

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 Wednesday
September 9th 2009: LEARNING RX**

SUPPLEMENT OF THE MONTH: 7-Keto DHEA

One of the most important DHEA metabolites is 7-Keto DHEA (commonly referred to as 7-Keto). Unlike DHEA, 7-Keto does not convert to estrogen and testosterone. This provides increased utility that can be used to provide a myriad of adrenal and other health benefits without the same level of concern relative to feeding into the sex hormone pathways.

What is 7-Keto

7-Keto is called 3-acetyl-7-oxo-dehydroepiandrosterone, a naturally occurring metabolite primarily produced in the adrenal glands, skin and to some degree the brain. Just like DHEA, 7-Keto peaks in the early 20's and declines over the time to about 50% at age 50.(1) Toxicology studies have revealed that



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, Sept 9th, 2009, 6:00 pm - 8:00 pm, we will have Learning RX speaking.

- Does your child have ADD/ADHD?
- is your child suffering in school?
- Does your brain power need a boost?

Learning RX can help!

Learning RX will focus on the fundamental skills for learning.

How much do we know about the brain? How much of it do we use and what is the potential? We will also include a discussion on Plasticity and why it is so important to exercise your brain.

Participants will also have the opportunity to experience some of LearningRx's fun, yet challenging brain-building games. All attendees will receive a coupon for a free cognitive skills assessment.

Learning RX was a huge hit last year!

this level of supplementation is very safe.(2) Another benefit to 7-Keto is that it does not convert to estrogen or testosterone.(3)

Immune Support with 7-Keto

A four week study of 7-Keto supplementation improved immune function in elderly men and women. (4) The randomized, double-blind, placebo-controlled study included 22 women and 20 men over the age of 65 took 100 mg of 7-Keto twice daily or a placebo. The 7-Keto group had a significant decrease in immune suppressor cells and a significant increase in immune helper cells. Additional benefits in the 7-Keto was reductions in diastolic blood pressure and an increase in neutrophils.

Healthy Weight Support

7-Keto DHEA has long been used in clinical practice for its ability to support fat loss via of thermogenesis. The mechanism by which 7-Keto supports thermogenesis is well documented via these enzyme pathways: fatty acyl CoA oxidase increased by 128%, malic enzyme was enhanced by 860%, and glycerol-3- phosphate dehydrogenase improved by 138 percent. (5, 6, 7) These enzymes are associated with increased hepatic fatty acids utilization for energy production and can also support healthy triglyceride

Please join us for a fun night!!

Bone density scans have been moved to October wellness night.! 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 lunch. Dr. McManus will be discussing safe, natural and effective solutions to many common health problems.

LUNCH AND LEARN-THE WOODLANDS

- Friday, September 18th at 12:30pm
- Location: 9191 Pinecroft, Ste 280

Dr. McManus will be speaking at this event , followed by a question and answer session.

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

INVEST IN YOURSELF!

Autism-Like Neurotoxicity with Vaccines-more proof



levels.

In this randomized, double-blind, placebo-controlled study, 30 overweight adults (were divided into two groups.(8) The first group received 100 mg of 7-Keto twice daily for eight weeks, while second group took placebo. All subjects exercised three times a week for 50 minutes of aerobic and non-aerobic cross training. Each subject also followed an 1800-calorie- a-day diet. The 7-Keto group lost a significant amount of body weight compared to the placebo group-6.3 versus 2.1 pounds.

Do not add any supplements to your current regimen without first discussing with your health care provider.

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A new scientific study proves that the mercury-based compound used as vaccine preservative -- known as 'thimerosal' -- induces neural damage similar to that seen in autism patients.

According to the study, thimerosal-induced cellular damage caused concentration- and time-dependent mitochondrial damage, reduced oxidative-reduction activity, cellular degeneration, and cell death. Thimerosal at low concentrations induced significant cellular toxicity in human neuronal and fetal cells.

As you've likely heard by now, rates of autism in the U.S. have increased nearly 60-fold since the late 1970s, rising right along with the increasing number of vaccinations added to the childhood vaccination schedule.

Although autism may be apparent soon after birth, most autistic children experience at least several months, or even a year or more of normal development -- followed by regression, defined as loss of function or failure to progress. Typically, by the age of three, at which time the child has received at least 24 of their scheduled vaccinations, symptoms of autism are fully apparent, affecting their communication and social skills, and impairing the child's ability to play, speak and relate to the world.

Many have tried to debunk the autism-vaccine link, oftentimes blaming the disorder on genetic factors, but the connection refuses to go away. And for valid reasons.

So far, scientists have been able to link genetic defects to a mere one percent of autism cases. Although the other 99 percent are still unaccounted for, conventional media rarely underscore this fact, focusing instead on the minority link to genetic predisposition.

And bear in mind, mercury is not the one and only potential danger hiding in vaccines. Aluminum is yet another neurotoxic poison used as an immune-suppressing adjuvant.

Although thimerosal was eventually removed from the majority of childhood vaccines in 2001, it's still used in some multi-dose vials, and is present in nearly all

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seasonal flu vaccines.

So, What Do We Know About Thimerosal?

Thimerosal (TMS), which is used in vaccines as a preservative, is 49.6 percent ethylmercury (eHg). It is already an established fact that exposure to mercury can cause immune, sensory, neurological, motor, and behavioral dysfunctions -- all similar to traits defining, or associated with autism.

Genetic predisposition and a number of other environmental factors, such as exposure to other toxins, and diet, are likely major contributing factors that determine whether a child will be able to manage the toxic insult, or develop a neurological disorder like autism.

Other Issues Compounding the Dangers of Thimerosal

The timing of vaccines is also an important factor. According to Dr. Russell Blaylock, multiple vaccines given close together over-stimulate your brain's immune system and, via the mechanism of "bystander injury," destroy brain cells. Your immune system is very complex. Naturally, the immune system of a baby is not the same as that of an adult, as it is not yet fully formed. Both animal and human studies have confirmed that immune reactions to vaccinations differ at different ages. The rate of maturation of the immune system also differs considerably among babies and children, and when combined with variables such as other toxic exposures and diet, there's no way of foretelling what effect a toxin like thimerosal will cause in ALL children.

There's yet another recent study confirming the link between low-level mercury poisoning in children and diagnoses of autism spectrum disorder (ASD). Published in the Journal of Neurological Sciences in September 2008, the study was the first prospective, blinded cohort study to examine children diagnosed with an ASD using urinary porphyrin profile analysis (UPPA) to assess the physiological effects of mercury toxicity. They also used glutathione analysis to assess the children's susceptibility to mercury poisoning. Children with severe ASDs had significantly higher levels of mercury intoxication in comparison to participants with mild

ASDs. It was also established that glutathione, a key biochemical in your body's mercury detoxification pathway, was significantly lower in patients diagnosed with an ASD in comparison with the control group. I'd like to point out, though, that although this study shows a relationship between lower glutathione levels and greater severity of autism, mercury is not the only toxin that can affect glutathione levels. There's a plethora of toxins in your daily environment that contribute to your toxic load, so any number of toxins may be contributing to the problem.

Information obtained from article by Dr. Mercola.

FIT FACT: Work Out Chronic Fatigue

It is estimated that more than 1 million Americans have chronic fatigue syndrome (CFS), an illness defined as profound disabling fatigue lasting six months or more plus at least four of the following: impaired memory or concentration, sore throat, tender glands, aching or stiff muscles, multijoint pain, new headaches, unrefreshing sleep, and fatigue following exercise or exertion.



CFS was dubbed the "yuppie flu" in the 1980s, though now it's well-known that the illness doesn't discriminate based on age, race or socioeconomic status. But it does tend to strike women more often, making them four times more likely to develop CFS than men. People in their 40s and 50s are most susceptible, though CFS can develop at any age, including during childhood and adolescence.

One of the best treatments-exercise-is diligently avoided by many people with CFS.

Exercise for Energy

If you suffer from CFS, you've probably experienced exercise intolerance in which even small amounts of physical activity worsen your fatigue and other symptoms. But research suggests that exercise helps improve fatigue, functional status and fitness. Not convinced? Some people with CFS have found that if they learn more about the benefits of exercise, they are more motivated to give it a try. Information alone may not lure you to the gym, but it may help you to consider making a change.

Start Low and Go Slow

Once you've decided to start an exercise program, talk with your physician. Chances are he or she will give you the go ahead and ample encouragement. Then, the key is to not overdo it. Many people mistakenly engage in a "push-crash" cycle of activity in which they go hard and soon after experience severe debilitating post-exertional fatigue. The trick is to slowly begin an exercise program and gradually increase intensity, duration or frequency. That may mean starting with activities of daily living such as getting out of bed, taking care of personal hygiene, cleaning the house or checking the mail. Back off before illness and fatigue are made worse

As your physical-activity tolerance improves, begin a more structured exercise program that will eventually include cardiovascular training, resistance training and flexibility. Start with several daily sessions of brief (five minutes or less) low-impact activity such as walking. For every minute of activity, take three minutes to rest. Try to build up to a total of 20 minutes per day but don't push it. If you start to feel too fatigued, rest, and stick with the more tolerable level of activity for a week or two before trying to advance. You can incorporate simple strengthening and stretching exercises when you feel ready. Start with exercises that only require body weight for resistance such as wall push-ups or picking up and grasping objects. Go for a set of two to four repetitions to start, with the goal to build up to eight repetitions. As these exercises become easier, add resistance bands or light free weights. End every session with light stretching.

You Can Do It!!

People with CFS feel limited to enjoy the benefits of an active life. It won't be easy to get started, but once you do you may be surprised how daily exercise can help you to reclaim your life.

Article obtained from acefitness.org

Recipe of the Month: Baked Italian Trout

Ingredients

- 2 trout filets
- black olives
- cayenne pepper to taste
- salt and pepper to taste
- 1 small lemon peeled & thinly sliced
- 1/2 yellow onion, thinly sliced
- 1 can Italian stewed tomatoes



Directions

Place filets in small greased baking dish. Season filets to taste. Cover filets with lemon, onion, tomatoes and olives. Bake at 350 until lightly brown. Cool and serve.

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.



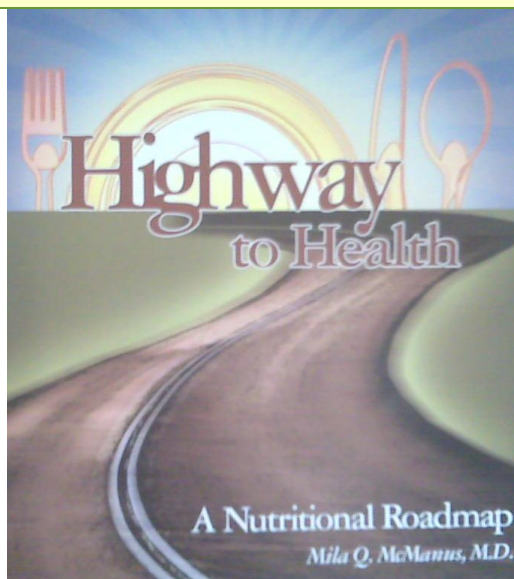
TWIHW offers testing for inhalent and food allergies. The best part is that we treat your allergies through the use of sublingual drop

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

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!

Want help getting a few extra pounds off? We have a new

exciting weight loss injection program!

\$199 initial cost for the program includes:

- Office visit with our Nurse Practitioner
- 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

For an extra \$100, add a 4 hour nutrition consultation to further enhance your health and weight loss efforts!

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.