

# Spring 2004

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# THE SUNNYSIDE OF HEALTH

## Spring Wellness Workshop April 12 through April 23

We are now accepting appointments for our quarterly Wellness Workshop. Appointment times are available weekdays **April 12 through April 23** from **8:00 am until 11:45 am**. Appointments are also available during the same hours on **Saturday, April 17th**.

Taking part in the workshop is a terrific way to update your health program. Participants in the Workshop will receive a 10% discount on all specialty laboratory tests, including the following tests: ELISA food allergy, Inhalants allergy, hair mineral analysis, Adrenal Stress Index, and Male as well as Female Hormone Panel until May 29th. You will have time to take advantage of this discount after your consult.

### Profile I - \$350.00

- Full blood work-up and urinalysis
- Diet Analysis
- MetSys™ Report and Written Interpretation
- Entry into the Wellness Seminar
- 15 minute Consult with Dr. Brouse

### Profile II - \$380.00

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

All of Profile 1 Plus:

- EKG
- Spirometry (Lung Func-

**SPRING SPECIAL  
FREE  
AccuDEXA Screening**

Call our office at **(503) 654-3225** to reserve your appointment time. Please schedule no later than April 16th as this will allow enough time to receive and complete your 7-day diet record. If you would like the forms, you may find them on our web site ([www.sunnysidehealthcenter.com](http://www.sunnysidehealthcenter.com)) in the section titled Wellness Workshop 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!*

**Mark your calendars!**  
**Summer Wellness Workshop: July 12th-23rd**  
**Fall Wellness workshop: October 11th-22nd**

*Take advantage now...  
Specialty test pricing  
increases as of  
March 1st, 2004*



Our massage therapist, **Heather Lewis** has received rave reviews from our patients. We are proud to have her part of our team.

15 Minute Chair Massages \$15.00  
1 Hour Massages for just \$50.00

Heather will be in every Tues. for appts.

### Peanut Ginger Stir-Fry Sauce

- 1/2 C Soy Sauce
- 1/3 C Concentrated orange juice
- 1/2 C Peanut butter or 3/4 C Peanuts
- 4 to 5 Large garlic cloves, sliced
- 2 to 3 TB Fresh ginger, peeled and sliced

Put all ingredients in blender and blend well.  
Put 1 to 3 TB in stir-fry the last few minutes of cooking.  
Refrigerate the remainder for up to 2 weeks.

**RECIPE CORNER – By Jennie Brouse**

## Sunnyside Welcomes Karen Cole "We Care Coordinator"



I was so pleased when Dr. and Jennie Brouse invited me to become a member of their staff as a "We Care" Coordinator. My main responsibility will be to assist you in following through with recommended tests and therapies, in the appropriate time frames, to assure the best results in your Wellness journey. Our objective is to provide quality service as economically as possible without sacrificing results. We all understand that Wellness through each stage of our living will only be accomplished through awareness and focus.

Health used to be a given. If you exercised, ate well and lived decently, you likely would enjoy good health for most of your life. In today's world, the air and water supply are polluted from multiple sources, our soil is depleted and chemically contaminated, our food supply is nutritionally compromised and the business of every day living is more stressful than ever before. Stress, whether it be good stress or bad stress, takes its toll on the body and therefore must be managed for our good.



Some of you may remember that I worked with Dr. Brouse when he first set up his practice in 1977. I joined his team in April of 1978 and we worked together several years. The things I learned during that time regarding healthful living have served me well through the years.

I have worked in the Medical/Dental/Chiropractic profession for many years. My area of expertise is to maximize good customer service and establish an environment where patients can receive and Dr. Brouse can provide quality service.

I am delighted to work again for a doctor who desires to assist patients in establishing a strong foundation for building health. It is much more rewarding to work from the preventive end of the healthcare spectrum than that of treating disease.

### SSHC Hotline with Dr. Brouse

503-654-3225

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

This 3 minute hotline is for Sunnyside Health Center patients who need additional information regarding their own health program and others who are looking for answers to various health concerns.

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!

### Sunnyside Health Center Announces:

We have three **Airsource 3000's** that have each been used as demos once. We are offering these at a tremendous savings at \$450.00 each plus shipping. (Retail Value \$699.00)



The AirSource 3000 reduces all three of the major forms of air pollution: particles such as pollen, pet dander, dust, and cigarette smoke; microbes such as mold and bacteria; and odors and fumes. That's especially critical since the Environmental Protection Agency consistently ranks indoor air pollution among the top 5 environmental risks to public health.

### Introducing our new Second Generation Digestive Analysis System



Dr. Brouse is thrilled to offer our patients an advancement in measuring digestion and absorption. Men, women, boys and girls who would like to get more out of their diet, absorb more of their nutrients and reduce the amount of supplements they are taking will be interested in this wireless and non-invasive space age examination of their upper digestive system. People who have indigestion, malabsorption, bowel problems, trace mineral deficiencies, allergies, complexion problems and thinning hair can get a more exact measurement of what they are able to get out of their food and supplements. Schedule your exam today.

# Potential Dangers: High Protein Diets

By Dr. Richard Brouse

The high-protein diet created by Dr. Robert Atkins more than 20 years ago has become an attractive weight-loss solution for many Americans. There is weight-loss because this diet minimizes insulin spikes which prevents carbohydrates from being converted into triglyceride. It also prevents fat cells from storing triglycerides, which are the main component of fat in the first place. Even with its popularity, many scientists insist the diet is unhealthy, the weight loss is temporary, and the diet cannot be maintained for more than a few months without serious health concerns. Here are the most common problems of high-protein diets.

## 1. Unbalanced Nutrition

This diet violates almost every known fact of nutritionally balanced eating. Many nutrients are missing because several food groups are eliminated.

## 2. High in Cholesterol & Saturated Fat

Popular high protein diet foods are usually high in cholesterol and saturated fat. These are the major culprits in heart attacks and strokes. Better results have been achieved with high quality products like Shaklee Slim Plan Gold, a 99% soy protein product that contains no cholesterol and very small amounts of saturated fats.

## 3. Loss of Calcium

An overload of protein causes loss of calcium from bones, which may lead to osteoporosis. The kidneys are stressed because they must eliminate large amounts of urea which combines with calcium that is excreted from the body.

## 4. Heart Disease

Fruits and some fibrous vegetables that have proven to lower the risk of heart disease are eliminated from this diet.

## 5. Loss of Energy

Carbohydrates are the nutrient group most readily converted into energy. A balance of all food groups and a healthy lifestyle promote the greatest energy.

## 6. Sluggish Feeling

When the diet is mostly protein, metabolic residue causes an acidic imbalance which leads the body functions to be congested with mucous. This causes the sluggish feeling.

## 7. Loss of Fiber

The high-protein diet lacks fiber. Constipation, liver congestion, high cholesterol, and high chemical toxins are some problems that a low fiber diet can have.

## 8. Lacks Essential Vitamins

Several essential vitamins and minerals are deficient due to the limited dietary choices.

## 9. Increased Chance of Cancer

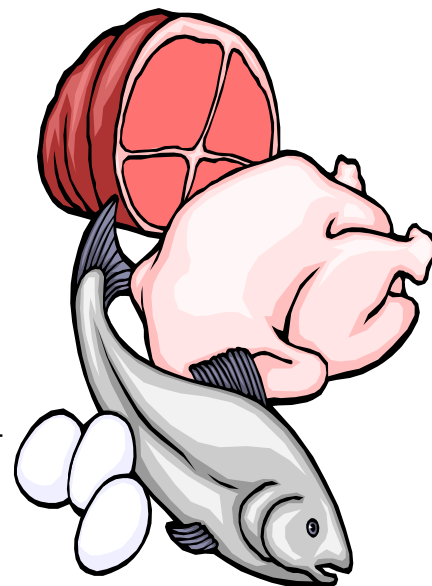
Animal protein foods do not contain enough antioxidants to prevent chromosomal damage.

## 10. Weight Loss is Often Temporary

A large part of the weight loss is water weight and lean muscle mass - not fat. Weight gain is usually rapid when you go off the diet. To prevent weight returning, a Wellness Evaluation can be used to find a few additional supplements which can make a big difference in stopping the return of the bulge!

**Lastly, remember that everyone is different. Dr. Atkins' Diet became successful because it helped a large number of "sweet junkies" reverse their cravings AND loose weight at the same time while feeling better. Extremes of any diet are dangerous in the long run and must be supervised by a trained nutritional doctor who is not biased toward any one philosophy of rapid weight loss.**

**Keep active, drink your water, be engaged in meaningful activities, detoxify regularly, deregulate stress, eat in a safe and peaceful environment. Then you will eat less, enjoy it more and keep fit. Your body is designed to be energy efficient and not carry more "energy" than you need before the next meal. Establishing better communication with your body is a reasonable way to avoid the dieting merry-go-round and get-thin-quick diets.**



## Colonic Special

*Extended through March  
Series of 3 for \$200.00*

# HEALTH EDUCATION NEWS



Melinda Wood has joined Health Education Corporation as its new Director. She comes from a retail background with customer service and business growth being top priority. We are excited to add her to our family here at the clinic. Melinda is looking forward to many important projects in the future:

## DVD'S Lecture Series

## Alaska Cruise June 20-26

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24 hours a day.

Tapes, Cd's, I nformation

[www.shophealthed.bizhosting.com](http://www.shophealthed.bizhosting.com)

***"The Study Course in Practical Nutrition"***

Become a Level One Certified Nutrition Advisor

Classes Available.

Join Dr. Brouse on the Alaska Cruise..

**Very few cabins left...**

Call for details.

### Oregon Lecture Series 2003/04

Join Dr. Brouse for informative education lectures! Anyone interested in learning natural and practical ways to nurture health is encouraged to attend. Free lectures are held on Tuesday evenings at 7:30 p.m. in the Denny's Meeting Room. (Clackamas/Estacada Exit off I-205) . Thank you! We look forward to seeing you!

DATE	TOPIC	DATE	TOPIC
March 2	Acid-Alkaline Balance	April 20	Weight Management
March 16	Depression	May 4	Protein Nutrition
April 6	Kidneys	May 18	To Be Announced

<p><i><b>Out of town Lecture Series SPRING 2004</b></i></p>	<p>March 20th Memphis, TN 800-841-8775</p>	<p>May 7th Buffalo, NY 716-297-5414</p>	<p>May 13-15 San Francisco, CA Shaklee Corp</p>	<p>July 9th Omaha, NE 402-238-3242</p>
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