa Garbanzo Toss

By Jennie Brouse

2/3 cup quinoa

1 1/3 cups chicken or vegetable broth

1 cup fresh or frozen corn

1 15-oz can chickpeas, drained

1/2 cup crumbled feta cheese

1/4 cup finely chopped sweet or green onions

1/4 cup snipped fresh parsley

1/2 cup snipped fresh basil

1/2 cup diced sweet peppers

1 cup diced raw zucchini

1/4 cup hemp seed, sunflower seed or pumpkin seed (optional)

1/3 cup olive oil

1/3 cup fresh lemon juice

Salt & pepper to taste

Rinse quinoa in fine mesh sieve under cold running water; drain. In saucepan bring broth to a boil. Add quinoa. Return to boiling; reduce heat. Simmer, covered, 15 minutes or until broth is absorbed. Remove from heat; set aside to cool. If corn is fresh, cut corn from cobs. In a bowl combine quinoa, vegetables, chickpeas, cheese and herbs. Pour oil and lemon, salt and pepper over salad and toss. Cover and refrigerate up to two days to blend the flavors.

Triple Berry Pie Smoothie

By Kilee Johnson

Ingredients:

1 1/2 cups mixed frozen berries

2 cups vanilla almond milk

3 scoops vanilla protein powder

1/4 cup rolled oats

1/2 cup ice

1 T raw honey

1 t vanilla

Mix all of the ingredients together in a blender. Add filtered water if needed for better blending consistency.

Food For Thought

By Kristyl Nelson



Have you ever wondered if the little sticker on your produce has any other significant meaning rather than just a code for your cashier? Interesting fact is that they do! Something to think about for your next trip to the grocery store; conventionally grown produce consists of 4 numbers, organic produce has 5 numbers and begins with a 9 and Genetically Modified foods also have 5 numbers but begin with the number 8.

The next time you visit your super market see how many different types of produce you can identify



with each of these labels. By educating ourselves we are able to make healthier choices.

Reference: <http://www.plantea.com/genetically-modified-foods.htm>

PLU Examples

Conventional Banana	4011
Organic Banana	94011
GM Banana	84011

Nutritional Advice Interview

Dr. Brouse's **NAI** is for those who are new to Sunnyside Health Center. We encourage you to refer friends and family members who are seeking alternative solutions in their health pursuits.

☀ Call **503-654-3225** to talk to one of our team members about scheduling a phone visit with Dr. Brouse.

☀ **Appt. Times:** Mon-Thur 9am-4:45 pm PST

☀ **Fee:** \$25 per each 5 minutes. If medical records are sent, there is a lab interpretation fee of \$60.

Patient Testimonial by Chris Lewis

I've always enjoyed good health but I could just feel that something was still off. The testing confirmed a number of things - including Dr. Brouse's findings of adrenal exhaustion - that I've been able to turn around nutritionally. I've been taking therapeutic doses of specific nutrients to correct



those "one-offs" (principally stress-related) that showed up in my blood work and adrenal test-

ing, and would not have known how to determine appropriate amounts of those myself.

Bottom line: **I FEEL LIKE A NEW WOMAN!!!** What a difference it has made for me to have a health care professional with nearly 40 years of clinical experience target my nutritional regimen toward optimal health."

Welcome:

Kilee Johnson



I would like to share my appreciation for the wonderful patients and staff at Sunnyside Health Center. It has been a pleasure to get to know you over these past few

months. I am honored to be part of a team focused on bettering one's health.

I have always been interested in learning about how to eat for optimum health. I am currently studying nutrition through the Institute of Integrative Nutrition. It is so rewarding to see what I am learning about healthy lifestyle choices being practiced

here at the clinic.

My interests outside of nutrition include gluten-free cooking and baking, running, working out and taking my Yorkie, Layla, for walks.

Thank you to Dr. Brouse and his staff for allowing me to learn and work in such a fun and uplifting environment!

Health Education Corporation

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www.HealthEdCorp.com

www.HealthEdStore.com



Karen Cole, Administrator

What's New In Tele-Clinic?



The Tele-Clinic Lectures are scheduled to begin on Monday, September 13th at

5pm Pacific Time, 6pm Mountain Time, 7pm Central time, 8pm Eastern Time, 9pm Atlantic time, 4pm Alaska, 3pm Hawaii. We extend a warm invitation to you all to "JOIN US". The topics are chosen by the Shaklee Field. Dr. Brouse lectures for 30-40 minutes on the subject and then opens it up for discus-

sion, question and answer.

For our Canadian Friends, we understand that many of you were blocked from participating using the (712) phone prefix because of the expense to your service providers. We have all NEW numbers so that everyone who would like to participate in these informative lectures may do so.

The NEW numbers are:

Dial In # : (760) 569-7676

Access Code: 530782#

Playback # : (760) 569-7699

Playback Access Code: 530782#

When you have scheduled conflicts and are unable to hear a lecture that you are interested in, you can still hear the lecture by dialing the playback number and access code. The current lecture will be available online until the next scheduled lecture. After that the lecture will be available for purchase on Audio CD. If you have topics you would like to learn more about, please phone or email them to me. (503) 654-3225 or Karen@HealthEdCorp.com. We are excited to resume the Fall Tele-Clinic Lecture Schedule.

Tour Schedule

Seminars

- 9/11 Denver, CO
- 9/25 Simi Valley, CA



Canadian Tour

- 10/21 St. John, NB
- 10/22 Dartmouth, NB
- 10/23 Ottawa, ON

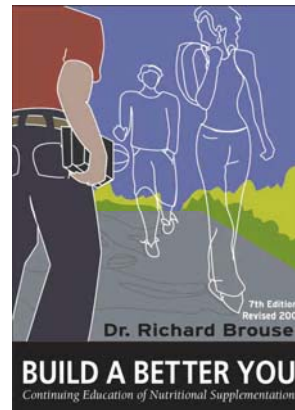
Tele-Clinic Schedule

- 9/13 Spinal Stenosis
- 9/27 Coughing Frequently Without Cause... an indicator of disease
- 10/11 Caffeine and Other Stimulants... Life's Highs & Lows
- 11/08 GERD, Acid Reflux, Heartburn... a burning fire
- 11/22 Antiplatelets & Anticoagulants... Are they safe & do they work?

NEW Tele-Clinic Lectures on Audio CD Introductory Special: \$15 each

(no other discounts apply)
Sale: September 7th through September 30th

- Belly Fat
- Chronic Sinus Infection
- Heel Spurs
- Oils, the good...the bad...the useless (2 CD set)
- Prevention ~ What is True Prevention?
- Varicose Veins
- Leg Cramps
- Rheumatoid Arthritis
- Lung Disorders
- Vitamin K
- Minerals Matter
- S.A.D. ~ Seasonal Affective Disorder
- Self Care Strategies for Health
- Skin Treatments and Care
- Tinnitus



Dr. Richard Brouse's Award winning book, in the category of Self-Help category, is a 302 page reference book. This clinical handbook is the result of over 33 years of practice as a natural physician and offers up-to-date advice providing quick and dependable answers to over 300 common health concerns and evidence based recipes for nearly one thousand nutrient related issues.

Avoid the crowds... Avoid the traffic... Shop Online at the Health Ed Store



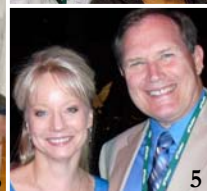
The store is again operable. To shop online go to: www.HealthEdStore.com. Dr. Brouse has Library & Tele-Clinic CD's and DVD's on many current health topics. Dr. Shaklee's book, A Study Course in Nutrition and Dr. Brouse's book, Build A Better You, 7th Edition are also available through the store.

*For orders or inquires,
please contact
Karen Cole at:*

Karen@HealthEdCorp.com
or
(503) 654-3225

Shaklee Convention Photos

1. Larry & Sharon Pletcher
2. Phyllis & Gary Newman
3. Leon & Ellen Naef, Anita Linn & Carl Amstad, with Jennie & Dr. Brouse
4. Tom & Barbara Motta
5. Cheri Gumley with Dr. Brouse



Dr. Brouse's 3 Minute Hotline

Tues & Thurs 8-9am
& 5-6pm PST



(503) 654-3225

This free hotline is *exclusively* for Sunnyside Health Center patients who are *currently following a program*. If you are not currently on a program, or are calling regarding someone else, please schedule a consult by calling the clinic during office hours.

We love seeing photos of our patients!

Please send in a current photo of yourself.

Thank you!

Shaklee Convention Review

By Jennie Brouse



Dr. Brouse and I just returned from the best Shaklee Convention in recent years. Again, Shaklee proved their commitment to us with top-quality science and research, determination to help us become better individuals and a drive to make the world a healthier place to live. **"Shaklee was GREEN when green was just a color!"**

Visiting with as many of our **Shaklee friends** as we could was very rewarding. Here are only a few of our many photos from the convention. Because of Shaklee, they are far healthier than the general population!

We thoroughly enjoyed attending the Medical Professionals Reception. The two research studies highlighting protein intake in athletes and protein used for weight loss were very informative.

We loved listening to Gold, Silver & Bronze medaled Nordic Olympic & World Cup skier, **Billy Demong!** Because of the purity of the products, he never has to worry about "tainted blood tests." They give him an edge in competition and a boost to live his every day life to the fullest. His speech about why he uses Shaklee products reaffirmed what we already know and respect about Shaklee.

Thank you Shaklee for your dedication to providing us with the best nutritional supplements.

Sunnyside Health Center Newsletter Fall 2010



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