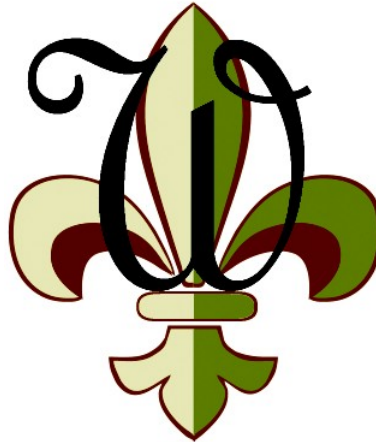


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TWIHW Newsletter

Newsletter

April 2009

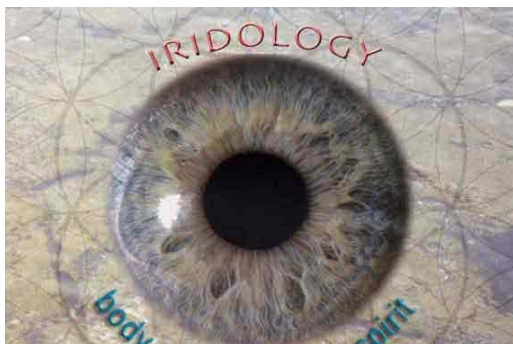
Greetings!

"No one can persuade another to change. Each of us guards a gate of change that can only be opened from the inside. We cannot open the gate of another, either by argument or by emotional appeal" --from The 7 Habits of Highly Effective People by Stephen R. Covey

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Wellness Night Out: IRIDOLOGY



The Woodlands Institute for Health & Wellness will be hosting Wellness Night Out. This event is free and open to the public (RSVP requested).

Next Wellness Night Out, Wed, May 13th,

Melatonin

What is melatonin?

Melatonin is a hormone produced in the pineal gland, a small gland in the brain, that helps regulate sleep and wake cycles. Very small amounts of melatonin are found in foods such as meats, grains, fruits, and vegetables.

What does natural melatonin do in the body?

Your body has its own internal clock that helps regulate your natural cycle of sleeping and waking hours (or circadian rhythm) in part by controlling the production of melatonin. Normally, melatonin levels begin to rise in the mid- to late evening, remain high for most of the night, and then decline in the early morning hours. Natural melatonin production is partly affected by light. During the shorter days of the winter months, melatonin production may

2009, 6:00 pm - 8:00

pm, we will have Cheryl Lemoine Kainer speaking about
IRIDOLOGY.

Mini iridology sessions at the reduced rate of only \$40 this evening! Please call 281-298-6742 to schedule your appointment time.

Iridology is an alternative health science based on close examination of the iris. Cheryl Lemoine Kainer is a Certified Iridologist and has been in practice since 1996. During an iridology session, photographs are taken of each eye, and an analysis reveals inherited traits as well as changes that occur during one's lifetime. Just as no two people share the same fingerprints, no two people share the same eyes. Iridology confirms that we are unique individuals, and an iridology analysis provides a blueprint for highly individualized healthcare.

We will also be offering bone density scans during wellness night, for only \$75! Please call the office or email admin@twihw.com to schedule an appointment.

Upcoming Events--Learning Opportunities

The Woodlands Institute for Health & Wellness cordially invites you to meet its founder, Dr. Mila McManus, and enjoy a complimentary healthy breakfast. Dr. McManus will be discussing safe, natural and effective solutions to many common health problems.

EGG AND I

- When: Tuesday, May 5th 2009
- Location: The Egg and I Restaurant
- 1644 Research Forest Dr, 77380

CAFE DUBOIS

- When: Tuesday, May 19th 2009
- Location: Cafe Dubois Restaurant
- 2845 W Town Center Circle Kingwood, TX 77339

LUNCH AND LEARN

- When: Friday, May 1st 2009
- Location: 9191 Pinecroft, Ste 280

start earlier or, more often, later. This change can lead to symptoms of seasonal affective disorder (SAD), or winter depression. Natural melatonin levels decline gradually with age. Some older adults produce very small amounts of melatonin or none at all.

Why is melatonin used as a dietary supplement?

Melatonin dietary supplements are sometimes used to treat jet lag or sleep problems (insomnia). Scientists are also looking at other possible effective uses for melatonin, including:

- Treating seasonal affective disorder (SAD).
- Helping regulate sleep for people who work evenings or nights.
- Preventing or reducing problems with sleeping or confusion after surgery.
- Reducing chronic cluster headaches.

It has been suggested that melatonin, when taken as a supplement, may stop or delay the spread of cancer, strengthen the immune system, or slow the aging process. Melatonin is also being studied for the treatment of sleep problems in blind people. People who are blind with no perception of light can have sleep problems such as sleeping during the day and being awake at night.

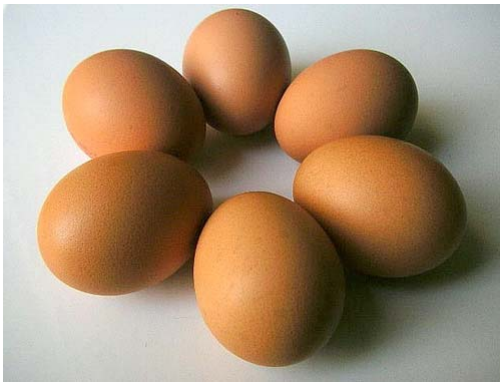
Is taking a melatonin

Reception begins at 8:00 am. Dr. McManus will speak from 8:30-9:30, followed by a question and answer session. (Lunch and Learn starts at 12:30)

Reserve your seat today by calling (281) 298-6742 or email admin@TWIHW.com. Seating is limited.

"INVEST IN YOUR HEALTH! IT MAY BE THE ONLY SAFE BET THESE DAYS!" - *Melissa Humphries, CPT-Wellness, Nutrition, and Fitness consultant for TWIHW*

Eggs And Cholesterol Are Good For You



Eggs are one of the healthiest foods you can eat, and it's a shame they've been vilified for so long in the United States. As a result, egg consumption has been going down for the last 40 years, all

because of concerns about cholesterol. But the idea that eggs are unhealthy is a complete myth, one that's easily debunked if you look at the evidence.

In this latest study, researchers identified several different peptides in eggs that act as potent ACE inhibitors, which are drugs used to lower high blood pressure. This means they may actually lower your risk of heart disease, not raise it as health officials like to say they do. One particularly skewed belief is that eggs are bad for your heart; however, eating eggs on a daily basis may prove to hold numerous health benefits, especially a decreased risk of heart disease.

Cholesterol is in every cell in your body, where it helps to produce cell membranes, hormones, vitamin D and bile acids that help you to digest fat. Cholesterol also helps in the formation of memories and is vital for your neurological function. We would not be here without it. No wonder lowering cholesterol too much increases one's risk of dying. Cholesterol also is a precursor to all of the steroid hormones. You cannot make estrogen, testosterone, cortisone, and a host of other vital hormones without cholesterol.

dietary supplement safe?

Melatonin dietary supplements are generally safe in low doses for short-term and long-term use. Be sure to discuss melatonin use with your health professional. Children and pregnant or nursing women should not take melatonin dietary supplements without a health professional's approval. Do not drive or operate machinery when taking melatonin. During health examinations, tell your health professional if you are taking melatonin dietary supplements. Your health professional should also be aware if you are having difficulty sleeping, since it may be related to a medical condition. In adults, melatonin is taken in different dosages from 0.2 to 20.0 mg, depending on the reason for using the supplement. The recommended dose is typically 0.5 mg. The appropriate dosage of melatonin varies widely from one person to another. If you have difficulty getting to sleep or staying asleep, your health professional can help determine the proper dosage and whether melatonin is right for you.

Where do I find melatonin as a dietary supplement?

Melatonin dietary supplements are available without a prescription from health food stores, drugstores, and mail-order catalogs and on the Internet. Make sure you are getting melatonin from a reputable source!

And anyway, numerous studies have supported the finding that eggs have virtually nothing to do with raising your cholesterol. For instance, research published in the International Journal of Cardiology showed that, in healthy adults, eating eggs every day did not produce:

- A negative effect on endothelial function, an aggregate measure of cardiac risk
- An increase in cholesterol levels

This misguided lipid hypothesis -- developed in the 1950s by nutrition pioneer Ancel Keys -- linked dietary fat to coronary heart disease. The nutrition community of that time completely accepted the hypothesis, and encouraged the public to cut out butter, red meat, animal fats, eggs, dairy and other "artery clogging" fats from their diets -- a radical change at that time

What you may not know is that when Keys published his analysis that claimed to prove the link between dietary fats and coronary heart disease, he selectively analyzed information from only six countries to prove his correlation, rather than comparing all the data available at the time -- from 22 countries. As a result of this "cherry-picked" data, government health organizations began bombarding the public with advice that has contributed to many of the disease epidemics going on today: eat a low-fat diet.

Not surprisingly, numerous studies have actually shown that Keys' theory was wrong and foods like eggs are healthy. Sadly, as Americans cut out nutritious animal foods like eggs from their diets, they were left hungry. So they began eating more processed grains, more vegetable oils, and more high-fructose corn syrup, all of which are nutritional disasters. It is this latter type of diet that will actually lead to increased inflammation, and therefore cholesterol, in your body. So don't let anyone scare you away from eggs (and other animal foods) anymore.

But Wait, The Type of Egg DOES Matter!

Eggs are an incredible source of high-quality nutrients that many of us are deficient in -- especially high-quality protein and fat. And it is my strong belief that they are a nearly ideal fuel source for most of us. One caveat: Please choose the higher quality free-range organic

Supplements are NOT all created equal.

Information obtained from www.webMD.com

Side note from Dr. McManus--melatonin doesn't work for everyone. Some feel that it has no effect (perhaps not using a high enough dose). Some report that the dose required to be effective makes them too groggy the next day. And some people report vivid and/or scary dreams with melatonin.

Quick Links...

[Learn about Glyconutrients](#)

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varieties. An egg is considered organic if the chicken was only fed organic food, which means it will not have accumulated high levels of pesticides from the grains (mostly Genetically Modified corn) fed to typical chickens.

Article obtained from DR. MERCOLA ,
www.mercola.com

Fit Fact: Ready to Run?

You're ready to start working out. But courts, balls, rackets and weights just aren't your style. How about running?

Running is one of the most effective, time-efficient workouts around, but if you get off on the wrong foot, it's hard to stay motivated and it can be easy to get discouraged. Starting and sticking with a running program doesn't have to be difficult. It's simply a matter of doing the right things at the right time.



Step by Step

First things first: Consult with your doctor to determine whether running is appropriate for you. Individuals who should probably bypass running in favor of walking include those with orthopedic or heart problems, or those who are currently considered obese.

Nothing can derail a running program faster than sore feet or knee pain. Though they often carry a hefty price tag, properly fitting running shoes can help prevent shin splints, blisters, sore muscles and sore joints. Look for light-weight shoes that breathe well and offer good arch and ankle support. You may need to consider visiting a running store or talking to a qualified professional about choosing the right footwear for your foot.

Aside from comfortable clothing, little else is required. Once you're suited up, simply head out your front door

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or take a drive to a nearby park. Grass, running tracks or dirt surfaces are more forgiving on your joints than asphalt and concrete. If you run on trails, be aware of loose rocks, crevices and tree roots that could twist your ankle. Above all-safety first! Be sure to run where it is safe, well lit and out of the way of traffic.

Get in Motion

- Running may seem like a natural motion. Everyone has their own style, but there are a few things you can do to run more efficiently and comfortably:
- Squeeze-Bend your elbows to about 90 degrees and squeeze them to your sides while keeping your hands relaxed. Keep that bend in your elbows as you run and avoid twisting your upper body or driving your arms across your body.
- Drive-Drive your arms from the shoulders and not from the elbows. This will increase your power and running efficiency. Keep your shoulders down and relaxed.
- Lift-Lean forward slightly from the ankles, not from the waist. Attempt to lift your knees a little higher as they swing forward.
- Keep your head level and avoid excessive bouncing as you run.
- Strike the ground first with your heel, and then roll toward the ball of the foot, pushing off with the front of your foot.

Tips

Frequency, intensity, time, type and enjoyment (FITTe) are the elements that you need to put together an effective beginning running program. The best way to halt a running program in its tracks is to do too much too soon. A minimum of 20 to 30 minutes, three days per week (with days off in between) at an intensity of 50 to 85% of maximal effort is the standard recommendation, but should be manipulated to suit individual needs or goals. Here are a few more things to keep in mind:

- Take time to warm up and cool down.
- Spend additional time stretching after your cool-down to minimize injury and muscle soreness.
- Select an intensity at which conversing continuously out loud for 30 seconds proves

challenging, but not too difficult.

- Listen to your body. Reduce your intensity, duration and/or exercise frequency when experiencing muscle soreness.
- Follow a strength-training program on alternate days to balance your training program.
- Increase mileage by no more than 10% per week.

Like any activity, running isn't for everybody. If you don't enjoy it, don't do it. But if you do, take your time, progress slowly and allow your muscles to adapt to the rigors of running.

Article obtained from www.acefitness.org

Recipe of the Month: Quinoa and Feta Salad

- 1 Cup Quinoa
- 2 Cups Chicken Broth
- ½ cup raw cashews
- 2 Tbsp chopped fresh basil
- 2 Tbsp chopped fresh cilantro
- 2 stalks celery, finely sliced
- 1 cup seedless grapes, halved
- ½ cup crumbled goat feta
- 2 Tbsp olive oil
- 1 lime, juiced

Bring chicken broth to a boil and add quinoa. Simmer for 12-15 minutes until the grains are tender and the broth is absorbed. Set aside and cool. Can be cooled faster by spreading out on a cookie sheet or pan.

In a dry, heavy frying pan, toast the cashews over moderate to low heat, stirring frequently, until they are golden brown. Cool, then chop roughly.

In a large bowl, combine dried quinoa, nuts, herbs celery, grapes and feta. Squeeze lime juice over all; add olive oil and season with salt and pepper. Adjust seasonings to taste and leave the salad to stand for at least 1 hour before serving.

This recipe serves 4 as a main course. Nutritional information per serving: 349 Calories, 19 grams fat (4g saturated), 10g protein, 37 g carbohydrates, 4g fiber, 162 mg sodium.

This recipe is from CD Kitchen www.cditchen.com

Got Allergies?

If you are tired of taking over-the-



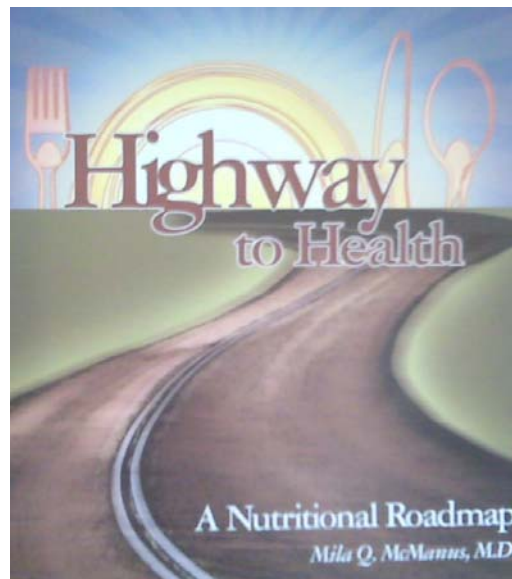
counter drugs like Claritin or making trips to the doctor's office for allergy treatment through painful injections, give us a call.

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](#)

HIGHWAY TO HEALTH-Book Release

Are you still trying to figure out how to eat right for life? Are you having trouble staying on track? Is it hard to navigate the grocery store today and know if you are making the right choices? Do you understand the magnitude of the impact your diet has on your health and well-being?



Highway to Health: A Nutritional Roadmap is available for purchase at our office. We can also take orders for shipping.

Get your copy for our Introductory offer of \$19.99 (regular price \$24.99)

Highway to Health workshops are being scheduled every 3rd Thursday of the month, call to schedule your session. The workshop HIGHLY complements the manual and will take your knowledge to the next level.

Take care of yourself and your family. Start eating to

love the way you feel instead of simply eating what you love. Get on a solid foundation for a lifetime of good nutrition and good health.

WEIGHT LOSS INJECTIONS ARE HERE!

Want help getting a few extra pounds off? We have a new exciting weight loss injection program!

\$149 initial cost for the program includes:

- Office visit with our PA
- EKG
- Blood work-CBC, CMP, TSH
- Vital signs (blood pressure, weight, temp, heart rate)
- Nutritional counseling and our weight loss guide
- First weight loss injection

The weight loss injections:

- Increase energy
- Boost metabolism
- Alter fat metabolism
- Weekly injections are \$25

****Current patients, please call for special pricing!** Call 281-298-6742 or email admin@twihw.com for more details.

Lagniappe of The Woodlands: Bringing Meals to your Doorstep!

Lagniappe has recently started delivering delicious prepared



yeast-free meals to your doorstep. The meals are only \$25, they serve 4 people, include salad, as well as delivery! They also have yummy yeast free desserts!!

They feature a different menu item everyday.

You must place your order a day in advance. You can view the menu at www.elanyap.com

You may also contact Danel at 832-722-9963 to place your order.

email: mmcmanus@twihw.com

phone: 281-298-6742
web: <http://www.twihw.com>

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