



# Mila Q. McManus, M.D.

Founder and President

*The Woodlands Institute for Health and Wellness*

Mila Q. McManus, M.D., graduated from the University of Texas-Houston Medical School in 2000 honored with the prestigious designation as Alpha Omega Alpha. She then completed specialty training in Family Medicine at Christus St. Joseph in Houston, TX. She is board-certified in Family Medicine. Dr. McManus has always had a special interest in preventive medicine, but it wasn't until her interest in alternative and complimentary therapies became personal that she decided to leave her private practice to specialize in wellness. She suffered with fatigue, weight gain, headaches, PMS symptoms, severe allergies, and decreased mental sharpness, and also noticed a disturbing trend in the number of patients presenting to clinic with similar complaints. Routine exams and bloodwork were failing to reveal an underlying etiology for her patients' symptoms as well as her own. Dr. McManus went in search of answers and discovered natural ways to treat the root causes of health problems rather than band-aiding symptoms with prescription drugs. She became certified by the American Academy of Biologically Identical Hormone Therapy in 2004 and founded The Woodlands Institute for Health and Wellness where she treats common health problems such as depression, fatigue, weight gain, allergies, trouble concentrating, PMS, headaches, high cholesterol, fibromyalgia, and sleep disorders. Since she's experienced the benefits of wellness firsthand, her mission is to increase public awareness of natural alternatives to treating health problems. From hosting a monthly Wellness Night Out, to holding seminars, these free events are sponsored by her Institute and are open to the public. She also sends out a monthly eNewsletter which contains articles focusing on raising awareness about the benefits of alternative and complimentary medicine. Dr. McManus is Medical Director for Avante Laser and Medspa. She is also a member of the Texas Medical Association, American Academy of Family Physicians, American Medical Association, Pan American Allergy Society, and The American Academy of Anti-Aging Medicine. She has been featured on episodes of Great Day Houston and The Business Makers Radio Show.

I feel GREAT! For the past six days I've gone drug-free, with only minor symptoms. Could this be the euphoric feeling I've been longing for? Please tell me I'm on the path to recovery because I have a lot of good news to spread to others. *-Gina P.*

Thank you for giving me back my exuberance for life. I am in my fifties and feel better than I did at thirty. I have witnessed amazing improvements in my ability to think clearly, in the severity and frequency of headaches, in my energy levels, in my physical stamina and endurance, and in the joint pain that I have had for many years. I have completely stopped taking the arthritis medication that I was on for years without relief. I know that I am using healthier alternatives now, and they really work. No longer do I believe that the symptoms I used to have are a necessary part of aging. I feel that I will be able to contribute to our society for many more years, and that is a wonderful feeling to have after the many times that I have worried that I might need to give up my career. I am very fortunate indeed to have found you and your innovative wellness program. *-Kathy D.*

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