

Swing into Spring

THE SUNNYSIDE HEALTH NEWSLETTER— SPRING 2008

The Drugging of America

They are everywhere! In most magazines, on the television, radio, and internet. All those drug advertisements are changing the mindset of the American public. Just take this drug and all those health problems will go away. It is an "easy fix" for all the abuse we have piled on our personal health.

The economics of the drug companies is the driving force behind this advertising frenzy. The mark-up from the production cost is in the thousands percentage. Convince the public that drugs are "the cure-all". Train the doctors about the newest and greatest drugs. Then when you go to your doctor with a health concern, you can bet on leaving with a prescription in hand. Many times, the directive is that "you will be on this drug for the rest of your life".

There is another movement among the "thinking few" who insist on knowing the "Why" of their health problems. They are willing to search for the basic cause and make the necessary lifestyle changes to gain true health. We applaud these people. At Sunnyside Health Center we are privileged to partner with people of this mind-set to help them in their journey of gaining greater health.

For further information, we have a CD and DVD on *Drugging of America* available. The 7th edition of the book, *Build A Better You*, also has a wealth of knowledge that will help direct you towards better health.



You know what we look like! Would you send us a picture so we know what you look like?

Spring Cleaning of the Body

- **Relish** the fresh air and new life in nature. Go on a nature walk or hike.
- **Hydrate.** Drink a tall glass of water, preferably with fresh lemon juice, upon rising every morning to wake up the digestive system and encourage the elimination system.
- **Sleep well.** Heal the body with a healthy "time-out". Do not eat late at night. Make the last hour before bed a stress-free time. Stretch the muscles to help the relax during sleep.
- **Cleanse the body.** Take time to go on a Detox Diet or Liver/Gallbladder Cleanse. We would be happy to send you a copy of our cleanses.
- **Eat lots of fresh fruits and vegetables.** They promote cleansing and energy.
- **Count your blessings.** Those who look at the positive side of life have a more healthful life!
- **Give yourself quiet down-time.** Stop the "rat-race" to rejuvenate.



Spring Special

Sunnyside Health Center is offering, from the first day of spring through April, a **complementary 30 minutes report consult** with Dr. Brouse when a Build A Better You or MetSys Report are completed.

A reminder of an on-going savings on re-testing.

When retesting within one month of your recommended retest date, you will receive a 10% discount.

Accept that some days you're the pigeon, and some days you're the statue.

Statins: Hero or Villain

Today's high cholesterol epidemic has caused more statin drugs to be sold in America than any other drug. High cholesterol has been the blame for so many heart conditions.

Statins inhibit the liver from making cholesterol. Some people have genetics that block this action, making the statins ineffective. All drugs have side effects, statins are no exception. The most common side effects are:

- Muscle weakness and/or numbness in various parts of the body.
- Blocks the Coenzyme Q10 production which can increase the potential of heart disease.
- Causes fatigue. They reduce the number of mitochondria which are the energy-factories of every living cell.

Most published studies on the statin drugs do not exceed six months. Therefore, long term symptoms are not reported as a result of taking statins.

Lowering cholesterol is not the same as creating a healthy heart. Actually, researchers have shown that a healthy level of cholesterol acts as an antioxidant when we are under stress. And, animals with higher cholesterol levels tend to live longer

We can't change our genetics, but there is much we can do to ensure a healthy heart.

- Eat a heart healthy diet with lots of fresh produce, fish, and whole grains.
- Get aerobic exercise regularly; at least 20 minutes 3 times a week.
- De-stress: Get enough sleep and rest time.
- Love life and surround yourself with positive people.
- Include *Stress Release Complex*, *OmegaGuard*, *Cholesterol Regulation Complex*, *Vita-E*, and *CoOHeart* in your daily supplements.,

For further info, order "How To Get Off Statins"

Dr. Brouse's 3-Minute Hotline

**Tues & Thurs 8-9 am & 5-6 pm PST
Call 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 each week. All questions and comments are welcomed. Patients are encouraged to have short questions and comments in order to stay focused on their course of health and wellness.

The Effects of Worry

We have all experienced, to some degree, what worry can do to us: poor sleep, confusion, upset stomach. Hopefully we have not let this damage continue to cause conditions such as high blood pressure, digestive disorders or heart disease, to name a few.

In 1944, Dale Carnegie wrote a textbook called "*How To Stop Worrying and Start Living*". His advise is even more useful today as our lives have become more complex and stressful. Put it on your "must read" list, apply his principles, and experience the difference it makes in your life.

Listed are a few points for us to eliminate worry:

- **If you take care of today, you won't have to worry about tomorrow.**
- **With a problem, ask yourself:**
 - What is the worst that can possibly happen?
 - Prepare to accept it if you have to.
 - Then calmly proceed to improve on the worst.
- **To analyze a problem:** Get the facts. Come to a careful decision and follow through with those decisions.
- **Don't be upset over little stuff.** Put your energies into what is of greatest value.
- We have seen what worry can do to health. It can snowball into irreversible damage and great personal loss.

It is only possible to live happily ever after on a day-to-day basis. –Margaret Bonano

Spring is a Swingin' Time

St. Patricks' Day— March 17

First Day of Spring—March 20

Spring Special—March 20—April 30

Easter—March 23

April Fools' Day—April 1



The happiest people don't necessarily have the best of everything; they just make the best of everything they have.



Health Education Corporation

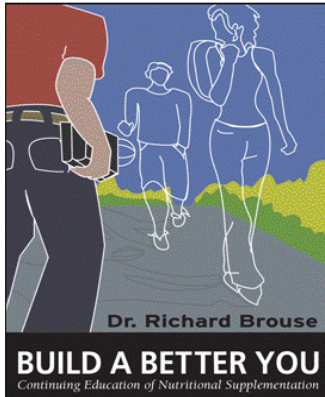


Health Education Corporation

Volume I Issue 4

Spring 2008

March Madness Specials: 3-20 through 3-31-08



Peggy Allen ~ "I have sponsored 20 new people because of information I could share contained in Dr. Brouse's *Build A Better You* book..."

Marilyn Wagner ~ author ~ "Your way of organizing and presenting technical information is outstanding."

Adrian & Louanne Opitz ~ "Thank you for the latest edition of the *Build A Better You* book. It and the DVD on Shaklee's Tour Across Canada on the Landmark Study and Shaklee's Vitalizer presented by Dr. Brouse is being referred to my Shaklee down line, as it is the most comprehensive information I have yet seen on Shaklee Supplements. Again, thank you for your dedicated support to the Shaklee Field."

Carol Hagreen ~ "Thank You for a wonderful book. I think when someone has done something well, they need to hear about it and that is why I have called. I am careful about the materials I use & recommend but this book is wonderful!"

Sue Erdmann ~ "The book is AWESOME!!! I am so excited to have it!!"

Joanne Johannsen ~ "The book and the DVD are Great!"

Jeanne McGowen ~ "Excellent book! I feel everyone should have one. I don't make very many recommendations, but I will recommend this book."

Build A Better You Book & a DVD of your choice

Retail: \$59

March Madness

Special:

\$46

To Order:

Call

Karen 503-654-3225

Email

Karen@HealthEdCorp.com

Online Store

www.HealthEdStore.com

A good time to purchase updated lectures is during the

March Madness Sale!

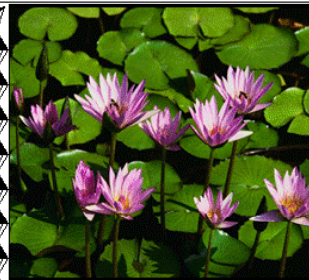
CD's: \$14.95

\$19.95

DVD's: \$ 24.95

\$29.95

Mark Alan ~ "Thank you very much for the book. Lisa sat down and was paging through the book and then found herself reading every page. Some of her comments were, "Oh, I didn't know that...I need to be taking more of this." Very delighted. Will recommend this books to others."



Updated Lectures now available for purchase on

DVD & CD:

Acne ~ 01/07

Cancer ~ 12/07

Gout ~ 04/07

Hypoglycemia &

Diabetes 02/07

Kidney Health ~ 05/07

Liver & Gallbladder 10/07

Menopause 03/07

Osteoporosis ~ 05/07

Thyroid ~ 09/07

Your Personal Supplement Advisor Program

For those of you still waiting for assistance in installing your program, the update which will soon be available as a zip file to download from the members section of the Health Ed Corp Web Site, don't be discouraged. Many folks are using the program very successfully and you will be able to also.



Basic Practical Nutrition Graduates

Edith Weber

Intermediate Practical Nutrition Graduates

Paula Smith

Tuition for the:

Basic Practical Nutrition Course during March Madness is:

\$69 \$95

Intermediate Practical Nutrition Course during March Madness is:

\$395 \$595

Advanced Practical Nutrition Course during March Madness is:

\$2795 \$3450.



Salsa Salad

Easy to make, this salad is especially good with Mexican meals. We enjoy it at lunchtime with hummus and hearty bread. Our salsa preference for this recipe is Mango Salsa.

- 1 sweet pepper, chopped
- 1 cup tomatoes, chopped
- 1 cup cucumber, chopped
- 1 avocado, peeled and cut into bite-size pieces
- 1/2 cup cilantro leaves
- 1/3 cup finely chopped hot peppers (optional)
- 2/3 cup fresh salsa



In a salad bowl, carefully mix all ingredients to keep the avocado from mashing. Serve cold.

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.

I have been given this day to use as I will. I can waste it or use it for good. What I do today is important because I'm exchanging a day of my life for it.

Sunnyside Website: sunnysidehealthcenter.com



Log on to Sunnyside's Web Site 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

Home	Scheduling
B.A.B.Y.	Laboratory
Wellness	Meet the Staff
Questions	About Us
Lectures	Financial
New Patients	Newsletters
Forms	Links

Dr. Richard Brouse
Sunnyside Health Center
8800 SE Sunnyside Rd. #111
Clackamas, OR 97015
www.sunnysidehealthcenter.com
Return Service Requested

