



Bountiful Harvest



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Unlimited Possibilities To Be Of Help

What do you believe is possible for you in your life – with your health, in your job, with your family, friends and community, financially, intellectually, emotionally? This is a very important question; so think about your answer for a moment. How you choose to believe in serving where you are and whom you are with will determine your success. More and more doctors, psychologists, researchers and many others are beginning to realize that what we achieve and become in life has as much, or more, to do with our beliefs about serving others as anything else. Beyond a few unchangeable things, like who we have for parents, there really are unlimited possibilities. What you believe to be possible is a major factor in determining what you do for others, how healthy you are and who you become.

Tom Peters told the story of a Manhattan cab driver who gave all his passengers a mission statement - his written pledge to get them where they want to go safely and courteously. He also gave them a selection of newspapers, a snack basket, and consulted them about the kind of music they wanted to hear on the radio. This guy made 12 to 14 thousand extra dollars a year in tips because he saw possibilities for himself as a cabbie that others couldn't imagine.

There is also the story of a doctor who did house calls to see his elderly patients because he knew how hard it was for them to come to his office. If he were unable to go, he would send a nurse or intern with specific instructions, medications and supplements. He and his family lived a very simple but satisfied life in the small community. At his funeral, his wife was amazed to discover, enclosed in the cards, hundreds of thousands of dollars in checks from patients who he treated for years without charging. His wife was able to live to a comfortable old age on the wealth he did not partake of during his lifetime. The good people of the town erected a monument and established a small scholarship in his name at his alma mater. What possibilities are you blocking out because of what you've learned or done in the past, or because of what others have told you to be "the truth" about your possibilities? What could you be and do, if you allowed yourself to really stretch and grow without excuses or self-imposed limitations? You can be successful when you ease the burdens of your fellow man. Go to www.thedreammovie.com It's worth seeing!

Fall 2005

The Sunnyside of Health

Fall Wellness Workshop

Mark Your Calendar ~ October 10 - 21, 2005



We are now accepting appointments for our quarterly Wellness Workshop. Appointment times are available weekdays **October 10 through October 21** from **8:00 a.m. until 11:45 a.m.** Appointments are also available during the same hours on Saturday, October 15, 2005.

Taking part in the workshop on *Thursday, October 27th at 6:30 p.m.* is a terrific way to update your health program. Participants in the Workshop will receive a 10% discount on all specialty laboratory tests until December 1st. 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-min Report Consult with Dr. Brouse
- Bone Density Screening
- One-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 October 14th 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) 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.



Congratulations & Best Wishes Brianna and Brian on your New Baby Hunter Michael

Brianna assisted Dr. Brouse for over a year. Now she enjoys taking care of her beautiful baby boy. Hunter was born on July 15, 2005 at 9:34 p.m. at the Willamette Hospital. He weighed 7 1/2 pounds & was 20 inches long. Mom, Dad, and Baby are all doing well.



Sunnyside Welcomes Tammy Rodriguez, CA

As the mother of four grown children, our family has enjoyed the northwest for many years. I have had a personal interest in natural health all of my life, and continue to change my lifestyle habits towards greater health. I am currently attending Australasian College of Health Sciences working on my Diploma of Holistic Health. The practical experience under Dr. Brouse's tutelage is appreciated. Working for Dr. Brouse is my dream job. It is exciting to know that he has influenced so many in truly achieving optimum health. What a privilege to be a part of his team at the clinic! Since the arrival of Brianna's baby, I function in the capacity of Dr. Brouse's assistant. I enjoy helping patients with their lab work and other therapies and am looking forward to meeting more of you.



Stephen & Mary Schlepfer

Sunnyside Welcomes Mary Schlepfer, Patient Coordinator

Upon graduating with a Bachelor's degree in Music with a concentration in Flute and a minor in Business at Wright State University in Dayton, Ohio, I pursued a two-year Massage Therapy program at the Dayton School of Medical Massage. While practicing massage, I attended classes towards a Master's degree in Mental Health Counseling.

My husband, Stephen, has chosen to become a naturopathic physician. He will attend the National College of Naturopathic Medicine this fall for the next several years in Portland, Oregon. Since our move in July, we have already taken advantage of the scenic Portland area and surrounding attractions including the Japanese Garden, the Rose Garden, a ride in a steam engine to the Portland Zoo, Cannon Beach, brunch on the Spirit of Portland cruise down the Willamette River, McCormick & Schmick's Seafood Restaurant, and the many Farmer's Markets which provide weekly fresh fruits, vegetables, and of course, lots of blueberries!

Here at Sunnyside, I enjoy speaking with individual patients by phone helping them stay focused on their program and maintain optimum health and wellness. It is with great pride that I am privileged to work with such an extraordinary staff of committed individuals whose first priority is serving you. I look forward to meeting all of you in the near future.

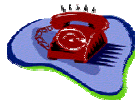
The future belongs to those who believe in the beauty of their dreams.

~Eleanor Roosevelt

Dr. Brouse's Nutrition 911 Hotline

M-F 9:00 a.m.—5:00 p.m. PST By Appointment Only

- Need a second opinion?
- Have a quick question?
- What can I tell a friend?
- Need to talk to a professional?



Dr. Brouse is available for consulting on health issues to anyone who is not a current patient. Just call to schedule an appointment. \$55.00 Lab Interp Fee (if necessary) \$25.00 for the first 5 minutes ~ \$5.00 each additional minute

Welcome Back to School Special

For Children under the age of 12

Only \$50.00 for the month of September!

Included

- Posture-scoliosis Check
- Eye, Ear, Nose & Throat Exam
- Immune Check from Live Cell Nutriscreen



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. as shown above.)



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!



Health
Education
Corporation

Dr. Brouse's Out-of-Town Lectures

Sept. 10, 2005~Soldotna, AK~Audrey Pearson~(907)262-5359

February 4, 2006~Sibby McCullough~(530)742-7030

March 24-25, 2006~Chicago, IL~Ruth Kutz~(630)325-2149

April 8, 2006~ Appleton, WI~ Bev Payne~ (920)882-5225

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

Teleconference Lecture Series

Sept. 7th~ Health Challenges for the Teenage Girl

Sept. 21st~ How to get off Statins

Oct. 5th ~ Supplements ... which ones & how many???

(Build A Better You Program)

Oct. 19th ~ Parasites/Uninvited Guests

Nov. 2nd ~ Cancer~ 2nd time Around/Avoiding Reoccurrence

\$24.95 each lecture

\$14.95 each lecture ~ PNC Level 1

Pre-enrollment is required.

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

(503) 654-3225

karen@healthedcorp.com

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

We would appreciate testimonials from previous participants in the Teleconferencing Lectures. Thanks.

**PRACTICAL NUTRITION ~
Level One**
Certified PNC~Level 1 Advisors
Facilitator: Julie Schmied
Dee Dee Delkamp
Sue Erdman
Gay Thomas ~ exam pending

Classes Forming
Facilitator: Claudia Shedd
Facilitator: Mary Yoder
Facilitator: Jodie Parsons
Facilitator: Sharon Falconer
Facilitator: B. J. Kuhns
Facilitator: Heather Lewis

Online:
Facilitator: Melody Widney



Announcing
Arrival of Two
NEW CD's!
\$9 ea. + S&H

Box and a Can
Benefits of
Essential Daily Vita Strip &
Energizing Soy Protein

&
10 Reasons for
Professional People to
Join SHAKLEE

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)

Fall Local Lecture Schedule

Changed from Tuesday Evenings to Thursday Evenings

Sept. 8th, 2005 Parkinson's Disease

Sept. 15th, 2005 Fasts & Cleanses

Oct. 6th, 2005 Fibromyalgia

Oct. 20th, 2005 Eating Disorders

Nov. 10th, 2005 Bowel Health

Nov. 17th, 2005 Fatigue

Dec. 8th, 2005 Detoxification

Jan. 5th, 2005 To be announced

Jan. 19th, 2005 Herbs & Health

Location: Denny's Restaurant ~Clackamas Meeting Room

15815 SE 82nd Dr.~ Clackamas OR (503)-655-1232

Time: 7:30 pm Length: Approx. 1 Hour Bring a friend.



Fall Tips to Maintain Good Health

Regular Medical Checkups

Maintaining good health care for any existing medical conditions and *regular preventive care* are very important to staying healthy as you grow older.

Nutrition

Eat a diet high in fruits, vegetables, grains, and fiber; low in fat, saturated fat, and cholesterol; with moderate amounts of sugar, salt, and sodium. Drink 6-8 glasses of water each day. Your need for vitamins and minerals does not decrease with age but most people need 25% fewer calories as they grow older. So make sure the calories you do eat are full of the nutrients you need for a healthy body.

Physical Activity

Exercise is an important way to help prevent a wide range of health problems. The U.S. Surgeon General published a report in December 1999 that stated that people of all ages can improve the quality of their lives through lifelong moderate physical activity. Regular physical activity can reduce the risk of developing or dying from heart disease, diabetes, osteoporosis, high blood pressure, stroke, and some forms of cancer. It improves balance, muscle and bone strength, flexibility, heart and lung function, and general health that older people need to remain independent and prevent falls and other accidents. Try to accumulate at least 30 minutes of moderate physical activity on most, if not all, days of the week. These activities can include yard work, gardening, brisk walking, doing household chores, bicycling, dancing, or swimming.



Jennie's Recipe Corner

Tuscan Chicken and White Beans

A hearty warm dish for a cool fall day-Also wonderful camping dish in a Dutch oven.

- 2 tsp. olive oil
- 1 medium onion, sliced thin
- 1 Tbs. fresh minced garlic
- 1 Cup chicken broth
- 8 medium carrots cut in 1" chunks
- 32 oz. white beans, cooked or canned and drained
- 1 tsp. dry thyme, sage, salt
- ½ tsp pepper
- 4 chicken thighs or breasts, skinned

Sauté onion and garlic in oil. Stir in broth, carrots, beans and seasoning. Arrange chicken on top of bean mixture. Cover and simmer for 10 to 15 minutes. Turn chicken over, simmer uncovered for another 15 to 20 minutes until chicken is done.

The impetus for a National Grandparents Day originated with *Marian McQuade*, a housewife in Fayette County, West Virginia. Her primary motivation was to champion the cause of lonely elderly in nursing homes. She also hoped to persuade grandchildren to tap the wisdom and heritage their grandparents could provide. President Jimmy Carter, in 1978, proclaimed that **National Grandparents Day** would be celebrated every year on the **first Sunday after Labor Day**.

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Fax: 503-654-3056

www.sunnysidehealthcenter.com

Return Service Requested

Mark your calendars!
Winter Wellness: January 9th-20th
Spring Wellness: April 10th-21st

