

## Greetings!

The Woodlands Institute for Health and Wellness is a family focused medical practice bridging the gap between traditional and holistic medicine, offering personal plans for lifelong solutions to good health.

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## Wellness Night Out: Wed Feb 11th, 2009: Dr. Ken Perkins, Chiropractor



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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, February 11th, 2009, 6:00 pm - 8:00 pm. This month we will have a chiropractor Dr. Ken Perkins speaking. He will be discussing what true health is and how chiropractic fits into this concept. True health is an equilateral triangle of body, mind, and spirit. He will discuss chiropractic as vitalistic ( movement and function) and how we impact that as well. Also, pain will be discussed and he will explain why that is not all they focus on.**

**He will also be offering FREE muscle testing and testing for carpal tunnel syndrome.**

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

## Supplement of the month: Resveratrol

Wine--No other beverage has attracted the attention of modern medicine like this one. Although it is most widely known for its benefits for the heart, wine has benefits against cancer, dementia, and other age-related diseases. Researchers in Denmark recently looked at 25,000 people to find out what drinking alcohol does to mortality and discovered that wine drinkers slash their overall risk of dying from any cause by about 40%.

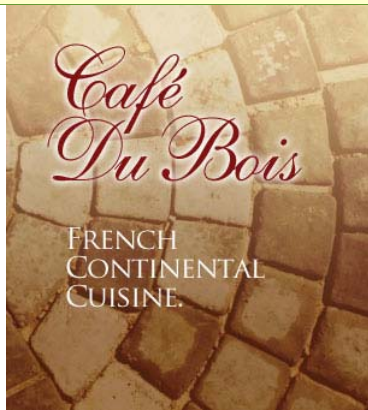
Chemists took wine apart years ago to find out what makes it tick. Basically, it contains a host of plant compounds. Unfortunately, resveratrol and some of the other beneficial components got shelved as "toxics," and nobody paid much attention to them until a scientist tried to figure out why the French can eat so much fat and not get heart disease. It turns out that part of the answer to the "French paradox" is resveratrol found in red wine.

Resveratrol is naturally created by certain vines, pine trees, peanuts, grapes, and other plants. One of these plants (*Polygonum cuspidatum*) is an ingredient in traditional Asian medicines that are prescribed for liver and

## Special Engagement at Cafe Du Bois Tues Feb 17th

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, Feb 17th 2009**
- **Location: Cafe Du Bois**



**2845 W. Town Center Circle Kingwood, Texas 77339**

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](mailto:admin@TWIHW.com). Seating is limited. If you are ready to get healthy and change your life, this is for you!

### CONFUSED ABOUT HORMONES?

Since the Women's Health Initiative Study several years ago, the masses have been scared to death of taking hormones. Let's think about this for a minute from a biological and evolutionary perspective. Our bodies make and use many different hormones which perform vital functions. Could it be that we are evolving to have our hormones turn against us? I doubt it. That wouldn't make much sense. Could it be that the exponential increase in the incidence of disease over the last 20 years is due to accumulating environmental toxins, poor nutrition, inactivity, and increased stress? You bet!

It's very unfortunate that most traditional doctors equate bio-identical hormones with synthetic ones. This is primarily due to lack of education, as we don't learn about prescribing bio-identical hormones in medical school. They are vastly different and should never be confused. I use bio-identical hormones in my practice to undo what synthetic hormones have done to my patients. Is it a coincidence that

heart conditions. Resveratrol is classified as a polyphenol because of its chemical structure. Polyphenols make up a huge group of plant compounds that are further broken down into other classifications such as flavonoids, proanthocyanidins, and the like.

In the early '90s, after wine was pinpointed as the probable answer to the "French paradox," researchers realized that the resveratrol content of wine might be the secret ingredient behind the healthy heart effects attributed to it and the traditional Asian heart medicines containing Polygonnum. Research began in earnest, and just over a decade later, the accolades are enormous: "marked antioxidant activity," "shows great promise for preventing cardiovascular disease," "remarkable inhibitor," "chemotherapeutic, little or no toxic effects in healthy cells," "high efficacy against multiple sites." Dozens of studies were published in this past year alone. Research has uncovered a diverse range of activities that may make resveratrol one of the most useful agents ever discovered for a wide range of human health problems.

Dr. McManus brought back some interesting facts that were presented at the Anti-aging conference this past December on Resveratrol.

99+% of my female patients (self-included) have all, at some point, taken birth control pills? Maybe, but I doubt it. Also, keep in mind that the hormones used in the Women's Health Initiative study were ALL synthetic. Go figure.

Bio-identical means that the chemical structure matches that of our own hormone structure. Bio- identical progesterone, for example, is manufactured by the body, and therefore, the body knows how to use it, where and when to use it, and has the enzymes to metabolize it and dispose of it when it's done using it. Your body already has the perfect progesterone receptors to bind perfectly with progesterone that circulates in the blood. Synthetic progestins, however, aren't quite the perfect match. Its structure is similar enough to bind to progesterone receptors, but the molecular changes made in the laboratory in order to patent this product and sell it for profit likely are having an array of negative effects. Synthetic hormones interfere with natural progesterone and can create and exacerbate hormone related health problems, and be a primary contributor to the condition referred to as Estrogen Dominance. (You can read more about Estrogen Dominance on our website [www.TWIHW.com](http://www.TWIHW.com)). Studies have been published that reveal evidence that taking synthetic hormones actually inhibits production of one's natural progesterone. It's no wonder that synthetic hormones are known to have side effects such as blood clots and migraines, where as bio-identical progesterone actually has been shown to normalize clotting, and is also used as a treatment for migraines.

I think it's important that everyone understands the importance of nutrition in maintaining good health. Many people are so quick to blame 'bad genes' for their health problems. Did you know that 75-80% of breast cancers are NOT genetic? When women tell me how afraid they are of developing breast cancer from taking hormones, I first explain the differences between synthetic and bio-identical hormones. I then usually say, you shouldn't be afraid of replacing what's been lost in the body over the years. Poor dietary habits, stress (which leads to adrenal fatigue and immune system dysfunction), environmental toxins, and lack of adequate nutrition (i.e. vitamins and supplements) are far more likely to cause cancer and other diseases. That's why, in my practice, we place such enormous emphasis on nutrition and immune system optimization.

#### Resveratrol

- Is a polyphenol
- Protects against oxidative stress and gamma radiation
- Suppresses inflammatory pathways
- is considered Anti-aging
- The most stressed grapes will produce the most resveratrol (pinot noir)
- Is the antifungal for red grapes
- Increases endurance
- Increases memory
- Study showed that resveratrol protects breast cancer cells from cancerous estrogen metabolites
- Pinot noir has highest resveratrol content due to thinnest skin and therefore highest stress
- Other polyphenols are found in foods such as eggplants, blueberries, dark choc, etc
- Resveratrol shown safe up to 5000mg/day (not necessarily unsafe in higher doses, but has only been tested up to 5000)

#### Quick Links...

[Learn about](#)

Moreover, hormones are a small piece of the puzzle with respect to breast cancer. And, it's not the absolute presence of hormones, but rather the balance of these hormones that affect your health.

I attended the anti-aging conference this past December where MANY studies were presented about the safety and efficacy of bio-identical hormones. The most memorable one was that in the International Journal of Cancer 2005, 54000 women were studied and found that the relative risk for breast cancer in women using typical HRT (e.g., Prempro) was 1.4, and the relative risk for breast cancer in women using estrogen alone was 1.1, while the relative risk of breast cancer in women using bio- identical estrogen AND progesterone was only 0.9! A relative risk of 1.0 means average risk. So having 0.9 relative risk means LESS than average risk.

**Q: Are Bio-identical hormones FDA-approved?**

A; Why, yes, indeed, they are. Examples would be estrace and prometrium and synthroid and Armour thyroid. The confusion about whether or not they are FDA-approved comes from the fact that the compounding itself is what's not FDA-approved. But the beauty of compounding is the ability to customize doses. For instance, Prometrium (a bio-identical progesterone) comes in only 2 doses, 100mg and 200mg, but there are many patients who only need 10mg, or 25mg. With compounding, we can order whatever dose we want. With bio-identical hormones, we are fine-tuning what the body wants by replacing what's lost. With synthetic hormones, it's more of a one-size-fits-all. A teenager and menopausal woman can take the same birth control pill for example.

**Q: What's the difference between 'natural' and 'bio- identical'?**

A: I try to avoid using the term 'natural' since it's used very loosely and can mean a lot of things. Premarin is 'natural' because it's simply isolated horse hormones from horse urine; however, Premarin is NOT bio-identical. It does have 2 hormones in it that are bio-identical to ours, but also has 30+ other horse hormones that are not. It's much more important, in my opinion, that a medicine is bio-identical rather than 'natural'. Even the bio-identical hormones aren't really 'natural'. Yes, they are derived from

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soy and yams, but the chemical taken from soy and yams is still converted in the laboratory to become bio-identical hormones.

**Q: A recent study was published saying that hormones double the risk of breast cancer. What does this mean?**

A: it's important to understand that this study was done using fake, synthetic hormones that are NOT bio- identical. It would be comparing apples to oranges to make the same statement about using bio-identical hormones.

One last thing I'd like to make note of in this article is something I heard from a prominent wellness doctor in Houston who stated on his radio show that he's got an epidemiologist studying his patient population and initial results are indicating that the incidence of breast cancer in his patient population is about 1/10th of what would be expected! And let's not forget that most, if not ALL of these patients are taking bio- identical hormones.

Article By Dr. Mila McManus

### **Fit Fact: Kick-Start Your Workout**

When you want quick results, consider interval training. Research shows that vigorous bouts of aerobic exercise followed by easier ones, or mixing cardio intervals with strength training, burns tons more calories in less time than if you were to work out at a steady intensity.



Intervals supercharge your metabolism, so you burn calories all day long. Moreover, constantly switching from one move to the next keeps things interesting.

### **Toning Program**

**Beginner:** Do 30 seconds of each of the five exercises; repeat the entire sequence four times for a total of 10 minutes.

**Advanced:** Do 1 minute of each exercise; repeat the entire sequence four times for a 20-minute fat-blasting routine.

Do three to five times a week.

**1. Front Kicks.** Stand with your feet apart, left foot in front, and hands in loose fists in front of your chin, palms facing each other.

Keeping your abs tight, lean your weight into your left leg. Lift your right knee to waist height, and kick your lower leg straight out in front of you as high as is comfortable. (It's a quick but controlled movement.) Keep your left (standing) leg slightly bent. Immediately bring your right leg back down. Do 5 to 10 kicks, then switch to your left leg.

**2. Travel Squats.** Stand with your feet together, arms at your sides. Step your left foot out to the side. As you land, sit back, bending at your knees and hips. Don't let your knees move forward over your toes. Raise your arms in front of you as you sit back.

Squeeze your butt, and press through your heels to stand back up. As you do, step your right foot in to meet your left foot. Then step your left foot out to the side as you squat once again. Do 3 or 4 squats to the left, then go to the right.

**3. Do jumping jacks**

**4. March in place, or jog**

**5. Side Kicks** Stand with your feet wider than shoulder-width and your left foot turned out about 45 degrees. Hold your hands in loose fists in front of your chin, or rest your left hand on a chair for balance. Lean to the left, and cock your right hip up. For a printer-friendly version of all steps click on link below.

Lift your right knee. Then, without lowering it, kick your lower leg out to the side. Keep your abdominals tight, your left (standing) leg slightly bent, and your right foot flexed. Concentrate on kicking through your heel. Bend the knee back in, and bring your leg down. Do 5 to 10 kicks with your right leg, then switch to your left. Start low, gradually working up to higher, faster kicks.

Article obtained from [Prevention.com](http://Prevention.com)

## Recipe of the Month: Shrimp Stuffed Cherry Tomatoes (Yeast-Free!)

- 1/3 lb baby shrimp, cooked
- 2 T Hellmans mayonnaise
- 1 stalk celery, finely chopped
- 1 dozen cherry tomatoes, pulp removed
- 1/2 t garlic powder
- Fresh parsley sprigs for garnish
- 1/2 t chopped fresh basil



Combine shrimp, celery, garlic powder, basil and mayonnaise in a small mixing bowl. Place tomatoes on a serving platter, stuff with filling. Place parsley sprigs between and around tomatoes to garnish. Chill 1-2 hours before serving to allow flavors to blend.

## Got Allergies?

If you are tired of taking over-the-counter drugs like Claritin or



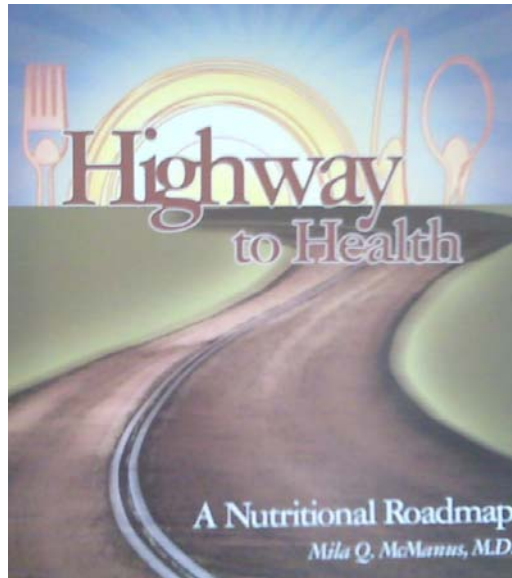
making trips to the doctor's office for allergy treatment through painful injections, give us a call.

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](#)

## SPECIAL ANNOUNCEMENT: 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.

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

phone: 281-298-6742

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

