

# Sunnyside Health Center

## NEWSLETTER

ISSUE: SPRING 2011

### Spring Specials 20% Off

Discounted Prices Shown  
Expires: May 31st, 2011

### Fatty Acid Profile (AA) / Eicosapentaenoic Acid (EPA) (Blood Draw)

**\$176**

This unique test measures the ratio of AA/EPA in either plasma or serum. This ratio of the principle omega-3 and omega-6 fatty acids is a measure of the body's eicosanoid balance. Balancing the eicosanoids in the body is an excellent way for managing heart disease and other chronic and inflammatory processes.

### Environmental Pollutants Panel (Urine Dip Strip) **\$184**

Is an assessment of exposure to environmental and occupational chemicals accumulated in the body. Acute toxicological effects of aromatic compounds include nausea, vomiting, abdominal pain, headache, dizziness, drowsiness, confusion, and tremors. Chronic exposure may affect multiple organ systems especially the endocrine system. Xenoestrogens, which are toxic chemicals, masquerade as hormones causing imbalances and dysfunction within the body.

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## Fats and Oils in Health and Disease

By Kristyl Nelson & Dr. Brouse



**Essential Fatty Acid (EFA):** Is a substance that the human body cannot manufacture and therefore must be supplied in the diet. Fatty acids are found in foods such as fish, shellfish, hemp oil, chia seeds, pumpkin seeds, leafy vegetables, walnuts and oils which are necessary for cell membranes, nerve coverings, hormone production, vitamin absorption and more. Research is revealing the long term health benefits associated with adequate levels of EFA on...

- Cardiovascular health
- Children's health and development
- Female health and reproduction
- Immune health
- Joint and tissue formation
- Lifestyle and healthy living
- Mental/neurological health



Saturated oils and trans fats such as those found in hydrogenated oils, processed foods and fats from animal products, can lead to health problems damaging our cells with oxidative stress and increases heart disease risk.

Signs/Symptoms of EFA deficiency:

- Small bumps on back of upper arms
- Thick or cracked calluses
- Dandruff
- Dry, dull, brittle hair
- Brittle fingernails
- Dry skin, eyes, mouth or throat
- Depression
- Inadequate vaginal lubrication
- Menstrual cramps
- Premenstrual breast pain/tenderness
- Excessive ear wax
- Excessive thirst
- Allergies
- Crave fats/fatty foods
- Stiff or painful joints

Since EFA's play a part in many metabolic processes the wrong balance of omegas may lead to a number of illnesses. Most of us get adequate fat in our diets, but it is usually the less healthful type.

The Fatty Acid Profile reveals the balance of fats and metabolites in plasma. Your overall omega-3 and omega-6 balances are represented by measurements of acid ratios. Fatty acid profile testing is ideal for patients seeking to identify EFA excess or deficiencies, signs of insulin resistance, tracking progress or response to a treatment, checking elevated levels of triglycerides (fatty acid compounds) and pro-inflammation or omega-3 dominance.

## Recipe Corner

### Asparagus Soup

By Jennie Brouse

- 3/4 cup brown rice
- 1/4 cup wild rice
- 1 tsp garlic salt
- 2 tsp salt
- 3 cups asparagus, tough ends removed & cut into 1" pieces
- 1 Tbls olive oil
- 2 celery sticks, finely chopped
- 1 small onion, finely chopped
- 1 carrot, chopped
- 1/2 tsp dried thyme
- 7 cups vegetable broth
- 1/2 cup fresh parsley, chopped
- 1/2 cup green onions, finely chopped
- 1 Tbls Braggs Liquid Aminos
- 1/2 tsp each: Tabasco sauce & pepper

In large soup pot, heat olive oil on medium heat. Add celery, onion, carrot, and thyme, and cook, stirring occasionally, until tender. Add rice, salts and broth. Cover and simmer for about 55 minutes until rice is cooked. Remove from heat and cool slightly. Blend with a hand blender or in small batches in a blender until vegetables are smooth and rice is partly whole. Transfer to a clean pot. If it is too thick, more water can be added. Add the remaining ingredients and cook about 5 minutes, until the asparagus is tender. Serve hot.

### Green Power Smoothie

By Kilee Johnson

- 2 cups fresh spinach
- 2 kale leaves
- 1/4 cup cilantro
- 1/4 cup basil
- 1 whole lime, peeled or unpeeled
- 12 ounces coconut water or ice water
- 1 Tbls extra-virgin coconut oil
- 1 frozen banana, cut-up
- 4-6 ice cubes
- 2 scoops vanilla protein powder (optional)

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

## Eat "Good" Fats & Minimize "Bad" Fats

By Jennie Brouse

Fats make foods taste better by concentrating flavors and have a satiety effect that curbs the appetite. Here are some of my tips on what fats to include and exclude in a healthy diet:

- Use **organic extra virgin: olive oil, coconut oil, avocado oil, and grape seed oil** to cook with because they have high smoking points. Do not heat these oils to where they will "smoke" because they too will become rancid.
- Omega-3 fats are absolutely essential for optimum health. The body uses these fats to synthesize hormones and build cell membranes, including nerve and brain cells. The main sources of Omega-3 fats are from algae that has been concentrated in **salmon, mackerel, herring, and sardines**.
- Minimize the intake of saturated fats that are found in red meat, dairy products, the skin of poultry and many processed foods. We do need some saturated fats in our diet. Our intake of animal fats should be from organic sources to eliminate the exposure of toxins which are readily stored in fat. **Organic butter and coconut oil, and free-range, organic eggs** are healthful choices of saturated fat.
- Avoid hydrogenated and partially hydrogenated oils found in foods such as margarine, shortening, fast foods, baked foods, fried foods, and snack foods. They are of "nutritional negative value" and are the main sources of trans fats.

**Hydrogenation of oils** is when the carbon molecules are saturated with hydrogen under tremendous pressure at temperatures of up to 410°F in the presence of a metal catalyst. This process transforms the oil into a solid or semi-solid fat. These altered molecules, **trans-fatty acids**, increase the rate of cellular aging, raise cholesterol levels, and rob the body of antioxidants.

## Breakdown of Omega Fats

By Suzanne Wood

Omega-3 fatty acids are extremely important for our health. One reason for this is that they tend to suppress inflammation, which is the cause of so many of the degenerative diseases.

Omega-6's can be found abundantly in many of our common vegetable cooking oils. They're also common ingredients in many of the foods we consume, which is why most of us have a heavily imbalanced ratio of omega-6's to 3's.

The ratio of 6's to 3's is an important consideration for your health because linoleic acid tends to gear up the inflammatory process. Without effective and timely up-regulation and down-regulation through a balance between o-6's and o-3's, inflammation can become chronic and problematic.

Omega-9's are not considered essential because our bodies can make omega-9's from unsaturated fat in our bodies. They are found in animal fats and vegetable oils, mostly olive oil.

Table of major fatty acids

Omega-3 fatty acids <i>polyunsaturated</i> (PUFA's)	Omega-6 fatty acids <i>polyunsaturated</i> (PUFA's)	Omega-9 fatty acids <i>monounsaturated</i> (MUFA's)
Alpha linolenic acid (ALA, or more commonly <b>LNA</b> ) — <b>essential</b>	Linoleic acid ( <b>LA</b> ) — <b>essential</b>	Oleic acid
Eicosapentaenoic acid ( <b>EPA</b> )	Gamma-linolenic acid ( <b>GLA</b> )	Mead acid
Docosahexaenoic acid ( <b>DHA</b> )	Arachidonic acid ( <b>AA</b> )	Erucic acid

## Green Smoothie Girl

By Suzanne Wood

Kilee, Kristyl and I went to a Green Smoothie seminar on February 5th. The founder, Robyn Openshaw, discussed why she created her website, Green Smoothie Girl, and how drinking at least one quart of a green smoothie per day helps you fulfill and exceed your daily recommended amount of vegetable servings.

Green foods nourish every cell in our bodies, prevent risk, detoxify, increase energy, and boost our immune system. Those are only a few of the benefits you can expect from greens. This makes it easier to incorporate amazing vegetables into our daily lives. Robyn has some excel-



Suzanne, Robyn, Kristyl and Kilee.  
Visit [greensmoothiegirl.com](http://greensmoothiegirl.com) for more information, books and recipe ideas.

lent ideas about how to integrate more greens into our children's diets. Children are some of Green Smoothie Girl's biggest fans!



## Lecture Schedule

**\*Feb. 19th ~ Corvallis, OR**

Sponsor: Nadyne Ichimura (877) 397-5519

**\*Mar. 12th ~ Portland, OR**

Shaklee Regional Meeting

Marie Loschiavo (503) 771-4365

**\*Mar. 19th ~ Dallas, TX**

Sponsor: Billie Lane (972) 241-1006

**April 16th ~ Pine Valley, CA**

Sponsor: Patti Omara (619) 473-9981

**2011 Spring Canadian Tour**

**April 8th ~ Surrey, BC**

**May 12th ~ Toronto, ON**

**May 13th ~ Ottawa, ON**

**May 14th ~ Montreal, QC**

**Sept. 24th ~ Denver, CO**

Sponsor: Rick Seymour (303) 733-9797

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The Build A Better You book is a reference book, so you may wish to copy excerpts from it for newsletters, for event flyers or to help someone with a specific concern and this is acceptable.

We hope that these guidelines are helpful to you in understanding how to access and acquire Dr. Brouse's educational materials and course's. We thank you for your understanding and cooperation in this matter.

To Order :

Email: Karen@HealthEdCorp.com

Or Call Karen at

(503) 654-3225



**Tele-Clinic  
CD**

**"Oils"**

**The Good,  
The Bad**

**And the Necessary!**

*Dr. Brouse discusses the benefits of the good oils, also lecithin and Vitamin D as a fat soluble oil, the fact that mammals tend to make acro-donic acid, an inflammatory substance, and fail to get enough of the Omega 3 to neutralize. Omega 6 oils, which are generally healthy, unless we are unable to manage the stress in our lives is also discussed.*

## Recipe for Better Butter

**Blend Equal Parts:**

**Butter ~ 1 cup**

**Olive Oil ~ 1 cup**



**March Specials:**

**CD's ~ \$15**

**DVD's ~ \$25**

**Sale 3/01-3/31/11**



**2011 Basic Practical**

**Nutrition Course**

**Tuition \$135**

**Pre-Register \$95**

**Estimated Date Available:**

**March 15th, 2010**



## What is Copyright?

We appreciate your interest in Dr. Brouse's educational materials and courses offered through Health Education Corp., Front Runners and the North West Academy of Practical Nutrition. However; the increasing disregard of the copyright has become so widespread that, sadly, we feel it must be addressed for two reasons. #1 we do have an academy to support and a business to operate to assure that we remain a presence in the Health & Wellness field and #2 it is our desire to continue to offer scientific backed, accurate and current information to the Shaklee field from a clinical perspective. In the interest of clarification we offer the following guidelines:

## Spring Specials

*continued...*

### Mini-Inhalants 16

IgG (finger stick)

**\$102**

This tests for the most common grasses, indoor and mold inhalant sensitivities. IgG antibodies represent the most prevalent class found in the blood. The inflammatory process is gradual and may take anywhere from several hours to several days.

**SSHC will be closed:  
Field Trip — March 14th  
Memorial Day — May 31st**

#### 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.

*It's that time of the year...*

## Liver and Gallbladder Cleanse

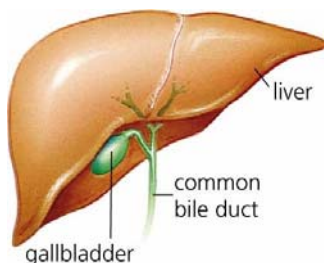
Spring is the perfect time to refresh and renew our bodies with a cleanse. The liver detoxifies pollutants, hormones, toxic substances produced by fungi, histamines and ammonia in the blood. The gallbladder stores bile made by the liver. This cleanse gives the liver and gallbladder a rest by detoxifying the liver and allowing any gallstones to be easily eliminated. The liver and gallbladder cleanse has been a part of Dr. Brouse's practice since 1977.

Liver & Gallbladder Cleanse Benefits:

- Drastically improved blood results
- Relief from fatigue, headaches, muscle aches, constipation and digestive disturbances
- May prevent gallbladder surgery

*We would be happy to send you a copy of the cleanse.*

*Feel free to call us at 503-654-3225 if you have any questions or just need support for your cleanse.*



**Kilee's Healthy Cooking Class:**

*Going Green This Spring!*

Friday April 29th, 10 a.m.

At Sunnyside Health Center  
8800 SE Sunnyside Rd, Ste. 111  
Clackamas, OR 97015

Start fresh this Spring by incorporating fresh greens and vegetables into your diet! The cooking class will feature spring time recipes including:

- Satisfying salads with fresh greens and healthy fats
- Green smoothies that boost your daily intake of veggies and taste great
- Energizing snacks that are portable and simple to prepare
- Healthy treats to indulge in without guilt

*Call 503-654-3225 to reserve your seat at this FREE healthy cooking class!*

Sunnyside Health Center Newsletter Spring 2011



**Sunnyside Health Center**

**Dr. Richard O. Brouse**

8800 SE Sunnyside Rd #111

Clackamas, OR 97015

<http://sunnysidehealthcenter.com>