

Sunnyside Health Center

NEWSLETTER

ISSUE: WINTER 2010

Winter Specials

Adrenal Stress Index

Special 20% Off

A saliva test to determine adrenal hormone rhythms which can effect vitality, energy production, immune health, sleep quality and muscle and joint function.



Hormone Panels

Special 20% Off

The right balance of hormones is important to long-term emotional, mental & bodily health.

Telomere

Special 25% Off

Telomere's are sections of DNA at the end of each chromosome that serve as a cap to your genetic material. Age adjusted telomere length is a method to assess biological age using structural analysis of chromosomal change in the telomere. Serial evaluation of telomere length is an indicator of how rapidly one ages relative to a normal population.

Expires: February 28th, 2011



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What is Stress?

By Dr. Brouse

Stress is the mental, physical and emotional reaction you experience as a result of demands in your life. You must have experienced stress at one time or another whether you know its definition and types or not.

Tips on how to be stress free:

It is a matter of how much and how frequently our stress is presented. What is critical is how we recognize and respond to stress. There are healthy ways to accomplish this. First, decide which stresses you want in your life. Practice saying "No" to the ones you cannot/should not carry. Next, develop a plan where you balance: exercise vs. recovery, challenge vs. quiet, fulfilling commitments vs. being cared for, loving vs. being loveable, learning vs. mentoring, and accepting responsibility for our choices vs. seeking strength and insight from the ONE who loves us the most.

General ways to minimize stress:

- Put daily exercise high on your priority list. Set aside time for low-impact cardio, including yoga.
- Take time to relax. Make your home a relaxing environment for you and your family.
- Try relaxing your muscles by using a hot rice pack or hot water bottle.



Helpful Supplements for Stress:

Alfalfa Complex	Soy Protein
B-Complex	Stress Relief Complex
Lecithin	Sustained Release Vita-C
MoodLift Complex	Vita-Lea
OmegaGuard	Vitalizer
OsteoMatrix	

You can find more useful information on stress in my book, [Build A Better You, 7th Edition.](#)

Minor Surgery 50% Off

Many do not know that I am an Oregon Board Certified Chiropractic Minor Surgeon with over 30 years teaching and practicing safe and effective means of dealing with most skin tags, polyps, moles and scars as well as internal and external hemorrhoids, superficial cysts and skin blemishes. I use the latest methods to bring about economical solutions to personal needs in these areas. Take advantage of these effective in-office procedures which may or may not require local anesthesia. Patients often travel from all over North America to receive these procedures and leave delighted with the results along with minimal to no scarring.

Recipe Corner

Thai Chicken Curry

By Jennie Brouse

This versatile recipe can be updated by adding different vegetables and substituting the chicken for fish or beef. The flavor of the sauce is exceptional!

1 1/4 cups unsweetened light coconut milk

1 Tbls chopped fresh ginger

1-2 cloves garlic, minced

1 small onion, chopped

1 tsp grated lemon rind

1/4—1 tsp red pepper flakes

2 tsp paprika

1 tsp curry powder

1 1/2 lbs boneless, skinless chicken breasts, cut into 2" strips

1-2 Tbls fish sauce

12 oz fresh baby spinach

1/2 cup fresh basil leaves, cut into strips

1/2 tsp salt

Puree 1/2 cup of the coconut milk along with the ginger, onion, lemon, red pepper flakes, paprika, and curry powder. Heat the mixture in a large frying pan over medium-high heat. Cook until the mixture thickens and turns a brighter red color, 1-2 minutes. Add the chicken, remaining coconut milk and fish sauce. Heat to boiling and then reduce the heat to low. Simmer uncovered for 8-10 minutes, until the chicken is done. Stir in spinach, basil, and salt. Heat through. Serve with rice or rice noodles.

Pumpkin Pie Smoothie

By Kilee Johnson

1 cup canned pumpkin

2 frozen bananas, cut up into chunks

2 cups soy milk (or rice, almond, hemp, etc.)

1 cup ice cubes

2 Tbls agave, if you like it sweet

1/2 cup vanilla yogurt

1 Tbls pumpkin butter

4 scoops vanilla protein powder

1/2 teas cinnamon

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

Did You Know?

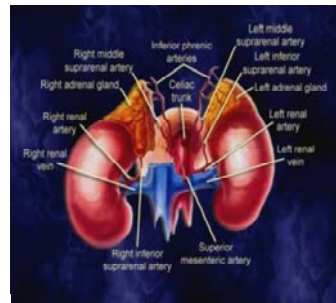
By Kristyl Nelson



DID YOU KNOW

that your adrenal glands have one of the largest saturation rates of blood flow per gram of tissue and the highest concentration of vitamin C of any tissue in the body? Hormones are released in continuous cycles throughout the day and an abnormal adrenal rhythm can manifest its symptoms in the body in several ways.

There are three main adrenal stress hormones; DHEA, Cortisol



and Aldosterone, all of which control our energy production, bone health, immune system health, sleep quality, skin regulation, thyroid function and muscle and joint function.

If you have chronic stress, lack of energy, muscle and joint pain, hypoglycemia, osteoporosis, sleep disturbance, poor memory or low body temperatures, these are all signs of abnormal adrenal functions.

Our **Adrenal Stress Index** profile evaluates; cortisol (stress response), insulin (blood sugar control), DHEA (stress adaptation), secretory IgA (immune health), progesterone (adrenal reserve) and Gluten Antibodies (grain intolerance); all of which regulate our adrenal rhythms.

Patient Testimonial

by Julie Woodburn

I was 19 years young when I first met Dr. Brouse and visited his Sunnyside Health Clinic in Clackamas Oregon. Due to over-stress, and overwork, I was in need of some clinical help and sound advice to get my health back in check again.

The clinic offered options and treatment plans not readily available in Canada. Dr. Brouse and staff gave me the answers I needed, along with the tools and resources to be the healthiest I've ever been! Over the years I've gone down to the clinic for re-checks to make sure my health keeps on

track. I consider these trips my mini holidays, seeing all our friends at Sunnyside Health Center, and coming home rested and refreshed. I always received the help needed and recommendations for LIFE!

Many of my family and friends have visited Dr. Brouse at his clinic, or shared in one of his informative seminars when he visits locally. I love to invite people of all ages to listen and learn from the tele-clinics offered as well! I'm in a wonderful place in my life...seeing my 4 beautiful daughters all grown up and being blessed with my first granddaughter, born Nov. 14th, 2010! All is good!!!

SAD Relief

By Sharon Culp

For those like myself who are afflicted with SAD (Seasonal Affective Disorder), I have just the thing; it is called a "Feel Bright Light" visor.



We know that light therapy has been found to be helpful in controlling "low moods" associated with SAD during the winter months.

This "light" visor has a compact light system attached to the underside of it, which allows you to do most of your normal activities while receiving light treat-

ment. For only 20-30 min/day, it is a more affordable and convenient option than a light box. This unit provides bright, blue-green light (8,000-12,000 lux).

I ordered my visor from the **SunBox Company** for \$198

Phone number (800) 548-3968
www.sunbox.com

Health Education Corporation



Karen Cole, Administrator

National & International Seminar Presentations

Are you considering bringing Dr. Brouse to your area?

Dr. Brouse is a Biochemist, Chiropractic Physician, and a Certified Clinical Nutritionist. He is recognized as a knowledgeable speaker, qualified to discuss many current health topics of our day and the importance of diet, nutrition, and lifestyle as it relates to health or restoration of health.

His presentations are both informative and practical, leaving the audience with a deeper understanding and commitment to wise choices that support health, today

and in the future. For the Shaklee business builder, that type of commitment translates into an expanded effort to help themselves and others to attain better health. The result of an expanded effort is an increased growth in their respective Shaklee businesses.

Dr. Brouse's presentations bring the most current, scientific backed, factual information to his audience. Many times the sponsor has polled their prospective audience to see what topics they are most interested in learning about.

Dr. Brouse then incorporates their selections into his presentation.

Available Dates for 2010:

December 11th

Available Dates for 2011:

February 19th

March 19th

April 16th

May 14th & 21st

June 25th

July 23rd

September 17th

October 15th & 22nd

November 12th & 19th

Call or email Karen if you would like to reserve a date.



ISSUE: WINTER 2010

www.HealthEdCorp.com

www.HealthEdStore.com

Tour Schedule

Seminars

- 1/29 New York, NY
- 3/12 Portland, OR
- 4/09 Pine Valley, CA
- 9/24 Denver, CO

Tele-Clinic Schedule

- 11/22 Antiplatelets & Anticoagulants... Are they safe & do they work?
- 12/06 MSG ... is a waste and a toxin
- 12/20 Give the Gifts of Joy and Laughter ... a Healthy Choice



Holiday Sale

CD's \$12

DVD's \$23

Great gifts for family & friends!

Sale Ends Dec. 31st

For orders or inquires, please contact Karen Cole at:

Karen@HealthEdCorp.com

or

(503) 654-3225

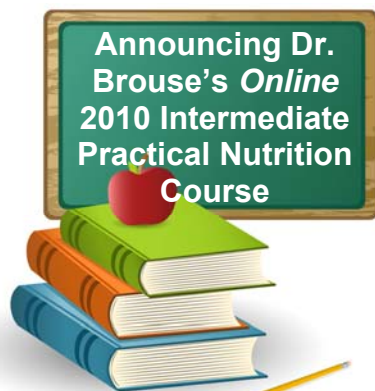
Testimonials From Previous Seminar Sponsors:

Darrel and Margie Arendts ~ Thousand Oaks, CA

"We have sponsored Dr. Brouse to our area twice now and both times people have expressed their increased understanding of the Shaklee difference and why the products work so well. They leave with a greater confidence and trust in the Shaklee Company and the Shaklee products. What is appreciated the most, is that Dr. Brouse will answer our specific product/health related questions."

Cindy Jacobson ~ Grand Rapids, MI

"I have hosted Dr Brouse for several seminars in my area in the last several years. Whenever I bring in a speaker like Dr. Brouse it builds trust and credibility. We expose people to his 37 years of experience, nutrition and science training, knowledge of the most current research, and his continuous work with the Shaklee science team. His strong connection to Dr. Shaklee's philosophy is impressive. **Dr. Brouse lives Dr. Shaklee's motto: We are forever students. His value to the field is priceless.**"



The course is approximately 16 hours and is divided into 8 lessons. Some of the benefits of taking this exciting course are:

- Sound scientific backed information
- Allows you to understand and simplify the complexities of 21st Century nutrition
- To make timely choices regarding your own supplement program
- To identify the earliest indicators of sub optimum nutritional deficiencies
- Builds confidence in the Shaklee Company and Shaklee Products
- Motivates you to share the Shaklee difference with others which will increase your Shaklee business.
- Receive certification as a Practical Nutrition Advisor (PNA) through Dr. Brouse's Northwest Academy of Practical Nutrition

Remember the definition of competence is Continuing Education!

Sunnyside Health Center Holiday Schedule

We will be closed
November 25th-26th
December 24th
December 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.

We at Sunnyside Health Center wish you a *Happy and Healthy Holiday Season!*



**Dr. Brouse invites You to his Free Lecture:
Stress, Nervousness
& Anxiety Lecture
Friday, December 3rd
10:00 a.m.
8800 SE Sunnyside Rd Suite 111
Clackamas, OR**

**Benefits of attending the lecture:
Starting at 9:00 a.m.**

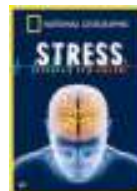
- 10 Minute Chair Massage—first come, first serve
- Refreshments—including “Healthy Holiday Treats”
- Door Prizes—raffle for the “12 Days of Christmas”:
 - (12) BMD—Bone Density Scan
 - (11) EKG—Heart monitoring
 - (10) Spirometry—Lung function test
 - (9) Compression Boots for tired, shopping feet and legs
 - (8) Live Cell—Live feed of your blood cells
 - (7) Food Matter DVD’s—Great educational material!
 - (6) PH Kits—are you acidic or alkaline?
 - (5) Blood Type test—Do you know what type you are?
 - (4) Health Ed. CD of your choice—stocking stuffer idea!
 - (3) Colonics—Treat yourself after the holiday indulgences
 - (2) Superfeet—Personalized Orthotics
 - (1) Vitamin D test—Defense. Don't go without it!

Come and celebrate the holiday season with the Sunnyside Staff and learn how to ward off holiday stress!

Educational DVD Recommendations

By Suzanne Wood

Stress: Portrait Of A Killer



This National Geographic documentary looks at the impact of stress on the body, including brain shrinkage and DNA damage (Telomere), and what can be done to prevent it.

The Beautiful Truth



In this DVD, a 15 year old boy Garrett, goes on a mission discovering the truth behind toxicity of Dental Amalgams and Food Additives.

The Future of Our Food



An in-depth investigation into the disturbing truth behind the unlabeled, patented, genetically engineered foods that have quietly filled U.S. grocery store shelves for the past decade.

These are available at www.cduniverse.com, www.amazon.com, [Target](http://Target.com) and [Walmart](http://Walmart.com) for some price comparisons.

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