

# Swing Into Spring



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*Have you sent us your  
email  
address?  
Please Do*

*We would like your email address on file. Please indicate if you would like to receive our newsletter by email or hard copy. The benefits of receiving the newsletter by email are:*

- You receive it promptly.*
- You can print it out in color.*
- You can share it with others.*

*Please send email to:*

*sharon@sunnysidehealthcenter.com*

*Include your name and current address in the email so we can update our records.*



*We can make our world so much larger  
simply by acknowledging everyone else's*

*The Sunnyside of Health*

## Spring Wellness Workshop

April 11 through April 22, 2005

We are now accepting appointments for our quarterly Wellness Workshop. Appointment times are available weekdays **April 11 through April 22 from 8:00 am until 11:45 am.** Appointments are also available during the same hours on **Saturday, April 16, 2005.**

Taking part in the workshop on **Thursday, April 28th at 6:30pm** is a terrific way to update your health program. Participants in the Workshop will receive a 10% discount on all specialty laboratory tests until May 28th. You will have time to take advantage of this discount after your report consult.

### Profile I - \$465.00

#### Full blood work-up and urinalysis

- Diet Analysis
- MetSys™ Report and Written Interpretation
- Entry into the Wellness Seminar
- 15 minute Consult with Dr. Brouse
- Bone Density Screening
- 1-month 15 min Follow-up Consult

### Profile II - \$495.00

#### For people over age 40 and/or with heart/lung concerns.

All of Profile 1 Plus:

- EKG
- Spirometry (Lung Function test)



Call our office at (503) 654-3225 to reserve your appointment time. Please schedule no later than April 15th as this will allow enough time for you to receive and complete your 7-day diet record. You can find the forms on our web site ([www.sunnysidehealthcenter.com](http://www.sunnysidehealthcenter.com)) in the section titled Forms or call the office and we will mail them to you. Our Workshop fills up fast so schedule your appointment time as soon as possible.

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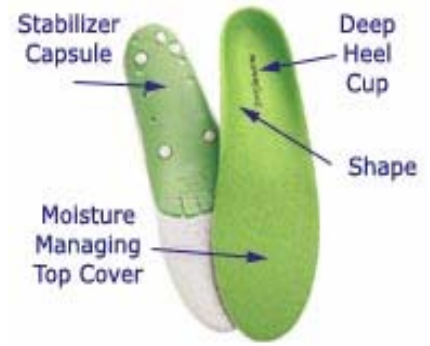
*We appreciate the opportunity to be of service and look forward to seeing you!*

# Respect Your Feet!

## We do need a good understanding!

Ever wonder what causes the nagging low back, leg or heel pain, bunions, plantar fasciitis, shin splints, runner's knee or heel spurs that appear at the end of the day? Many of the conditions mentioned above, are the result of improper foot support. Most shoes are designed for style, not comfort and support .

Since 1977, Dr. Brouse has been recommending and custom form fitting a most practical and comfortable space age orthotic shoe insert. With Superfeet foot beds in your shoes, your feet are being consistently balanced and supported. Without proper foot support, your feet will collapse inward and stress the surrounding muscles, joints and ligaments. Superfeet help you move the way nature intended. It takes just 20 minutes for Dr. Brouse to measure and fit a customized shoe bed, using a thermal induction process. The result is the most comfortable feeling your feet have ever experienced. Schedule an appointment and feel the difference Superfeet can make for your most used and abused anatomical part.



A Gift of a "Good Understanding".  
For the Month of April  
One pair of Superfeet Orthotics

**\$99.00**

Regular Price- \$135.00



### Jennie's Recipe Corner Tarragon Asparagus

- 1 lb. Asparagus, trimmed & cut into bite-size pieces
  - 1 tsp. Olive oil
  - 3 scallions, thinly sliced
  - 1 Tb. Chopped fresh tarragon
  - 1/8 tsp salt
  - 1 Tb. Lemon juice
  - 2 Tb. Water
- Heat oil in small skillet. Sauté' scallions for 1 to 2 minutes. Add tarragon, salt, lemon juice and water. Cook over medium heat for 2 minutes to reduce liquid.
- Steam asparagus for about 5 minutes, until bright green & tender. Stir in sauce, serve warm.



SSHC Hotline with Dr. Brouse

503-654-3225

Tues. & Thurs. 8-9 am & 5-6 pm (PST)

This 3 minute hotline is now exclusively for Sunnyside Health Center patients, on a current program.

(Non-current patients and all others can schedule a Nutrition 911 Hotline appointment. See details on next page.)

We suggest that you write down your questions before placing your call to best utilize the 3 minutes. There are 3 phone lines used for the Hotline, so you may have a few minutes to wait for your turn. Thanks!



## Dr. Brouse's Out-of-Town Lectures

April 9~Chicago, IL~Ruth Kutz~(630)325-2149

Fall 2005~Anchorage/Kenei, AK~Audrey Pearson~(907)262-5359

*If you are interested in having Dr. Brouse speak in your area,  
please contact Jennie at (503)654-3225*

Don't Miss These!!!

### Dr. Brouse's Teleconferencing Lecture Series

**Feb 23rd ~ "But I feel fine, why do I  
need preventative care?"**

**Mar 9th ~ Food Cravings: Habit, Health  
or Body Message?**

**Mar 23rd ~ Defeat Nicotine**

**April 6th ~ Gluten Intolerance**

**April 27th ~ Rosacea & Psoriasis**

\$24.95 each lecture

\$14.95 each lecture ~ PNC Level 1

Pre-enrollment is required.

Call or email Health Education Corporation to sign up for the lecture you wish to participate in:

(503) 654-3225

karen@healthcorp.com

Contact us with topics you would like to have discussed in the future



### Dr. Brouse's Nutrition 911 Hotline

Anytime, Mon-Fri 9am-5pm PT

By Appointment Only

- Need a second opinion?
- Have a quick question?
- What to tell a friend?
- Have someone who needs to talk to a professional?

Dr. Brouse is available for anyone who is not a current patient for consulting on health issues. Just call to schedule an appointment.

(503)654-3225

\$25.00 for 5 minutes

\$5.00 each additional minute

\$55.00 Lab Interp Fee-additional

### Dr. Brouse's Health Topics in a DVD Program

We are pleased to announce all Seminars on DVD!

You Receive a DVD with:

- Dr. Brouse's Seminar
- Presentation Slides
- Hard copy of Presentation Slides

*Current topics are:*

1. *Weight Management Seminar*
2. *Brain Health Seminar*
3. *Cancer Seminar*
4. *Men's Health*

Cost of each DVD Seminar is: \$29.95

### Dr. Brouse's Basic Nutrition Course

**Part 1 ~ An Introduction to Practical Nutrition:** Introduction to Nutrition, American Diet, Politics of Nutrition, Healthy Diet, Optimum Nutrients, Disease Prevention

**Part 2~Nutrient Classes:**

Six Classes of Nutrients (Carbohydrates, Lipids, Protein, Vitamins, Minerals, Water), Functions of Nutrient Classes, Phytochemicals (Plants)

**Part 3~Supplementation:**

Why Supplement, Why Nutrition

- 3 DVD Set
- Power Point Slides
- 2.5 hours

Only \$49.95  
(plus S & H)

## Spring Local Lecture Schedule

Feb 22, 2005\* Nutrition for Pregnancy/Lactation and Nutrition for Infants-7PM

March 1, 2005 Nutrition for Children/Adolescence

March 10, 2005\*\* Nutrition for Seniors

March 15, 2005 Colitis

April 5, 2005 Women's Health

April 19, 2005 Crohn's Disease

May 3, 2005 Attention Deficit Disorders

May 17, 2005 Herbs and Health

\*This lecture starts at 7PM & will last for 2 hours.

\*\* This is an additional lecture to be held on Thursday instead of Tuesday.

### These health education lectures are open to the public and free.

They are about one hour beginning at 7:30pm, and are held at the Clackamas Banquet and Meeting Rooms in the Denny's Restaurant located near the corner of Hwy 205 and Hwy 212 near the Hampton Inn.

Feel free to bring a friend.

## Spring “Body Cleansing”

Springtime is nature’s time of renewal and regeneration. Trees bud, flowers emerge from the ground and birds fly North to hatch their young. The seasons affect the way all life performs including our natural body. The stale and stuffy confines of Winter are replaced with the newness and warmth which comes with Spring. The body encourages the removal of the toxins built up from inactivity, indoor living conditions and winter food choices. The healthy transition between these seasons is the process of cleansing. Shedding the “winter coat,” is a sign of outward change. Eating fresh greens nourishes and cleanses the bowel of congestion and toxicity. Failure to adapt to our changing environments (both inwardly and outwardly) promotes such things as allergies, immune stresses and fatigue.



We all understand the benefits of a thorough spring house cleaning!! It follows that we also can benefit from a “Spring Body Cleansing”! Incorporating juice fasts, colonic irrigations, massage, baking soda baths, steam sauna baths promotes total body cleansing. Supplementation found effective are Herb Lax, Vita C, Lecithin, Daily Fiber, Alfalfa, Liver DTX, Optiflora and EZ Gest. This year, make a special effort to welcome Spring with a clean and healthy body.

Seek wonder in the ordinary, and miracles will happen that you cannot explain.



**“Spring Body Cleansing”  
Colonic~ Massage Special  
3 Colonics & 1 Massage  
(within 2 weeks)  
\$250.00  
(regularly \$305.00)**

SUNNYSIDE HEALTH CENTER  
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Clackamas, Oregon 97015  
Phone: **503-654-3225**  
Fax: 503-654-3056  
www.sunnysidehealthcenter.com

Return Service Requested

Mark your calendars!  
Spring Wellness: April 11th-22nd  
Summer Wellness: July 11th-22nd

