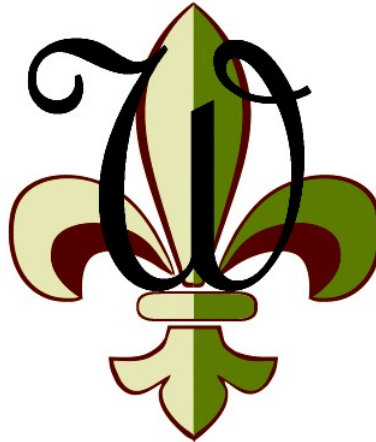


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TWIHW Newsletter

Newsletter
March 2009

Greetings!

"No one can persuade another to change. Each of us guards a gate of change that can only be opened from the inside. We cannot open the gate of another, either by argument or by emotional appeal" --from The 7 Habits of Highly Effective People by Stephen R. Covey

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Wellness Night Out: Wed April 8th, 2009: Avante Medi-Spa

Supplement of the month: Glucosamine

Glucosamine is a natural compound that is found in healthy cartilage. Glucosamine sulfate is a normal constituent of glycoaminoglycans in cartilage matrix and synovial fluid.

Available evidence from randomized controlled trials supports the use of glucosamine sulfate in the treatment of osteoarthritis, particularly of the knee. It is believed that the sulfate moiety provides clinical benefit in the synovial fluid by strengthening cartilage and aiding glycosaminoglycan synthesis. If this hypothesis is confirmed, it would mean that only the glucosamine sulfate form is effective and non-sulfated glucosamine forms are not effective.

Glucosamine is commonly taken in combination with chondroitin, a glycosaminoglycan derived



The Woodlands Institute for Health & Wellness will be hosting Wellness Night Out. This event is free and open to the public (RSVP requested). We are excited about this monthly event which takes place the 2nd Wednesday of every month. Each month we feature a different topic with guest speakers and/or screenings to offer.

Our next Wellness Night Out will be Wed, April 8th, 2009, 6:00 pm - 8:00 pm. This month we will have Avante Medi-Spa hosting our wellness night in THEIR facility.

- 9191 Pinecroft (same building as usual Wellness Night)
- Suite 100

Summer is right around the corner bringing thoughts of swimsuits, shorts and tank tops. The thought of smooth, hairfree skin, seems like a dream of yesteryear. Well dream no more....come to TWIHW Wellness Night Out and let Avante Laser & MediSpa show you how easy it can be to achieve all of this and more. Avante's state-of-the-art Laser Hair Removal can give you the soft, smooth hairfree skin you've always dreamed of. Imagine never having to wax or shave again. Say goodbye to red rashy skin, ingrown hairs and stubble forever. So mark your calender and come see how Avante can help you say hello to the body you thought you said goodbye to years ago.

FREE \$25.00 gift card to all of the attendees!

Avante will also be offering FREE photofacial treatment on your hand, with instant results, so you can see how they can take years off your face.

Drawing for \$500.00 towards

from articular cartilage. Use of complementary therapies, including glucosamine, is common in patients with osteoarthritis, and may allow for reduced doses of non-steroidal anti-inflammatory agents.

Side effects may include upset stomach, drowsiness, insomnia, headache, skin reactions, sun sensitivity, and nail toughening. There are rare reports of abdominal pain, loss of appetite, vomiting, nausea, flatulence (gas), constipation, heartburn, and diarrhea. Based on several human cases, temporary increases in blood pressure and heart rate, as well as palpitations, may occur with glucosamine/chondroitin products. Based on animal research, glucosamine theoretically may increase the risk for eye cataract formation.

Quick Links...

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[Avante Laser & Medispa](#)

Laser Hair Removal or Photo Facials!

They will also be performing **FREE** visia skin analysis, **FREE** eye brow waxing and show you their private label skin care line.

Come and enjoy some fun!!

Special Engagement At The Egg and I, Tuesday May 5th

The Woodlands Institute for Health & Wellness cordially invites you to meet its founder, Dr. Mila McManus, and enjoy a complimentary healthy breakfast. Dr. McManus will be discussing safe, natural and effective solutions to many common health problems.

- When: Tuesday, May 5th 2009
- Location: The Egg and I Resturant
- 1644 Research Forest Dr, 77380

Reception begins at 8:00 am. Dr. McManus will speak from 8:30-9:30, followed by a question and answer session.

Reserve your seat today by calling (281) 298-6742 or email admin@TWIHW.com. Seating is limited. If you are ready to get healthy and change your life, this is for you!

"INVEST IN YOUR HEALTH! IT MAY BE THE ONLY SAFE BET THESE DAYS!-" -Melissa Humphries, CPT-Wellness, Nutrition, and Fitness consultant for TWIHW

10 Diseases Linked To Soda



Statistics shows that Americans drink more soda than ever before. They account for more than 25 percent of all drinks consumed in the United States. More than 15 billion gallons were sold in 2000

-- about one 12- ounce can per day for every man, woman and child.

But here's some information that may keep you away from opening the can:

1. Extra pounds Soda is a significant contributor to obesity. Drinking a single can a day of sugary drinks

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translates to more than a pound of weight gain every month. And diet soda is just as likely to cause weight gain as regular, or even more -- it may sound counterintuitive, but people who drink diet soft drinks actually don't lose weight. Artificial sweeteners induce a whole set of physiologic and hormonal responses that actually make you gain weight.

2. Liver damage Soda damages your liver.

Consumption of too many soft drinks puts you under increased risk for liver cirrhosis similar to the increased risk faced by chronic alcoholics.

3. Tooth decay Soda dissolves tooth enamel. Soft drinks are responsible for doubling or tripling the incidence of tooth decay. Soda's acidity is even worse for teeth than the solid sugar found in candy.

4. Kidney stones and chronic kidney disease

Colas of all kinds are well known for their high phosphoric acid content, a substance that changes the urine in a way that promotes kidney stone formation. Drinking one quart (less than three 12- ounce cans) of soda per week may increase your risk of developing kidney stones by 15 percent.

5. Diabetes Anything that promotes weight gain increases the risk of diabetes. Drinking soda also stresses your body's ability to process sugar. Some scientists now suspect that this may explain why the number of Americans with type 2 diabetes has tripled from 6.6 million in 1980 to 20.8 million today.

6. Heartburn & acid reflux Heavy consumption of soda is a strong predictor of heartburn. Many carbonated beverages are very acidic. They also deliver a lot of air in the form of carbon dioxide, which can cause distension of your stomach. And that distension appears to be associated with more reflux.

7. Soft drinks = Soft Bones = Osteoporosis Soft drinks containing phosphoric acid are definitely linked to osteoporosis (a weakening of your skeletal structure) because they lead to lower calcium levels and higher phosphate levels in your blood. When phosphate levels are high and calcium levels are low, calcium is pulled out of your bones.

8. Hypertension (high blood pressure) Experts

have reasons to believe that overconsumption of soda leads to an increase in blood pressure. It doesn't matter if the soda is regular or diet.

9. Heart disease Heavy soda drinkers are more likely to develop risk factors for heart disease. Research shows that drinking more than one soft drink a day is associated with an increased risk of developing metabolic syndrome -- a group of symptoms such as central obesity, elevated blood pressure, elevated fasting blood sugar, elevated fasting triglycerides, and low levels of HDL or "good" cholesterol. Having three or more of the symptoms increases your risk of developing diabetes and cardiovascular disease.

10. Impaired digestion (gastrointestinal distress) Gastrointestinal distress includes increased stomach acid levels requiring acid inhibitors, and moderate to severe gastric inflammation with possible stomach lining erosion. Drinking sodas, especially on an empty stomach, can upset the fragile acid-alkaline balance of your stomach and the gastric lining, creating a continuous acid environment. This prolonged acid environment can lead to inflammation of your stomach and duodenal lining.

In addition to the ten health problems above, there is one more that is not discussed as often: drinking soda also increases your cancer risk!

Article obtained from Dr. Mercola

Fit Fact: Don't Be a Sore Loser

Delayed onset muscle soreness. It's the name of the stiff pain you feel as you roll over and reach to turn off the morning alarm after a day in which you trained unusually hard or tried a new exercise. Some people feel there's no better reward; others cease to exercise. What everyone should know is that there is a way to prevent this muscle soreness.



What causes sore muscles?

There are two types of exercise-related muscle soreness. Immediate muscle soreness quickly dissipates and is the pain you feel during, or immediately after, exercise. Delayed onset muscle soreness (DOMS) signals a natural adaptive process that the body initiates following intense exercise. It manifests 24 to 48 hours after the exercise session and spontaneously decreases after 72 hours. Numerous studies have been conducted to determine the cause of DOMS, and the theories have been many and controversial. The most available research attributes it to microscopic tears in the connective tissue surrounding muscle following eccentric exercise. Those who experience DOMS include conditioned individuals who increase the intensity, frequency or duration of their workouts, or participate in an activity with which they are unfamiliar. In addition, beginning exercisers, or those who have undergone a significant lapse in training, frequently experience soreness when starting a new exercise program. Studies on the best methods to alleviate DOMS are almost as abundant as the number of studies conducted to determine its cause. Cryotherapy (the topical application of ice), massage, stretching and the use of nonsteroidal anti-inflammatory drugs (NSAIDs), among other less conventional approaches, have been tested to determine if they can prevent DOMS or are effective treatments. To date, no therapy that hastens the decrease of DOMS has been found. However, some of the therapies previously mentioned may have a minor impact if initiated immediately after intense or unusual exercise.

The Good News

Once you induce DOMS at a specific exercise intensity, you shouldn't experience that sensation again until the intensity is increased. This is because DOMS has been shown to produce a rapid adaptation response, which means that the muscles adapt to an exercise intensity. Until it is changed, soreness won't occur. This is the basis for the most widely recommended approach to preventing DOMS: gradual progression and conservative increases in intensity, frequency or duration. Preliminary light exercise may prevent the onset of soreness following a heavy eccentric exercise workout. Beginners should exercise with light weights, two to three times per week for one or two months, then gradually build. Already conditioned exercisers who

want to try a new workout or sport also should begin gradually, taking care not to be overzealous.

Feeling a little eccentric?

A muscle contracts eccentrically when it lengthens under tension during exercise. For example, during a biceps curl, the biceps muscle shortens during the concentric lifting phase and lengthens during the eccentric lowering phase. Eccentric contractions also can occur during aerobic activity, such as downhill running, in which the quadriceps muscle repeatedly lengthens against gravity to lower the center of mass and aid in shock absorption. To minimize DOMS, reduce activities that produce high-intensity or high-frequency eccentric contractions (such as heavy resistance training and downhill running, respectively) at the beginning of an exercise program. Then, gradually introduce these activities after several weeks of training and progress slowly so the body has time to adapt to the different challenges of these types of exercises.

[Article Obtained From Ace Fitness](#)

Recipe of the Month: Nancy's Quinoa Salad

This is an awesome recipe, we have had it at our last two Wellness Nights.

- 1 Cup Quinoa
- 2 Cups Chicken Broth
- ½ Cup Diced Sugar Snap Peas
- ½ Cup Diced Cucumber
- ½ Cup Halved Cherry Tomatoes
- 2 Tbsp Thin Sliced Scallions
- 1-2 Tbsp Fresh or Dried Dill
- ¼-Cup Mayonnaise
- Salt and Lemon Pepper to Taste

Cook Quinoa in Chicken Broth until broth is absorbed - about 12-15 minutes. Cool. Empty Quinoa into a mixing bowl. Dice vegetables and add to Quinoa. Mix in Mayonnaise. Salt and Pepper to taste. Keep in the refrigerator.

Substitutions: Any vegetable combinations work well with Quinoa. Other ideas include Bell Peppers, Zucchini, Celery, Carrot, Peas and Spinach or Baby Romaine Lettuce Leaves. Nuts may also be added - Pine nuts would be excellent.

Got Allergies?

If you are tired of taking over-the-counter drugs like Claritin or making trips to the doctor's office for allergy treatment through painful injections, give us a call.

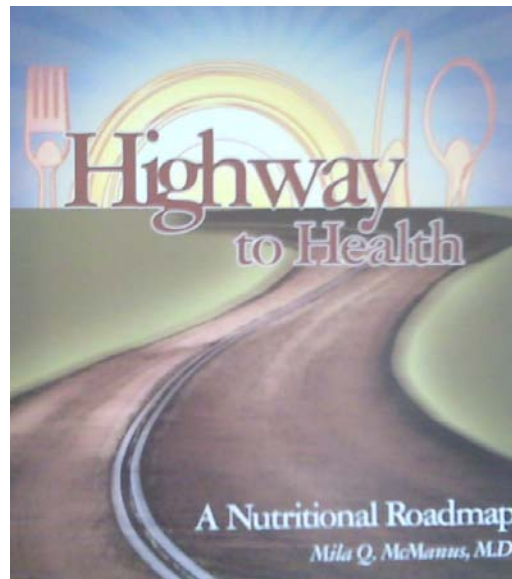


TWIHW offers testing for inhalent and food allergies. The best part is that we treat your allergies through the use of sublingual drop therapy, which is a safe, natural, and effective solution.

If you are interested in more information, please call 281-298-6742 or [visit our website](#)

HIGHWAY TO HEALTH-Book Release

Are you still trying to figure out how to eat right for life? Are you having trouble staying on track? Is it hard to navigate the grocery store today and know if you are making the right choices? Do you understand the magnitude of the impact your diet has on your health and well-being?



Highway to Health: A Nutritional Roadmap is available for purchase at our office. We can also take orders for shipping.

Get your copy for our Introductory offer of \$19.99 (regular price \$24.99)

Highway to Health workshops are being scheduled every 3rd Thursday of the month, call to schedule your session. The workshop

HIGHLY complements the manual and will take your knowledge to the next level.

Take care of yourself and your family. Start eating to love the way you feel instead of simply eating what you love. Get on a solid foundation for a lifetime of good nutrition and good health.

WEIGHT LOSS INJECTIONS ARE HERE!

Want help getting a few extra pounds off? We have a new exciting weight loss injection program!

\$149 initial cost for the program includes:

- Office visit with our PA
- EKG
- Blood work-CBC, CMP, TSH
- Vital signs (blood pressure, weight, temp, heart rate)
- Nutritional counseling and our weight loss guide
- First weight loss injection

The weight loss injections:

- Increase energy
- Boost metabolism
- Alter fat metabolism
- Weekly injections are \$25

****Current patients, please call for special pricing!** Call 281-298-6742 or email admin@twihw.com for more details.

24th Anniversary Offer from Durrett Chiropractic!

As they celebrate their 24th anniversary, they would like to give you a gift, either for yourself or to be extended to others that you care about.

The gift, in honor of the 24th Anniversary, is the opportunity to have a complete consultation, examination, any x-rays needed, a computerized acupuncture system analysis, and follow up report for only \$24. Normally the cost for this ranges around \$250.

The purpose and mission of their office is, "To improve the health and quality of life of our community by delivering the highest quality of Chiropractic and Alternative Health Care to as many people as possible, and educating them so they can, in turn, educate others!"

Call their office right away at 281-444-1000 to schedule your

appointment or to make arrangements for those you want to refer for help.

Hurry offer ends March 31st!

email: mmcmanus@twihw.com

phone: 281-298-6742

web: <http://www.twihw.com>

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