

Greetings!

GREAT NEWS! REFILLING SUPPLEMENTS JUST GOT EASIER. VISIT WWW.TWIIHW.COM ON THE 'SUPPLEMENTS' TAB, PRINT AN ORDER FORM, FILL IT OUT AND FAX IN TO HAVE SUPPLEMENTS READY FOR PICK UP WHEN YOU ARRIVE. (YOU CAN ALSO EMAIL OR CALL AHEAD WITH ORDER)

IN THIS ISSUE

SUPPLEMENT OF THE MONTH: CoQ10 GOT FAT? Try HCG! Upcoming Events--Lunch and Learn Thermography vs Mammograms October Special- Estrogen Metabolite Testing Fit Fact: Prevention and Early Detection of Breast Cancer Yeast Free: Simply Delicious and Easy Chicken Soup Got Allergies? Courtney Ball: Speech-Language Pathologist Lagniappe of The Woodlands Dinner Dude Where did my doctor go?

GOT FAT? Try HCG!



The
Ultimate
Fat Burning
hCG
Diet

Lose up to 1 pound per day of fat!

Here are some frequently asked questions about HCG

What is hCG?

HCG stands for human chorionic gonadotropin and is a natural substance produced in large amounts in the human body during pregnancy. Pregnant women

**SUPPLEMENT OF THE MONTH:
CoQ10**



Coenzyme Q10 as a complementary or alternative treatment (or preventative) for cancer.

Coenzyme Q10 was first identified in 1957. Its chemical structure was determined in 1958. Interest in coenzyme Q10 as a potential treatment for cancer began in 1961, when a deficiency of the enzyme was noted in the blood of cancer patients. Low blood levels of coenzyme Q10 have been found in patients with myeloma, lymphoma, and cancers of the breast, lung, prostate, pancreas, colon, kidney, and head and neck.

Studies have yielded information about how coenzyme Q10 works in the body to produce energy and act as an antioxidant. Some studies have suggested that coenzyme Q10 stimulates the immune system and increases resistance to disease. In part because of this, researchers have theorized that coenzyme Q10 may be useful as an adjuvant therapy for cancer. (Adjuvant

produces upwards of a million units a day of hCG, while the weight loss protocol uses only 150 units a day. Pharmaceutical companies extract this substance from the urine of pregnant women. It is purified and made into pharmaceutical grade hCG. Although it is a natural substance, it is classified as a drug and available by prescription only. You must get hCG from a medical doctor with a prescription. While the FDA has approved hCG for other uses, such as fertility treatments, the FDA has not approved hCG to be used in weight loss treatment; however, it is legal for doctors in America to prescribe medications for purposes that are not approved by the FDA.

How does hCG work?

In the pregnant woman, hCG provides fuel for the fetus to grow and develop by mobilizing the mother's fat stores, particularly when the mother is malnourished from morning sickness or general inadequate calorie intake. Knowing this mechanism of action, Dr. Simeons, in the 1940s, began using hcg in conjunction with a very low calorie diet (mimicking malnutrition such as with morning sickness) in order to burn fat and induce rapid weight loss in his patients.

What does the FDA say about hCG?

FDA states that hCG has no known effect on fat mobilization, reducing appetite or sense of hunger, or body fat distribution. They further state that hCG has not been demonstrated to be an effective adjunct therapy in the treatment of obesity and does not increase fat losses beyond that resulting from caloric restriction. These statements are blatantly and flagrantly false. The truth is that in all properly conducted studies, people on the diet with HCG have, in fact, lost both weight and inches, and much more than placebo group. These dieters have seen a dramatic reshaping and re-sculpting of their bodies.

Isn't 500 calories a day too low to be safe?

500 calories a day is insufficient by itself, but in conjunction with hcg, you are actually burning thousands of calories a day which is why most people are not hungry or tired while on the hcg protocol. Moreover, research has demonstrated that low caloric intake, with nutritional supplementation, actually increases longevity. (50% reduction in calories, NOT 500 calories, so living on 500 calories a day would NOT be healthy)

Call 281-298-6742 today to get your questions

therapy is treatment given following the primary treatment to enhance the effectiveness of the primary treatment.)

What is Coenzyme Q10?

Coenzyme Q10 (also known as CoQ10, Q10, vitamin Q10, ubiquinone, or ubiquinone) is a compound that is made naturally in the body. A coenzyme is a substance needed for the proper functioning of an enzyme, a protein that speeds up the rate at which chemical reactions take place in the body. The Q and the 10 in coenzyme Q10 refer to parts of the compound's chemical structure. Coenzyme Q10 is used by cells to produce energy needed for cell growth and maintenance. It is also used by the body as an antioxidant. An antioxidant is a substance that protects cells from chemicals called free radicals. Free radicals are highly reactive chemicals that can damage important parts of cells, including deoxyribonucleic acid (DNA). (DNA is a molecule inside cells that carries genetic information and passes it from one generation to the next.) This damage may play a role in the development of cancer. Coenzyme Q10 is found in most body tissues. The highest amounts are found in the heart, liver, kidneys, and pancreas. The lowest amounts are found in the lungs. Tissue levels of coenzyme Q10 decrease as people get older.

SIDE NOTE: STATIN DRUGS (SUCH AS LIPITOR, ZOCOR, AND CRESTOR) ARE WELL-KNOWN TO DEplete THE BODY'S COQ10 LEVELS!! IF YOU ARE TAKING A STATIN DRUG, YOU SHOULD BE TAKING COQ10. IN MY EXPERIENCE, IT SEEMS THAT MOST DOCTORS STILL DO NOT RECOMMEND THIS TO THEIR PATIENTS. DO

answered about HCG.

Make your hcg experience as easy as possible. Get your hcg-approved meals from [The Dinner Dude](#). Have your meals delivered to your door, or pick up your orders from our office.

Upcoming Events--Lunch and Learn

The Woodlands Institute for Health & Wellness cordially invites you to enjoy a complimentary healthy lunch provided by [The Dinner Dude](#) while Dr. McManus discusses safe, natural and effective solutions to your health problems.



Friday, December 10th, 2010 Location: 26110 Oakridge Drive, The Woodlands, TX 77380

Dr. McManus will speak for about an hour, followed by a question and answer session.

Reserve your seat today by calling (281) 298-6742 or email admin@TWIHW.com. Seating is limited.

Can't make it to our events? Let US come to YOU!

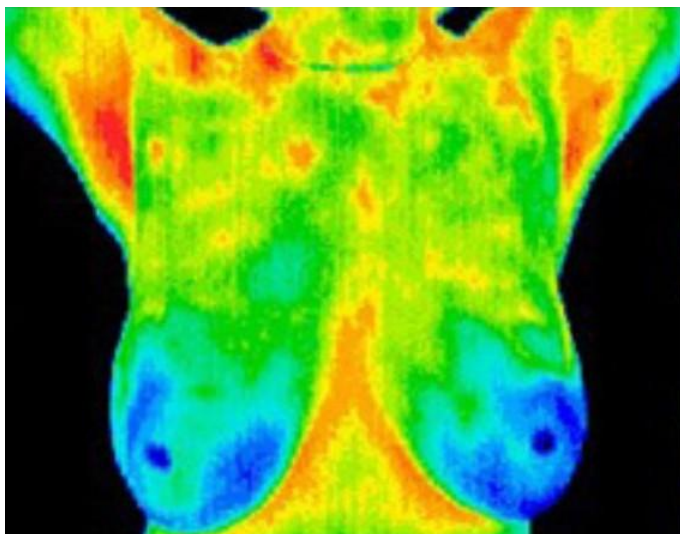
Schedule a FREE event with your coworkers, church groups, friends and families, and organizations. (Restrictions apply-please call 281-298-6742 for more information.)

Thermography vs Mammograms

YOUR OWN RESEARCH. THE EVIDENCE IS OUT THERE.--[MILA MCMANUS MD](#)

More recent studies have not only documented clinical improvements, but also have identified probable mechanisms by which CoQ10 may help slow tumor growth. Some of these mechanisms include immune augmentation, suppression of vascular endothelial growth factor (that facilitates tumor angiogenesis), and reduction of inflammatory markers that may facilitate cancer cell propagation. Melanoma and breast cancer are two types of malignancies for which CoQ10 has demonstrated substantial clinical benefit. For example, a recent melanoma study compared the effects of administering alpha interferon with or without daily CoQ10 (400 mg). There was an astounding 10-fold lower risk of metastasis in the CoQ10-supplemented group! This effect was even more pronounced for those with more advanced melanoma, where CoQ10-supplemented patients were 13 times less likely to develop metastasis. Alpha interferon is an immune boosting drug that can induce side effects so severe that patients have to discontinue it. In this study,² only 22% of CoQ10-supplemented patients developed side effects compared to 82% not taking supplemental CoQ10.

- Animal studies found that coenzyme Q10 boosts the immune system and helps the body fight certain infections and types of cancer.
- Coenzyme Q10 helped to protect the hearts of study animals that were given the anticancer



TWIHW-is offering Thermography once a month. The next time we will be offering Thermography is Wednesday October 27th and December 1st Please call to schedule your appointment.

THERMOGRAPHY -Prevention vs. Detection

Digital Infra-red Thermal Imaging (DITI) is a screening process that detects differences in heat given off by the body through precise measurements of infrared frequency wavelengths. Instead of focusing on organs or tissue, it focuses on processes occurring in the body that are causing temperature changes. By learning of an area of thermal abnormality, attention can be given toward possibly reversing those risk-associated changes. This process is an easy, inexpensive, and safe method of revealing the very source of imbalance such as breast disease in the earliest possible stages, possible thyroid dysfunction, immune system response, irritable bowel syndrome, diabetes, carotid arteries, carpal tunnel syndrome, hormonal imbalance, myofascial dysfunction, and many more areas of dis- ease.

Three screenings available:

- **Breast Screening, 5 images; \$185**
- **Women's/Men's Health Screening, 13-17 images, \$325-\$375**
- **Full Body Screening, 32 images, \$425**

Please call 281-298-6742 or email admin@twihw.com to schedule a thermography screening.

drug doxorubicin, an anthracycline that can cause damage to the heart muscle.

- Laboratory and animal studies have shown that analogs of coenzyme Q10 may stop cancer cells from growing.

There have been anecdotal reports that coenzyme Q10 has increased the survival of patients with cancers of the breast, pancreas, lung, colon, rectum, and prostate.

Dr. McManus comment: In general, I find that we need more, and better, studies to determine CoQ10's efficacy with preventing and treating cancer. At the very least, however, there's no evidence that CoQ10 is dangerous to take, and it IS a great antioxidant. In my practice, I've never had a patient complain of any side effects from taking CoQ10, although 'potential' side effects have been listed such as typical, vague symptoms listed with just about ANY supplement or prescription drug that includes fatigue, insomnia, headache, upset stomach, and dizziness.

If you feel CoQ10 therapy is right for you, please discuss this with your doctor

Information for this article obtained from Life Extension website and cancer.gov

Quick Links...

[Test Yourself for Hormonal Imbalance](#)
[JUICE PLUS](#)
[Visit Our Website](#)
[NutraMetrix Supplements](#)
[Where did my doctor go?](#)

KNOW THE FACTS ABOUT MAMMOGRAMS

(information below obtained from Dr. Mercola)

In the latest study, researchers analyzed data from over 40,000 Norwegian women with breast cancer and found that those who had mammograms and were treated by special breast cancer medical teams had a 10 percent lower breast cancer death rate than women who had neither.

However, they also found that women over the age of 70 who were treated by the special teams had an 8 percent lower death risk from breast cancer, even though they had not received mammograms.

What this suggests, and what Dr. H. Gilbert Welch wrote in an accompanying editorial, is that mammograms may have only reduced the cancer death rate by 2 percent; an amount so small it may as well be zero.

So the fact remains that there is no solid evidence that mammograms save lives. Past research has also demonstrated that adding an annual mammogram to a careful physical examination of the breasts does not improve breast cancer survival rates over getting the examination alone. Now, if mammograms were completely safe and capable of reducing your cancer death risk even a small amount, you might be able to make an argument for their use. But mammograms are not only ineffective, they're unsafe as well, due to the radiation.

Mammograms expose your body to radiation that can be 1,000 times greater than that from a chest xray, which we know poses a cancer risk.

"The premenopausal breast is highly sensitive to radiation, each 1 rad exposure increasing breast cancer risk by about 1 percent, with a cumulative 10 percent increased risk for each breast over a decade's screening", says Dr. Samuel Epstein , a top cancer expert.

Dr. McManus commentary: Don't follow the herd! It's not always headed the right direction. Be informed. Know the differences between regular synthetic prescription hormones and those of bio-identical hormones. And don't misdirect your fears of cancer at hormones, but rather your lifestyle habits, dietary habits, sleep habits, stressors, and other environmental factors that create a

Our Sponsors

[Avante Laser & Medispa](#)

[Brochure Builders](#)
[Woodlands Mailing & Fulfillment](#)

[Roger Sutter Photography](#)
[Sedona Fitness for Women](#)

[Vino 100](#)
[Core Fitness](#)

[PhD Pools and Professional Pool Inspections](#)
[The Dinner Dude](#)

Join our mailing list!

Join

perfect storm which leads to cancer. If you aren't WELL in every way, then take control now, invest in your health, and get well soon! You invest for retirement, so why not invest in yourself so you'll be around to enjoy it ?

October Special-Estrogen Metabolite Testing

During Breast Cancer Awareness Month, TWIHW would like to offer a discount for the month of October on special urine test to measure estrogen metabolites- some are safe and some are linked to breast cancer. This test from Genova Diagnostics normally ranges from **\$199 to \$329**, depending on your insurance, or lack thereof.

We will offer this test for **\$139 to \$249** depending on your insurance, or lack thereof.

Ask Dr. McManus or Sandra Caldwell PA-C about testing at your next appointment, or call the office at 281-298-6742 and we can set you up if you are not due in for appointment during the month of October.

Fit Fact: Prevention and Early Detection of Breast Cancer



The American Cancer Society saves lives by helping people stay well and taking steps to reduce their risk for cancer or detect it early. Learn how important lifestyle behaviors can help reduce your cancer risk at

cancer.org/breastcancer.

To stay well and reduce your cancer risk, strive for at least 30 minutes of exercise in addition to your usual activities on 5 or more days each week.

To stay well and reduce your cancer risk, maintain a healthy body weight by eating a well-balanced diet that includes plenty of fruits, vegetables, and whole grains. Limit the amount of red meats you eat, especially high-fat and processed meats.

Want to learn ways to have more energy, feel better, and lower your stress level, all while helping to reduce your risk of cancer? Attend one of our events, such as Lunch and Learn or Wellness Night, or call our office 281-298-6742 and speak to wellness consultant about scheduling an event at your work or with a group of friends.

Don't think you have time for a workout? Many people don't know that they can benefit from small amounts of moderate activity throughout the day. Regular physical activity is easier to fit in than you may realize and can help lower your lifetime risk for cancer. Can't do 30 minutes in a day continuously? Well, it's OK to do 3 sessions of 10 minutes, or 2 sessions of 15 minutes.

You can take charge of your health! Evidence suggests that one-third of all cancer deaths could be prevented with proper diet and exercise.

Obesity is the fastest growing health problem in the United States. Being overweight or obese can increase your risk of developing or dying from several diseases, including certain types of cancer, heart disease, and diabetes. Estrogens, often linked to certain breast cancers, are stored in your fat cells, so carrying extra fat means you are increasing the estrogen burden in your body.

Information obtained from the American Cancer Society website.

**Yeast Free: Simply Delicious
and Easy Chicken Soup**



11

- wings
- 3 C water
- 1 med. yellow onion, coarsely chopped
- 1 large carrot, sliced
- 2 C organic chicken broth
- 1 stalk celery, diced
- 1/4 t. salt
- 1/2 t. ground nutmeg

Place wings, broth and water in 2 quart saucepan; bring to a boil and skim off any foamy residue that develops. Reduce heat; add vegetables, seasonings. Cover; simmer 45 minutes, or until chicken is tender. Remove wings and serve separately or chill and use for chicken salad.

Got Allergies?

If you are tired of taking over-the-counter



r drugs like Claritin or making trips to the doctor's office for allergy treatment through painful injections, give us a call.

TWIIHW 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](#)

Courtney Ball: Speech-Language Pathologist

We want to welcome Courtney Ball to TWIHW!

Courtney Ball is a Texas licenced Speech-Language Pathologist and is certified by the American Speech-Language-Hearing Association.



Courtney has been a Speech Therapist for over 12 years,

and has a passion for working with children. Courtney has extensive experience with early intervention for language delays and articulation impairments.

She provides complete, comprehensive speech evaluations, as well as direct therapy for children with communication disorders.

Call 832-330-3073 for a FREE consult today!

Lagniappe of The Woodlands

Lagniappe will deliver prepared yeast-free



meals to your doorstep. The meals are only \$25, they serve 4 people, include salad, as well as delivery! They also have yummy yeast free desserts!!

They feature a different menu item everyday

You must place your order a day in advance. You can

view the menu at www.elanyap.com

You may also contact Danel at 832-722-9963 to place your order.

Lagniappe now also has YUMMY single serve YEAST FREE meals available at our office for only \$7!!! You may pick them up anytime at our office.

Dinner Dude



Attention hCG Dieters:

Pick up your fresh, delicious, hCG meals at our office!
Now losing weight has never been easier! No shopping, trimming, weighing or cooking, all you have to do is heat and eat your delicious meals!

www.thedinnerdude.com

Where did my doctor go?

Are you wondering where your doctor went? Several doctors who were previously with Sadler Clinic can be found on this website.

www.wheredidmydoctorgo.com

Dr. Brent Allmon, MD Pinecroft Medical Center, 9303 Pinecroft Drive, Ste 350 The Woodlands, TX 77380 Phone (281)419-4625