

TWIIHW NEWSLETTER - February: American Heart Month, Supplement of the Month: Resveratrol, Upcoming Events, Red Wine: Healthy or Not? Improve Your Health & Relationship, Nutrition Corner, Yeast Free Recipe for Two & Vote For Dr. McManus!

Newsletter
February
2011

Greetings!

Follow your heart - Improve your health!

This is often easier said than done, but it's time to face up to reality --only you can take charge of your daily life and set healthy, yet reasonable, lifestyle goals. Everything starts with having the proper information, a plan and encouragement to stay healthy. In celebration of American Heart Month, this month's newsletter is filled with content that will inform you of various products, services, heart healthy supplements, and even a yeast-free recipe to encourage you to take steps toward a healthier heart and longer life.

Although, Valentine's Day is often marketed as the time to do things together with your significant other, our nutritional consultant, Nancy Mehlert, provides some refreshing and enlightening thoughts about another perspective in her article this month, "Nutritionally Loving YOU."

Begin celebrating Heart Healthy Month today!

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SUPPLEMENT OF THE MONTH: Have a Heart...a healthy heart that is, with Extension Resveratrol



KNOW YOUR RESVERATROL:

Extension Resveratrol contains trans-resveratrol, the most effective form of resveratrol shown in research, combined with quercetin, another phytonutrient supported by scientific evidence. Extension Resveratrol combines two of the most effective food-source phytonutrients in one capsule, in the best form, in a healthful dose. Resveratrol was discovered in red wine in 1992, and since then has been extensively researched. It is

UPCOMING EVENTS: Lunch & Learn & Wellness Night Out



BY THE WAY!! VOTE FOR MILA MCMANUS MD IN BEST OF THE WOODLANDS 2011! Thanks to your support last year, Dr. McManus won the title of "Best Doctor in The Woodlands" in "Bariatrics and Weight Control" (unfortunately- no 'wellness' category). Let's help her win again! [Click Here](#). Then go to "Health & Medical-Best Doctor: Bariatrics and Weight Control. Make sure you're

voting for "Mila McManus MD" and NOT our clinic-The Woodlands institute for Health & Wellness so that her votes aren't split. Hurry - voting ends Feb 28th.

Friday, March 4, 2011 12:30 - 2:00 PM -

WELLNESS PROGRAMS & THE HCG DIET

While enjoying a complimentary, healthy lunch, come listen to Dr. Mila Manus speak. She will share her passion and knowledge regarding safe, natural and effective solutions to many common health problems. You don't need to take prescription drugs to feel better!

Did you miss fulfilling your New Year's Resolution? Ready to start losing those extra pounds from the holidays? Dr. McManus will include her insight on the remarkable, non-invasive, rapid weight loss program, THE HCG DIET! Share the good news and bring a friend or family member. Seating is limited so call soon to reserve your seat (281) 298-6742 or email admin@twihw.com. The Lunch & Learn will take place at our newly renovated and expanded facility: 26110 Oakridge Drive, The Woodlands 77380

Wednesday, April 20, 2011 - 6:00-8:00 PM

WELLNESS NIGHT OUT - "Explore Wellness Inside & Out"

Location: The Woodlands Institute for Health & Wellness, 26110 Oakridge Drive, The Woodlands 77380

Speakers include Dr. Mila McManus - founder & President of TWIHW, Dr Sherry Durrett - Houston Chiropractor, Kathy Markham - Thermography, Mark Metzger - Health Diagnostics (sleep studies), and Cheryl Kainer - Iridology. Hors D'oeuvres will be served (some are yeast-free and hcg-approved) along with wine from The Woodlands Wine Company.

Come out with your friends and family, learn valuable health

considered to be the rationale behind the French Paradox: Why do the French enjoy good heart health while eating a diet high in saturated fat? The answer to this is discussed in this month's newsletter article: "Red Wine: Healthy or Not Healthy?"

Although proper diet is helpful, the amount of resveratrol found in food is small. Research indicates more health benefits are realized with higher intake such as with supplementation.

White wine contains relatively little resveratrol. Resveratrol exists as cis-resveratrol and trans-resveratrol but research shows trans-resveratrol is the most effective; trans-resveratrol is the form found in Extension Resveratrol. Quercetin exists in red wine and is found in small amounts in apples, onions, kale and some berries.

Resveratrol and Quercetin, when taken together, make a difference by promoting smooth vascular function, healthy circulation and insulin action. It has been shown to calm inflammatory pathways, provide vital immune support, and increase longevity of life.

Complementary Prescriptions (CP) is our preferred manufacturer of

and wellness information while enjoying fun and fellowship! Reserve your spot for this event by calling (281) 298-6742 or email admin@twihw.com

FEATURED ARTICLE: Red Wine: Healthy or Not Healthy?

In addition to bringing out the flavor in food, and being delicious on its own, red wine is strongly linked to a variety of health benefits. Studies have shown that drinking wine in moderation - a glass or two a day - can lower your risk of cancer, heart disease, diabetes and other illnesses.



Some health benefits of red wine include its antioxidant content. Antioxidants are molecule compounds that repair cell damage caused by harmful oxygen byproducts in the body. Some research has found that antioxidants can help reduce the risk of certain kinds of cancer, heart disease, macular degeneration and diabetes - and red wine is full of them. The skins and seeds of red grapes carry a powerful antioxidant called resveratrol. When red wine is made, the skins and seeds are fermented in the grapes' juices, causing red wine to have high levels of resveratrol. Resveratrol has been shown to minimize the risks of some types of cancer. It helps prevent DNA mutations that could lead to cancer, and it prohibits new blood cells from encouraging cancer growth. Resveratrol has blood-thinning properties. By keeping individual blood cells ("platelets") from sticking to each other, resveratrol can limit the formation of blood clots. If blood clots form and become lodged in the smaller vessels of the heart or brain, oxygen can be prevented from reaching these vital organs. This lack of oxygen is called ischemia. Severe ischemia in the heart is known as a heart attack or myocardial infarction. Severe ischemia in the brain is called a stroke. Neither the American Heart Association nor the National Heart, Lung, and Blood Institute recommend that you start drinking alcohol just to prevent heart disease. Alcohol can be addictive and is associated with other health issues. If you chose to stay away from wine altogether, and still receive the benefits of resveratrol, TWIHW offers Resveratrol supplements in quantities of 30 and 60 capsules. Read more in the "Supplement of the Month" article to the right. Some portions of this article have been extracted from www.healthtree.com.

the Resveratrol and Quercetin. CP is a healthcare practitioner line that is sold exclusively through healthcare practitioners. Every product they manufacture is formulated with the highest quality ingredients and they assure you that what is on the label is in each and every capsule. To purchase Resveratrol and or Quercetin, you may call our office to place your order and it will be ready when you arrive. To view the full line of Complementary Prescription products carried in our office, go to our website, www.TWIHW.com, click on the "Supplements" tab. You can print and fax your order to 281.419.1373. Or call it into our office 281.298.6742, and we'll have it ready when you arrive. We can always ship supplements to you as well.

Quick Links...

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FIT FACT: Improve Your Health & Your Relationship!



The couple that plays together stays together. Exercising with your partner will strengthen your muscles, your heart, and your relationship. Working out with your soul mate can lead to a better overall union as the two of you find ways to spend time together, improve your health and work on your relationship. Whether you

head to the gym for an hour or two, or stay at home, shaping up with your significant other can turn a bland, obligatory workout into something fun, sensual and rewarding.

The first thing you and your partner should do is set goals and work together to achieve them. Maybe you can write up a plan as to when, where, and how you'll work out together, or maybe just have a standing appointment for morning yoga or daily exercises. Constantly evaluate where you are in your fitness routine and make changes whenever necessary.

In general, men and women approach exercise and fitness differently. For men, it's more about increasing strength. For women, it's about toning up and having fun. For each of you to get the most out of your time together, your workouts should incorporate a variety of exercises and fitness factors.

Compromise and selflessness are key.

Warm up and stretch, preparing your minds and your muscles for the hard work you're about to do. Then, you should do at least 15 to 20 minutes of cardio exercises to burn fat. During one cardio workout, you and your partner can go for a brisk walk together to get the heart pumping, and on another day you can take a bike ride or play tennis. Maybe you'd like to try something new, such as kick-boxing, step aerobics, rollerblading or salsa dancing. If you do it together, it's even more fun.

Some couples also spend quality time weight training.

Alternating with your partner while lifting weights provides a natural rest for your muscles between weight sets. Having someone encourage you and count your "reps" gives you a better opportunity to concentrate on breathing and lifting correctly, says Adrian Williams, a personal trainer in Baltimore. Make it work for both of you and always be encouraging. What better way to improve your relationship as well as your health! Give it a try!

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NUTRITION CORNER: Nutritionally Loving YOU!

Love. Hearts. Flowers.

Relationships. All these things come to mind about this time every year. Are you so busy trying to love everyone else that you've forgotten to love yourself?

Sometimes we can get so tied up in our busy lives and relationships, we forget to take some time or make an effort to care for ourselves. We make everyone else a priority while we get less sleep, less quiet time for reflection, less exercise and fast food. Often times our whole self suffers physically, emotionally, socially and spiritually. Consider this: Could it be that how well you love others may be impacted by how well you love yourself? Nurturing yourself, being well rested, and finding satisfaction with your own health, weight and sanity allows you to give generously and lovingly to others. Sometimes, we are our own worst enemy because when we allow our own life to become unbalanced and self-destructive, it negatively impacts those we love.

As we enter into the month of love in a brand new year, decide to nurture yourself with a little more love and attention. A great place to start is putting some effort into adjusting the fuel you give your busy body everyday in the food choices you make. The adage that "You are what you eat" is more accurate than you might realize.

Nurture yourself. Make self-loving choices. Listen to your own voice. Only you can take care of the body, mind and soul you have been given. Good nutrition can be fast and easy. Visit our website, click on the "Services" tab and you can read more on the various types of nutritional services offered by our clinic. Give us a call - for the love of YOU.

The author of this article, Nancy Mehlert, joined our team in August 2006 as a Nutritional Consultant following great results as a patient in the program. She completed her Master of Science Degree in Holistic Nutrition, graduating with High Honors in 2010. Nancy will be a monthly contributor to the nutrition section of this newsletter, along with authoring the recipe of the month.

To learn more of the wide array of nutritional services TWIHW offers, please call our office 281.298.6742 and ask to speak to our Nutritional Consultant, Nancy Mehlert, or one of

our wellness consultants.

YEAST-FREE RECIPE OF THE MONTH: Asparagus Tapenade

Light a candle, pour two glasses of wine, put the Asparagus Tapenade on the table and light a fire in the fireplace with the love of your life.

1 lb. asparagus spears, trimmed and steamed 4-5 minutes

1 ½ T garlic, chopped

½ cup fresh basil

¼ cup pine nuts

½ tsp. sea salt

¼ tsp. fresh ground black pepper

3 T cold pressed olive oil

Steam asparagus until tender but crisp. Chop asparagus and place in food processor. Add remaining ingredients except oil, and process. While processing, add the olive oil and continue until a paste consistency is reached. Spread on Beanitos or Mary's Gone Crackers. Can also be tossed with cooked quinoa or spaghetti squash.

Makes 1 cup = 16 Tablespoons. 37 calories per Tablespoon

FEBRUARY SPECIALS - HCG, Total Body Cleanse and Lipotropic (amp/mic/B12) Injections!

Are you slipping away from your New Year's goal of losing weight? Why not try the revolutionary, non-invasive, rapid weight loss program, The HCG Diet offered by TWIHW. You can lose up to 30 lbs in 30 days!

If you sign up for this program as a new patient during the month of February, you'll receive **FOUR** free hCG meals.

Also, the latest feature added to this diet program is a **Weekly Support Group**, which is held every Wednesday 12 to 1 PM.

You'll meet others who are on the HCG Diet and share tips, successes and stay motivated!! The support group is facilitated by our nutritionist, Nancy Mehlert. Please reserve your seat by calling 281.298.6742.

NEW!! THE TOTAL BODY CLEANSE PROGRAM

TWIHW is offering incredible introductory prices celebrating the launch of our latest detox program!! Take advantage of this offer - save money and your health!! To obtain more

details about what results you can get from a total body cleanse, please call our wellness consultants at 281.298.6742.

7-day Total Body Cleanse - \$299 (regular price \$399!)

14-day Total Body Cleanse - \$399 (regular price \$499!)

This price includes:

- Office Visit
- All of your required supplements
- Total Body Cleanse manual which includes a variety of recipes
- Dry Brush to promote lymphatic drainage
- Customized plan for follow-up phone calls to facilitate the process

For a more successful detox, we are also including detoxifying procedures (services provided at [Body Benefits](#) facility):

- Endermologie for lymphatic drainage
- Vibra Trim for lymphatic drainage (also burns calories!)
- And with the 14 day detox, you receive the above plus a MicroDermabrasion treatment.

LIPOTROPIC (amp/mic/B12) WEIGHT LOSS INJECTIONS: Get a bundle pack of injections. Buy 4, and get 2 free!

DON'T FORGET!! Refilling your Supplement Orders is now Easier!

To avoid delays with your supplement orders, visit TWIHW.COM. On the "Supplements" tab, print the order form, fill it out and fax to 281.419.1373. Give us an estimated time of pick-up and your supplements will be waiting for you when you arrive.

You're also welcome to call our office or email your order to ADMIN@TWIHW.COM. And, of course, we can always ship supplements to you (small fee charged for shipping/handling).



We'd Like to Keep Your Interest!



In an effort to continually improve the quality of our newsletter, we want to hear from you! We invite our readers to suggest topics you'd like to read about in the months ahead. Drop us an email with your suggestions at

admin@twihw.com.

Do you or your children suffer from Allergies?

If you or your children are 'sick and 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 inhalant 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](#)

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!!

Lagniappe features a different menu item everyday, but 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 directly 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:

A variety of single serving, fresh, delicious, hCG meals are now available in our office for purchase!



Losing weight has never been easier! No shopping, trimming, weighing or cooking, all you have to do is heat and eat your delicious meals!

A select number of the Dinner Dude's meals are also compatible for the Total Body Cleanse Diet or anyone interested in portion controlled meals for their weight loss goals! Call our office for more information - 281.298.6742.

www.thedinnerdude.com

email: mmcmanus@twihw.com

phone: 281-298-6742

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