

Greetings!

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SPECTRACELL (NUTRIENT & CHOLESTEROL ANALYSIS)

TWIHW is proud to announce that we will now be offering Functional Intracellular Analysis (FIA) and Lipoprotein Particle Profile (LPP). Through this simple blood test, we can identify deficiencies in common micronutrients as well as deficiencies in antioxidant levels. The LPP is an advanced cholesterol test that provides a more complete picture of cholesterol health and heart attack risk than that provided by standard cholesterol testing. Please read on to learn more about these exciting tests.

Functional Intracellular Analysis- Overwhelming scientific evidence confirms that vitamin deficiencies are associated with disease processes and the overall condition of one's health. Vitamin, mineral and antioxidant deficiencies have been shown to suppress immune function and contribute to chronic degenerative processes such as arthritis, cancer, Alzheimer's, cardiovascular disease and diabetes, to name a few. Yet you, like many other people, may be deficient in some vitamins, minerals, antioxidants and other essential micronutrients and not even know it.

SpectraCells's patented Functional Intracellular Analysis (FIA) offers a unique means to scientifically assess the intracellular requirements of micronutrients that play an important role in overall health and wellness. This includes many of the common vitamins and minerals found in today's nutritional supplements. Developed at the University of Texas, Spectracell's panels are designed to provide the most comprehensive nutritional analysis

Supplement of the Month - Insulin Control

The Hotze Insulin Control Formula is designed to help control blood sugar. Doing so increases energy and prevents excess insulin. Insulin is the hormone that directs cells to absorb glucose from the bloodstream. ***Too much insulin leads to hormonal imbalances, raging appetite, obesity (belly fat), loss of muscle and premature aging. The Hotze Insulin Control Formula aims to correct these health obstacles.***

Insulin is the nutrient taxi and it escorts blood glucose (AKA blood sugar) and other nutrients into the muscle cells to be used for fuel. This

available.

Lipoprotein Particle Profile- According to the National Cholesterol Education Program (NCEP) guidelines, 50 percent of people who have a heart attack have normal cholesterol. Standard cholesterol testing only gives you part of the picture leaving many people with “normal” cholesterol numbers unaware that they are still at risk for heart attack.

NCEP has introduced emerging risk factors that are responsible for many individuals being at risk of cardiovascular disease. These risk factors can only be identified with advanced lipoprotein testing. SpectraCell Laboratories offers the Lipoprotein Particle Profile, an advanced test that accurately assesses your risk for heart disease by measuring the size/density and number of your LDL and HDL lipoprotein particles.

When it comes to cholesterol, the particles of LDL and HDL can be large or small and the amount of cholesterol contained within these particles can vary widely. Bigger particles of cholesterol equals decreased risk for heart disease. ***Furthermore, today's common cholesterol medications do not work to help improve the particle size of cholesterol leaving many patients who take them unprotected against heart disease.*** Having a detailed LPP gives your doctor the information needed to make more effective treatment decisions to reduce your risk for heart disease and even heart attack.

Both LLP and IFA are affordable and are covered by most insurance companies (HMO Plans excluded). You pay a set copay up front and Spectracell bills the remaining cost directly to your insurance company. This amount is then applied to your yearly deductible. If your insurance company denies the claim, Spectracell will pick up the cost so you never have to pay more than the upfront copay! **If you would like additional information or are interested in having these labs please contact TWIHW toll free at 866-680- 9355.**

Got Spring Fever?

keeps us alive and energized. Too much insulin however can be detrimental. Excess insulin tells the body to store fat and instead use glucose (blood sugar) for fuel. Basically this shuts off thermogenesis which is the biological phenomenon of converting fat into heat. Without thermogenesis, fat is stored especially in the abdomen region and is unable to be used for energy. This is true regardless of exercise or caloric restrictions.

High insulin also causes many hormonal systems that regulate appetite, mood, energy, muscle growth and even fertility to be thrown out of balance. This imbalance is usually secured long-term by a sugar addiction that accompanies excess insulin. Long term high insulin levels lead to a medical condition known as insulin resistance or Syndrome X. This is an epidemic among children and adults in



Fever, headaches, itchy and watery eyes, runny nose, scratchy throat.....

If any of these sound familiar, chances are you might be suffering from allergies. Let us help without the use of painful allergy injections. Call us toll-free (866) 680-WELL.

[Contact Us](#)

HEB Yeast Free Cooking Connection Nights

TWIHW has partnered with HEB Market Street to offer Yeast Free Cooking nights at the Cooking Connection.

Catherine Russell, manager of the Cooking Connection at HEB Market Street, and Kim Beale, our own nutritional consultant, will be doing cooking demos of entire yeast free meals using speciality products from HEB.



today's society. The excess insulin numbs muscle cells and muscles cells will no longer react to it. Since the glucose can not gain entry into muscle cells and the glucose remains in the bloodstream causing blood sugar to skyrocket. Glucose overload leads to the clinical diagnosis of depression, premature aging of the skin, hypertension, heart disease, type II diabetes, and cancer.

It is extremely important to get control over elevated blood sugar levels. Most people are unaware that diabetes is the leading cause of blindness, kidney failure, amputations, increased risk of heart attack or stroke, dementia, and a primary contributor to erectile dysfunction.

The components of the Hotze Insulin Control Formula are:

Banaba Leaf The Banaba leaf is a

All the products and ingredients needed for these meals will be readily available at the Cooking Connection for your convenience. *For a yeast free recipe using one of the speciality products at HEB, please see "Recipe of the Month" below.*

The Yeast Free Cooking Connection will be the third Tuesday of each month. **The kick off night will be April 17 at 6:00 pm at the Cooking Connection at HEB Market Street.** It will last approximately one hour. This is open to the public, but there will be limited space. Please reserve your space by emailing Kim at kbeale@twihw.com.

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

Recipe of Month - Chipotle Cashew Slaw



This is a delicious yeast free recipe created by Kim Beale using a speciality product available at HEB Cooking Connection.

You will need:

- 2 cups finely shredded cabbage
- 2 cups Broccoli Slaw (pre-packaged blend found in the refrigerated section of the produce department)
- 1 cup cashew nuts
- 1/2 cup "Chipotle Spread and Dip" by World Art Foods (found in the Cooking Connection of HEB or online at www.worldartfoods.com).

Directions: Mix well and chill.

Fitness Fact - Diggin' in the Dirt

medicinal plant that grows in India, Southeast Asia, and in the Philippines. It has been used for thousands of years in the Philippines for blood sugar control. (if allergic to members of the Lythraceae family avoid using products with the Banaba leaf). The Banaba leaf contains colosolic acid, which activates glucose transport into the cells, resulting in a reduction of blood sugar.

Green Tea The green tea has also been used for a very long time. It has been used as a medicine in China for at least 4,000 years. The secret of green tea lies in the fact it is rich in catechin polyphenols, particularly epigallocatechin gallate (EGCG). EGCG is a powerful anti-oxidant: besides inhibiting the growth of cancer cells, it kills cancer cells without harming healthy tissue. It has also been effective in lowering LDL cholesterol levels, and inhibiting the

Ever notice your neighbor's well-kept yard?

The details are hard to miss: grass that never strays taller than two inches, bright flowers that go unthreatened by overzealous weeds, colorful vegetables that peek out of bushes arranged in straight rows and, yes, the gardener with the smiling face and the well-developed muscles to show for it.



That's right - muscles. Gardening can burn an average of 300 calories per hour, and is an effective form of resistance training. Never would have thought it? Most people say they garden for the fun of it. However, according to the experts, moderate-intensity exercises such as gardening and walking, done most days of the week, provide a sufficient amount of physical activity to lower your risk for heart disease, cancer, diabetes and high blood pressure.

Gardening is an activity that feeds the mind. So get outdoors, breathe fresh air, feel creative, tone your muscles and cleanse your thoughts.

You're sure to reap the boundless rewards offered by the sight of the first blooms, or the taste of the vine-ripened vegetables you've nurtured to maturity.

By Melissa Langton, Faithfully Fit

Allergy Treatment

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.



TWIHW offers testing for inhalent and food allergies. The best part is that we treat your allergies through the use of sublingual drop therapy, a safe, natural, effective solution.

abnormal formation of blood clots.

Cinnamon USDA research indicates that Cinnamon reduces the amount of insulin necessary for glucose metabolism. Furthermore, Cinnamon has been shown to stimulate glucose uptake and glycogen synthesis to similar level as insulin.

Ginger Root The Ginger helps increase absorption and circulation of the nutrients. Many obese and diabetic people have a difficult time with nutrient uptake and circulation.

Suggested Usage: 1-2 capsules 15-30min before each meal. Supplement Facts Per Capsule: 495mg Proprietary Blend: 1% banaba leaf, cinnamon 10:1, whole herb green tea polyphenols 8:1, ginger root 4:1. (NOTE: NO FILLERS IN THIS PRODUCT!) Cost: 180 capsules for \$48.00.

Note: If you are on insulin or other

If you are interested in more information, please call us toll-free at (866) 680-WELL or visit our website by [clicking here](#).

medications that lower blood sugar (hypoglycemics), consult with a health practitioner in order to properly gauge your use of natural hypoglycemics. Also avoid if on anticoagulant/antiplatelet drugs as banaba has been shown to produce antithrombin activity.

To purchase or learn more about this product call a consultant in Physician's Preference at 281-646-1659 or go to our web-site at www.physicianspreference.com.

Article by: *Debbie Levy, Director of Physicians Preference*

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