

The Woodlands Institute for Health & Wellness

NEWSLETTER

SEPTEMBER 2011

TWIIHW.com 281.298.6742

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Supplement of the Month: Detox Complex



Between all the medications, refined foods, additives, alcohol, pesticides and other chemicals we are exposed to in the environment, the ability of our

DANGERS OF SUGAR:

This month we've dedicated our newsletter to educate you on the dangers of sugar. The health dangers ingested sugar creates when habitually imposed upon human physiology are certain. Simple sugars have been observed to aggravate asthma, muster mental illness, move mood swings, provoke personality changes, nourish nervous disorders, hurry heart disease, deliver diabetes, grow gallstones, hasten hypertension, and add arthritis. Break the addiction now and live longer!

Source: www.curezone.com

A QUICK NOTE FROM DR. MCMANUS:

If you think cholesterol-lowering medications will protect you from heart disease and allow you to eat whatever you want, **THINK AGAIN!** Sugar is well-known to clog your arteries! Please read on for more facts and for a yummy healthy sweet treat to satisfy your sweet tooth...

UPCOMING EVENTS:

LUNCH AND LEARN
FRIDAY, OCTOBER 7th
12:30-2:00 PM

Location: 26110 Oakridge Drive, The Woodlands 77380

Learn about health and wellness with a friend or family member while enjoying a complimentary healthy lunch. Our institute focuses on treating underlying causes of diseases, rather than masking symptoms with prescription drugs. Whether suffering from fatigue, weight gain, IBS, hair loss, depression, low testosterone, or other health issues, we offer natural solutions. Dr. McManus will also discuss the remarkable, non-invasive, rapid weight loss program, **THE HCG DIET!** Please RSVP to 281.298.6742 or email admin@TWIIHW.com.



systems to adapt and detoxify can become challenged.

Detox Complex is a hypoallergenic, rice-based shake mix that features a blend of nutrients designed specifically to support the body's ability to detoxify environmental pollutants and normal metabolic toxins. It includes vitamins, minerals, probiotics, amino acids, herbs, omega-3 fatty acids (from chia seed), digestive enzymes, and antioxidants. The hypoallergenic nutrient blend makes Detox Complex a suitable complement to elimination diets, weight maintenance and detoxification programs.

This supplement can be used daily as a meal supplement, for healthy snacking or anywhere a supportive nutritional formula is desired. Detox Complex can be mixed simply with water, but also can be added to foods, such as pureed blends or yogurt.

CAN'T MAKE IT TO THIS EVENT?

Mark your calendar for our next Lunch & Learn on November 4th. Or ... let US come to YOU! Schedule a FREE event with your co-workers, church groups, friends, families, and organizations. (Restrictions apply. Please call 281.298.6742 for more information.)

THE RAVAGES OF SUGAR ON ARTERIES

Just one century ago, people consumed about 15 grams of sugar a day mostly from pure cane sugar. Today, the typical person consumes a whopping 73 grams of sugar a day mostly in foods sweetened using the cheaper corn fructose sugar. A more subtle source of "sugar" intake comes from whole, sprouted and refined grains in the Standard American Diet (SAD). Research continues to reveal the damage that sugar is having on our body. Most of the research is pointed at the impact of sugar on weight gain, diabetes, obesity, ADD/ADHD and cancer. However, more and more research is drawing a very direct relationship between sugar, especially fructose, and heart disease.

- Sugar can increase your systolic blood pressure.
- Sugar can cause hardening of the arteries and heart disease.
- Sugar can cause abnormal metabolic processes in normal, healthy individuals and thus promote degenerative diseases.
- Fructose specifically, for example in fresh fruit juices, and processed soft drinks or sports drinks, has been shown to raise triglyceride levels, and increased risk for heart disease.

Excess deep belly or visceral fat, associated with obesity, is caused by consuming sugar and grains which break down quickly to glucose, elevating insulin levels, the hormone that tells the body to store fat. Visceral fat has been connected to the release of proteins and hormones in the body, which



A nice feature of this product is that it contains no added starch, wheat, corn, gluten, dairy products, fructose, sucrose, artificial sweeteners or preservatives. For more information about our Total Body Cleanse Program, or Detox Complex, call our office at (281) 298-6742. Information obtained from cpmedical.net

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cause inflammation, in turn damaging arteries. So it comes down to this:

Sugar and grains are inflammatory foods which promote degeneration of our cellular structure which leads us to today's most common reasons for death, all of which are degenerative diseases.

They are heart disease, stroke, cancer, diabetes and now obesity. Interesting don't you think, that just one hundred years ago, the top causes for death were upper respiratory infections like pneumonia, flu and tuberculosis? Could it be our lifestyles? Could it be what we eat, our stressful lives, our lack of sleep and lack of exercise? Choosing health means choosing a better lifestyle. Let us help you make those choices.

The author of this article is Nancy Mehlert, M.S., who serves as a Nutritional Consultant at TWIHW. She is a monthly contributor to articles in this newsletter. To learn more of the nutritional services or any other services the clinic offers, please call and ask to speak to a wellness consultant at 281.298.6742.



THE PD2i ANALYZER™

The PD2i Analyzer™ is a newly patented cardiac care technology like no other. TWIHW is excited and honored to be the first medical practice in our area to offer this special technology. If you or

someone you know has diabetes, heart disease, high blood pressure, takes stimulant medications, such as diet pills, decongestants, or ADD medications, or would simply like to know if you are at increased risk for sudden cardiac death, the PD2i analyzer is the place to start. The PD2i is no ordinary EKG, although this is one component of the analysis. The testing protocol takes only 30 minutes and is non-invasive.

This valuable analysis and information is \$250 for current patients and \$299 for new patients. Speak to a wellness consultant at 281.298.6742 to learn more about this latest technology for heart health.

Juice Plus

Nutrametrix
Supplements

Join Our Mailing List!

ASK THE DOCTOR:

This is a new feature we've added to our newsletter. Do you have a question for Dr. Mila McManus? We encourage you to submit it to admin@twihw.com.

This month's question: There's so much information out there about Vitamin D. What are some important things to know about this Vitamin?

Answer from Dr. McManus:

"Vitamin D is paramount to optimal thyroid function, and depression is a well-known symptom of low thyroid function. Be sure to ask your doctor to check your "25-OH vitamin D" level (NOT "1,25-OH vitamin D" level). Although normal range is 30 to 100, studies have shown that people with levels in the 70-80 range have the lowest incidence of flus/colds, cancer, autoimmune diseases, and diabetes. Levels should be monitored periodically since vitamin D is one of the few vitamins that can reach toxic levels, and of course, you want to make sure you're not deficient in Vitamin D."

NANCY'S NUTRITIONAL NUGGET:

Most of us have favorable emotions attached to the sweet taste bud. Sweet foods remind us of love and comfort or grandma and her homemade desserts. Unfortunately, our food industry has capitalized on these emotions in their marketing as well as discovered the financial gain possible through the sale of sweetened foods. Our sweet taste bud has been so incredibly over-stimulated that we hardly recognize or enjoy the other four taste buds that include salty, bitter, sour and savory. Enjoying the foods recommended for life by TWIHW can be best accomplished by getting to know your other taste buds a little bit better. Exploring new foods requires trying different preparations of the same food on multiple occasions and eating slowly with intention to "taste" and "experience" the smell, texture, flavor and overall food experience.

Contributed by Nancy Mehlert, M.S., Nutritional Consultant, TWIHW



FIT FACT

Exercise helps improve your blood pressure, blood sugar level, and cholesterol levels, and has been linked with delayed onset of dementia. The weather is cooler -- Get going now!

NAMES FOR SUGAR ON INGREDIENT LABELS:

Agave
Barley malt
Beet sugar
Brown sugar
Buttered syrup
Cane-juice crystals
Cane sugar
Caramel
Carob syrup
Corn syrup
Corn-syrup solids
Date sugar
Dehydrated Cane Juice
Dextran
Dextrose
Diastase
Diastatic malt
Ethyl maltol
Evaporated cane juice
Fructose
Fruit juice
Fruit juice concentrate
Galactose
Glucose
Glucose solids
Golden sugar
Golden syrup
Grape sugar
High-fructose corn syrup
Honey
Invert sugar
Lactose
Malt syrup
Maltodextrin
Maltose
Mannitol
Maple Sugar

**Molasses
Raw sugar
Refiner's syrup
Sorbitol
Sorghum syrup
Sucanat
Sucrose
Turbinado sugar
Yellow sugar**



**RECIPE OF THE
MONTH: FRUIT A
LA CREME**

(2 Servings)

The fruits suggested are not only lower in sugar overall, they are also low fructose fruits and full of valuable fiber and antioxidants, which make

them an ideal choice for a healthy heart, weight and body.

1-cup fresh fruit, diced

Choose one or more of the following: apricots, cantaloupe, raspberries, kiwi, blackberries, cherries and/or strawberries.

4 tbsp canned coconut milk

Use a canned, full-fat, organic, expeller pressed, unsweetened, first pressed. Look for Thai Kitchen for example in the Asian food section at the grocery store. It will be similar in texture to whipped cream.)

Stevia liquid to taste

(recommend Stevita brand stevia)

Dice fruit and divide into two servings. Open the can of coconut milk. Do not stir or shake or mix the contents. The coconut crème will be on top, the coconut water on the bottom. Skim off 4 level tablespoons of coconut crème into a small bowl and combine it with 1-3 drops of liquid stevia and stir. Adjust sweetness to taste. Divide the crème evenly between the two fruit servings. The crème can be blended with the fruit or placed on top of the fruit as a dollop and

sprinkled with chopped nuts or shaved 60% or higher dark chocolate for added flair.

Contributed by Nancy Mehlert, M.S., Nutritional Consultant at TWIHW. To learn about the wide array of nutritional services TWIHW offers, please call 281.298.6742 and ask to speak to a wellness consultant.

TESTIMONIAL OF THE MONTH:

Each month we'll be sharing a patient's testimonial. We invite you to share your story. Please email it to admin@TWIHW.com.

This month we're featuring from a patient who was asked by our nurse how she was feeling after her visit to TWIHW.

Response from Kim P.

"Yeast cleansing is going good. My symptoms are almost completely gone. I seem to have lost some weight not sure how much, but I know my clothes are getting loose. My fatigue is so much better, and my energy is great, I can't remember the last time I felt this good. My brain fog is gone, I didn't realize how bad it really was. I am able to concentrate so much better. My depression is GONE, I am sure knowing that I am able to lose this weight is helping, because for years I was doing what I thought and what I had learned from Weight Watchers and still unable to lose weight and caused me to stay depressed."

We love good news! Share yours with us!

Please share your testimonial in 200 words or less and email it to admin@twihw.com. All submissions are subject to TWIHW approval for posting. For privacy, only your first name and last initial will be posted . Photos are optional.

REMINDER: PRESCRIPTION REFILLS

For prescription refills, please contact your pharmacy 24-48 hours in advance. Your pharmacy will contact our office with a request for refill approval. Your pharmacy will prepare your prescription after receiving our approval.

Please be mindful that since most of TWIHW prescriptions are individually compounded, we encourage patients to check with their pharmacy as to pick-up date and time for their prescription.



HCG-Try the McManus Method!

Have you tried various diets and still not met your weight loss goals? Have you gained back the weight you lost? **On the safe and non-invasive HCG Diet, it's possible to lose up to 1 pound of fat per day! As an added bonus, this diet can reset your metabolism, increase**

your energy, reduce blood pressure and lower blood sugar.

You may have heard about the HCG Diet on the Dr. Oz Show. He recommends that HCG dieters be monitored by a physician, and Dr. McManus couldn't agree more, especially if a patient has any chronic health problems or takes any medications.

To better understand how the diet works, here are some of the most frequently asked questions:

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 produces upwards of a million units a day of hCG, while the weight loss protocol uses only 150 units a day. It is classified as a drug and available by prescription only.

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. (We make sure our patients are getting optimal nutrition while on a low calorie diet, using supplements, and sometimes modifications to the protocol, depending on a patient's needs/situation)

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 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 and nutritional supplements, 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 in the long term). Moreover, calorie intake can be modified or adjusted depending on a person's size, goals, and activity level.

Does 500 calories a day scare you? Don't worry! Protocols CAN be modified to allow for more calories and still provide good results. In addition, a low calorie diet IS possible when your appetite is naturally suppressed.

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.

TIHWH HCG Weight Loss Program includes:

- Initial Office Visit - vitals, exam, counseling on protocol-including Dr. McManus' modifications to the original protocol, which make the 40 days much easier with similar results!
- 40 days of compounded hcg injections (or creams, drops, etc.)
- Weekly Support Group with other hcg dieters - helps you keep the weight off!
- 6 weekly booster shots (vitamins, amino acids) to boost energy and metabolism, creating synergy with the HCG.
- 1-hour Nutrition workshop and book (*Highway to Health: A Nutritional Roadmap* by Mila McManus MD)
- Blood work
- Body fat percentage and BMI measurements (before and after)
- Sharps container for used syringes
- Before and after photos taken if desired

Give the HCG Diet a try - why wait to lose weight!

CALL 281-298-6742 FOR MORE

INFORMATION NOW!

TWIHW SPECIALS!



Schedule your first round of HCG and **receive 4 FREE HCG meals**. Call 281.298.6742 to learn how you can lose 30 lbs in 30 days and still fit into those summer clothes!

The latest feature added to this diet program is a free HCG 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, M.S. **Please reserve your seat by calling 281.298.6742.**

NEW!! 7, 14, and 21-DAY CLEANSE SPECIALS!!

Take advantage of this offer. Save money and your health!! To obtain more details about what results you can get from these body cleanses, please call our wellness consultants at 281-298-6742.

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

14-day Detox Program - \$399 (regular price \$499!)

21-day Total Body Cleanse - \$499 (regular price \$599)

LIPOTROPIC (amp/mic/B12) WEIGHT LOSS

INJECTIONS: Buy 4, and get 2 free!

REFILLING YOUR SUPPLEMENTS IS EASY!



To avoid delays with your supplement orders, visit TWIHW.COM. On the "Supplements" tab, print the order form, fill it out what you need. Then call in your order to our office 281.298.6742. Let us

know an estimated time of pick-up and your supplements will be waiting for you when you arrive.

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

DO YOU OR YOUR CHILDREN SUFFER FROM ALLERGIES?

If you or your children are 'sick and tired' of taking over-the-counter



allergy drugs, 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, TWIHW.com.



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

THE 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 Dinner Dude's meals are also compatible with the TOTAL BODY CLEANSE DIET or anyone interested in portion controlled meals for their weight loss goals! Call our office for more information at 281.298.6742.

www.thedinnerdude.com

In Good Health,

Mila McManus MD

The Woodlands Institute for Health & Wellness