

Recipe Corner

Basil Baked Salmon

By Jennie Brouse

- 1/3 cup fresh lemon juice
- 4 cloves garlic, minced
- 2 Tbls olive oil
- 2 Tbls soy sauce
- 2 tsp ground black pepper
- 2 tsp Worcestershire sauce
- 1/4 cup fresh basil, minced
- 2 lbs. salmon fillet

Preheat oven to 425°F. In a medium bowl, mix together lemon juice, garlic, olive oil, soy sauce, Worcestershire sauce, pepper and fresh basil. Place salmon in a 9"x13" glass baking dish. Pour marinade over fish and bake for 20-25 minutes, until it flakes.

Tropical Green Smoothie

By Kilee Johnson

- 2 cups fresh spinach
- 1 cup mustard greens
- 1/4 cup fresh mint leaves
- 1 whole lemon, peeled
- 12 ounces ice water
- 1 cup frozen mango cubes
- 4-6 ice cubes

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

Gluten-Free Recipes

By Kilee Johnson



Creating healthy, gluten-free recipes is one of my favorite things to do outside of my time here at the health center. About a year

ago, I created a blog to share my recipes with others. It has grown into a website centered around gluten-free recipes, healthy lifestyle tips and my own day-to-day adventures. I would love for you to take a look and let me know if you try out any of the recipes. Please visit:

<http://kileejohnson.com>

Natural Mercury Detoxifiers

By Kristyl Nelson



Warnings about mercury in fish and seafood have gotten plenty of attention in recent years. Organic sources of mercury include volcanoes, forest fires and fossil fuels. Mercury exists naturally in coal, making coal-fired power plants the largest source of mercury pollution in this country. Once mercury is airborne it can get deposited into the water, contaminating the water and all life that inhabits it. Fish have a natural tendency to concentrate mercury in their bodies, often in the form of methyl-mercury, a highly toxic organic compound of mercury.

Human health concerns arise when fish from these ecosystems are consumed by humans. Mercury toxicity is a major cause of hormonal imbalance, thyroid problems, neurotransmitter imbalances, learning problems and impaired immune functions just to name a few examples. Cilantro and chlorella are both miraculous super foods that naturally assist the body's detoxification process and are high in phytonutrients. By incorporating these foods into your diet you can help naturally eliminate heavy metals from your system by increasing the urinary excretion of mercury, lead and aluminum.

One of my favorite recipes for cooking salmon is with extra virgin olive oil, red onions, cilantro and garlic salt; this tasty dish will have non-seafood lovers asking for seconds. Chlorella can easily be added to a green smoothie in powder form or you can purchase it in capsules if the taste is too unpleasant for your liking. But as I always say, "just have fun with it", try adding these ingredients to some of your favorite dishes or if you need some ideas the internet is always a great place to look; in fact I came across some great pesto recipes and I can't wait to try them.



🏆 Green Smoothie Recipe Contest 🏆

We have been having such a fun time here at the clinic concocting new green smoothie recipes. The possibilities are endless! We want to hear what your favorite green smoothie recipes are.

E-mail your favorite green smoothie recipe to:

kilee@sunnysidehealthcenter.com.

We will taste test your recipes and vote for our favorite patient-submitted green smoothie recipe. The winner will receive a \$100 Sunnyside Health Center credit.

Recipes need to be submitted by June 30th. The winning recipe will be published in our Fall 2011 newsletter.

What are Green Smoothies?

Green smoothies are primarily vegetable "greens" blended (using a high-powdered blender/emulsifier) with small amounts of sweeteners such as coconut water, green apples, stevia, etc. and ice.

Green Smoothie Garden

By Jennie Brouse



We are HOOKED on green smoothies and from the response of our last newsletter, you are too! Here in the northwest we have wonderful resources for obtaining our greens for our green smoothies. There are

lots of fresh organics in our grocery and health food stores, at local farmer markets, and through co-ops. However, my favorite place to "shop" is right out my back door: the garden.

Gardening and smoothies go together like "peas and carrots". There is never a waste from too much, because the extra goes into the freezer for the winter months. You don't have the space for a garden? Growing your own wild edibles and weeds, herbs and cultivated greens is simple by using container pots. Also, there are now "kits" that you can get to build your own raised bed on a patio, already established grass, etc.

Growing your own "green smoothie garden" has so many benefits:

- saves on the grocery bill
- produce is at it's freshest, adding extra nutritional value to your smoothies
- greater variety of greens which results in larger range of nutrients for our bodies
- ability to grow organic, without chemicals, and with quality amended soil
- can stagger plantings to have "fresh" from spring through fall
- free "therapy" digging our hands into the living soil, soaking up the sun, and breathing the fresh air

Some "green smoothie" suggestions are: *arugula, basil, beet greens, carrot tops, celery, cilantro, collard & mustard greens, cucumbers, dandelion, kale, lettuce (all types red & green) mint, parsley, purslane, romaine, radicchio, spinach, swiss chard, watercress and wheatgrass.*



Lecture Schedule

2011 Spring Canadian Tour

May 12th ~ Toronto, ON

May 13th ~ Ottawa, ON

May 14th ~ Montreal, B

Sept. 24th ~ Denver, CO

Sponsor: Rick Seymour

(303) 733-9797

If you are interested in sponsoring Dr. Brouse to your area, contact Jennie Brouse or Karen Cole at (503) 654-3225 or email Karen@HealthEdCorp.com

Available dates:

June 25th, 2011

July 23rd, 2011

September 10th, 2011

October 15th, 2011

October 22, 2011

November 12th, 2011

November 19th, 2011

December 10, 2011



Dr. Brouse's book, **Build A Better You, 8th Edition**
Estimated Delivery Date:

June-July 2011

To Order or Enroll :

Email: Karen@HealthEdCorp.com

Or Call Karen at

(503) 654-3225



NW Academy of Practical Nutrition

Competance is Continuing Education

Dr. Brouse's 3-hour Basic Practical Nutrition Course (BPN) is an introductory course of study for individuals who have an interest in understanding the fundamental principles of modern nutrition. The course is designed as a tool to empower the individual to make wise dietary & lifestyle choices. Upon completion you will receive a certificate of completion. Tuition: \$125

Dr. Brouse's 16-hour Intermediate Practical Nutrition (IPN) Course is for the serious-minded student who desires a deeper exposure to scientific and social issues surrounding Modern Nutrition, Health and Disease. Personal homework assignments enhance the practical learning experience. Upon completion of this course, you will be certified as a Practical Nutrition Advisor, (P.N.A.)

Tuition: \$595

Dr. Brouse's 65-hour Advanced Practical Nutrition (APN) Course has been designed both for serious business builders as well as individuals who desire to increase their nutritional knowledge as it relates to specific health concerns, nutritional management and prevention without leading one into diagnosis & treatment. Upon completion of this course you will be certified as a Practical Nutrition Advisor, (A.P.N.C.)

Tuition: \$3450

Advanced Shaklee Product Training Tele-Clinic Lectures

presented by

Dr. Richard Brouse

Interested parties may

**Join Us
Free of Charge**

Tele-Clinic Schedule

*Monday, May 23rd

Vitamin D as it relates to cancer

*Monday, June 6th

Niacin Vitamin B3

*Monday, June 20th

The 3rd Fiber...Oh my starch!

Sale

May 23st-June 30th

3-Hour Basic PN

Course \$95

16-Hour IPN Course

\$475.

65-Hour APN Course

\$3105 PIF

Health Panel UPDATE by Suzanne Woods

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.



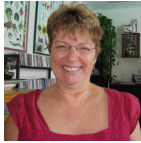
We have added a bonus to our Health Panel, an NMR profile. What is an NMR profile? It is an extended lipid (cholesterol) screening. Your basic lipid panel with an additional LipoProtein Particle (containers that carry the cholesterol) and an Insulin Resistant score (a lipoprotein based indicator of developing insulin resistance and early indicator of pre-diabetes). These are metabolic markers associated with cardiovascular disease, diabetes and their related conditions. Early detection and management of metabolic diseases can be a key to living a healthier life.

Some patients, especially those with cardiometabolic risk (CMR), may have residual risk even with adequate cholesterol lowering. Cardiometabolic risk factors include:

- Diabetes
- Metabolic syndrome
- Family history of heart disease
- Overweight/obese
- Physical inactivity
- Low HDL cholesterol
- High triglycerides
- Previous heart attack

Low density lipoprotein (LDL) particles carry varying amounts of cholesterol and interact with the arterial wall to set in motion the cascade of events that leads to atherosclerosis. We are fortunate at this time not to increase our Health Panel pricing. *For current pricing or questions regarding the health panel, please call the clinic.*

Resource Section by Sharon Culp



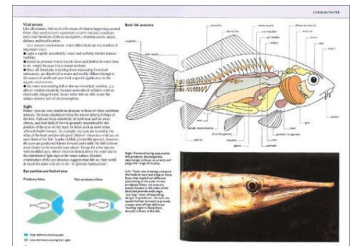
- Health ED CD: **"Farmed Fish ~ Something's Fishy in the Fish Market"**
- Selecting, storing, preparing and serving seafood safely : www.fda.gov/food
- An updated list of best seafood choices and ones to avoid (pocket guide available): www.montereybayaquarium.org
- To help support the wild fish industry: www.fishandgame.com



- In addition to [The Green Smoothies Diet](#) by Robyn Openshaw, I just love [Green Smoothie Revolution](#) by Victoria Boutenko. Here is also a good website to go to for recipes: <http://www.squidoo.com/greensmoothies>

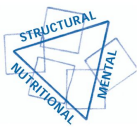
References from page 1:

- 1) <http://www.ars.usda.gov/is/AR/archive/sep98/dha0998.htm>
- 2) <http://www.scientificamerican.com/article.cfm?id=how-microbes-clean-up-oil-spills>
- 3) <http://www.fao.org/docrep/field/003/ac526e/AC526E03.htm>
- 4) <http://latimes.com/news/nationworld/world/la-fg-japan-nuclear-20110406,0,2697428.story>



- Who to believe? We get a lot of calls from patients about forwarded e-mails they receive & wonder if the e-mail's claims are true. A lot of things you read are sensationalized propaganda with the sole purpose of "scaring" you to purchase a certain product or services or sign-up for their newsletter. Remember to look at the resource: Who funded this study? Is this fact biased or exaggerated? What are the references behind this claim? Then decide if it is a reputable source.

Sunnyside Health Center Summer 2011



Sunnyside Health Center

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