

Greetings!

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WELLNESS EXPO FEB 2, 2008!



- **SATURDAY, FEBRUARY 2, 2008**
- **9am to 4pm**
- **WOODLANDS WATERWAY MARRIOTT HOTEL**

Numerous FREE health screenings

L-Glutamine



L-Glutamine has recently been the focus of much scientific interest. A growing body of evidence suggests that during certain stressful times, the body may require more glutamine than it can produce. Under these circumstances Glutamine may be considered a "conditionally essential" amino acid. Glutamine is involved in maintaining a positive nitrogen balance (an anabolic state) and also aids rapidly growing cells (immune system lymphocytes and intestinal cell enterocytes). In addition, Glutamine is a regulator of acid-base balance and a nitrogen transporter.

L-Glutamine is the most abundant amino acid in the body, and makes up more than 60% of the intramuscular amino acid pool. Glutamine plays a key role in the metabolism, structure & function of the

- **Cholesterol**
 - **Diabetes**
 - **Blood Pressure**
 - **Antioxidant Level**
 - **BMI**
 - **Nervous system Scan**
 - **and more!**
- **Get there early since supplies and appointments are limited!**

Register at the EXPO to win a WELLNESS PACKAGE and a SPA VACATION, along with other great prizes! [CLICK HERE](#) to register to attend this FREE event.

Breakout Sessions:

9:30am Heart of Montgomery, Inc will discuss teen suicide prevention

9:30am Rodgers Stein Chiropractic Center: Keep Moving!

10:00am The Institute for Detoxification and Health will discuss handling the effects of psychiatric medication

10:00am Berkeley Eye Center will discuss laser vision correction

10:30am Usana Health Science will discuss the importance of vitamin supplementation: Reset your life!

10:30am Stacey Upchurch, co-owner of Avante Medispa, will discuss "Everything you want to know about laser hair removal and fat dissolve"

11:00am - 12noon Dr. Tom Reed - Health & Wellness Education Specialist, will discuss Health and Wellness in a Toxic World Part I: The Real Causes of Illness

11:00am rHealthy Products 4U will discuss using environmentally safe products for your home and your family

12noon - 1:30pm Mila McManus, MD will discuss natural and effective solutions to many common health problems

2:00-3:00pm Dr. Tom & Evangeline Reed will discuss Health and Wellness in a Toxic World Part II: Building a Culture of Health

2:00pm Sherry Durrett, DC

2:30pm Ameriprise: Planning Beyond the Numbers

Our mission for the Wellness EXPO is to educate the public about the alternative and complimentary ways to improve health and overall quality of life. Come and visit with 70+ Exhibitors specializing in mental, physical, spiritual, and financial wellness.

For information on being an exhibitor for Wellness EXPO 2008, please contact Janice Swan at 281-298-6742 or

entire gastrointestinal tract. It is the primary energy source for the cells that line your intestines and is essential to keeping them healthy. It plays an important role in many body functions such as proper immune system function, the transfer of nitrogen between organs, precursor to DNA, and regulation of protein synthesis and degradation. Glutamine is often depleted in those with yeast overgrowth, the depletion of which is partially responsible for the "brain fog" in those individuals.

L-Glutamine is vital in maintaining blood sugar levels, enhancing gastrointestinal health, muscle support & building with prolonged exercise, fat metabolism and regulating carbohydrates and protein. It is a general mood and energy booster and helps with focus, concentration and memory. Other uses include supporting growth hormone release (in doses of 2 gms daily) and helping to make DNA (cellular genetic material).

You should consult your physician about the proper dosage depending on your current condition and other medicines you may be taking.

These statements have not been evaluated by the U.S. Food and Drug Administration.

[Quick Links...](#)

email jswan@TWIHW.com

New this year, The Woodlands Institute for Health & Wellness is launching **SpaWhite**, a teeth whitening process that combines peroxide and light to whiten your teeth better than traditional treatments, and in only 15 minutes! We will be offering SpaWhite treatments during Expo at a special introductory rate of \$89 for a 15-minute session (normally \$159). Stop by the SpaWhite booth and come away with a beautiful, whiter smile!

How to Make Change That Lasts: The new thinking on resolutions and the science that guarantees this year, you'll stick with every last one

Step 1: Precontemplation

You're here if: You have the nagging feeling that you really do need to, say, start exercising and eating better. But delay rules. Where should you start?



How to Move to Step 2:

- **Tune in to your excuses.** When a friend invites you to a yoga class, how do you respond? Do you decline the invite, blaming a busy schedule? Your bad back? Facing your excuses is the first step toward overcoming them.
- **Tally the benefits of change.** If you lost weight you'd lower your risk of heart disease, diabetes, and hypertension. You'd also boost your energy, feel more attractive, and fit easily into your clothes. The upside of the status quo...? Case closed.
- **Ask for help.** Let your friends know you're struggling with your decision and that pushing you is exactly what you don't need. What is helpful: gently pointing out your delaying tactics.

Step 2: Contemplation

You're here if: You know you have to modify your behavior but don't know how--and you're still afraid of failing.

How to Move to Step 3:

- **Educate yourself.** Read articles and books about the new habit you want to cultivate. For instance, doing cardio not only burns calories but helps stave off memory loss. Also, get a reality check from your doctor: Unlike your husband, who may not mind the 30 pounds you've gained, your doc should tell you bluntly about how excess weight may be harming your health.
- **Work through ambivalence.** When you fall back on a familiar excuse, ask yourself, Is this true? Do you really have no time to

[Learn about Glyconutrients](#)

[Test Yourself for Hormonal Imbalance](#)

[JUICE PLUS](#)

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work out when in fact you watch reruns of Law and Order twice a week? Connect your interest in changing with something you value--for example, if dropping 20 pounds means you have more energy to join your husband and kids on their yearly ski trips.

• **Dip your toe in the water.** Want to start a walking program some day? Do a test run now by going for a short brisk walk to see how it feels. "It's like warming up your engine," Prochaska says. "By taking those small steps, you'll be motivated to launch your plan."

Step 3: Preparation

You're here if: You're ready to undertake the hard work required to, for example, lose weight, shape up, or manage stress better--and you're taking small steps to commit to the effort for at least 6 months.

Move to the starting line:

• **Make room for your goal.** You may need to reorganize your kids' schedules or delegate certain household responsibilities. Then pencil in cooking, exercise, or meditating on your daily calendar just as you would for a meeting, says Maryann Troiani, PsyD, a psychologist in Barrington, IL, and coauthor of Spontaneous Optimism.

• **Map out a plan.** If you're going to upgrade your diet, should you see a nutritionist? Stock up on certain foods? "If you can't write down your plan or explain it to a 10-year-old, you're not ready," says John C. Norcross, PhD, a professor of psychology at the University of Scranton and coauthor of Changing for Good . Anticipate potential obstacles: If a work deadline will interfere with your exercise schedule, map out a short lunchtime walk.

• **Take your plan public.** Set a start date and clue in family and close friends. "Once you say it out loud, it becomes a commitment that other people know about, which creates pressure on you to follow through," Norcross says.

Now that you've laid the necessary groundwork, you surely will. So, are you ready? Get set... Now go!

***By Stacey Colino, who lives in Maryland, where she writes about health and psychology issues
Posted on: <http://www.prevention.com/>***

EXPO '08 BLOOD DRIVE: SAVE THE DATE & 3 LIVES!

We are pleased to announce our life-saving partnership with The Gulf Coast Regional Blood Center to assist in the collection of "the gift of life" through blood donations at our **3rd annual Wellness Expo on Saturday, February 2, at the Woodlands Waterway Marriott Hotel**

There is **no substitute for blood**; it must come from one person in order to give to another. A regular number of voluntary donations (800-1,000) are required every day to meet the patient

needs in the Texas Gulf Coast region.

We need you to **sign up prior to the drive** as hospitals use the drive projections to plan patient procedures the following week. You may go online to www.giveblood.org, click on "log in to digital donor"; follow instructions on page and use sponsor code "P581" to select a convenient time or contact Agnes Leung at 713-791- 6326 to obtain a convenient donor time if you do not have access to the internet.

Trivia: even if you have high blood pressure, high cholesterol or diabetes you can donate if your results are normal on the drive date. Also, if you have had a tattoo or body piercing done since September 1, 2005 you can donate if it was accomplished at a licensed Texas facility at least one week before a drive date. You may go to www.giveblood.org for more donor eligibility information or contact the Blood Center's medical services office (713-791-6612).

For more information about donating blood and how you can make a difference by Committing for Life, visit www.giveblood.org.

FEBRUARY 13th-WELLNESS NIGHT OUT

The Woodlands Institute for Health & Wellness will be hosting Wellness Night Out. This event is free and open to the public (RSVP requested). We are excited about this monthly event which takes 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 February 13th, 6:00 pm - 8:00 pm. Jen Sutter will be speaking about Celiac Disease, offering her insights and helpful hints. We hope you can join us!

Vino 100 will provide a variety of wines and there will be plenty of healthy appetizers and beverages on hand. RSVP (yeses only) to admin@TWIHW.com or call 281-298-6742.

8 Foods to Boost Your Metabolism

If you spend any time perusing the fashion magazines in the supermarket checkout line, you'll see a wide array of articles claiming to have discovered the latest "miracle food" that will burn off the pounds while you sit on your butt and eat. Well, sadly, the news isn't quite that good. Without regular exercise, a decent night's sleep, and a thought-out meal plan, your metabolic rate is going to be dragging. However, there are some things you can eat that will move the needle favorably into the fat-burning zone. And most of these foods are delicious and nutritious anyway, so why not? Here are eight of the best ones.



1. **Fish** consumption, such as mackerel, trout, sardines, herring, tuna, and salmon, has been found to boost your calorie burn by as much as 400 calories a day, and is also full of great, low-fat, muscle-building protein and heart-healthy omega-3 fatty acids
2. **Dark green leafy vegetables**, including arugula, chard, chicory, collard greens, dandelion greens, kale, mustard greens, and spinach, are full of vitamin A, vitamin C, calcium, lots of fiber, and B vitamins which are necessary to produce the enzymes for metabolism.
3. **Tomatoes** contain high levels of the antioxidant lycopene, which has been proven to have several anti-carcinogenic properties, along with citric, malic, and oxalic acids which support your body's kidney functions, helping your body eliminate more waste and fat from your system.
4. **Blueberries and other whole fruits**, which contain high amounts of fiber and antioxidants.
5. **Whole grains**, which are one of the best sources of dietary fiber.
6. **Chilies, curries, and other spices** which contain capsaicin can fire up your metabolism while it fires up your mouth.
7. **Green tea** consumption can increase calorie burning by up to four percent by increasing metabolic rates as well as fat oxidation, and is loaded with antioxidants and polyphenols, making it one of the most healthful beverage choices around.
8. **Drinking 8 glasses of iced water** versus room-temperature will make your body burn an extra nine calories per glass. Plus, water is necessary for all of your bodily processes, including the ones that control your metabolism, and also flushes out fat deposits and toxins.

Excerpt from article written by Joe Wilkes

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, 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, which is a safe, natural, and effective solution.

If you are interested in more information, please call 281-298-6742 or [visit our website](#)

Super Suppers Yeast-Free Menu for January

We are happy that so many of you have discovered the convenience of choosing affordable, healthy and delicious entrees from the yeast-free menu at [Super Suppers](#) on College Park Drive. The menu changes every month, and the yeast-free entrees for January include:



Asian Salmon
Asian Flank Steak
Almond Parmesan Tilapia
Asian Chicken Soup
French Onion Salisbury Steaks
Pesto Salmon & Vegetables en Papillote
Rosemary Balsamic London Broil
Tilapia with Dill Caper Sauce

Sides include:

- Mediterranean Bean Salad
- Cowboy Caviar
- Asparagus with Dill Sauce
- Ratatouille

As with all Super Suppers meals, you can pick up pre-made entrees if you are short on time or assemble the meals yourself. Super Supper's regular business hours are 10am - 6pm Monday through Friday, and Saturdays 9am - 4pm. Super Suppers is located at 3091

College Park Drive, across the street from Lowes / Wal-Mart. Stop in and see Cody, owner of Super Suppers, or give him a call at 936-321-4525, to ask for one of Dr. McManus' yeast-free recipes to put together today!

The monthly menu is also posted on our website www.TWIHW.com

Dr. Mila McManus speaking at Vogue, a Conference for Teenage Girls and Women at Fellowship of the Woodlands



Visit our booth at Vogue, an event sponsored at the Fellowship of the Woodlands January 25-26, 2008. Vogue is a two day conference for 7th grade girls all the way to 98 year old women, designed to bring girls and women together from every stage in life. Dr. Mila McManus has been invited to speak at the conference. Kim Beale, a TWIHW staff member, will also be speaking and giving tips on nutrition.

The theme is "The Masquerade" so they will be discussing some of the masks women hide behind and where our true identities lie. You will have a private concert by a top recording artist, Phil Wickham! There will be rows upon rows of vendors to fill your closets with the trendiest clothes and accessories. On Saturday, you will have a chance to attend intimate breakout groups that deal with relevant issues of today. Some examples for girls are: Dating 101, Modest is Hottest, Guys tell All, Personality Pop Quiz, and more. Examples for women are: Ask the Doctor: Hormones 101, What am I Supposed to Wear Now?, How to be a Supermom without Super Powers, Single in the City and more. Donna Stuart is coming back this year along with her entire band and will lead the group in amazing worship. At the end of the day, there will be a fabulous fashion show with all the latest trends.

Tickets are \$35 in advance and can be purchased by logging onto www.thestudentministry.com, or can be purchased at the door for \$45 (includes snack on Friday, lunch Saturday, and a t-shirt).

RECIPE OF THE MONTH: CHOCOLATE COVERED STRAWBERRIES

Here's a sweet, healthy way to celebrate Valentine's Day!

Hot Fudge Sauce

- 5 oz soy creamer
- 4 Tbl butter
- 1/2 block Baker's unsweetened chocolate
- 2/3 cup xylitol
- 2 tsp corn starch
- Whole strawberries, washed and dried



Mix corn starch with cold soy creamer. Melt butter in sauce pan with xylitol and chocolate. Bring to boil and gradually add soy/corn starch mixture. Again bring to boil, using electric mixer to prevent lumps. Boil for 8-10 minutes until thick. Dip whole strawberries in sauce and place on wax paper. Chill in refrigerator before serving.

Recipe submitted by Tanya M.

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