



# Seasons Greetings

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### Please email us!

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](mailto:sharon@sunnysidehealthcenter.com)

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



*The best gift we can give to our family & friends is our time & love.*

The Sunnyside of Health



## Winter

### Wellness Workshop

January 10-21st, 2005

We are now accepting appointments for our quarterly Wellness Workshop. Appointment times are available weekdays **January 10 through January 21 from 8:00 am until 11:45 am**. Appointments are also available during the same hours on **Saturday, January 15th**.

Taking part in the workshop on **Thursday January 27th 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 February 28th. You will have time to take advantage of this discount after your report consult.

#### Profile I - \$465.00 (Savings of \$344)

- 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

**NEW**

#### Profile II - \$495.00 (Savings of \$484)

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

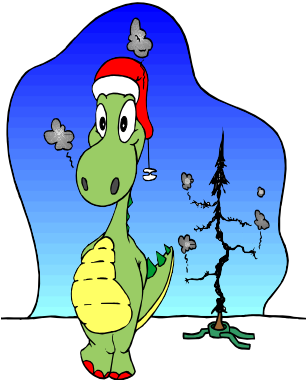
All of Profile 1 Plus:

- EKG
- Spirometry (Lung Function test)

Call our office at **(503) 654-3225** to reserve your appointment time. Please schedule no later than January 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.

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

\*\*\*Please note that due to increases in laboratory pricing our health panel will increase as of Jan 1st 2005.\*\*\*



Are you suffering from the discomfort of hemorrhoids? Symptoms most often associated with hemorrhoids include itching, burning, pain, inflammation, irritation, swelling, bleeding and seepage. Frequent causes of hemorrhoids are genetic weakness of veins, excessive venous pressure, pregnancy, long periods of standing or sitting, straining due to constipation, and heavy lifting. The consumption of refined starches (white flour products and other low fiber foods) contribute to the condition of hemorrhoids. If you watch television or read magazine advertising, you are aware that there are many prescriptions and over the counter remedies available for the relief of symptoms brought on by the presence of hemorrhoids. However, relieving symptoms is not addressing the condition of hemorrhoids. Left untreated, hemorrhoids often reach an acute stage requiring surgery. Surgery is always risky and is traumatic to the body. The healing period following is not particularly comfortable either. Dr. Brouse utilizes a procedure that is non-traumatic to the body, is effective in the removal of hemorrhoids, and eliminates the necessity of prescriptions, creams and salves for the relief of the symptoms of hemorrhoids. It is called the Keesey technique. According to an article in Gastrointestinal Endoscopy, "this painless outpatient treatment of all grades of hemorrhoids is effective and safe". This treatment yields a permanent result and is especially useful in advanced hemorrhoidal disease. Dr. Brouse has been treating patients using this technique in his practice for 28 years with gratifying results. Please contact our office if you would like additional information.

*By Karen Cole ~ We Care Coordinator*

**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!



**Jennie's  
Recipe Corner  
Gingerbread with Lemon Sauce**

*A good for you, sit around the fire dessert!*

2 C whole wheat pastry flour	1/4 tsp cloves
1/4 C Shaklee Instant Protein Soy Mix	1/3 C oil
2 tsp baking powder	1/2 C maple syrup
1 tsp baking soda	1/2 C molasses
1 tsp ginger	1/2 C plain yogurt
1/2 tsp cinnamon	2 eggs

Preheat oven to 350 degrees. Oil a 9x13" baking dish. Mix all dry ingredients well. Blend all liquid ingredients in the blender. Add liquids to dry ingredients and mix until well blended. Pour into baking dish and bake for 30 min. Serve warm w/lemon sauce.

**Lemon Sauce:**

1 1/2 C cool water	2 Tbsp cornstarch	1/4 C lemon juice
1/3 C honey	1 egg	1 Tbsp butter
2 Tbsp cornstarch	2 tsp finely grated lemon rind	
1 egg	1/2 tsp lemon extract	

In medium sauce pan, mix the cornstarch with about 1/2 C of the water. Stir until dissolved. Add the remaining water, honey and egg. Blend well and heat over medium heat, stirring until the mixture comes to a boil. Remove from the heat and add the rest of the ingredients. Spoon it generously over servings of the gingerbread. Whipped Cream, or vanilla yogurt, can also top the lemon sauce if wanted.

**Sunnyside  
Health  
Center**



**December  
Thank-you Special**

**All Supplements  
that are in stock  
from  
Dec 13th - 31st**

**15% Discount**

Call for details.

**A Winter Massage with Heather Lewis** at Sunnyside Health Center

Bring in this **coupon** and receive an Audio Tape of your choice **FREE**.

**GREAT GIFT IDEA or Stocking Stuffer!**

(Expires February 28, 2005)





## **Build your own Gift Basket! Give the Gift of Nutrition!**

*Tapes, CD's, DVD's, Basic Nutrition Programs  
All with Dr. Richard Brouse!*

Visit our website today: [www.healthedcorp.com](http://www.healthedcorp.com)



Don't Miss These!!!

### **Dr. Brouse's Teleconferencing Lecture Series**

Wednesday's, from 5-6pm PT  
Current Topics are:

**Dec 15th ~ Common Questions about  
Alzheimers and Dementia**

**Jan 5th~ What your headache is trying  
to tell you.**

**Jan 12<sup>th</sup> ~ Cellulite: Just fat or a real  
health concern**

**Jan 26<sup>th</sup> ~Ethnic Foods: Trendy or  
Nutritious?**

**\*\*Back by Demand just for Valentine's Day:  
Feb 9<sup>th</sup> ~LIBIDO!! Huh?, What libido?**

**Feb 16<sup>th</sup> ~"But I feel fine, why do I need  
preventative care?"**

**Feb 23<sup>th</sup> ~Food Cravings: Habit, Health  
or Body Message?**

\$24.95 each lecture

\$14.95 each lecture ~ PNC Level 1

~Classes are limited. Pre-Enroll.



### **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.

**\$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 Including all Presentaion Slides &
- Hard copy of Presentaiton Slides for notes

*Current topics are:*

1. *Weight Management Seminar*
2. *Brain Health Seminar*
3. *Cancer Seminar*

*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)

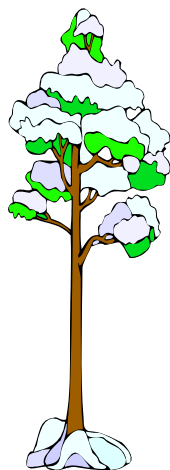
**Part 3~Supplementation:**

Why Supplement, Why Nutrition

- 3 DVD Set
- Power Point Slides
- 2.5 hours

***Only \$49.95***

## ***Winter Local Lecture Schedule***

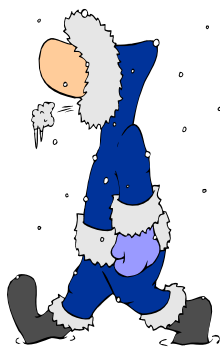


January 4, 2005	Arthritis
January 18, 2005	Healthy Hearts
February 1, 2005	Environmental Health
February 15, 2005	Nutrition for Pregnancy/ (1 1/2 hour lecture) Lactation & Nutrition for Infants
March 1, 2005	Nutrition for Children/Ad.
March 8, 2005	Nutrition for Seniors
March 15, 2005	Colitis
April 5, 2005	Women's Health
April 19, 2005	Crohn's Disease

**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.**



## Beating that cold and flu—naturally!

By Dr. Richard Brouse

One thing you won't want to share with your family and friends this holiday season is a cold or the flu. Both are caused from viruses that have no cure; they simply need to run their course. However, there is much that can be done to prevent a virus invasion or minimize the affects of these illnesses.

Our hands generally transfer colds to the nose, mouth, or eyes. The flu is usually transmitted through airborne particles from a sneeze or cough. Colds are contagious as long as there are symptoms. The Flue is contagious 24 hours before any symptoms and up to 10 days afterward.

A healthy immune system can destroy the onslaught of viruses that we are exposed to every day. Several habits and customs that are part of our lifestyle, from Halloween to Valentines Day, compromise the immune system and its ability to keep us virus-free.

### What habits would help our immune system in its fight to keep us healthy?

1. **Cut out the SWEETS!** Sugar (including alcohol) affects white blood cells by decreasing their recognition, attack and digestion of viruses.
2. **Eat less dairy products.** They form mucous in our nose, throat, and sinuses and throughout our body.
3. **Enjoy fresh fruits and vegetables,** whole grain breads, and fresh fish and fowl. (Stay away from farm raised salmon!)
4. **Drink plenty of pure water.** Heated buildings have drier air, which dehydrates us! Get at least ½ ounce of water for every pound of body weight per day. This will hydrate and cleanse the body inside and out.
5. **Exercise regularly.** 20 minutes of an aerobic workout daily increases immune function up to 50%.
6. **Get enough sleep.** 8 hours of restful sleep each night recharges your immune system. When the hour before bedtimes is quiet and restful, a deeper sleep is achieved.
7. **Reduce stressors.** (Our attitude toward our environment can be our greatest stress!) This time of year can increase a "too-busy" schedule, family responsibilities, and financial challenges.
8. **Minimize time indoors** with larger groups of people. Congested quarter increases the number of viruses present.
9. **Wash your hands frequently.** Viruses survive up to 3 hour on surfaces such as doorknobs, telephones, handrails, etc.

### What supplements will keep our immune system healthy?

1. Continue with your basic supplement and soy protein regime that provides nutrients to all your body systems. Take extra **Sustained Vita C and B Complex** throughout each day to provide support for the extra stress.
2. For people over 12, add **Immune Building Complex** to the daily program. It prompts the body's natural production of interferon and increases the activity of the immune system cells.
3. Taking 1 to 4 **Stress Relief Complex** each day prevents burnout and immune shutdown.
4. **Immunity Formula I** is a combination of anti-oxidants and mineral clinically proven to support the immune system.
5. Detoxify with **Herb Lax, Liver DTX and Optiflora.**
6. **Garlic** is a mild antiviral. It contains allacin that enhances immune function and prevents growth of bacteria and viruses.
7. **Lecithin** contains phospholipids that prevent the spread of viruses in the bloodstream.
8. At the first sign of cold or flu symptoms, take 6 to 8 tablets of **Defend and Resist** per day. When the symptoms disappear, discontinue. These tablets can be chewed, sucked or made into a tea.
9. Keep our children and elderly healthy with **Soy Protein** shakes, **Ocean Wonders** multi-vitamin and **chewable Vita C. Citriboost** powder is a perfect alternative providing a multiple and acidophilus which promotes a healthy immune system.



**SUNNYSIDE HEALTH CENTER**

8800 SE Sunnyside Rd., #111

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

