

**Greetings!**

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**Eat More!**



The latest research has indicated that it is better for you to eat more! More vegetables and fruits, that is. This is not exactly new news. We have all known from the time we were small kids that fruits and vegetables are essential to good health. You don't have to look very far to find

research on all the benefits of eating fruits and vegetables. The problem seems to be that most of us are confused on how much our intake should be, or thinking french fries count as a vegetable, or believing a pill will make up for not eating right.

There are several factors muddling our concept of a nutritious diet. Most of us have been exposed to the old food pyramid created by the government years ago. You remember. It actually has a section for sweets, justifying our consumption of sugar. The bottom of the pyramid was for grains, cereals and rice, largely outweighing the fruits and vegetables sections. And even though veggies and fruits were recommended to be eaten, they were listed by servings, with no actual portion recommendations.

Not so surprisingly, we began to see our overall health as a society began to deteriorate and we started seeing an increase in chronic disease, cardiovascular disease, weight gain and a host of other problems. Being the quick fix society, drug companies started coming up with new drugs to cure every problem, including obesity. For the people who know prescription drugs

**Supplement of  
the Month -  
Juice Plus**



Juice Plus+® provides whole food based nutrients from fresh, raw fruits and vegetables. These supplements are tested to ensure that no pesticides or contaminants affect the purity of the product. They take raw fruits and vegetables and juice them to extract certain nutrients. They are then reduced to powder. The process is carefully monitored to prevent exposure to high temperatures that destroy the nutritional value of the raw fruits and vegetables. This enables Juice Plus+® products to contain the phytochemicals, chlorophyll, active enzymes, and fibers of fruits and vegetables.

are not the answer, there are vitamins and supplements to substitute all the nutritional value they should be getting from fruits and vegetables. So, instead of eating healthier, we can continue to eat poorly hoping all the pills we are taking will counteract our poor diets.

We find ourselves sick, tired, overweight and wondering why. The government found research to possibly answer the why, making correlations between our poor diets and our poor health. The U.S. Center for Disease Control found that 90% of the U.S. population does not meet the government's recommendations for vegetable consumption. Interestingly enough, they also found that 90 million Americans suffer with chronic disease and 2/3 of the population is overweight to some degree.

This research has prompted the The United States Department of Agriculture to adopt a "More Matters" slogan for fruits and veggies. Along with their new slogan comes a revamped food pyramid. And guess what you won't find on there? A sweets category! Shocking that we finally figured out that not only can we survive without sugar, we would feel much better without it.

The new food pyramid can be found on [www.MyPyramid.gov](http://www.MyPyramid.gov). It is not perfect, but it is definitely better. The new pyramid gives actual portions and serving sizes. You can put in your age and sex along with your amount of daily activity and it will calculate the portions of grains, fruits, vegetables, dairy and protein you should consume each day. It will also offer tips on the kind of products to look for, such as lean meats and whole grain bread. Even though we recommend eating more fruits and veggies than the pyramid (we recommend 9 servings a day), as well as eating all organic foods when possible, the new pyramid is a step in the right direction.

You also need to learn what types of vegetables and fruits to be eating. Potatoes and corn should not be your only source of vegetables. You need to go for a wide variety of vegetables, especially dark, green leafy ones. Most of these are full of phytonutrients which are powerful disease fighters. If you start your meals with lean protein, vegetables and a tall glass of water, chances are you will fill up and won't be as tempted to grab a bag of chips or a soda. If you are still hungry in between meals or want something sweet, grab some fruit and another glass of water. It will fill you up and satisfy your sweet tooth.

Many people say they don't have enough time to prepare healthy foods. However, eating healthier is becoming easier. You can drive through many fast food restaurants and substitute those french fries for a fruit cup or a salad or carrot sticks. Most restaurants will let you substitute sides for grilled or steamed vegetables. Grocery stores have fruits already cut and ready to eat and vegetables already cooked that just need to be heated.

Juice Plus+® is quick to say that their product is not a substitute for actually eating raw fruits and vegetables. Their product should be used to enhance the nutritional value in our diet since most of us are not eating 17 different fruits, vegetables and grains each day. Many of us are eating over-processed, overcooked vegetables or fruits that are too far removed from the field.

"Juice Plus+ Orchard Blend® contains seven of the most nutritious fruits around: apples, oranges, pineapple, cranberries, peaches, acerola cherries, and papaya. Juice Plus+ Garden Blend® contains ten nutrient-dense vegetables and grains: carrots, parsley, beets, kale, broccoli, cabbage, spinach, tomatoes, and barley and oat fibers."

There has been numerous amounts of research on the potential benefits of taking Juice Plus+® as part of your daily regimen. Research indicates that Juice Plus+® may increase antioxidant nutrients, reduce oxidative

So does eating healthier mean you should throw out your supplements? We do recommend being on a good supplement regimen ALONG with eating a healthy diet. Supplementation is very important. It just shouldn't be used to replace eating the actual vegetables and fruits. One supplement we recommend is Juice Plus+®. Most of us don't eat enough fruits and vegetables, and when we do eat them, they are overcooked and not fresh. Juice Plus+® is a great way to enhance the nutritional essence of raw fruits and vegetables in your daily diet.

There is no substitute for eating healthy. There is no magic pill or quick fix. One of the best things you can do to improve your health is to start eating more fresh, raw fruits and vegetables.

### Back to school blues?



### Feeling blue? Got allergies? Pain setting you back? Fatigue keeping you from enjoying life?

The school year has started back up which means you will once again be busy managing your kids' and your own schedule. Don't let fatigue and brain fog keep you from keeping up! We are here to help!

[Contact Us](#)

stress, deliver key phytonutrients that are readily absorbed by the body, promote cardiovascular wellnes by reducing homocysteine levels and maintaining normal blood flow, support the immune system and protect DNA from oxidative damage.

Juice Plus+® has several different products to offer besides the Orchard Blend® and the Garden Blend® to get all the nutritional benefits in. There is a chewable line for kids or anyone who does not like swallowing pills. It contains the same nutritional value as regular Juice Plus+®. There is JP+ Gummies® that can be used as a snack for kids while providing the nutrients of the fruit and veggie powders. It contains less sugar than most snacks and uses only natural sugars. For those who are watching their weight, there are JP+ Thins®, a snack to help curb your appetite and reduce fat without any stimulants. And for those on the go, there is JP+ Complete®, a beverage product that can be used in a variety of ways, including as a meal replacement. It comes

## SPECIAL INVITATION



*The Woodlands Institute for Health and Wellness Breakfast Invitation.*

- **Monday, September 11, 2006**
- **8:00am - 11:00am**
- **Location: The Egg & I**
- **1644 Research Forest Dr., Suite 100**
- **The Woodlands, TX 77380**

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 8:00 a.m., and discussion starts at 8:30 a.m. Dr. McManus will speak for approximately one hour, followed by a question and answer session. Consultants will be present to answer questions regarding our program.

**If you are ready to get healthy and change your life, this is for you!**

**Reserve your seat today by calling 866-680-WELL (space is limited). We look forward to seeing you there!**

### Recipe of the Month - Candied Tomatoes

- 12 Roma Tomatoes
- Olive Oil
- Sea Salt

Preheat oven to 350 degrees. Cut tomatoes length wise. Drizzle cut side with oil and sprinkle with sea salt. Place face down and bake for 1 ½ hours.



### Testimonial of the Month

I still can't believe how good I feel. I was diagnosed w/ hashimoto's hypothyroidism nearly 4 years ago. The treatment (synthroid) resolved many of my problems including weight gain, hair loss and suddenly abnormal periods, but I continued to suffer from fatigue & lack of

in French Vanilla or Dutch Chocolate flavors.

Juice Plus+® products are a great way to increase the nutritional value in your daily diet. As Juice Plus+ says, "It's the next best thing to fruits and vegetables...because we don't get nearly enough of the real thing every day."

[For More Information...](#)

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concentration for years.

I decided to endure the detox program in hopes that I would regain my energy and concentration. I say “endure” because I have always loved to eat, or “I lived to eat” so they say. Detox was amazingly tolerable. In fact, because I saw results (weight loss and dramatically improved energy) so quickly, I was motivated to continue. My family and friends noticed too and they all started the program and are seeing similar results. The meals were tasty too and I didn’t have to alter all that much. I continued to eat out and when I cooked at home, the meals were still simple and speedy which is important since I am a working mother.

I’m on my 3rd month post program and I’ve managed to keep the weight off and am as energetic as I was when I was nesting just prior to the birth of my children. I maintain many of the habits I developed on the program; I now “eat to live”. Last month however, I noticed my hair started falling out again and I was beginning to have heart palpitations. After reviewing my bloodwork, my endocrinologist said that since my labs were within range, she would not recommend “fixing what isn’t broken”. I argued something was indeed broken. She said I should see a cardiologist about my heart palpitations and there are many explanations for sudden hair loss on which she wouldn’t elaborate.

So, I checked in with Dr. McManus who explained that lab results don’t tell the whole story and that my symptoms were consistent with hyperthyroidism. She suggested taking a lower dose of thyroid medication which I followed and I’m already feeling better. Dr. McManus has made so many of my friends and family and me feel like we’ve reached the maximum potential of health. I’m just regretful that I didn’t start the program sooner! Thank you so much for your time and dedication.

by **Kelly R.**

## Fitness Factoid

### No time to dedicate to exercise?

Try to incorporate exercise into your usual daily activities.

- Park your car in the farthest parking spot
- Take the stairs!
- Stand on your tippy toes for counts of 3 while standing in lines
- Do bi-cep curls with the grocery bags when carrying them in
- Do leg lifts while lying in bed watching TV

## Got Allergies?

**Itchy eyes?  
Recurrent  
sinus  
infections?  
Constant runny nose?**



**Don't suffer anymore! We now offer allergy testing and treatment with sublingual drop therapy. Convenient, safe, and effective.**

**For more information, or to schedule allergy testing, please call us toll-free (866) 680-WELL.**

email: [mmcmanus@twihw.com](mailto:mmcmanus@twihw.com)

phone: (866)680-WELL

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