

30 Years
1977-2007

The Sunnyside of Health Newsletter

Optimize Digestion for Optimum Health

Nearly every known degenerative disease of man has its origins in faulty digestion or is helped by improving digestion. Digestion is the phenomenon of disassembling the build blocks of life into raw materials for building a healthy you. It is no mistake that we were made with separation of acid and alkaline compartments for this essential process to occur. In fact, it is a race against the trillions of bacterial that live in our bowel and wait, like vultures, to eat the scrapes that are not digested and absorbed. Energy must be expended by the body to process and digest food. Think of it as an investment. Wealth can buy the

choicest meal on the menu, but wealth cannot guarantee that you will be able to digest and absorb your meal. In fact, the daily behavior we practice in "getting ahead" or "keeping the wolf away" may interfere with optimum digestion. I have had wealthy men and women come to me who were eating baby food from sealed jars because they could not digest or absorb living food or supplements.

The basic rules for optimum digestion are: 1) eat only live foods and supplements, 2) eat in a safe, unhurried and cheerful environment, 3) create a sincere thankfulness for abundant life and miraculous health that food can provide.

If you are not getting all of the good you should from your food and supplements, you may want to discuss options with me. If you are feeling your health slipping from where it should be, look to optimizing your digestion. Because after choosing the best diet and best supplements, digestion is the next step in getting all of the nutrition from your food.

Article by Dr. Brouse

The health problems caused from faulty digestion are real. Here are a few things you want to avoid

- **Insomnia or poor sleep**
- **Allergies and sensitivities**
- **Constipation or diarrhea**
- **Accelerated aging**
- **Hemorrhoids**
- **Malnutrition**



Brianna, Karen, Sharon, Dr. Brouse and Suzanne



High Tech with High Touch

Our purpose is to serve your needs better. Keeping in touch with you is a vital part of our job. As your primary source for health support and information, Sunnyside is committed to treating each patient the way we would want to be treated. Health is the most natural possession we personally enjoy that also enriches and reduces the burdens on our family. Our use of modern methods of communicating with E-mail, Tele Clinics, On-Line nutrition courses and even the 3 minute Hot Line are only tools to help you learn how to make informed decisions about your health and the health of your loved ones. We want to be part of your plan for wellness, so please tell us what concerns you and how you would like us to help you. Sometimes you are needing information. At other times you need examination and selected treatments. After all is said and done, prevention is the wisest and most economical medicine.

FREE Bowel Cancer Screen: May is Bowel Health Month at Sunnyside: (limited to first 100)

- Colon Cancer can be detected in many cases by a simple non-invasive mail-in stool test.
- Drop by and pick up your FREE Occult Blood test kit during the month of May—normally \$22.00
- This is our way of encouraging you to "think prevention"
- You will receive a personal report of findings and written recommendations if needed.



Faith and Prayer

According to a new, comprehensive analysis of 17 major studies on the effects of intercessory prayer -- prayer that is offered for the benefit of another person -- there is a positive effect for people with both medical and psychological problems.

Some individual studies have found positive results, while others have shown no effect. A meta-analysis of all studies allowed researchers to take

into account the entire body of research. When the effects of prayer were averaged across all 17 studies, controlling for differences in sample sizes, there was a net positive effect on the group being prayed for.

Research on Social Work Practice, Vol. 17, No. 2, March 2007: 174-187

Sleep debts are sort of like stress.

Most sleep-deprivation research has focused on what it does to the brain, but it is likely that sleep has many functions. In several studies, subjects' blood sugar and hormone concentrations were restored after the sleep-recovery period. Earlier research has shown that in developed countries, the average night's sleep has grown shorter since the beginning of the century, from 9 hours to 7.5 hours. Many people give up sleep to make room for work and leisure. An adequate amount of sleep is as important as an adequate amount of exercise. Sleeping is not a sin. Taking sleep aids, like Ambien, Atavan and Paxil make the clock pass but do not help metabolic imbalances. *The Lancet* October 23, 1999;354:1435-1439

Formaldehyde—A toxic Compound Closer Than You Think



A recent lecture by Dr. Benjamin Asher, provided the following information regarding products that contain formaldehyde or FRP's which can cause eczematoid-type dermatitis, headache, or symptoms of asthma. He pointed out that aspartame converts to formaldehyde and children are particularly sensitive to this compound. Some products that were listed in an article from *Pediatric Annals* 36:1, January 2007 were: **These contain formaldehyde:**

Shampoo: Avon Kids 2-in-1 Super Gentle Shampoo for Normal Hair, Avon, Dove Shampoo, Extra Volume, Unilver, Johnson's Baby Shampoo, Softwash Baby Shampoo, Kissably Baby Soft, Johnson & Johnson

Conditioner: Avon Kids Super Gentle Conditioner, Detangler, Avon, Dove conditioner, Intense Moisture, Unilever, Nizoral A-D Non-medicated Daily Conditioner, Janssen Pharmaceutica

Hair Gel: Avon Kids Super Gentle 2-in-1 Soft Styling Gel, all hair types, Avon, Dove Shape &

Lift Volumizing Gel, Unilever so multiplicity discipline smoothing gel, Innovative Styling Options

Baby Wipes: Huggies Natural Care Baby Wipes, Unscented Kimberly-Clark Huggies Newborn Baby Wipes, Fragrance Free, Kimberly-Clark Pampers One-ups, Baby Wipes with Aloe, Alcohol Free, Proctor & Gamble

Vitamins: Flintstones Children's Complete Multivitamin Chewable Tablets, Bayer; Centrum Kids Complete Vitamins, Chewable Tablets, Wyeth, One-a-Day Kids Scooby-Doo Multivitamin plus Calcium, Chewable Tablets, Bayer.

Stick with safe cleaners and personal health products you can trust.

3-Minute Hotline

**Dr. Brouse's 3 Minute Hotline
Tues & Thurs 8-9 am & 5-6 pm PST
503-654-3225**

This free 3 minute hotline is exclusively for Sunnyside Health Center patients following a **current program** and may be accessed 4 times per week. All questions and comments are welcomed and patients are encouraged to call in order to stay focused on their course of health and wellness. Visit our website: www.sunnysidehealthcenter.com

911 Patient Interview

**Dr. Brouse's Nutritional 911 Patient Interview is by appointment only
Mon-Fri 9am-5pm PST**

Dr. Brouse is available to potential patients for second opinion consulting. The majority of callers are interested in a caring and truthful support for their health decisions.

Dr. Brouse brings 30 years of clinical experience and advanced proven and tested recommendations for your health concerns.

There is a \$25 fee per 5 minutes with Dr. Brouse ~ \$55 lab or data interpretation fee when requested.

Call 503-654-3225 to schedule



Dr. Richard Brouse talking to you live!

The Sunnyside of Health



Build A Better You, 7th Edition By Dr. Richard Brouse

Pre-Publication Sale

of the 7th edition of Dr. Brouse's Build A Better You Book. Each book contains a useful program, "Your Personal Supplement Advisor", for your PC. This CD was developed by Dr. Brouse to assess over 400 individual symptom and lifestyle patterns which produce a general priority action plan, supplement list and readable report.



BUILD A BETTER YOU
Continuing Education of Nutritional Supplementation

You will want to have a copy to use as a reference for not only your family's health, but as a resource for your business as well.

Pre-Publication Sale Ends May 31st, 2007

To order: Call Karen at 503-654-3225 or email Karen@HealthEdCorp.com

Tele-Clinic Lectures
Topics chosen by the field are now available on Audio CD:

Acid Reflux

Brain Trauma

Erectile Dysfunction

Mirror, Mirror, on the Wall ~ Botox, Alpha Hydroxy, Dermabrasion & Chemical Peels.

3 B Syndrome ~ Belching, Burping & Bloating

Hemorrhoids ~ Is Surgery The Only Option?

\$19.95 ea.

Basic Practical Nutrition Graduates

Arllys Sanderson

Brenda Hoag

Celine Franche-Brunette

Gladys Keister

Miki Jarvie

Dr. Steve Jarvie

Paula Smith

JoAnna Manahan

Mary Ann Bushman

Joan Herrman

Valerie Koivunen

Sharon Lauber

Scheduled Events



Intermediate Practical Nutrition

Tamara Riess, ANP-PC



Advanced Practical

Nutrition Course

~ Enrollment is open ~ The Northwest Academy offers 3, 6, 9 & 12 month payment plans. Several students have successfully received funding for all the courses through grants & student loans. Call Karen for more information.

**Alaska Seminar
& Build A Better
You Workshop**
Sponsor::
Cheryl Gumley

**Nashville
Reception for NW
Academy Alumni**



**September 2007
Tour Across
Canada**



Blue cheese, Orange, Spinach and Almond Salad—(serves 4)

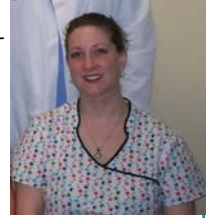
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 1 medium red onion, very finely sliced
- 2 large oranges
- 200g (7oz) baby spinach
- 85g bag watercress
- 225g (8oz) Blue cheese, cut into chunks
- 50g (2oz) blanched almonds



1. In a large salad bowl, mix together the olive oil and vinegar. Season with salt and black pepper. Add the red onion and stir well.
2. Using a serrated knife, peel the oranges, removing all the pith. Do this over the salad bowl so that you catch all the drops of orange juice. Segment the oranges with the knife to remove all the membrane, adding them to the bowl with the juice.
3. Put the spinach and watercress into the salad bowl. Toss together to coat in the dressing. Add the chunks of Blue cheese.
4. Toast the almonds, either under the grill or in a heavy-based frying pan, until they begin to brown lightly. Tip onto the salad whilst hot, then serve immediately.

Welcome Suzanne

I am originally from Polo Alto and have lived in Oregon since 2000. I have always been interested in natural health and feel fortunate that Sunnyside and I found each other. My intentions are to bring a warm heart and smiling face to Dr. Brouse's team. I have a 5 year old son named Jasper who is amazing. I look forward to meeting all our Sunnyside's wonderful patients as I work as Dr. Brouse's Assistant.



Sunnyside Website: sunnysidehealthcenter.com



Log on to Sunnyside's Web Site and Get Connected!

There is a wealth of information available to you 24 hours a day 7 days a week. You may download, free, Dr. Brouse's book ***A Nutritional Approach to Health Recovery*** as well as all necessary forms to help us keep in touch with you and meet your health needs. Please help us by completing the Sunnyside Patient Survey and try the crossword puzzle. Once logged on check out the tabs displayed here.

Home	Scheduling
B.A.B.Y.	Laboratory
Wellness	Meet the Staff
Questions	About Us
Lectures	Financial
New Patients	Newsletters
Forms	Links



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Choose Health ~ Choose Life

