

Greetings!

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Wellness Night Out, August 8th, Guest Speaker

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



Our next Wellness Night Out will be August 8th 6:00 pm - 8:00 pm. Our guest speaker will be Dell deBerardinis, M.S. She will speak on finding Lifestyle Balance. (see article below) Dell is an author, speaker and psychotherapist who travels extensively presenting to professionals on various topics. These topics include preventing burnout, managing relationships, and treating abuse issues. We hope you will take advantage of the opportunity to meet Dell and to learn great steps to finding balance in your life.

We'll also be offering bone density screenings for \$60. You can't beat this price any where! These are full DEXA scans. Most facilities charge \$200-400 for this test. Please call the office to schedule an appointment for this night, August 8th.

There will be plenty of appetizers and beverages on hand. We

Supplement of the Month-VITAMIN D

Sources: There are actually very few natural sources of vitamin D. Egg yolks and fatty fish are good sources. Milk is often fortified with vitamin D. A great, cheap source of vitamin D is sunlight (5 to 10 minutes to arms and face, 2 to 3 days a week, without sunscreen). Full body sun exposure can lead to the synthesis of as much as 10,000 units of vitamin D daily.

Actions:

- Anti-depressant effect
- Increases calcium absorption in the small intestine
- Immunomodulator (can enhance immune function, or suppress it in a beneficial way (i.e. anti-inflammatory))
- Anti-cancer

look forward to seeing you there. **Please let us know if you plan on attending by RSVPing to admin@TWIHW.com or calling toll-free (866) 680-9355.**

Next Special Event at the Egg and I, Sept 18



We cordially invite you to meet Dr. Mila McManus, founder of The Woodlands Institute for Health & Wellness, and enjoy a complimentary healthy breakfast. Dr. McManus will be discussing safe, natural, and effective solutions to many common health problems, such as fatigue, depression, obesity, headaches, IBS, PMS, hot flashes, acid reflux, allergies, insomnia, ADD and more. Reception starts at 8:00am, and discussion starts at 8:30am. Dr. McManus will speak for approximately one hour, followed by a question and answer session. We will also have consultants to answer questions regarding our program.

If you are ready to get healthy and change your life, Reserve your seat today (space is limited) by calling toll-free 866-680-WELL (9355).

- Tuesday, September 18, 2007
- 8:00am- 11:00am

effects

Vitamin D deficiency is quite common. One reason is the use of sunscreen. SPF8 decreases vitamin D production by 95%! So next time you are going to be outside, wait a few minutes before applying your sunscreen so you can replete your vitamin D stores. Other reasons for vitamin D deficiency include lack of sun exposure (the elderly don't get out much), skin color (darker-skinned individuals require increased sun exposure compared to fair-skinned), malabsorption, aging (decreased vitamin D receptors, decreased metabolism to active form), and inadequate dietary intake.

Symptoms/Effects of vitamin D deficiency: Rickets (soft bones and skeletal deformities), Osteoporosis (not painful), and Osteomalacia (painful). In addition, there are several disease states that are associated with vitamin D deficiencies, including fibromyalgia, cancers (e.g., breast, prostate),

- Location: The Egg & I
- 1644 Research Forest Dr., Suite 100
- The Woodlands, TX 77380

[Contact Us](#)

Cooking Yeast Free at HEB!-August 21st



The Woodlands Institute for Health & Wellness and HEB Market Street had another fun "Yeast Free at HEB" Cooking Connection night.

Catherine Russell, manager of the Cooking Connection

at HEB Market Street, and Kim Beale, our own nutritional consultant, prepared delicious yeast free snacks and a main course.

Many of the products used were HEB specialty products that are approved for the Yeast Detox Program. All of the products and ingredients needed for the snacks and main dish are available at the Cooking Connection at HEB. For a yeast free recipe, see Recipe of the Month section below.

The Yeast Free Cooking Connection will be **THE THIRD TUESDAY OF EVERY MONTH**. It will last approximately one hour, from 6pm to 7pm. This is open to the public, but we ask that you RSVP for food preparation purposes. Please RSVP for the **August 21st** Yeast Free at HEB night by emailing Kim at kbeale@TWIHW.com or calling our office toll-free at 866-680-WELL (9355)

We are so grateful to HEB Market Street for making it possible for us to be able to offer this unique opportunity to you.

Recipe of the Month - Lemon Grass Copper River Salmon

inflammatory/autoimmune diseases (Rheumatoid arthritis, Multiple Sclerosis, Type 1 Diabetes, Psoriasis). There is also the suggestion, in preliminary research, that vitamin D and its analogues might be helpful in diminishing depression associated with seasonality, and that it might increase resistance to some seizures.

Recommendation for supplementation is 400 to 1000IU daily. Most multivitamins have some vitamin D, and if you are taking a calcium supplement, make sure it has vitamin D in the formulation. Make sure you consult your physician about the need for, and proper dose of, vitamin D because it does have some drug interactions and contraindications with certain diseases.

Quick Links...

[Learn about Glyconutrients](#)

[Test Yourself for Hormonal Imbalance](#)

This is a simple, yeast free recipe using delicious, fresh Copper River Salmon from HEB (see article in this newsletter "Why Choose Copper River Salmon").



Ingredients:

- Copper River Salmon
- "Texas on the Plate" Lemon Grass Pesto

Directions: Spread the Lemon Grass pesto on the salmon and place in an oven safe dish. *Bake salmon for 10 minutes per one inch thickness at 450 degrees. A typical filet of wild salmon would take about 12 minutes to cook.

***Don't bake your fish longer at a lower temperature; that method tends to dry the fish out*

Fit Fact - Target Heart Rate



Make the most out of your workout by knowing your training heart rate zone. To calculate your maximum heart rate, subtract your age from 220. So if you are 40 years old, you max heart rate is 180.

Training zones range from 60%- 90% of maximum heart rate and one chooses which zone they want to work in based on desired physiological effects. One will burn more calories at a higher heart rate, and more fat exercising for a longer duration at a lower heart rate. So for example, if you are 40 years old and you want to burn fat, you should keep your heart rate at about 65% of your max heart rate during your work out. So $220-40=180$ (max heart rate). And 65% of 180 is 117 beats per minute. If you are running on a treadmill and your heart rate is in the 150s, you are likely burning sugar and protein (i.e., muscle) rather than fat.

~Kris Averill, Certified Personal Trainer, Sedona Fitness for Women

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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, you need to 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 us toll-free at (866) 680-WELL or [visit our website](#)

8 Steps to Lifestyle Balance



In search for ourselves, we often discover that we haven't known who we are for a very long time, sometimes as far back as childhood. Although the search for meaning and the essence of oneself is harder in society where we have become disconnected from families and relationships, the discovery may reveal that we truly never knew what was important to us, never having learned the skills for putting our needs to the forefront. Through years of assisting individuals and groups to find their essence, the missing ingredient almost always seems to be a positive connection to oneself, which directly affects the ability to relate to others and to a healthy belief in something greater than ourselves, or a Supreme Being.

Some experts suggest that letting go of negative beliefs can happen simply by changing behaviors. I call this the "Monday morning diet syndrome", or going on the same diet every Monday morning, only to go off of it by Tuesday. Certainly working to change behavior helps, but many times we slip back into our old behavior after a period of time. I suggest the following steps to begin to give up old beliefs:

1. ACKNOWLEDGE PAST LOSSES - None of us had the perfect situation during our early years. It is important for us to get past our denial and stop protecting our source relationships. On the other hand, blaming our past will not help us get where we want

to be. We have to be accountable for our own happiness and misery. Blame is a defense and part of denial.

2. ALLOW YOURSELF TO FEEL - Much negative behavior is an effort to avoid feeling fear, inadequacy, guilt, and other emotional states, which we have labeled negative and don't want to feel. To counter this we must be willing to feel "through" the feeling. Saying no when you need to and being willing to feel the accompanying guilt or fear of disapproval is a powerful way to reverse negative beliefs.

3. IDENTIFY YOUR NEGATIVE BELIEFS - Most of us have three or four core beliefs that drive the behaviors we most want to change. If we can identify them, we can begin to see which behaviors and feelings may be attached to them.

4. DEVELOP A SUPPORT NETWORK - No one heals alone. To improve on all accounts we must learn to share our deepest self with others. Love can only come through our willingness to share ourselves.

5. HONOR YOUR PHYSICAL BEING - Early in the phases of stress and burnout, our bodies will begin to talk to us. Learn to listen! Take your body back through exercise, quiet time, meditation, healthy eating and stress reduction.

6. LET THE CHILD WITHIN YOU OUT - The child within us never goes away, and never loses the need for love, nurturing, attention and play.

7. HAVE A SPIRITUAL PROGRAM - Our concept of a power greater than us from childhood may not work for us as adults. Many individuals have to reframe this concept as they begin to grow and find themselves.

8. ABOVE ALL, BE HUMAN - Allow yourself the privilege of making mistakes, expressing your humanness, and forgiving yourself. Nothing is more powerful than forgiving ourselves and nothing is more healing. Be patient with yourself. Small increments of change are how most people do it.

Dell deBerardinis, M.S., speaker, author and psychotherapist

[For More Information.....](#)

Why Choose Copper River Salmon



Copper River salmon are some of the best salmon you can eat. The Copper River is 300 miles in length and ends in the Gulf of Alaska. The salmon must make this 300 mile trip up the river to the spawning grounds. The salmon must be strong to survive the tough conditions and hundreds of rapids of the Copper River.

So why does this make the salmon superior to others? Because salmon don't feed once they have entered the river, their muscle is fueled by Omega 3 to force their way against hundreds of miles of relentless currents. The longer and more difficult the journey up river for a salmon, the higher the fat content and Omega 3 are in the fish. This combination of the high Omega 3 and the texture of the fish is what make it stand out above the rest.

Copper River salmon is known for its bright red, firm flesh, and nutty flavor giving it great taste. Not to mention, most doctors would approve of getting such a great natural source of Omega 3s.

[For More Information...](#)

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