

## 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: Wed March 11th, 2009: Your Financial Health



The Woodlands Institute for Health & Wellness will be hosting Wellness Night Out. This event is free and open to the public (RSVP requested). We are excited about this monthly event which takes place the 2nd Wednesday of every month. Each month we feature a different topic with guest speakers and/or screenings to offer.

Our next Wellness Night Out will be Wed, March 11th, 2009, 6:00 pm - 8:00 pm. This month we will have Bob Marlowe a Financial Advisor speaking on your financial health. Bob Marlowe is a Financial Advisor with The Focus Group Advisors/Securities America and has an office located in the Market Street area of the Woodlands. His practice focuses on retirement planning, education planning, estate planning and wealth management. He has over 24 years of accounting and finance related experience.

**Come gain perspective on the current economic crisis and get answers to the questions that may be troubling you. No matter what your financial**

## Supplement of the month: Phosphatidyl Serine

### What can Phosphatidyl Serine do for Me?

Over 3,000 published research papers and more than 60 clinical trials have established that phosphatidyl serine (LECI-PS) can rejuvenate your brain cell membranes and thereby:

- strengthen your memory
- increase vigilance and attention
- boost learning,
- increase mental acuity
- intensify your concentration
- relieve depression and improve mood
- inhibit exercise and stress induced increases in cortisol
- decrease stress-whether you are young or old.

### How Does Phosphatidyl Serine Work?

Phosphatidyl serine enables your brain cells to metabolize glucose and to release and bind with neurotransmitters, all of which are important to learning, memory and other cognitive functions. Phosphatidylserine increases communication between cells in your brain by increasing the number of membrane receptor sites for receiving messages.

**situation looks like right now, having the facts and gaining the proper perspective will help reduce your stress and ultimately increase your financial wellness. The discussion will cover a broad range of topics including:**

- **7 proofs that we're not in a depression**
- **7 things you should do during a down market and economic recession**
- **and finally 7 things that are going right**

**Bob Marlowe of The Focus Group Advisors will answer questions after the discussion.**

**We will also be offering bone density scans for \$75 from 4 pm - 8 pm. Please call 281-298-6742 to schedule your appointment.**

## **Special Engagement At The Egg and I, Tuesday March 3rd**

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.

- **When: Tuesday, March 3rd 2009**
- **Location: The Egg and I Resturant**

**1644 Research Forest Dr Shenandoah, TX**

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

Reserve your seat today by calling (281) 298-6742 or email admin@TWIHW.com. Seating is limited. If you are ready to get healthy and change your life, this is for you!

**"INVEST IN YOUR HEALTH! IT MAY BE THE ONLY SAFE BET THESE DAYS!-"-Melissa Humphries**

## **New Study on Splenda (Sucralose) Reveals Potential Harmful Effects!**

Phosphatidylserine modulates the fluidity of cell membranes-essential to your brain cells' ability to send and receive chemical communication. Scientific studies demonstrate that phosphatidylserine restores the brain's supply and output of acetylcholine, the neurotransmitter so important to memory, and so may turn back the clock in an aging brain. Phosphatidylserine can increase the availability of endogenous (that which is created within your cells) choline for de novo synthesis and release (while similar treatments with phosphatidylcholine had no effect). Phosphatidylserine also stimulates your brain to produce dopamine and this is likely why patients diagnosed with clinical depression have shown marked improvement in their symptoms as a result of taking phosphatidylserine daily. Reduced dopamine levels are also thought to contribute to attention deficit disorder and this natural substance has proven to be an effective therapeutic agent for ADD and ADHD. Studies examining athletes involved in cycling, weight training and endurance running show that phosphatidylserine can speed recovery, prevent muscle soreness and help athletes to feel their best during the rigors of training. We also know that phosphatidylserine is important in bone matrix formation, testicular function, beat coordination of the heart, hormone secretion by the adrenal



MINNEAPOLIS, Sept. 22, 2008 (GLOBE NEWSWIRE) -- James Turner, chairman of the national consumer education group Citizens for Health expressed shock and outrage after reading a new report from scientists at Duke University. **"The report makes it clear that the artificial sweetener Splenda and its key**

**component sucralose pose a threat to the people who consume the product. Hundreds of consumers have complained to us about side effects from using Splenda and this study, published this past week in the Journal of Toxicology and Environmental Health Part A, confirms that the chemicals in the little yellow package should carry a big red warning label,"** said Turner

Among the results in the study by Drs. Mohamed B. Abou-Donia, Eman M. El-Masry, Ali A. Abdel-Rahman, Roger E. McLendon and Susan S. Schiffman is evidence that, in the animals studied, Splenda reduces the amount of good bacteria in the intestines by 50%, increases the pH level in the intestines, contributes to increases in body weight and affects the P-glycoprotein (P-gp) in the body in such a way that crucial health-related drugs could be rejected. **Turner noted that the P-gp effect "could result in crucial medications used in chemotherapy for cancer patients, AIDS treatment and drugs for heart conditions being shunted back into the intestines rather than being absorbed by the body as intended."**

The study was conducted using male rats over a period of twelve weeks. The manufacturers of Splenda also used a rat study when they applied for and received approval to market the product from the U.S. Food and Drug Administration. At the time, the findings from their rat studies were extrapolated as to possible effects on humans. This is standard FDA practice and this study is consistent with that practice.

**Turner said, "This report followed accepted policies and procedures and the results make clear the potential for disturbing side effects from the ingestion of Splenda. It is like putting a pesticide in your body. And this is at levels of intake**

glands and cell repair and removal by the immune system. Modern science has only begun to understand how important phosphatidylserine is to our bodies. After all, it's present in every type of cell in our body and the membrane proteins that it activates are important in all cells.

#### **Why Do I Need Phosphatidyl Serine?**

Because of stress, aging, and our modern eating habits and food-production methods.

**Stress:** Like burning a candle at both ends, stress increases the demand for phosphatidylserine and depletes your phosphatidylserine levels at the same time.

**Aging:** The elderly particularly benefit from taking phosphatidyl serine. While aging increases our brain's need for phosphatidylserine it also creates digestive and metabolic inefficiency so that it's simply not possible to get enough phosphatidylserine in your diet. Considerable research has proven that Leci-PS improves age-associated memory impairment and continued use prevents age-related decay of brain functions.

**Modern Diets:** Modern low-fat and low- cholesterol diets lack up to 150 mg per day of dietary phosphatidylserine. A vegetarian diet may under supply as much as 200 to 250 mg per day. Other eating styles also create a demand for more phosphatidyl serine. For example, a diet deficient in omega-3 fatty acids may reduce the amount of

**erroneously approved by the Food and Drug Administration. A person eating two slices of cake and drinking two cups of coffee containing Splenda would ingest enough sucralose to affect the P-glycoprotein, while consuming just seven little Splenda packages reduces good bacteria."** Although the effect of consuming Splenda does not result from a one time use, the side effects do occur after accumulated use. Turner also noted unmistakable evidence that Splenda is absorbed by fat, contrary to the claims of Johnson & Johnson.

**Turner announced, "We are calling today on the FDA to immediately accept our petition filed over a year ago and initiate a review of its approval of sucralose and to require a warning label on Splenda packaging cautioning that people who take medications and/or have gastrointestinal problems avoid using Splenda. The new study makes it clear that Splenda can cause you to gain weight and lose the benefits of medications designed to improve and protect your health. The FDA should not continue to turn a blind eye to this health threat."**

Abstract of the study can be found on PubMed.

### **Fit Fact: Five Ways to Pick up the Exercise Habit Again**

Even people who consistently stick to an effective health and fitness routine can sometimes fall out of the habit. Getting back on track can be challenging -- unless you find ways to rebuild a strong desire to start exercising again.

Here are some ways to give yourself the mental kick in the pants that you need to stop procrastinating and get up off the couch:

**1. Use it as an excuse to get "me" time.** If you lead

a life of chaos where it

seems like every moment of your time is consumed with



phosphatidylserine in the brain by 28% and thereby impair your brain's ability to form, store, process and remember.

#### **Modern Food**

**Production:** To make matters worse, modern industrial production of fats and oils decreases all of the natural phospholipids-including phosphatidylserine.

#### **What is Phosphatidyl Serine?**

Phosphatidylserine is a phospholipid that is vital to your brain cells.

Phospholipids are molecules containing both amino and fatty acids found in every cell membrane within our bodies. The fatty acids include omega-3 and omega-6 fatty acid molecules- essential for life. Actually,

phosphatidylserine is universally present in living things from the most simple to the most complex. It is present in every one of our cells.

Phosphatidylserine has many known functions throughout all of our tissues and organs, but is most important as the key building block for the billions of cells that make up our brain. First isolated in 1942, phosphatidylserine is now available as a dietary supplement derived from soy lecithin.

Article obtained from [phosphatidylserine.net](http://phosphatidylserine.net)

#### **Quick Links...**

[Learn about Glyconutrients](#)  
[Test Yourself for Hormonal Imbalance](#)  
[JUICE PLUS](#)

obligations, use a consistent exercise routine as an excuse to spend some much needed time all by yourself.

**2. Put away your "fat" clothes.** It's a lot easier to put off exercising when you can hide underneath clothes that make us feel like you're not as out of shape as we really are. Take all of the clothes that allow you to hide your extra pounds and put them in a box.

**3. Make yourself an irresistible offer.** If you want to crank up your motivation to get in shape, promise yourself an entire weekend of frivolity, a shopping spree, or maybe even a new "toy" like a flat- screen TV, or a new dining room set.

**4. Turn it into a social experience.** You have a friend, a neighbor, a co-worker, or a family member who also needs to lose weight, so grab a partner and make a solemn pact to force each other to stick to it.

**5. Take a good look in the mirror.** When all else fails, get naked and stand in front of a full-length mirror. Take a good look from the front, turn to the side, and even turn around and look back over your shoulder at your backside. If you need to lose even 10 pounds, the mirror will be more than happy to show them to you.

Article obtained from [Lifehack.org](http://Lifehack.org)

## Recipe of the Month: Melissa's Famous Peanut Butter Cups

Melissa's Famous Peanut Butter Cups

- ½ cup Natural Organic Dutch Processed Cocoa or RAW Cacao powder
- ½ cup of Xylitol
- ½ cup of Coconut Oil (Nutiva, virgin cold pressed - NOT refined)
- ½ cup of peanut Butter-select an all natural, unsweetened version (Laura Scudders)
- Small muffin paper/foil cups (Candy sized that fit into a mini muffin tin- should hold 1TBS of mixture)



Combine coconut oil and Xylitol first over low heat and allow Xylitol to dissolve. Please note:the more you stir --the creamier the oil/X mixture becomes. Then add peanut butter and cocoa. Blend until smooth and then spoon 1 tbsp mixture into each cup that has been placed into a mini muffin tin- do not over fill. Place tray in freezer for 30 minutes- the oil will set up. 1 to 2 cups are a serving size and they melt in your

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mouth. You may substitute any nut butter you choose for individual preference/allergy.

## 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.



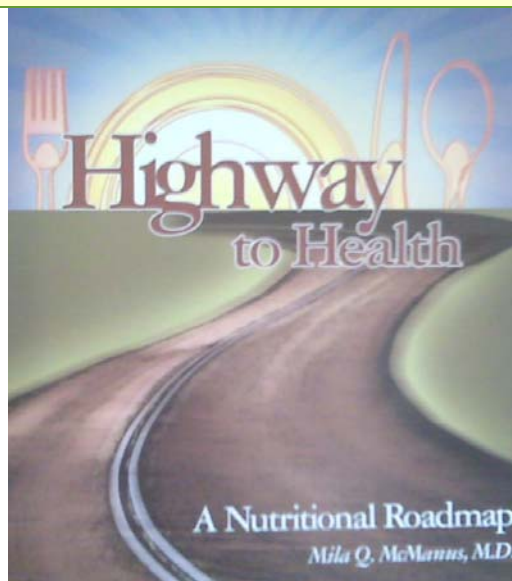
TWIHW offers testing for inhalent and food allergies. The best part is that we treat your allergies through the use of sublingual drop therapy, which is a safe, natural, and effective solution.

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](mailto:admin@twihw.com) for more details.**

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