

# Enjoy a Beautiful Summer



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Summer 2005

The Sunnyside of Health

## The Value of Hope

What is hope? Can it be learned? Centuries of folk wisdom and Christian teaching have taught us the benefits of a hopeful attitude. Today, researchers have found that having hope is associated with good health and greater quality of life, both personally and professionally. According to Dr. Rick Snyder at the University of Kansas, hope is a practical, goal-oriented attitude – a stance people assume in the face of difficulty. It combines a goal-directed determination with the ability to accept the help necessary for reaching the goals.

Dr. Snyder developed a test to measure hopefulness. He found that college students who scored high in hope also turned in the best academic performance, regardless of high school grades or SAT scores. Patients who are seriously ill do better when they have high hopes, too. Why would a person seek the help of a reputable and trusted doctor and not expect to receive some measure of hope? The research also suggested that - all other things being equal – a hopeful attitude helps people overcome obstacles like poverty, lack of education and even lack of social support. Application of hope in our every day lives can make the greatest difference. We cannot let the doubts of “what if,” misdirect our energies for one moment. Have a goal and we are shown the means of achieving it, step by step.

Dr. Bernie Segal, the author of “Mind, Medicine and Miracles” states that cancer patients who have hope more often recover and live longer, richer lives than those who have little hope. He also says that doctors are cautious about giving hope because of insurance and legal liability. “Albert Einstein said, “God does not play dice.” Never forget that we are here for a purpose.

Can we learn to be hopeful? You bet we can! See difficulties and temporary set backs as an opportunity to learn, rather than a flaw in our character or a mistake. Make a habit of remembering our past successes. Break down our long-term goals into short-term sub-goals such as improving our diet, improving lab tests or improving symptoms - then reward yourself for reaching them. Visualize a positive outcome for every situation. Affirm yourself for all your good qualities, and no matter what happens, hang on to your hope. If you do the right things, hope will get you through.

## Summer Wellness Workshop

July 11 through July 22, 2005

We are now accepting appointments for our quarterly Wellness Workshop. Appointment times are available weekdays **July 11 through July 22 from 8:00 am until 11:45 am**. Appointments are also available during the same hours on **Saturday, July 16, 2005**, (Dr. Brouse's Birthday!).

Taking part in the workshop on **Thursday, July 28th 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 August 28th. 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 minute Consult with Dr. Brouse
- Bone Density Screening
- 1-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 July 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.

## Antioxidants and ORAC

ORAC, Oxygen Radical Absorbance Capacity, is a test tube analysis that measures the total antioxidant potency of foods, supplements, and other chemical substances. The higher the ORAC score, the greater antioxidant capacity. It's a more precise way of determining the free radical-destroying power of a food than just focusing on individual nutrients. ORAC takes into consideration the effect of all of the plant's compounds, including many phytochemicals that aren't traditionally considered nutrients, and the impact they have when they work in concert. Foods rich in vitamin C, for example, may also contain a vast array of antioxidants, possibly interacting with each other and needing each other for full benefit. But foods with similar vitamin C content may, when given the ORAC tests, all score differently. When you consider that numerous vitamin C-rich fruits and vegetables contain assorted compounds like flavanoids -- with more than 4,000 of them thought to exist -- the variation in antioxidant power does make sense. Taking a supplement may provide you with only one or two of those many substances. Very simply, a sample of a food or a chemical substance (such as vitamin E) is put in a test tube to measure how well and for how long it disarms free radicals. The test substance is then given an ORAC score that reflects its power.

Researchers estimate that the average person's daily ORAC intake from diet alone is about 1,200 units. In a study of 36 older people, boosting fruit and vegetable intake to reach 3,200 ORAC units a day increased the antioxidant potential of the blood by 10 to 15%-- enough to have an impressive impact on disease prevention. Other research suggests that eating plenty of high ORAC fruits and vegetables may slow the aging process in both body and brain. And the earlier you begin, the better. Tufts researchers fed women a number of different antioxidant-rich options and found that a large serving of fresh spinach boosted their blood antioxidant scores up to 25 percent. Compared to scores when the women were given 1250 milligrams of vitamin C, the fresh spinach came out the winner. In yet another investigation, men and women had a 13 to 15 percent increase in the antioxidant power of their blood after they doubled their normal daily fruit and vegetable intake.

### TOP-SCORING FRUITS

ORAC units per 100 grams (about 3 1/2 ounces)

Prunes	5,770
Raisins	2,830
Blueberries	2,400
Blackberries	2,036
Strawberries	1,540
Raspberries	1,220
Plums	949
Oranges	750
Red grapes	739
Cherries	670
Kiwifruit	602
Grapefruit, pink	483

### Can you get your extra ORAC units from supplements?

An analysis by the Tufts researchers suggests that it may depend on getting a high-quality product. When they tested 46 supplements touted for their antioxidant potential, including grape seed, pine bark, and berry extracts, they found that just eight of the products were powerful enough to supply 1,000 to 2,500 ORAC units, and the range being from 16 to 3,985 ORAC units. This great range in antioxidant power in supplements probably results from the processing techniques, preserving and selection of raw materials.

The study underlines the importance of buying your supplements from a manufacturer you trust. As an example, Shaklee Flavomax registers 5,920 ORAC units per 2 capsule daily serving. We should try to get between 5,000 and 6,000 ORAC units worth of antioxidants each day.

Is the Environment Getting To You? Has pollution compromised your health?

For the Month of August

A Special Savings on an Environmental Panel

\$175

Regular Price- \$210.00

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!



## Health Education Corporation

### Dr. Brouse's Out-of-Town Lectures

Sept. 10, 2005~Soldotna, AK~Audrey Pearson~(907)262-5359  
 March 24-25, 2005~Chicago, IL~Ruth Kutz~(630)325-2149  
 April 8, 2005~ 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*

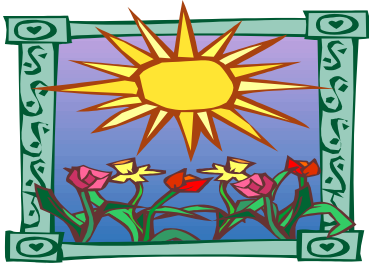
#### Don't Miss These!!!

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

**June 29th**~ How to get off Statins  
**July 13th**~ Supplements ... which ones & how many??? B.A.B.Y.  
**July 27th**~ Parasites/Uninvited Guests  
**August 10th**~ Cancer~ 2nd time around/Avoiding Reoccurrence  
**September 7th**~ Health Challenges for the Teenage Girl

**\$24.95 each lecture**  
**\$14.95 each lecture ~ PNC Level 1**

Pre-enrollment is required.  
 Call or email Health Education Corporation to sign up for the lecture you wish to participate in:  
 (503) 654-3225



#### Dr. Brouse's Nutrition 911 Hotline

Anytime, Mon-Fri 9am-5pm PST  
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
- Presentation Slides
- Hard copy of Presentation Slides

*17 Topics Currently Available in  
 DVD Seminar Format.*

*Great as a mini seminar for group training ~ topic specific  
 Great Business Building Tool  
 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**  
*(plus S & H)*

## Fall Local Lecture Schedule

Sept. 6th, 2005	Parkinson's Disease
Sept. 13th, 2005	Fasts & Cleanses
Oct. 4th, 2005	Fibromyalgia
Oct. 18th, 2005	Eating Disorders
Nov. 8th, 2005	Bowel Health
Nov. 15th, 2005	Fatigue
Dec. 6th, 2005	Detoxification
Jan. 3rd, 2005	To be announced
Jan. 17th, 2005	Herbs & Health

*If you are unable to attend but have customers or business builders in the area, be sure they are aware. The more you know....*

**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.**

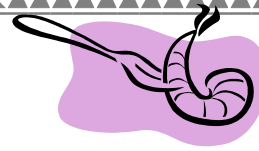
## Have A Healthy Summer

**Drink plenty of water.** Start the day, upon rising, with 2 tall glasses of warm water. This gets the body hydrated, and encourages good digestion and elimination after the nights sleep. Carry a bottle of water in the car at all times. Have water when working at a desk or table. When working in the yard, playing ball, hiking, etc. hydrate continually with water and Shaklee Performance to replace electrolytes.

**Make the time to PLAY.** Summer brings the opportunity to be more active outdoors. Camping, hiking, ballgames, walking, and playing with our children are very restful AND good exercise.

**Eat LOTS of fresh vegetables and fruits.** Buy organic. Better yet, grow your own. Serve them simply, using health-wise recipes. Your body will thank you!!

**Connect with friends and family.** Those who have deep relationships with an extended family, have a greater fulfillment in life. Every-day stresses take less of a toll on our well-being, when



### Jennie's Recipe Corner

## Raspberry Shrimp Salad

A colorful, nutritious meal

### Raspberry Dressing:

- 1/3 C raspberries
- 1 TB Balsamic vinegar
- 1 1/2 tsp. honey
- 1 1/4 tsp Dijon mustard
- 1/4 C olive oil
- Salt & pepper

In blender, blend first 5 ingredients until smooth.  
Season, to taste, with salt and pepper.

### Salad:

- 1 1/2 C cooked, cleaned, diced shrimp
- 1/2 C cubed mango
- 1 3/4 TB finely chopped celery
- 1 1/4 TB finely chopped onion
- 2/3 C raspberries
- 2 ripe avocados, peeled, pitted, sliced
- 3 C torn salad greens

Toss first 4 ingredients with 2 TB salad dressing.  
Gently fold in raspberries. Place greens on a shallow platter. Top greens with a circle of the avocado slices and then the shrimp mixture in the center. Drizzle more dressing sparingly on the avocados and greens.

**The more you praise and celebrate your life,  
the more there is in life to celebrate.**

SUNNYSIDE HEALTH CENTER  
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Fax: 503-654-3056

www.sunnysidehealthcenter.com

**Return Service Requested**

Mark your calendars!  
Summer Wellness: July 11th-22nd  
Fall Wellness: October 10th-21st

