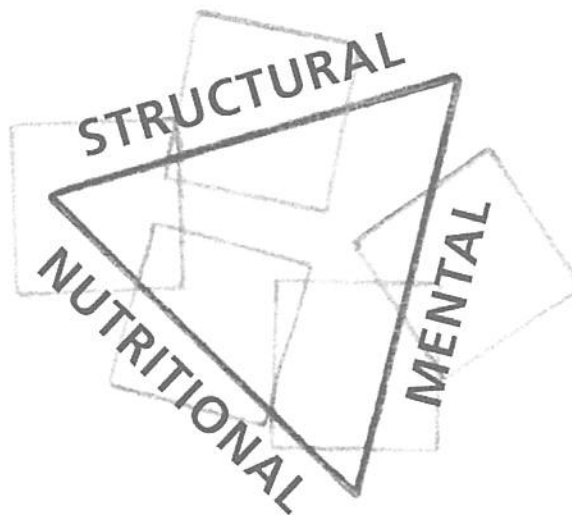


A Nutritional Approach To Health



by
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& Chiropractic Clinic, PC

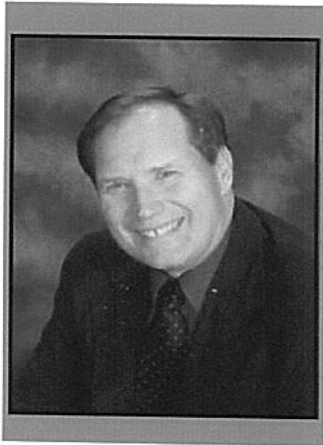
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BIOGRAPHY



Dr. Richard Brouse is a chiropractic physician, biochemist, certified clinical nutritionist, teacher, author and lecturer on health preservation and disease prevention. He founded The Sunnyside Health Center and Chiropractic Clinic in 1977. Since that time many thousands of people throughout the United States and Canada have regained a greater measure of health while following the recommendations of the clinic.

Dr. Brouse received his Masters Degree in Biochemistry from Western States College of Colorado in 1970. He was appointed by the US Surgeon General to conduct metabolic research at the Army Burn Research Center in San Antonio, Texas from 1970 through 1972. He received the Doctor of Chiropractic degree from Western States Chiropractic College of Portland, Oregon in 1977.

Dr. Brouse has served as Professor of Sports Nutrition at the Los Angeles Chiropractic College post-graduate school, Professor of Clinical Science at Northwestern College of Chiropractic of Minneapolis, Minnesota and Adjunct Preceptor Professor of Clinical Science at the National College of Naturopathic Medicine in Portland, Oregon. For 14 years, he taught organic chemistry and biochemistry and served as Professor of Clinical Nutrition at Western States Chiropractic College. He also served as an instructor of Minor Surgery and Proctology.

Dr. Brouse is a Diplomate of the American Chiropractic Board of Clinical Nutrition and is a Fellow of the International and American Certified Clinical Nutritionists. He is Board Eligible as a Diplomate of the American Chiropractic Association Council on Family Practice.

Memberships include: The American Medical Informatics Association, The Linus Pauling Institute of Science and Medicine, The International and American Association of Clinical Nutritionists, The American Chiropractic Association Councils on Nutrition & Diagnosis and Internal Disorders, and he is a lifetime member of National Health Federation.

Dr. Brouse has authored numerous books, training programs and video documentaries on health and wellness and has lectured to numerous organizations. He is married to Jennie; they have three children and a steadily increasing number of grandchildren. His Christian principles and his lifestyle give stability to his practice as a physician, teacher and as a father.

INTRODUCTION

OUR APPROACH TO NUTRITIONAL HEALTH CARE

Vision & Mission

Our vision of patient care is "empowerment through education." SSHC has the belief that every patient has the right to pursue good health. This includes receiving early advice for the prevention of disease and the maintenance of their well being.

We fulfill our mission through the philosophy of, "patient centered health care," where the individual is ultimately responsible for their health decisions. Our aim is to ensure that our patients can make these decisions after being properly informed and educated about their health status and options for health care. High level wellness and longevity are two aspects of our program.

We strive to provide quality health care and health related services including an extensive patient educational program. We know that we have succeeded in this aim when patients choose us as their "primary doctor" throughout the rest of their life. Superb patient service is not just a philosophy; our patients' complete satisfaction is our highest purpose.

Our mission at SSHC is to prevent and relieve chronic degenerative diseases. Measuring wellness with prevention of disease in mind is our goal. The clinic fulfills this mission through the philosophy of patient centered health care, where the individual is ultimately responsible for their own health decisions when properly informed and educated. We are committed to a comprehensive approach that effectively respects the whole person - structurally, nutritionally, emotionally, and spiritually - and in their relationship with their environment.

Look in the mirror and ask yourself "Who is responsible for my health?" The answer is looking right at YOU. Each of us is responsible for our own health, and no one can or should take that responsibility away from us.

Preventative health care allows you to be actively involved in your health care choices. We are here to educate, guide and support you along this path. Regularly monitoring your health (i.e. bloodwork including Vitamin D, blood pressure, bone mineral density, EKG, lung function capacity, digestive health) is the best way to achieve optimal health.

Our programs are individualized around our patients to fit their own unique metabolic deficiencies. We treat the patient, not the symptom or disease, but rather we look at the systems of our body and try to find the underlying cause.

The MetSys® Analysis (Build a Better You) Program

The rapid pace at which we live takes its toll on every system of our body. Long hours at work or in traffic, overloaded schedules with little or no personal time to spare, improper diet, not enough rest or exercise are just a few of the factors deteriorating our health. Many health conditions including heart disease, cancer, adult-onset diabetes, arthritis, allergies, asthma, recurrent infections, PMS, insomnia and obesity are all classified as having a nutritional basis for their cause.

For many people, diet and vitamin supplements is a matter of guesswork. While you might take one nutrient to improve a condition, a dozen or more nutrients within your body are either going up or down as the body adapts to the change.

Based on a algorithm recursive analysis of single subject modeling, the Metabolic System (MetSys®) project was developed by Dr. Brouse over 30 years ago to help YOU make educational and informed choices regarding your health care. The MetSys® has been tested and proven to deliver early alternatives to waiting for inevitable disease to strike. The traditional use of diet and supplements in helping to rebuild health has now been given a new dimension with the development of MetSys®.

The MetSys® is unique in that it is a "three dimensional" computer analysis program, specific to age and gender. It incorporates 1] subjective data (lifestyle and symptoms) 2] objective data (lab) and 3] diet analysis (7 day diet) all resulting in a customized prevention program

The MetSys® analysis looks at YOUR body from a system stand point, the functional ability of organ systems, at the strength of these systems and considers the body's ability to repair itself. Each system of your body is interdependent and works in harmony with the other systems: circulation, digestion, elimination, glandular, immunity, nerves, respiratory, skin, structural and urinary.

Other benefits of the MetSys® analysis:

- computes stress response (sympathetic/parasympathic) tendencies for potential therapy reactions
- includes comprehensive evaluation of blood and urine profiles of over 90 tests which includes tests that indicate inflammation, five (5) thyroid tests showing the impact by the adrenal and pituitary glands, multiple iron tests which can be an indicator of heart disease, oxygen transportation and vitamins and minerals such as potassium and magnesium
- breaks down labs test-by-test with complete easy to understand explanations of each one

- compares the anabolic, which are the building up processes of the body vs. the catabolic, or the replacement of retired cells of the body
- recommends specific specialty testing and educational materials for you to pursue
- gives you a tracking tool to show where your health is in the past, at the present, and what to do to improve it for the future
- looks at the foods you eat and your ability to digest those foods and how well nutrients are assimilated into your body and your ability to eliminate waste products, detoxify
- shows trends before the problem became a diagnostic concern even though a person's blood work is within normal range

Our regular inclusion of a MetSys® program into your annual physical examination is a good insurance practice you will use for a lifetime – a lifetime of positive change.

CONDITIONS TREATED NUTRITIONALLY based on our body systems

Most of the time, people are not concerned about their health until they start to lose it—when you do not listen to your body, eventually your body does the “domino” effect—piece by piece the cells break down until finally you are hit with a degenerative disease.

Often individuals suffering from a chronic degenerative problem believe that a diet or a pill exists to eliminate the effects of a lifetime of health abuse. Unfortunately, the problems have usually progressed to the point that other systems have been affected and require specific support to eliminate the problem. Example: Scurvy can be corrected with vitamin C. However, if it goes untreated and has become severe enough that internal hemorrhage and complete tissue breakdown have occurred, no amount of vitamin C will restore the tissue and system damage because other nutrients have also become depleted. This is true of most chronic degenerative diseases that are allowed to progress too long.

When reading about the specific conditions discussed in this handout, please keep in mind that in most cases we are talking about prevention. If the problem has developed to the point of disease, only total lifestyle changes and corrective measures can minimize the suffering and reduce or alleviate the condition.

By taking a careful health history, live cell analysis, detailed nutritional physical exam and appropriate laboratory examination, the best program can be developed for the individual.

Most people who come to us for health advice have common findings that are classified into a little more than a score of conditions. We will explain our position on 10 body systems as follows:

CIRCULATORY SYSTEM

The modern approach to treating heart attacks with drugs is considered "conservative" by surgeons; but it is in fact extreme, and usually leads to by-pass or open-heart surgery. While the surgical approach may indeed relieve the symptoms for a period of time, if nothing is done to address the underlying cause of the heart disease, the problem is certain to return.

Except in extreme cases, we try to avoid this surgery, and we adopt a "more conservative" approach. Almost all medical doctors agree that lifestyle and diet are the keys to preventing cardiovascular problems. It has also been shown that exercise, diet, stress reduction and nutritional therapy can arrest and usually reverse cardiovascular impairment and high blood pressure.

DIGESTIVE SYSTEM

Proper bowel, kidney, lung and skin function is necessary to excrete toxicity from the body. When asked what constitutes regular bowel movements, the average physician will say, "It is unique to you, once a day or once a week, if you're comfortable, it is adequate."

In nature, bowel elimination occurs after every feeding. The transit time of food through the digestive tract should be no longer than twelve hours. This is adequate for all digestion and absorption to take place in a healthy digestive tract.

In "The Save Your Life Diet" written by Dr. David Reuben, it is pointed out that the change to low-fiber and low-roughage diets has caused a great reduction in the frequency of normal healthy bowel movements. This situation leads to a whole host of auto-toxicity reactions that are now being found to relate to such problems as rheumatoid arthritis, certain forms of cancer and even learning disabilities in children.

Digestive aids in America are out-sold only by pain remedies. Alka-Seltzer®, Pepsid®, Maalox® and others are a multi-million dollar industry that is fueled by people seeking relief from common ailments that could be corrected by improved digestion. Unfortunately, use of these products tends to cover up symptoms, and in the long run makes the problem worse. When a person takes an antacid for an upset stomach, this does not aid in digestion, it merely triggers the stomach to empty the undigested contents into the small intestine. This will usually make the person feel better, but this

undigested food in the small intestine will tend to putrefy and in turn cause other problems. The importance of good digestion should not be underestimated and needs a thorough analysis.

The following diseases are characterized by an inflammation and irritation of the large intestine. In **Crohn's Disease**, the most serious of the three, an autoimmune reaction in the large intestine, may ultimately atrophy and obstruct the bowel. **Ulcerative Colitis** has its roots in bowel ecology and arises from improper balance of friendly bacteria. **Diverticulitis** is predisposed by constipation and poor bowel elimination. These diseases are products of stress or are often caused by allergies, individual vitamin deficiencies, and a diet deficient in roughage and containing too much sugar and refined carbohydrates. It is very important to understand the individual person's biochemical makeup so that the proper approach to treating these diseases can be determined. The treatment of bowel diseases varies considerably from person to person. It is also necessary to begin nutritionally treating these diseases as early as possible to avoid the possibility of rectal cancer or the surgical loss of the bowel.

Nervous bowel, allergies, repeated bouts with antibiotics or chemical sensitivity could upset the delicate microorganism flora within the bowel. When this takes place, digestion and absorption are reduced. Opportunistic organisms such as yeast, mold, fungus or pathological bacteria can ferment foods before they can be carried into body tissues causing what is known as a "leaky gut." Maximizing digestion and controlling populations of foreign microbes is often the best assurance of good absorption. Malabsorption of nutrients can ultimately lead to malnutrition even when eating healthy foods and taking nutritional supplements.

Once nutrients are absorbed into the body, individual cells begin their process of making energy, enzymes, hormones and structures needed for optimum health. The intracellular biochemistry of nutrition addresses how genetics, environment and lifestyle complete the assimilation of food components into living and healthy cells, tissues, organs and systems. Proper assimilation guarantees optimum health of the whole organism. SSHC recommends factors such as exercise and rest along with proper nutrition to maximize individual assimilation.

Candida/Yeast infections have become more common as antibiotic-laden foods find their way to our table. Steroid medications, a high sugar diet and stress play a role in upsetting the delicate balance among friendly as well as unfriendly ones. While all of us have some yeast present in our bowel, bladder, throat and even brain, a healthy immune system can keep these parasitic plants in check. Populations of yeast, mold and fungus begin to rise in the body when internal as well as external factors weaken our reserves. We attempt to alleviate the causes of candida and develop a program for prevention of this often debilitating illness.

LYMPHATIC SYSTEM

The **lymphatic system** is, first of all, a seldom considered part of the circulatory system, comprising a network of conduits called lymphatic vessels that carry a clear fluid called lymph (from Latin *lympa* "water") unidirectionally toward the heart. It is commonly referred to as the "sewage system" of the body as lymph carries dead cellular debris, dead microbe debris and chemical wastes that are not soluble in normal blood. Exercise and therapeutic massage are very helpful in maintaining this vital system.

Secondly the lymphatic organs play an important part in the immune system, having a considerable overlap with the **lymphoid system**. Lymphoid tissue is found in many organs, particularly the lymph nodes, and in the lymphoid follicles associated with the digestive system such as the tonsils. The system also includes all the structures dedicated to the circulation and production of lymphocytes, which includes the spleen, thymus, bone marrow and the lymphoid tissue associated with the digestive system.

The lymphatic system has multiple interrelated functions:

- it is responsible for the removal of interstitial fluid from tissues (reduces and prevents swelling)
- it absorbs and transports fatty acids and fats, including fat soluble vitamins A, D, E, K and essential fatty acids from the digestive system
- it transports white blood cells to and from the lymph nodes into the bones to adjust active versus resting cellular immune defense – similar to active duty versus reserve troops
- The lymph transports antigen-presenting cells (APCs), such as dendritic cells, to the lymph nodes where an immune response is stimulated.
- Lymphoid tissue is a specialized connective tissue - reticular connective, that contains large quantities of lymphocytes which are needed for repair of injured soft tissue, ligaments, tendons, discs and fascia.

When doing a cleanse, the lymphatic system is activated to carry tissue and cellular debris out of the body through the liver, kidneys, skin and lungs. Alfalfa, Herb Lax, Liver DTX, OmegaGuard and Optiflora are helpful in assisting lymph flow and preventing accumulation in these organs.

ENDOCRINE & REPRODUCTIVE SYSTEMS

The **endocrine system** is the system of glands, each of which secretes a type of hormone directly into the bloodstream to regulate the body. Our understanding of the delicate nature of the endocrine system has been gained as a result of inhibitory compounds (xenobiotics) which masquerade as hormones (i.e. parabens and bis-phenyl A). Some hormones are produced and consumed within the cell while some are produced from other nutrients (thyroid requires iodine and tyrosine). Sometimes the process of hormone production requires an initial nutrient (Vitamin D3--Calcidiol) is converted in the kidneys into a hormone (Calcitriol).

The endocrine system is an information signal system like the nervous system, yet its effects and mechanism are classifiably different. The endocrine system's effects are slow to initiate, and prolonged in their response, lasting for hours, weeks or months. The nervous system sends information very quickly, and responses are generally short lived. Hormones are substances (chemical mediators) released from endocrine tissue into the bloodstream where they travel to target tissue and generate a response. Hormones regulate various human functions, including fertility, metabolism, growth and development, tissue function, and mood.

When we evaluate people for endocrine imbalances there must be a parallel examination of nutrients and toxic compounds. Taking synthetic hormones to "replace" a deficiency is like adding gasoline to a leaking tank. It is our goal to identify the cause of the "leak" and restore normal function through specific nutrient support or the appropriate level of detoxification.

IMMUNE SYSTEM

Chronic Fatigue and lack of adequate rest or exercise is a common modern cause of reduced energy. Malnutrition is also a known cause of ongoing fatigue. Any one of 102 essential nutrients, when lacking in the diet, can produce fatigue. One condition often overlooked as a cause of chronic and progressive fatigue is post viral syndrome. Some germs such as the **Epstein-Barr** virus have a nasty habit of damaging the body's ability to convert food into energy. Slow growing viruses can live in the liver, brain and nervous systems to smolder for years evading the immune system before a true disease can be identified. Latest scientific studies on sub-virus sized entities called prions threaten to further weaken the health of humans. SSHC attempts to determine the cause of the chronic fatigue and develop a program of detoxification, virus control, and restoration specifically tailored to the individual needs.

Chronic illnesses like **Cancer** for example, are a natural process to put it simply. Cancer cells are basically defective cells. 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 of the body is able to search out and destroy

defective cells. Rather than attempting to combat the cancer directly, Metabolic Therapy seeks to build up the inherent recuperative powers of the body. An overworked and weakened immune system cannot kill abnormal cells as fast as they are multiplying. Toxins, carcinogens, radiation, even viruses, combined with an unhealthy internal environment, and in conjunction with a weakened immune system, cause more cells to turn cancerous, and allow them to thrive. Once you understand why and how chronic illnesses develop and learn how to support your body, it will more efficient in fighting to be healthy.

Old injuries, inflammation, internal disorders and stress often give rise to unrelenting pain. Muscles, joints, bones and internal organs such as gall bladder or stomach can give rise to pain reflexes emerging at a spinal level or some other surface. Pain cannot be measured in a physical or biochemical exam; however its cause can often be found and modulated by physical and nutritional means. One condition known as **Fibromyalgia** (pain in muscles and fibrotic tissues) is rising to epidemic levels. Proper exercise and detoxification accompanied with optimum nutrition is often found to be the answer.

At least one half of all degenerative conditions involve foreign substance reactions - foods and food derived chemicals being the most common. Our clinic strives to unravel through history, examination and testing how and which substances might be enveloped with your health concern. Everyone is different.

An allergy is not mere hives or a sneeze. Learn how to build up the immune system and eliminate the allergic reactions. **Food allergies** are due to an irritation and activation of mast cells that are found in the digestive tract during the process of absorption. This is often due to the inability to adequately digest and absorb nutrients before they are acted upon by unfriendly organisms that often accompany food. Malabsorption is the underlying cause for a whole host of allergic symptoms including diarrhea, skin rashes, sneezing, watering eyes, rapid heart rate, headaches, muscle aches and pains, just to name a few. Understanding how absorption takes place and minimizing our stress can give us all a greater magnitude of vibrant health.

Foods, pesticides, herbicides, dust, mold, fungus, yeast, trees, grass, weeds, fabrics, cosmetics, laundry detergents, insects, mites, pets, parasites, engine exhaust, paint, solvents, furniture, amalgam fillings, tooth paste, hair spray, hair coloring, artificial lighting and even high voltage electro-magnetic radiation have been linked to immune reactions, sensitivities and intolerances.

Hyperactivity, learning disabilities, scoliosis, eating disorders, chronic infections, attention deficit and behavioral problems are some of the serious **childhood diseases** we see at SSHC. Our treatment is very individualized, because these diseases can be caused by many different factors. After discovering the underlying causes, we tailor the treatment to each family and patient's individual situation.

NERVOUS SYSTEM

The work of Dr. Abram Hoffer has taught us how the human nervous system malfunctions during mal- or dys-nutrition. Advances in brain science have led to new insights into mental illness. Many disorders are not recognized to be caused by aberrations in the infinitely complex interactions of brain chemicals. Our approach is to examine the nutritional and metabolic needs of the individual to achieve neurotransmitter balance.

Psychological, physical and biochemical examinations often reveal the underlying cause of the condition. Such conditions as attention deficit disorder, depression, manic-depressive disorder, hyperactivity, autism, Parkinson's and Alzheimer's begin to display a commonality when effective treatments with adequate dosages of naturally occurring nutrients, either alone or in combination, are found to provide relief.

It is a common misconception that psychological disorders arise spontaneously in the mind. In fact, modern research has shown that they are often caused by biochemical imbalances in the brain. Metabolic Therapy can often help correct the disorder by restoring the biochemical balance.

Multiple Sclerosis (MS) often afflicts individuals from northern climates and people who have lived on high amounts of animal products. Often we find grossly altered digestion, absorption and elimination in the MS patient. The reduction in fats, the maximizing of oxygen tension and the optimization of all nutrients is essential when treating this problem. MS can be prevented.

RESPIRATORY SYSTEM

Being the most important nutrient for health, oxygen and carbon dioxide exchange is often ignored until a crisis develops. Often asthma sufferers have hidden allergies or chemical sensitivities that are revealed by laboratory examination.

Since oxygenation is so essential for a healthy life, we use computerized lung function tests as well as blood nutrients to create a panoramic picture of a person's respiratory function. We have found that while exercise greatly improves "external" respiration (breathing in oxygen and expelling carbon dioxide) it is the "internal" respiration (iron, transport proteins, red blood cell size and shape, and free radical oxidative stress on lung tissue) that leads to shortness of breath, sleep apnea and a number of heart ailments. A Harvard Medical research study showed that persons with sub-optimum levels of Vitamin D3 experience more respiratory infections, bronchitis and asthma. A careful analysis of a person's lifestyle, stresses, nutrient and exercise requirements assist us in determining the best course of action. Follow-up pulmonary function studies and specific laboratory tests help measure improvement.

INTEGUMENTARY SYSTEM (Skin, Hair and Nails)

Human skin receives the harshest treatment of any structure of the body. Different skin types are prone to different kinds of skin disorders. While eczema and dermatitis reactions to toxic chemicals is common, immune reactions to foods, additives, fabrics and dyes, water pollutants and neurological adaptations produce many similarly upsetting conditions.

Parasites, insect or spider bites and contagious viruses create multiple rashes, itches, pain and discomfort within the skin. Many patients who have suffered from skin conditions have found natural relief at SSHC beyond the orthodox covering of symptoms with steroid creams and topical anti-inflammatory drugs.

MUSCULOSKELETAL SYSTEMS

Arthritis is a condition involving protein and calcium malnutrition or malabsorption. This condition primarily affects elderly people, but more recently is seen in individuals as young as their mid twenties. Although there are no two individuals that have the same arthritic complaint, evaluating a person metabolically will often disclose the underlying cause of the condition.

A special case of arthritis is **osteoporosis** (bone thinning). The natural shortening of the human posture is a symptom of this condition that can eventually be crippling or result in spontaneous fractures. People over the age of 60 can testify that they have lost anywhere from one-half to three inches in their overall height since their twenty-first birthday. This is due to a reduction in the length of the spine and often the discs, or pads, which separate the spinal vertebral segments. Optimum nutrition, determined by examination, history and laboratory testing, in most cases, can help reduce pain, strengthen bone and for some individuals, an improvement in height.

Most people have a limited exposure to sunlight and suffer from insufficient amounts of vitamin D, which is required for calcium metabolism. Rickets and osteoporosis, autoimmune disorders, reoccurring infections, heart disease and cancer are now known conditions stemming from vitamin D deficiency. Ultraviolet light is the stimulus to vitamin D formation in the skin. It is blocked by cloud, fog, smog, smoke, ordinary window glass, curtains and clothing. The government recommended daily supplemental intake of vitamin D has been set at 400 IU, but may be as high as 5,000 IU or more. To achieve this from diet alone is impossible. It requires 20 minutes of direct sunlight at noon on 25% of the total body surface each day to maintain adequate blood levels for most fair-skinned people. Darker skinned people require longer periods of sunshine. The risk of skin cancer has jeopardized the positive effects of exposure to the sun.

Humans and nearly all other animals can make vitamin D3 (cholecalciferol) from cholesterol activation in the skin, or on fur or feathers by the action of solar UVB. On July 14, 2009 the American Academy of Dermatology issued an updated position statement on vitamin D after a review of the increasing body of scientific literature on this vitamin and its importance for optimal health. Their advice is to "supplement appropriately and seek the advice of your physician to determine how much sun and supplemental vitamin D you may need." Vitamin D has co-factors that the body needs in order to utilize vitamin D properly. They are: magnesium, zinc, vitamin K2, boron and a tiny amount of vitamin A.

EXCRETORY SYSTEM

The **urinary** system (is the organ system that produces, stores, and eliminates water soluble wastes in the form of urine. Urine contains over 800 different chemical wastes and excessive nutrients. In humans the system includes two kidneys, two ureters, the bladder and the urethra.

The kidneys perform a number of tasks, such as: concentrating urine, regulating electrolytes, and maintaining acid-base homeostasis. The kidney excretes and re-absorbs electrolytes (e.g. sodium, potassium and calcium) under the influence of local and adrenal hormones. pH balance is regulated by the excretion of bound acids and ammonium ions. In addition, they remove urea, a nitrogenous waste product from the metabolism of amino acids. The end point is a hyperosmolar solution carrying waste for storage in the bladder prior to urination.

Healthy humans produce about 2.9 liters of urine over 24 hours, although this amount may vary according to temperature and humidity. Because the rate of filtration at the kidney is proportional to the glomerular filtration rate, which is in turn related to the blood flow through the kidney, changes in body fluid status can affect kidney function. Blood pressure, for an example, is partly regulated by a kidney enzyme called angiotensinogen that is released when inadequate blood flow occurs in the kidney. Other hormones outside the kidneys (vasopressin from the brain and angiotensin from the liver) also regulate the amount of blood flowing through the kidneys for detoxification. Some medications interfere directly or indirectly with urine production. Diuretic foods and drugs achieve this by altering the amount of absorbed or excreted electrolytes or osmalites, which causes a diuresis.

We find that problems frequently encountered in kidney malfunction include abnormal fluid levels in the body, deranged acid levels, abnormal levels of potassium, calcium, phosphate, and (in the longer term) anemia as well as delayed healing in broken bones. Depending on the cause, hematuria (blood loss in the urine) and proteinuria (protein loss in the urine) may occur. Each of these have nutritional ramifications on other systems of the body. Long-term kidney problems have significant repercussions on other diseases, such as cardiovascular disease.

SPECIAL SERVICES AVAILABLE AT SUNNYSIDE HEALTH CENTER

BONE MINERAL DENSITY ASSESSMENT

The AccuDEXA device is a bone densitometer that estimates bone mineral density (BMD) of the middle finger of the non-dominant hand. This procedure a good indicator of bone density elsewhere in the body compared to the DEXA systems used by hospitals that look primarily at the specific locations.

CATARACT THERAPY

Developed by naturopathic physicians, this electro galvanic treatment is specifically designed for people in the early stages of cataracts. The patient is required to be on a good nutritional, antioxidant program prior to treatment.

CHIROPRACTIC ADJUSTMENT

An adjustment is a gentle force introduced into the spine intended to release a vertebral segment from its abnormal motion and/or position thereby reducing the vertebral subluxation. Quite often patients "do not hold" the adjustment. We have found that optimizing a person's nutrition helps the adjustment last longer. At our clinic, we offer services in conjunction with adjustments such as electroaccupuncture, trigger point therapy, and massage.

COLON HYDROTHERAPY

Colon therapy is an ancient healing method of treatment. It is a cleansing process that results in better muscle control as well as a clean colon which assists detoxification. Poor colon health can result in many types of body system malfunctions. The procedure is safe, simple and effective.

COMPRESSION BOOT THERAPY

Inflatable boots are filled with air and then deflated to a prescribed level for compression and relaxation producing a massage effect which promotes blood circulation in the legs and feet. While on a circulation restoration program, this beneficial therapy often turns around a lot of chronic degenerative problems, intractable edema, chronic leg aches, restless legs, ulcers that do not heal due to diabetes, and varicose/spider veins eliminating the need for high blood pressure and water medications. A 30 minute session produces results similar to walking 5 miles—without the effort.

DIGESTIVE ANALYSIS

There is an old saying, "You are what you eat." This is only part of the truth. In reality, "You are what you eat and are able to digest." Maldigestion and malabsorption are the underlying causes of a multitude of health problems. At our clinic, a radio-telemetry gastric analysis (Heidelberg) is performed by the use of a sophisticated piece of equipment, developed by the space industry, for evaluating the digestibility of food in the stomach and small intestine. The Heidelberg pH Capsule permits the measurement of acid values in the stomach, duodenum and small intestine by means of radio signals.

EAR WASH

This 15 minute procedure is performed by irrigating warm water into the ear canal, resulting in the removal of impacted earwax. It is recommended that the patient prepare the night before by placing oil in their ears; therefore, when they come to the office we can do the procedure effortlessly.

EKG

An EKG provides an early warning of physiological changes occurring within the heart. Our 12-lead, Level 5 electrocardiogram is more comprehensive than the one you might get at a doctor's office because it is looking at nutrient values. It is programmed to show the patterns of calcium and potassium deficiencies, sodium excess, acidosis, anoxia, etc. SSHC recommends that all people over age 50 have an EKG as part of their yearly physical.

GALVANIC PROSTATE THERAPY

This is a painless treatment for men with benign hyperplasia who are having spasm in their prostate and not able to void properly. This 30 minute unassisted procedure is used to increase circulation and decrease swelling of the prostate. Several follow-up visits may be necessary for long lasting results.

KEESEY HEMORRHOID TREATMENT

Many internal hemorrhoids are treatable by an electronic technique developed by Dr. Keesey in the early 1930's. The objective of treating hemorrhoids with the Keesey Method is to cause electrolysis within the hemorrhoid tissue, which interrupts the circulation thereby causing a reduction in the site of inflamed tissue. The advantage of this treatment is in that the individual can continue their normal daily activities with minimal discomfort and often with dramatic improvements after the first treatment. The nerve and blood supply to internal hemorrhoids is such that only minor home care is needed. This is usually a 20-minute procedure; repeated treatments might be required for the most extensive cases.

External hemorrhoids are not treated with Keesey; they are treated with minor surgery. Any abdominal or low back pain, hemorrhoids, fissures, fistulas or any irritation of the lower bowel is evaluated to see if conservative care might help. Although nutritional methods will prevent and correct the early development of these problems; occasionally the use of minor surgery procedures are needed to correct the situation.

LIVE BLOOD CELL ANALYSIS

Live blood cells are observed with the use of a high-resolution dark field microscopy in their natural environment interacting with one another and their surroundings. This test assists in determining the strength of the immune system, anemia, toxicities, bacteria, hydration, red blood cell fragility and allergies among many other disorders that can be seen while observing life at the cellular level.

MASSAGE

Massage is the manipulation of superficial and deeper layers of muscle and connective tissue to relieve stress and muscle soreness, improve circulation, aid in the healing process and promote wellness. We recommend receiving a therapeutic massage with a colonic to help remove toxins out of the body.

NUTRITIONAL PHYSICAL EXAMINATION

A comprehensive exam that includes over 60 tests, to assess the optimum functions of each of the body's organs and systems. The physical exam provided at Sunnyside assesses nutritional status as well as optimum function of each organ and system by non-invasive techniques. At least one hour is spent in intense testing and measurement to integrate the following five areas:

1. HISTORY AND HEALTH HABITS

- Sleep Habits
- Stress and Adaptation
- Exercise Level
- Previous Illnesses
- Previous Surgeries
- Past and Current Medications
- Effects of Drugs on Vitamin and Mineral Status

2. PHYSICAL EXAMINATION

- Height and Weight
- Body Temperature
- Skin, Hair and Nails
- Skull and Cranial Distortion

- Visual Acuity & Eye Exam
- Ears, Sinuses, Nose and Throat
- Teeth and TMJ
- Neck Musculature and Glands
- Percent of Body Fat
 - Blood Pressure Comparisons (while lying down and standing)
- Pulse Rate
- Heart Sounds and Rhythm
- Twelve Lead, Level 5 Electrocardiogram
- Lung Function and Vital Capacity
- Abdomen Palpation and Digestive Sounds

3. NEUROLOGICAL EXAMINATION

- Cranial Nerves
- Cerebella Function
- Superficial Skin Sensation
- Deep Tendon Reflexes
- Muscle Strength
- Hand Grip Strength

4. ORTHOPEDIC EXAMINATION

- Postural Examination
- Leg Length Measurement
- Range-of-Motion Measurements
- Motion Palpation of Spinal Motion Segments
- Straight Leg Raising Test
- Spinous Process Percussion Test
- Palpation of Spinal Musculature
- Other Orthopedic Testing

5. DIETARY PATTERNS

- Eating Habits
- Water Consumption
- Bowel Habits
- Urination Habits

MINOR SURGERY

Often there is the need to do in-office procedures to remove suspicious warts, cysts, moles, or benign tumors on the surface of the skin. These are effectively and efficiently removed with local anesthesia and with little or no scarring. Being a Chiropractic Physician, and surgically trained as an Army Corpsman, Dr. Brouse can provide in-office surgical care usually performed in hospitals or medical clinics. An examination will be

done prior to the minor surgery to determine if there are any problems and if biopsies are warranted.

NASAL SPECIFIC

This technique has been used for over 100 years by chiropractors to help those with chronic sinusitis, headaches, vertigo etc. A small nasal balloon is used to gently manipulate structures in the nose to allow blood vessels, sinuses and air ways to be maximized.

ORTHOTICS (Superfeet ®)

Custom made orthotics help support the foot, align the body and reduce pain from plantar fasciitis, bunions and heel spurs. These inserts provide ideal biomechanical support allowing your feet to perform in their optimal functioning position that gel and cushioned insoles cannot achieve.

PROCTOLOGIC EXAM

This is an examination of the lower bowel and muscles that surround the anal opening. The prostate gland, uterus, muscles, hemorrhoids, nerves and bladder can be examined to identify any possible inflammation, irritation, enlargements or uncomfortable structures in the area.

Often, a proctologic exam is necessary for people who have problems with their lower rectum.

REGIONAL EXAM

An examination for one particular body part--it might be an ear, a hand, a knee, or swelling in the leg, abdomen to determine appropriate healing therapies.

SPIROMETRY

The spirometry test is an accurate way to measure respiratory function. It is performed by making a forceful effort to expel air after taking a deep breath. Measures the computerized modeling of a person's lung function and it compares the norms that are stored in the computer with other people of the same race, age, and sex.

As part of an annual physical exam, spirometry is one of the most accurate measurements to tell the longevity of the person--how long can they expect to live under the current conditions and help determine if, and when, there is a crisis starting to develop.

ULTRASOUND

This physiotherapy is extremely useful when applied to soft tissue and joints. It is administered at 3-5 minute intervals that warms the tissue with high frequency sound waves, which in turn help reduce swelling, increase blood flow and decrease pain, stiffness and spasms. This therapy can be either applied under water to treat a joint, i.e. elbow, ankle, toes or over larger areas of the body muscles directly on the skin.

EDUCATIONAL LIBRARY

We feel very strongly that our mission is to teach as well as assist in healing. We have an extensive CD/DVD/VCD library covering over 100 of the most popular topics recorded by Dr. Brouse.

We encourage our patients to invest in these materials to support the information in our written evaluations. The more you understand about your specific condition and its treatment, the more you are in control of your own health.

Many of our patients order personal copies to share with their interested family members and friends. If you know someone who may be interested in utilizing our services, we recommend that this person view or listen to a CD/DVD pertaining to their specific condition. By doing so, they will be able to understand our methods and philosophy of treating that particular condition. Please keep in mind that each individual's case is unique, and the treatment may differ somewhat from that presented.

Please visit our **Health Education** website for a list of our CD/DVDs and other educational materials such as Dr. Brouse's book, **Build a Better You**, Tele-Clinics, Lectures, and The NW Academy of Practical Nutrition

www.healthedcorp.com

For recommendations by other sources, please visit the clinic's website

www.sunnysidehealthcenter.com

See "Newsletters" reference section for popular books, DVDs, etc.

LOCATION and LODGING

The SSHC is located at: 8800 S.E. Sunnyside Road, Suite 111, Clackamas, Oregon in the Clackamas Promenade. We are across the street from the Clackamas Town Center which has over 180 stores and a movie theater. There are several healthy restaurants in the area that have excellent service and delicious food at reasonable prices.

Our clinic is three blocks from Interstate Highway 205, Exit 14. We are 20 minutes from Portland International Airport and 25 minutes from the Amtrak railroad station. The Town Center has a TriMet station, located next to the theater, which has numerous buses drop and pick-up throughout each day. On TriMet's new MAX Green Line, you can go from downtown Portland to Clackamas Town Center in 39 minutes.

The motels listed below are within a three-to-four block walking distance from our Clinic. These motels provide excellent lodging and often provide transportation to and from the airport as well as to and from our clinic. Please contact them directly for reservations and rates. When calling, ask them about reduced lodging rates for patients of the Sunnyside Health Center.

Monarch Hotel

Includes a Dining Room

12566 SE 93rd Ave
Clackamas, Oregon 97015
503-652-1515 (800) 492-8700

Days Inn

9717 SE Sunnyside Road
Clackamas, Oregon 97015-9765
503-654-1699 (800) 241-1699

Howard Johnson Hotel

12855 SE 97th Ave
Clackamas, Oregon 97015
503-652-1500 (800) 547-8400

Courtyard Marriott

9300 SE Sunnybrook Blvd
Clackamas, OR 97015
503-652-2900 (800) 321-2211

FINANCIAL INFORMATION

The cost of preventive care at this center has been studied, and we feel very pleased to say that our treatments cost, on average, far less than any orthodox approach to the same problem. Our desire is to keep all costs at a minimum so that anyone desiring our services might be able to enjoy the benefits of natural care without finding the cost prohibitive.

Most people are concerned about cost. The cost of the services you need depends upon what kind of problem you have and how much time and testing will be required to adequately evaluate the condition. Your initial consultation with Dr. Brouse will give him an idea of which testing and evaluation must be done to develop an effective treatment

plan for you. Partial testing often reveals partial cause and produces partial results. Adequate examination and laboratory data may suggest if further testing is needed.

At times, an emergency fee may be added for patients that have multiple problems and require extended care and scheduling.

We do provide a free three (3) minute hotline exclusively for Sunnyside Health Center patients or their dependents that are following a current program. Patients are encouraged to have short questions in order to stay focused on their course of health. Note: If you are calling regarding someone else, please use our Nutritional Advice Interview service.

Insurance Coverage: We do not bill insurance and are not enrolled in any insurance programs. At SHHC, we devote our energies to meeting a patient's needs in the most effective way possible. We will provide you with a statement that lists the services rendered with coding, which you may submit to your insurance provider. *Because policies vary, you should learn your insurance company's coverage policies and submission requirements prior to receiving services at this clinic. Some insurance companies consider alternative treatment as "preventive or experimental" and some that cover chiropractic may have limitations and will not pay for any services other than "manipulations".*

True "health insurance" is prevention, purely and simply. A good share of our work is devoted to lifestyle correction and nutrition counseling for complications and inadequacies suffered from delay or previous medical care. This fact, of course, points out the inherent dangers in choosing a method of treatment simply because the insurance policies pay for it. Whenever this happens, no money is saved, and suffering and trouble is usually extended. We cannot over-emphasize the fact that for so prized a possession as a person's health, preventive care that is directed to the cause usually incurs the least amount of time lost and the least chance of dangerous complications. Whether the insurance company will or will not pay the bill in whole or in part, should only be of secondary importance when considering a true health care program.

The major overall investment, which you will make in your health, is proper food selection, exercise, rest and nutritional supplementation. If you find an insurance company which pays for these items, please let us know!

ARE YOU READY?

Nutritional and lifestyle therapy is not for everyone. It takes a great deal of discipline to reverse years of poor health habits. If you want to be a passive recipient of a "miracle cure," you should look elsewhere. However, if you are motivated to change and want treatment that encourages and builds the body up rather than covering symptoms and tearing it down, you should know that alternatives are available.

Having seen thousands of patients over the years at SSHC, we have come to realize that not everyone is ready or able to accept the responsibility for his or her own health. It is our goal to help you understand the steps you must take for improved health recovery to take place using the nutritional-metabolic-biochemical approach. Ideally, we would like to see individuals that are mature enough to accept the responsibility for their ongoing health and are committed enough to follow a logical sequence of events. This program of prevention and health restoration has been proven by thousands of patients demonstrating that health can be rebuilt using natural methods.

TIME COMMITMENT

Since every person is a unique individual, the time needed for recovery from a chronic degenerative disease varies greatly. Usually, follow-up retesting is necessary at four months to yearly intervals depending upon the magnitude of the complication.

Some chronic degenerative diseases may require as much as two to even five years for total resolution. As you can understand, the difficulty in "predicting" what will occur with individuals is difficult. We are only offering these time guidelines as a general rule. Every person responds differently to care and we take that into consideration.

When you come to SSHC, the time necessary for a complete evaluation varies from patient-to-patient.

Time is needed to conduct a thorough evaluation, obtain the results from lab testing and lay out a health program tailored to one's unique needs. If you have previous medical records, lab work, or x-rays from other doctors, please make this available to Dr. Brouse.

In the some cases, individualized therapies can be started. Subsequent follow-up consults to monitor progress and make any needed changes in your program can usually be made over the phone. In other cases, follow-up visits to SSHC are recommended from monthly to quarterly intervals (until stability is achieved).

CONCLUSION

We are confident that more and more doctors will soon realize the benefits of our **Nutritional Approach To Health**. We constantly strive to keep abreast of the latest in preventive, non-invasive diagnostic and natural therapeutic techniques. The United Nations World Health Organization defines health as "a state of complete physical, mental and social well-being, and not merely the absence of disease and infirmity." It is our sincere hope that more people will be able to achieve this degree of vibrant health, and that you will be among these people.