

The Woodlands Institute for Health & Wellness NEWSLETTER

OCTOBER 2011

TWIHW.com 281.298.6742

IN THIS ISSUE:

- * Turmeric, Vit D & CoQ10
- * Upcoming Events
- * Thermography vs Mammograms
- * Ask the Doctor
 - * Fit Fact
- * Give the Gift of Health
- * Recipe of the Month
- * HCG Diet
- * Ordering Your Supplements
- * Got Allergies?

Supplements of the Month:

Turmeric, Vitamin D, & CoQ10, TURMERIC

Turmeric (*Curcuma longa*) is the yellow spice most familiar in Indian curries and found in American

prepared mustard. People whose diets are rich in turmeric have lower rates of breast cancer as well as prostate, lung and colon cancers, and recent research at the M.D. Anderson Cancer Center in Houston suggests that curcumin, an active component in turmeric, may help prevent the spread of breast cancer. In studies of mice, researchers found that curcumin helped stop the metastasis of breast cancer cells to the lung. Human studies following up on this finding are now in progress.

Turmeric is useful for all inflammatory disorders and for autoimmune conditions. It also may have a role in the prevention and treatment of Alzheimer's disease.

Source: <http://curcumin-turmeric.net/>

VITAMIN D

Top 10 facts about vitamin D and cancer:

OCTOBER: NATIONAL BREAST CANCER AWARENESS MONTH

In support of National Breast Cancer Awareness month, we've focused the theme of this month's newsletter on education about various important topics relating to this non-discriminating disease. Read on...

LUNCH & LEARN EVENT:

FRIDAY, NOVEMBER 4TH
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@TWIHW.com.

CAN'T MAKE IT TO THIS EVENT?

Mark your calendar for our next Lunch & Learn on December 16th. 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.)



1.Many studies have found solar ultraviolet-B (UVB) vitamin D associated with reduced risk of breast, colon, and rectal cancer.

2.A randomized controlled trial with 1100 IU/day vitamin D3 plus 1450 mg/day calcium found a 77% reduction in all-cancer incidence.

3.Geographical studies have found reduced risk in mortality rates for 15-20 types of cancer in regions of higher solar UVB doses.

4.Observational studies found risk of breast, colon, and rectal cancer falls as vitamin D blood levels rise to over 40 ng/mL (100 nmol/L).

5.Mechanisms have been proposed to explain how vitamin D acts to reduce the risk of cancer from starting, growing, and spreading.

6.Those who develop nonmelanoma skin cancer may have produced enough vitamin D to reduce their risk of internal cancers.

7.Those with higher vitamin D blood levels at time of cancer diagnosis had nearly twice the survival rate of those with the lowest levels.

8.African-Americans have an increased risk of cancer in part due to lower vitamin D blood levels because of darker skin.

9.Higher UVB exposure early in life has been found associated with reduced risk of breast and prostate cancer.

10.Those diagnosed with breast, colon and prostate cancer in summer in Norway had higher survival rates than those diagnosed in winter.

Source:

<http://www.vitamindcouncil.org/health-conditions/cancer/>

CoQ10

Scientists believe CoQ10 is an antioxidant, a compound that blocks the actions of free radicals, activated oxygen molecules that can damage cells. Scientists also believe that CoQ10 may have an effect on the immune system. Some studies have suggested that deficiencies of CoQ10 may contribute to certain diseases such as cancer.

THERMOGRAPHY VS MAMMOGRAMS

The best researched use of thermal imaging to date has been in breast cancer detection. For three decades, over 250,000 women have been studied, some of them for up to 12 years.

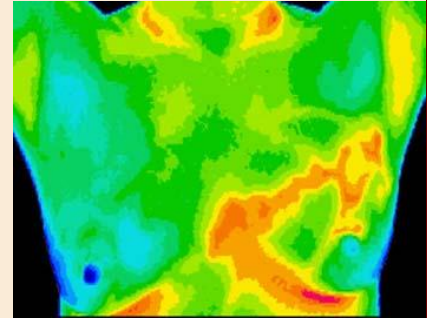
A critical difference between thermography

versus mammography is the ability to detect problems early enough to use preventive measures, rather than detecting disease at a stage where treatment is imminently required.

Thermography for breast abnormalities has an average sensitivity and specificity of 90 percent. The thermal map of a woman's breast is as individual as her fingerprint. Confirmed results of multi-year studies show that:

- A suspicious finding via thermography is the single most important indicator of high risk for breast cancer - it is eight times more indicative than a first order family history of the disease.
- A consistently abnormal thermogram translates to a 22 times higher risk of developing breast cancer.
- An over 60 percent increased survival rate is attained when thermography is used with other breast health monitoring methods (self-exam, physician visits, mammography).

An astounding 95 percent of early stage breast cancers are diagnosed when thermography is used in a multi-modal approach to detection and treatment. Thermography can also detect inflammatory breast cancer (IBC), a type of cancer that does not develop as lumps or masses in your breast. IBC is a rare but



CoQ10 is sometimes promoted as a treatment for cancer (most commonly breast cancer), often in combination with other vitamins. Supporters also claim CoQ10 supplements may protect the heart from the damaging effects of certain chemotherapy drugs, such as doxorubicin (Adriamycin). CoQ10 supplements have also been promoted for heart disease, stroke, gum disease, and immune deficiencies. Some claim that CoQ10 can reduce pain and weight loss in people with cancer. Source: <http://www.cancer.org> For more information about any of our featured supplements, call our office at (281) 298-6742.

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aggressive form of the disease that accounts for one to five percent of all breast cancers in the U.S.

In addition to lumps and breast cancer, thermal imaging can detect other breast abnormalities like fibrocystic breast disease. Thermograms can be especially useful for younger women, since 23 percent of all breast cancers occur in women under the age of 49.5. Breast cancer in younger women is more aggressive and has lower survival rates, so an annual thermogram - starting with a baseline scan at around age 20 - coupled with regular self-exams and breast health checkups is a very smart way to go.

Thermograms are ideal for all women and particularly those who:

- wish to avoid radiation
- have dense, fibrocystic or large breasts
- have had implants or reduction surgery
- are on hormone replacement therapy
- are pre-menopausal, pregnant or nursing

Information partially obtained from mercola.com

TWIHW SPECIAL THERMOGRAPHY PRICES:

Prices valid through
November 15, 2011

Breasts - Regular \$185 Special Price \$165

Full Body - Regular \$425 Special Price \$395

Please call TWIHW @ 281.298.6742 to make an appointment. Prices are valid through November 15, 2011

ASK THE DOCTOR:

Do you have a question for Dr. Mila McManus? We encourage you to submit it to admin@twihw.com.

**This month's question: (Question from L&L)
"What books do you recommend to learn more about cancer prevention and natural/alternative cancer treatments?"**

Answer from Dr. McManus:

There is a lot of great information out there. 3 books I recommend right off the top are:

1. KNOCKOUT by Suzanne Somers, where each chapter is an interview with a practitioner who's treating cancers in various 'natural' ways. This also has a chapter on cancer prevention.

2. Anti-Cancer by Dr .David Servan-Schreiber. This book is about how the author beat the odds when he was diagnosed with brain cancer. He focuses on nutrition, and the mind-body connection with respect to treating and preventing cancer

3. Outsmart your Cancer--OK, this one may seem way out there, but I have had some testimonials from patients who've treated their cancers with Protocol, which is described in this book.

Best Regards,

Mila McManus MD

NANCY'S NUGGET:

Whether you're trying to avoid degenerative disease or heal from it, one of the most fundamental nutrition concepts to healing and wellness is eating in a manner that controls blood sugar levels and prevents elevated insulin levels.



In the body, blood sugar is called glucose, the most basic molecule that when combined together in complex molecules makes up the food group called carbohydrates. The foods that make up the carbohydrate group are vegetables, fruits and grains. Remember that carbohydrates are a very important

component to any healthy diet and most of us need 30-60% of our diet to be carbohydrates. Healing and wellness depend on you choosing the right carbohydrates in your diet.

Vegetables are our wisest, first choice because they include significant fiber, vitamins, minerals and other essential phyto-nutrients. As a result of their components, they digest slowly, are cleansing to the body and alkaline (or soothing) to the body while offering exactly the foods your cells need for healing, repair and optimal functioning.

Fruits offer another good choice, however since they do contain fruit sugar, or fructose, it is important to respect them and control portions and limit servings to reap the benefits while limiting the sugar intake from them.

Unfortunately, despite what the Standard American Diet suggests, grains are the most damaging and unhelpful food source in the carbohydrate food group. Most of our grains are highly refined, quick to digest to glucose and result in elevated insulin levels. Compared to vegetables or even fruits, most grains, especially wheat, do not offer significant sources of fiber, minerals, vitamins or phyto-nutrients. They are acidic (or irritating) in the body, congesting and for many; the gluten can be very destructive. I can't remember my grandmother saying, "Eat your grains." However, I do remember she always said, "Eat your vegetables." I think the precious lady was right!

For nutritional consultations, TWIHW fee is \$65 per hour. For more details, please call to speak to a wellness consultant at 281.298.6742.

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

FIT FACT



The numbers don't lie. Being physically active boosts the odds that breast cancer patients will survive the disease.

Source:
www.fitness.com/articles

TRYING TO PROPERLY BALANCE NUTRITION INTO YOUR LIFESTYLE?

Balancing the proper nutrition into your lifestyle does not have to be complicated. We at TWIHW are here to help you connect the dots and teach you



what can work best for your specific body and lifestyle needs.

Nutrition is one of the most essential components of good health. Our nutritional services are designed to help you make food choices that will provide quality, nutrient dense foods to all of the cells in your body, while also helping you to make the necessary lifestyle changes to establish optimal health. Our goal is to give you the information, support, resources and encouragement to make real, life-long changes for good health. Here are some of the modules TWIHW offers, with many more on the horizon:

Transitions - This module is for patients who have completed the 28-day, Yeast Free Detox Diet and want to transition successfully to a healthy diet for life by reincorporating ideal foods and limiting damaging foods.

Allergy Response - This module is designed for patients with food allergies and/or sensitivities to eliminate them from the diet while finding suitable substitutions, resources

and ideas to enhance food enjoyment.

Custom Nutrition - This module is custom designed to meet the exact needs and requests of the patient. Cost and recommended module length is determined by the request.

Lifestyle Nutrition Program - This multi-module program offers education and support through the process of learning new habits and adjusting to nutritional changes which lead to a new and healthy nutritional lifestyle. With the overwhelming and often conflicting nutritional advice in the marketplace, this program brings order to the confusion and helps you make educated choices.

TWIHW Nutritional Services are offered in hourly modules of \$65/hr

For more details on nutrition services or any of our other programs, please call 281.298.6742 and ask to speak to a wellness consultant.



THE PD2i **ANALYZER™**

The PD2i Analyzer™ is a newly patented cardiac care technology like no

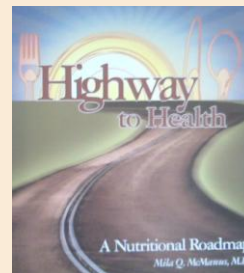
other. TWIHW is excited and honored to be the first medical practice in our area to offer this special technology. If you or someone you know has diabetes, heart disease, high blood pressure, takes stimulant medications, such as diet pills, decongestants, or ADD medications, or would simply like to know 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.

GIVE THE GIFT OF GOOD HEALTH!

The Holidays are around the corner and what better gift to give than the gift of good health! Drop by our office to purchase gift certificates for your loved ones. The certificates can be obtained in any monetary increment and applied toward any of the products and services offered at TWIHW.

Another gift idea is Dr. Mila McManus' book "*Highway to Health - A Nutritional Roadmap*." It's a wonderful first step toward a healthier way of living.



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!*

TWIHW also includes a free HCG **Weekly Support Group** with your HCG PROGRAM. It's 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.

TWIHW SPECIAL THERMOGRAPHY PRICES:

Prices valid through November 15, 2011

Breasts (30 mins) Regular \$185

Special Price \$165

Full Body (60 mins) Regular \$425

Special Price \$395

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!

RECIPE OF THE MONTH: FAST & SIMPLE FRITTATAS

(4 Servings)

2 Cups raw chopped vegetables

(mushrooms, spinach, bell pepper, kale, tomato and/or onion, all work well)

1 Cup leftover spaghetti squash or shredded raw zucchini

3 nitrate free sausage links, sliced (Applegate Farms, Jones All Natural) - optional

Herbs of your choice (fresh chopped basil or dill or Herbs de Provence)

Sea Salt & Pepper to taste

¼ cup Parmesan or shredded goat cheddar cheese

6-7 eggs, beaten

1. Preheat oven to 350° F.

2. Use a large muffin tin, individual ramekins or pie dish and liberally oil with coconut oil, butter or non-stick spray.

3. Place a layer of spaghetti squash or shredded zucchini in the bottom of the baking container(s). (Great replacement for hash brown potato!)

4. Top with chopped raw veggie mixture, followed by cheese, then sausage, herbs, spices, sea salt and pepper.



5. Pour beaten eggs evenly over the top. At this point, it can be covered and refrigerated overnight. Bake in the oven until fluffy and lightly browned or set. Enjoy or let cool to room temperature for lunchboxes and quick snacks.

Per Serving: Calories 175, Total Fat: 8 g, Sat. Fat: 3g, Carbs: 8g, Fiber: 4g, Sugars: 3g, Protein: 17g, Sodium: 367 mg.

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 our testimonial comes from Robin M.

Thank you for giving me my life back. I didn't realize how bad I felt until I came into the program and started feeling great again. My husband had major heart surgery last year and both the staff at cardiac rehab and his cardiologist couldn't believe how quickly he recovered since starting on your wellness program. We embraced the entire program and are living proof that this works.

Thanks to everyone at TWIHW!

We love good news! Share yours with us!

Please share your testimonial 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.*

TWIHW 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!

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.

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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

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Wellness**

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