

## Greetings!

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### Testimonial of the Month

Dr. McManus is amazing! I can't thank her enough for curing my 4 year-old son's chronic eczema. Despite non-steroidal prescription treatments (Elidel and Protopic) and, in times when his eczema was out of control, hydrocortisone, his eczema worsened over time. After observing my son, Dr. McManus suggested that he most likely was suffering from yeast overgrowth from all the antibiotics he had taken to treat his 13 ear infections. Before I brought him to Dr. McManus, I had taken him to an allergist who wanted to test him over a 2-day period where he would have to endure skin pricks, blood draws, and skin scrapes. I declined that immediately and felt that alternatives were worth a try. We started Dr. McManus' program, and as she warned, the eczema did appear to worsen mid-treatment as the yeast was "dying off", but he didn't feel worse. Now his eczema is gone and he is absolutely proud. He tells all of his friends and teachers and shows off his smooth skin. His behavior has also improved substantially and he seems to be able to focus and sit still – what a miracle! Dr. McManus was extremely helpful and never made me feel like I was bothersome with all my questions. I tell my story to my friends and family and I want to get the word out to all that Dr. McManus is truly heroic!

K.R.

## The Power of Juice Plus

Here's the deal. There are a million different supplements out there to choose from. The first step is realizing that you do indeed need a good vitamin regimen. It amazes me how many people do not take vitamins. (I was one of those people a year ago). If you are taking a one-a-day Centrum or other store-bought generic vitamin, first of all let me commend you for taking anything at all! However, you get what you pay for when it comes to supplements. Most of the cheaper vitamins are not chelated, so they are not well-absorbed. In addition, most multivitamins do not contain proper ratios of vitamins and minerals, nor do they contain everything one needs to feel whole. Also, most vitamins are tough on the stomach.

The American Cancer Society and the American Heart Association recommend NINE servings of fruits and vegetables every day. The average American consumes

## Recipe of the Month

Yeast-free Mayonaise:

You will need a blender, a 2 cup measuring cup, and a 1 cup measuring cup. You will need 4 egg yolks, 2 eggs with whites, 2 cups grapeseed oil (canola oil may be substituted), 1/4 cup lemon juice, 1/4 cup water, 1 tsp ground mustard, 3/4 tsp salt, and 1/4 tsp paprika.

Place eggs in blender. In the 2 cup container measure the oil. In the 1 cup container mix the water, lemon juice, and dry ingredients. Set the blender on high and beat the eggs for 45 seconds, then very slowly drizzle in the oil. The mixture will bind and become thick. When this happens, add any remaining oil and the remaining ingredients. Do not over mix.

If you are wondering why someone would want to go through the trouble of making homemade, yeast-free mayonaise, click the link below to read about YEAST!

[Info about Yeast](#)

## Fitness Factoid

One source states that you get 30% more benefit if you exercise in the morning, as opposed to later in the day.

## Vitamin of the Month- Vitamin B6

Vitamin B6 is an essential vitamin that is found in chicken, eggs, fish, walnuts, bananas, seeds, brown rice, and other whole grains. It is important for neurologic function, immune function, and metabolism. Vitamin B6 is also responsible for the manufacture of hormones, red blood cells, neurotransmitters, enzymes, and prostaglandins. Vitamin B6 is required for the production of serotonin, a neurotransmitter that controls mood, appetite, sleep patterns, and sensitivity to pain. A vitamin B6 deficiency can eventually lead to insomnia and malfunctioning of the central nervous system.

Among its many benefits, vitamin B6 is recognized for helping to maintain a healthy immune system, for protecting the heart from cholesterol deposits, and for preventing kidney stone formation. Vitamin B6 is also helpful in the treatment of carpal tunnel syndrome, premenstrual syndrome, leg cramps, allergies, asthma, ADHD, depression, nausea, and arthritis. Supplemental B6 is commonly used as a treatment for nausea, morning sickness, and depression. Persons on high protein diets

ONE serving. It's no wonder we have cancer and degenerative diseases in epidemic proportions! And even if you DO eat several portions of fruits and vegetables daily, the quality is usually poor. The produce is picked when it's green, and loses half the nutrients on the way to the stores. Our soil is deficient, and pesticides are never ending.

Juice Plus contains the nutrients from 17 organic (no pesticides) fruits and vegetables, picked when they are vine-ripened, i.e., chock-full of nutrients. The vitamins, minerals, antioxidants, and other important phytochemicals are also in their natural state, and are absorbed very well. Juice Plus is considered a whole food and can be taken on an empty stomach. Independent studies have demonstrated how well the nutrients are absorbed. At 4-6 weeks, most people taking Juice Plus were shown to have very high levels of several antioxidants, and undetectable levels of certain free radicals that cause disease.

Another tidbit of information: One study checked Magnesium levels in thousands of random individuals, and 75% were Magnesium

require extra vitamin B6, as do those taking antidepressants, oral contraceptives, and estrogen.

### Our Newly Adopted Wellness Patient

Kim (left) and Dr. McManus (right) met Detra (middle) while volunteering at the George R. Brown Convention Center after Hurricane Katrina. Detra lost everything and was living at the convention center with a group of friends from her church. She came to the medical facility to have her medications refilled, as she only packed a few days worth of her medications when she fled New Orleans. When Detra sat down in front of Dr. McManus she was crying, and had been for several days. She and Dr. McManus had a lengthy discussion about her depression and other health problems. It became clear to Dr. McManus during their conversation that Detra would greatly benefit from our wellness program. This sweet lady's main complaints that day were depression, anxiety, and insomnia. In addition, it was revealed during their conversation that she also suffered with headaches, fatigue, joint pain, hot flashes, dry skin, goiter, high blood pressure, constipation, and trouble concentrating. Dr. McManus didn't hesitate to offer Detra the program, hormones, vitamins, and whatever medical care she needed. Detra has been under Dr. McManus' care for only a few weeks and already has seen dramatic improvements in her physical and mental health. We were all happy to hear that Detra and her church friends were given a home in Houston that was donated by a generous realtor. We'll keep you updated on her condition!



deficient! Low magnesium can cause symptoms such as insomnia, anxiety, constipation, asthma, headaches, muscle cramps, high blood pressure, and depression, just to name a few. Magnesium is also a powerful antioxidant. And guess where Magnesium is found--you guessed it--fruits and vegetables. So do yourself a favor, improve your quality of life, and improve your health! Order Juice Plus right now.

FYI, most doctors know very little about vitamins and supplements. We spend about 5 minutes on them in medical school. Ask 10 doctors anything, and you will get 10 different opinions. Everything I know about vitamins and supplements I learned outside of my medical school and residency training. I guess I should give the disclaimer that these are my opinions and are in no way meant to be professional medical advice. There is so much I want to say and to offer, but I'm told by consultants not to give out medical advice freely for liability reasons! I can tell you that my personal vitamin regimen consists of Juice Plus, fish oil, and a B-

### UPCOMING EVENTS

Monday, October 10, 2005, from 9-10AM, and Thursday, November 3, 2005 from 6:30-7:30PM at The Woodlands Presbyterian Church in the Fellowship Hall (On West

Panther Creek, just North of Woodlands Parkway)

Dr. McManus will discuss the institute's new pediatric program which focuses on the natural treatment of ADD/ADHD, behavior problems, depression, allergies, eczema, and asthma.

[Register for one of these Events](#)

### **New Packages!!**

You talked, and we listened! We are now offering a variety of packages to meet your specific needs. Call and learn about our Immune Booster, Stress Buster, and Yeast Detox Today! toll-free (866) 680-WELL

complex supplement. In my wellness practice, I customize a vitamin regimen for each patient, depending on their particular symptoms and disease processes. Juice Plus is definitely a good place for everyone to start!

Sincerely, Dr. McManus

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