

The Sunnyside of Health

WISHING YOU A MERRY CHRISTMAS & WONDROUS NEW

HYPERTENSION

Approximately 90% of people with high blood pressure have 'essential' or 'idiopathic' hypertension, for which the medical cause is poorly understood. For example, bending over to pick up the morning newspaper (holding your breath) or entering a doctor's office can cause rapid elevations in blood pressure. Hypertension must always be evaluated to determine the cause. Left uncorrected it is associated with an increase in the risk of stroke and heart disease.

The terms 'hypertension' and 'high blood pressure' as used here refer only to these most common forms and not to that resulting from illnesses such as kidney disease, diabetes, etc. Extremely high blood pressure (malignant hypertension) or rapidly worsening hypertension (accelerated hypertension)

almost always require treatment with conventional medicine until health can be restored. People with mild to moderate high blood pressure do best when guided through the process of de-stressing their lives – including physical exercise, mental relaxation and biochemical changes through detoxification and nutritional support.

It is common for elderly people, above 80 years, to have an increase in blood pressure when exerting due to lowered muscle oxygen levels and reduced elasticity – but this is not always the case. Many people who remain active and productive have maintained their resting blood pressure at acceptable levels well into their ninth and even tenth decade.

As with conventional drugs, the consistent use of natural substances can control high blood pressure, thus someone whose blood pressure is successfully reduced by weight loss, avoidance of salt, and increased intake of fruits and vegetables would need to maintain these

changes permanently in order to retain control of blood pressure.

Dietary changes that may be helpful:

Primitive societies exposed to very little salt suffer from little or no hypertension. Salt (sodium chloride) intake has also been definitively linked to hypertension in western societies. Reducing salt intake in the diet lowers blood pressure in most people. The more salt is restricted, the greater the blood pressure-lowering effect. Vegetarians can have lower blood pressure than do people who eat meat. This occurs partly because fruits and vegetables contain potassium—a known blood pressure-lowering mineral.

Stress Reduction is the best medicine:

Developing a non-rush attitude about life's challenges is a proven method of reducing transient blood pressure events. Mind-relaxing exercises such as gazing at a beautiful sunset, listening to quiet music, deep breathing exercises and of course, 'counting to 10' when

pressed with hard decisions helps slow down the 'fight or flight' mechanism. The use of Shaklee Stress Reduction Complex with Ashwagandha, can assist with calming the mind and nervous system.

Remember, blood pressure rises naturally to anticipated challenges and risks. Slow down your risk taking adventures and enjoy the moment because that is all you have! Additional and in depth information regarding this topic is available on CD titles: 'Healthy Heart' and 'Circulation'.



Laurie Joins Sunnyside Staff



Hello, my name is Laurie Baumgartner and the newest member of the Sunnyside Health Center family. I was born and raised in Portland, Oregon and have lived in the Gresham area for the past 25 years. I have raised two amazing sons and am the proud grandmother of 4-yr. old Hayden Michael. Over the years, health issues have been a concern of mine

and I realized recently that getting in shape and taking charge of my own health is imperative. So it was a "miracle" to be invited to join Dr. Brouse's team. His philosophy regarding health and nutrition care speaks to me in a way that will guide me in maintaining a better way of living for the rest of my life. I understand they

have many "plans" for me and I am up to the challenge. I am thrilled to be here and am looking forward to getting to know all of you in the coming years



BUILD A BETTER YOU (BABY)



The Build A Better You report is a nutritional diagnostic evaluation of blood chemistry, urine health, diet habits and lifestyle symptoms which becomes a customized prevention and body system strengthening program. Many of you have participated in this process, experiencing a greater understanding of your body's nutritional needs and paying closer attention to symptoms and changes as you progress through the program. We want to help you fully realize the value of your purchase and participation. As with any

changes taking place in life, there are ways to measure the effects. Most commonly one will assess through a subjective, or personal view of the situation, which helps expand intuitional perception. Additionally, scientific, rational views assist in narrowing the focus for optimum results. With your BABY program you can do both! The re-testing procedure allows for review of your symptoms...how are you feeling? AND the blood/urine screening gives objective data to validate or clarify those intuitive views. Dr Brouse recommends routine testing to fully take advantage of your health investment and to assist you on the road to greater health.

Health is a state of complete physical, mental, social well-being, not merely the absence of disease or infirmity. —
World Health Organization, 1948

WELLNESS EVALUATION

We have more changes taking place in the programs offered through Sunnyside! For many years, Wellness has been the testing program offered at reduced rates on a quarterly basis for patients coming to the clinic. Now you can make arrangements for your testing at your convenience with an appointment at any time of the year. We will continue to call and inquire about this at the former quarterly testing dates, but you will have the option of scheduling when a trip to the clinic fits for you. The value of coming to the clinic for re-testing continues to be a great one. We look forward to hearing from you soon and seeing you in the clinic.



Calamity Jane, Pippi Longstocking Zorro, Cinderella Long John Silver (Diane, Tammy, Dr. Brouse, Brianna, Sharon)

DRESS UP DAY

The gang heads out to lunch on Halloween, treated by an investment group. Not sure the name of the sponsor, we arrive expecting lunch to be provided and seated appropriately. Our hostess is not sure where we belong and a man across the room is thinking "I hope that's not my group!" Well, much to his dismay, we were...he bravely gave a professional delivery even while confronted with the visage of unknown, somewhat unsavory characters...Hats off to him! Swish...Swish...Swish!!!

HEALTH RECOVERY VS SICK CARE



When man is serene, the pulse of the heart flows and connects, just as pearls are joined together or like a string of red jade, then one can talk about a healthy heart.— Yellow Emperor's Canon of Internal Medicine 2500 BC

Look in the mirror and ask yourself "Who has responsibility for my health?" The answer is looking at you. Each of us is responsible for our own health, and no one can or should take that responsibility away from us. Yet over the years, we have given this to an ever eager and willing health care system that has taken advantage of unlimited resources and unlimited freedoms to do with you what they would like.

We all have a small number of

defective cells in our body, just as we all have bacteria in our body. In a normal healthy individual, this is no problem because the immune system is able to search out and destroy defective cells. Metabolic therapy seeks to build the inherent recuperative powers of the body, thereby maximizing the body's ability to heal itself. Our mission at Sunnyside is to prevent and relieve chronic degenerative diseases. These occur when the body systems are unable to cope with the combination of life-



style, diet, environmental contaminants and microorganisms, all which stress our bodies. We are here to work with you to understand your unique biochemical makeup to determine and practice prevention and recovery to its fullest.

Health Education Corp

NOVEMBER 2006



CINCH™ INCH LOSS PROGRAM

NWAPN
ALUMNI



Dr. Brouse was invited by Shaklee Canada to do a presentation on the Cinch™ Inch Loss Program on September 29th in Surrey, BC & on September 30th in Edmonton, AB. Dr. Brouse has been delighted with the effectiveness of the program in both weight and inch loss and the retention of muscle mass. Both patients and staff have reported improvements in blood pressure, stabilizing of sugar metabolism, increased energy and general satisfaction with the program. A preview of Dr. Brouse's Cinch™ Inch Loss Presentation is now available for viewing on the home page of the Website at www.HealthEdCorp.com You can order the CD-ROM by email: Karen@HealthEdCorp or you can Order online: www.HealthEdStore.com



Please contact us if you haven't received a NWAPN Button.

The button will be your ticket into a reception planned at Nashville. Joan Mangelsdorf suggested that it would be meaningful to get acquainted with those who share the same goal of working from an informed knowledge base in collaboration with others in sharing the Shaklee philosophy and products. Dr. Brouse is looking forward to meeting and visiting with you. Suggestions for this event will be appreciated. Email:

Karen@HealthEdCorp.com



Basic Practical Nutrition Class

Online Presentation Scheduled for Saturday, January 6th at 10 am
Enroll now by email or call Karen at 503 654-3225.

Happy Holidays!

BASIC PRACTICAL NUTRITION GRADUATES

Arylis Sanderson

Kellie Green

Lisa McCourry

Susan Granger

Gail Nilson

Tami English

Pamela Schachle

Holli Schachle



HOLIDAY GIFT SPECIALS ~ NOV. 24TH—DEC. 31ST, 2006
TO ORDER: 503-654-3225 OR KAREN@HEALTHEDCORP.COM

Intermediate Practical Nutrition Graduates

Susie Desjardins
Doreen Harrison
Amy C. Krysta
Elaine L. Young
Anne Cowper
Dwight Acheson

Course Gift Certificates

Basic \$95 S&H \$5.75
Includes Basic Manual.
Savings: \$20



Audio Cassette Tapes

\$6 each
Audio CD's \$15 each
DVD's \$25. each
Other discounts do not apply.

Free Gift Wrapping

What's New?
Cinch™ Inch Loss Presentation Available on CDrom @ \$19.95
Holiday Special: \$15

Jennie's Recipe Corner



Pork Cider Stew

Slow-cook this throughout the day for a nutritious, easy supper

- 2 medium yams, peeled and diced
- 3 carrots or parsnips, peeled and diced
- 1-cup onion, chopped
- 1-lb. pork roast, cut into bite size pieces
- 1 large Granny Smith apple, peeled and diced
- ¼-cup flour
- ¾-tsp. salt
- ½-tsp. dried sage and thyme
- ¼-tsp pepper
- 1-cup apple cider

Put the yams, carrots, onion, pork, and apple in a slow cooker. Put the flour, seasoning and cider in the blender, and blend well. Pour the cider mixture over the vegetables and pork. Stir well, cover, and slow cook on low for 8 to 10 hours or high for 5 to 6 hours. Serve hot in bowls.

NEW RESOLUTIONS & HOT-LINE

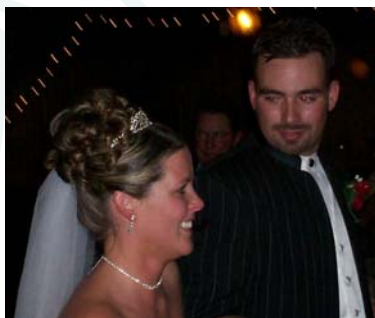
I must say I rarely make promises to myself regarding New Year changes mostly because they are so hard to keep and usually outlandishly optimistic. Truly if something is important enough to change why not start today, or at least tomorrow? Regardless of the timing of the promise, I have found a few tricks to keep me focused and in line with my hopeful new behaviors. First, I decide to change only one thing in my lifestyle (habit), keep at it for a month (which, research says is the amount of time to develop a new habit).

When I begin seeing the change and especially the nice feeling of following through with such a commitment, I focus on the next desired behavioral change. I don't reward

myself with little treats; I find the accomplishment of completing the month is a great reward in itself. I also realize having a partner, friend, confidant, someone to support my efforts is a great help. Of course, that's where the Hotline comes in! Many of you call regularly to get this enormous boost of energy to continue your program; Dr. Brouse continually gives this through ongoing phone consults and especially when you have a personal face-to-face appointment. I encourage anyone who can to make the voyage to the beautiful Northwest once a year to see Dr Brouse, the friendly supportive staff for testing and additional therapies to get you going on that road to successful resolutions.

HOTLINE TIMES (for patients on a current program)

Tues & Thurs: 8-9 am, 5-6 pm Pacific Time



Congratulations Brianna and Brian !!
Married September 2, 2006



One of the most sublime experiences we can ever have is to wake up feeling healthy after we have been sick—Rabbi Harold Kushner

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Return Service Requested

