

**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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**GOT FAT? Try our new HCG protocol! Start the New Year off right!**



The  
Ultimate  
Fat Burning  
**hCG  
Diet**

- **Lose up to 1 pound per day!**
- **Variations of this protocol have been around since the 1950s**
- **Safe, effective, and motivating!**

**Dr. McManus lost 9.5 lbs in the first 8 days! And her husband lost 15 lbs in the first 8 days!**

**Here are some frequently asked**

**SUPPLEMENT  
OF THE  
MONTH:  
HEPATOGEN**

Two methods can be used to engage detoxification pathways that can induce optimal removal of toxins. The first method involves nourishing the liver with a synergistic combination of natural substances: Silymarin, Scutellaria baicalensis, Cynara scolymus (artichoke), vitamin C, N-acetylcysteine (NAC) and lipoic acid (all found in HepatoGen).

All ingredients listed below are found in HepatoGen.

1. **Milk thistle (Silybum marianum)** is a botanical used widely for optimizing liver function. Silymarin is the primary constituent and has been shown to exhibit substantial antioxidant, free radical-scavenging, and lipid peroxidation-inhibiting activity. Milk thistle can alter the cell membrane of the liver cells to prevent penetration by toxins. In addition, silymarin has been shown to stimulate liver regeneration and the formation of new liver cells.
2. **Scutellaria baicalensis and Cynara scolymus** (artichoke) are botanicals with significant antioxidant activity. Research has shown that the Scutellaria constituent baicalin increases the activity of the organic anion-transporting polypeptide 1B1, which

## questions about HCG

### What is hCG?

HCG stands for human chorionic gonadotropin and is a natural substance produced in large amounts in the human body during pregnancy. Pregnant women produces upwards of a million units a day of hCG, while the weight loss protocol uses only 150 units a day. Pharmaceutical companies extract this substance from the urine of pregnant women. It is purified and made into pharmaceutical grade hCG. Although it is a natural substance, it is classified as a drug and available by prescription only. You must get hCG from a medical doctor with a prescription. While the FDA has approved hCG for other uses, such as fertility treatments, the FDA has not approved hCG to be used in weight loss treatment; however, it is legal for doctors in America to prescribe medications for purposes that are not approved by the FDA.

### How does hCG work?

In the pregnant woman, hCG provides fuel for the fetus to grow and develop by mobilizing the mother's fat stores, particularly when the mother is malnourished from morning sickness or general inadequate calorie intake. Knowing this mechanism of action, Dr. Simeons, in the 1940s, began using hcg in conjunction with a very low calorie diet (mimicking malnutrition such as with morning sickness) in order to burn fat and induce rapid weight loss in his patients.

### What does the FDA say about hCG?

FDA states that hCG has no known effect on fat mobilization, reducing appetite or sense of hunger, or body fat distribution. They further state that hCG has not been demonstrated to be an effective adjunct therapy in the treatment of obesity and does not increase fat losses beyond that resulting from caloric restriction. These statements are blatantly and flagrantly false. The truth is that in all properly conducted studies, people on the diet with HCG have, in fact, lost both weight and inches, and much more than placebo group. These dieters have seen a dramatic reshaping and re-sculpting of their bodies.

### Isn't 500 calories a day too low to be safe?

500 calories a day is insufficient by itself, but in conjunction with hcg, you are actually burning thousands of calories a day which is why most people are not hungry or tired while on the hcg protocol. Moreover, research has demonstrated that low caloric

transports various chemicals and drugs into the liver.<sup>10</sup> Baicalin has also been shown to decrease the toxic effects of acetaminophen, which is specifically toxic to the liver, and to prevent the acetaminophen-induced drop in glutathione levels. Several studies also indicate that the constituents of artichoke have liver-protecting activity. In one study, rat liver cells were exposed to hydroperoxides, which cause oxidative damage. Pre-treatment with artichoke extract resulted in a decrease of malondialdehyde production, a marker of oxidative stress, as well as prevented hydroperoxide-induced necrosis of the liver cells. Additionally, the artichoke extract decreased the hydroperoxide-induced loss of glutathione. Other liver-specific activities of artichoke include decreasing cholesterol biosynthesis and improving bile flow.

### **3. Antioxidants such as vitamin C, N-acetylcysteine (NAC) and lipoic acid have been shown to play a significant role in optimal liver function.**

Vitamin C is required for phase 1 detoxification, scavenges free radicals and protects against damage from reactive oxygen species (ROS). NAC is the precursor to glutathione and effectively increases glutathione levels and protects against ROS damage. Additionally, NAC is used in conventional medicine to treat liver toxicity caused by

intake, with nutritional supplementation, actually increases longevity. (50% reduction in calories, NOT 500 calories, so living on 500 calories a day would NOT be healthy)

**Call 281-298-6742 today for Introductory Offer.**

## Upcoming Events--Lunch and Learn, Wellness Night Out

### Lunch and Learn

**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.**



### Next Lunch and Learn

Friday, February 5th at 12:30pm Location: 26110 Oakridge Drive, The Woodlands, TX 77380

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](mailto:admin@TWIHW.com). Seating is limited.

### 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).**

### Next Wellness Night Out

Wednesday January 13th at 6 pm Location: 26110 Oakridge Drive, The Woodlands, TX 77380

Dr. McManus will be speaking on HCG weight loss protocol and getting healthy for the new year. In addition, [The Dinner Dude](#) will be sampling their hcg-approved meals at this event.

We will also have Kathy Markham performing Thermography from 12:00-7:00PM. Please call or email [admin@twihw.com](mailto:admin@twihw.com) to schedule your appointment. We have 5 spots left! Kathy will also briefly speak during our wellness night out about Thermography.

### **THERMOGRAPHY -Prevention vs. Detection**

Digital Infra-red Thermal Imaging (DITI) is a screening

acetaminophen overdose due to its ability to restore liver glutathione levels and act as an alternative substrate for conjugation of toxic acetaminophen metabolites. Lipoic acid is a unique antioxidant in that it is both water- and lipid-soluble, which allows it to function both inside and outside of cells. Research suggests that in the liver, lipoic acid supplementation may be beneficial for the management of liver diseases associated with oxidative stress as it has been shown to have benefits in several conditions such as alcohol-induced damage, mushroom poisoning, metal toxicity and carbon tetrachloride poisoning.

### Quick Links...

[Learn about Glyconutrients](#)  
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[Visit Our Website](#)  
[NutraMetrix Supplements](#)

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process that detects differences in heat given off by the body through precise measurements of infrared frequency wavelengths. Instead of focusing on organs or tissue, it focuses on processes occurring in the body that are causing temperature changes. By learning of an area of thermal abnormality, attention can be given toward possibly reversing those risk-associated changes. This process is an easy, inexpensive, and safe method of revealing the very source of imbalance such as breast disease in the earliest possible stages, possible thyroid dysfunction, immune system response, irritable bowel syndrome, diabetes, carotid arteries, carpal tunnel syndrome, hormonal imbalance, myofascial dysfunction, and many more areas of dis- ease.

Three screenings available:

- Breast Screening, 5 images; \$185
- Women's/Men's Health Screening, 13-17 images, \$325-\$375
- Full Body Screening, 32 images, \$425

Please call 281-298-6742 or email [admin@twihw.com](mailto:admin@twihw.com) to RSVP for this event or to schedule a thermography screening.

[Professional Pool Inspections](#)

**Join our mailing list!**

Join

## WERE MOVING!



**Exciting News! We are moving**

## **to a bigger better facility!**

Our new facility will be open for business on Monday, Jan 4th, 2010.

Our new address will be 26110 Oakridge Drive, The Woodlands, TX 77380

Oakridge Drive is off the southbound feeder of I-45 between Woodlands Parkway and Sawdust. Our office will be just north of Nursery Rd.

## **Detoxification**

### **Cleansing the Body at an Important Time of Year**

Our bodies have the enormous task of processing all of the chemicals that we are exposed to in our environment. During the holiday season, our bodies take on an even larger burden with increased intake of unhealthy food and drinks. Thus, the end of the year is an ideal time for detoxification, both to undo some of the damage we have incurred, and to get a head start on optimizing overall health for the New Year. The liver is an amazing organ primarily responsible for metabolizing all of the chemicals, toxins, and drugs we ingest. The liver also has various other functions such as producing numerous proteins and hormones, bile production, glucose regulation and storage, and cholesterol and triglyceride synthesis. In addition, the liver is the only organ capable of regenerating lost tissue.

Nearly one-third of the total body blood flow is pumped through the liver each minute. The liver filters this blood, including the blood coming directly from the intestines, which is carrying various chemicals, bacteria and nutrients. This filtration minimizes the amount of bacteria, toxins, chemicals, foreign proteins and antigen-antibody complexes in the blood prior to the blood entering the general circulation. The liver then processes these chemicals and toxins through multiple pathways. Phase 1 reactions involve processing chemicals to prepare them for phase 2 of detoxification. Phase 1 metabolites are often highly reactive and potentially even more toxic intermediates. Phase 2 reactions involve conjugating these highly reactive molecules to render them harmless and ready for excretion in the urine or feces. An important enzyme in phase 2 detoxification is glutathione transferase, which

uses reduced glutathione to neutralize the reactive intermediates from phase 1 reactions. Ideally, phase 1 and phase 2 detoxification is in balance, and toxins, drugs, environmental and endogenous chemicals are metabolized and excreted from the body. However, imbalance in these two pathways can result in an increase of free radical production resulting in cellular damage and increasing the need for antioxidants to neutralize these free radicals. An individual's ability to detoxify chemicals varies greatly, as research indicates that phase 1 detoxification not only decreases with aging, but research has also demonstrated a five-fold variability of phase 1 functioning in healthy individuals. Decreased liver function for any reason can result in any number of symptoms including fatigue, allergies and chemical sensitivities, acne or broken blood vessels on the skin, intolerance to fatty foods or alcohol, changes in mood or weight, changes in cholesterol or triglyceride levels, nausea and constipation. Overt liver disease presents with more obvious symptoms such as yellowing of the skin, liver enlargement, itchy skin, dark urine, pale stool, easy bleeding, blood sugar problems and gallstones. Our constant exposure to environmental chemicals increases the demand on the liver. These chemicals are found in our air, food and water. Food additives and preservatives, pharmaceuticals, solvents, alcohol, tobacco smoke, herbicides, pesticides and heavy metals such as aluminum, arsenic, cadmium, lead, mercury and nickel are only a few of the chemicals that adversely affect our health. In fact, even our water supply is loaded with chemicals including pharmaceuticals, heavy metals, pesticides and agricultural and industrial chemicals. An investigation by the Environmental Working Group detected 260 contaminants in U.S. public water supplies, and more than half of those chemicals are unregulated and without set safety standards.

**(Please also see our supplement of the month-  
HeptoGen for help with Detoxification.)**

#### **Glutathione's Crucial Role**

Another method to enhance detoxification pathways is to increase levels of glutathione, a potent antioxidant required for proper detoxification of pollution, radiation, drugs, carcinogenic chemicals, heavy metals and other toxins from water and food. Reduced glutathione interacts with toxins such as heavy metals to make them less reactive and thereby less damaging to

cells. In doing this, the glutathione becomes oxidized and is no longer functional. Thus, glutathione needs to be constantly replenished. In the liver, glutathione conjugation in the phase 2 detoxification pathway makes fat-soluble toxins water-soluble, allowing the toxins to be excreted in the urine. Toxins such as mercury are removed from the body by direct conjugation with glutathione.<sup>18</sup> Glutathione can be depleted with increased free radical production during phase 1 detoxification, resulting in decreased glutathione conjugation in phase 2 detoxification and the build up of toxins and heavy metals in the liver. Liposomal Glutathione can be supplemented to increase glutathione levels and promote detoxification. Liposomes are a fat-soluble "bubble" that allows for increased absorption and protects the glutathione so it remains in the reduced or active state. Cells serve as a gathering place for most toxins because the toxins are able to pass through fatty membranes. Glutathione directly binds with toxins, especially if the correct type of enzyme is present. However, approximately 10-30 percent of the population is lacking this glutathione-enhancing enzyme.<sup>19</sup> In these people, increasing glutathione through supplementation may help increase the chance of a glutathione molecule pairing up with a toxin. When glutathione binds with toxins, the combination becomes water soluble, allowing for its removal.

### **Helping Toxins Leave the Body**

When undertaking a detoxification program, it's important to also consume adequate fiber to help escort toxins out of the body. Fiber is necessary for proper bowel transit time by increasing the frequency of bowel movements. If toxins remain in the intestines for a prolonged period, as with constipation, the toxins are reabsorbed. Also, in the intestines, fiber binds to excreted toxins to help reduce reabsorption and promote toxin elimination. Furthermore, increased fiber intake helps positively balance the intestinal microflora, which aids in reducing endotoxin production from pathogenic bacteria.

### **Conclusion**

With the New Year fast approaching, it is an ideal time to address detoxification. Optimizing liver health by using the botanicals and nutrients found in HepatoGen combined with Liposomal Glutathione will assist the body in detoxification of all of the chemicals and toxins

we eat, drink and breathe. Furthermore, consuming a high-quality fiber supplement will help the body fully eliminate all toxins.

Article Written By Nieske Zabriskie, ND

## **FIT FACT: Healthy Resolutions for the Upcoming New Year**

As the first few months of the new year slip away, do you find your resolutions slipping away as well? Resolutions should be reasonably attainable so that you are setting yourself up for success rather than disappointment. Try focusing on small intermediate goals that will ultimately lead you to your primary goal. Do not expect to be perfect. Aim for a healthy lifestyle with which you will feel comfortable.



### **Take Small Steps**

Simply establishing the goal of leading a healthy lifestyle should make you feel good about yourself. To make that goal more attainable, come up with small goals that you know you can meet each day to help keep yourself feeling positive. Accomplishing the smaller goals will leave you with a more immediate feeling of success. If your goals are too large, you may get caught up in them and feel disappointed when you do not see immediate results. Small behavior-change plans are easier to stick to than vague resolutions like "I will lose 10 pounds." If your resolution is too large, add a plan of action that will guide you toward your goal. Rather than "I will exercise more," try "I will go for a walk at lunch on Tuesdays and Thursdays and work out in the gym Mondays and Fridays." This way you can feel a sense of accomplishment every day, and if you miss a day, you can get right back on track rather than feeling like a failure.

### **Be Realistic**

Be sure that your plan of action is realistic. Plan to work

out at times when it is convenient for you. If you are not a morning person, do not plan to work out early in the morning or you'll just be setting yourself up for failure. Try to make things as easy as possible for yourself. Set your goals at reasonable heights so that you can reach them one by one without feeling overwhelmed. The only way your goal is going to become reality is if you believe in it and, most of all, if you believe in yourself. It may help you reinforce your goal if you can find a realistic role model who is actually living your goal. If he or she can do it, so can you!

### **Anticipate Roadblocks and Reward Yourself for Successes**

If things like weather and illness will prevent you from sticking to your plan, make alternate plans for situations that you cannot avoid. Most importantly, do not let a missed day or two throw you completely off target. Instead, do your best to get back on track as quickly as possible, which should not be extremely difficult if you have set appropriate goals. It is easier to stick to your plan when you feel good about yourself. Try to find a new way to reward yourself when you meet your smaller goals. If you are trying to eat healthier, be sure that all of your meals are still delicious, and allow yourself a small dessert after a few days of healthy habits. Be sure to get involved in activities that keep you feeling happy and fulfilled.

### **Build a Support System**

Get the support of your family, friends and coworkers. If your resolution involves quitting a serious addiction like smoking or drinking or overcoming an eating disorder, get professional help and join a support group if possible. Remember that you are your best supporter. You are trying to improve your own health. Appreciate what you have and then try to treat it a little bit better than you have in the past. If you take better care of your body, you will feel better and perform better at all that you do. Keep in mind that a well-thought-out resolution can be a useful tool to help you live your life the best way possible, starting from the inside.

## Recipe of the Month: Yeast Free Pecan Pie



### Pecan Pie

- 1 1/2 cups Xylitol
- 1/2 tsp sea salt
- 1/2 cup melted butter, unsalted
- 1 tsp vanilla
- 3 eggs, slightly beaten
- 1 cup crushed pecans
- 1 cup of pecan halves

Preheat the oven to 350 F. Combine the xylitol, salt, melted butter and vanilla; and mix well. Add the slightly beaten eggs and mix. Fold in the crushed pecans. Pour into a 9 inch almond pie crust shell. Recipe to follow. Cover with the pecan halves (arrange in a pretty design) and bake in a preheated oven at 350 F for 45-55 minutes. Best if eaten same day.

### Almond Pie Crust

- 2/3 cup grape seed oil or canola
- 1/4 cup water
- 1 tsp. sea salt
- 2-2 1/4 cup almond flour

Mix above ingredients together and then roll out onto wax paper with a small amount of the almond flour to prevent sticking. Since the almond flour is not as porous as wheat flour, you may need to press it into the pie plate. Crimp edges. If needs to be half-baked, then bake it at 400 F for 6-8 minutes.

## Got Allergies?

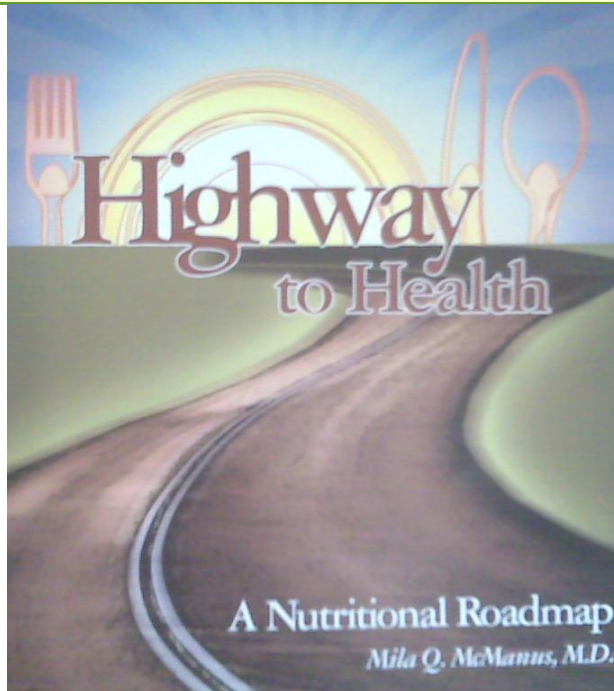
If you are tired of taking over-the-counter drugs like Claritin or making trips to the doctor's office for allergy treatment



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



**Need a last minute Christmas gift for your loved ones?**

**Stop by the office and pick up some copies of Highway to Health for only \$19.99!!**

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

## 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](http://www.elanyap.com). You may also contact Danel at 832-722-9963 to place your order.

## The Dinner Dude

**Attention  
hCG  
Dieters:**

Beginning in January, pick up your fresh, delicious, hCG meals at our office! Now losing weight has never been easier! No shopping, trimming, weighing or cooking, all you have to do is heat and eat your delicious meals!



Never tried The Dinner Dude? Please stop by our office for a FREE sample of their Texas-Style Chili! Convenient, delicious and hCG approved, life is good!

[www.thedinnerdude.com](http://www.thedinnerdude.com)

email: [mmcmanus@twihw.com](mailto:mmcmanus@twihw.com)

phone: 281-298-6742

web: <http://www.twihw.com>