

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

IN THIS ISSUE

- [SUPPLEMENT OF THE MONTH: Chromium](#)
- [Next Wellness Night Out Wednesday September 9th 2009: LEARNING RX](#)
- [Upcoming Events--Learning Opportunities](#)
- [Celiac Disease and Gluten Sensitivity-PART II](#)
- [FIT FACT: Exercise And Menopause](#)
- [Recipe of the Month: Lemon-Rosemary Chicken](#)
- [Got Allergies?](#)
- [HIGHWAY TO HEALTH-Book Release](#)
- [WEIGHT LOSS INJECTIONS!](#)
- [Lagniappe of The Woodlands: Bringing Meals to your Doorstep!](#)

Next Wellness Night Out Wednesday September 9th 2009: LEARNING RX



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

**(PLEASE NOTE THAT WE WILL NOT BE
HAVING A WELLNESS NIGHT FOR
AUGUST)**

SUPPLEMENT OF THE MONTH: Chromium

Chromium is an essential trace element for humans. In order for the body to use chromium, it must be converted to an active form. Glucose tolerance factor (GTF) is an active form of chromium that has been isolated from brewer's yeast. GTF chromium helps insulin pull glucose (blood sugar) from the bloodstream into the cells for energy. Insulin is very important for carbohydrate, protein, and fat metabolism. Not getting enough chromium in your diet can affect insulin's ability to process these nutrients. It is estimated that as many as 90 percent of all Americans' diets are low in chromium. Eating a lot of highly processed foods may contribute to this problem because foods lose chromium during the refining process. Children with protein-calorie malnutrition, people who have diabetes, and older people may be especially at risk for chromium deficiency. Eating too many sugary foods, exercising strenuously, and having an infection or physical injury can cause your body to lose chromium. Low chromium levels can increase blood sugar and raise triglyceride (a type of fat) and cholesterol levels.

Here is a list of some of

Next Wellness Night Out, Wed, Sept 9th, 2009, 6:00 pm - 8:00 pm, we will have Learning RX speaking.

Learning RX will be doing cognitive training demonstrations. This was a huge hit last year.

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

More info to come....

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.

Please join us for a fun night!!

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/lunch. Dr. McManus will be discussing safe, natural and effective solutions to many common health problems.

LUNCH AND LEARN-THE WOODLANDS

- Friday, July 31st and Aug 14th, 2009 at 12:30pm
- Location: 9191 Pinecroft, Ste 280

WELLNESS BREAKFAST

- When: Tuesday, September 15th, 2009 at 8am
- Location: The Egg and I Restaurant
- 1644 Research Forest Dr, The Woodlands 77380

Dr. McManus will be speaking at these events , followed by a question and answer session.

the health problems associated with low chromium levels.

Diabetes. People with diabetes cannot adequately process blood sugar. People who have type 1 diabetes need insulin shots to help them process blood sugar. Type 2 diabetics can often control their blood sugar with diet alone. Studies show that taking chromium supplements can improve the ability of people with type 2 diabetes to process blood sugar, especially if their body's store of chromium is low. Some people have higher than normal blood sugar (hyperglycemia), but are not considered diabetic. These people often have low chromium levels and can also benefit from taking chromium supplements. High blood sugar levels due to low chromium levels is a common problem among older people.

Hypoglycemia.

Hypoglycemia is the opposite of hyperglycemia and diabetes. People who have hypoglycemia have low blood sugar. Low chromium levels may be a contributing factor of hypoglycemia in some people. Taking 200 mcg of chromium a day may improve the symptoms of hypoglycemia.

Cardiovascular disease.

Low chromium levels are associated with increased blood cholesterol and a greater risk of developing heart disease. Taking chromium supplements has been shown to increase

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

INVEST IN YOURSELF!

Celiac Disease and Gluten Sensitivity-PART II



Here is the conclusion of our article from last month's newsletter.

Lifestyle Changes

It takes less than a gram per day of gliadin, which is less than 2 percent of a single ounce, to cause a reaction. Consequently, the only way to alleviate the symptoms of celiac disease is the total

elimination of all grains and foods containing gluten, like pastas, breads, sauces, cakes, pies, and crackers. This can be a daunting task, as much of the American and western diets are essentially based on the gluten cereals. The cereal grains that contain gluten include wheat, barley, rye, triticale, spelt, and kamut. Also note there is some controversy as to whether or not oats have an effect on celiac disease. Findings are inconclusive; however many times oats are stored in the same facility as wheat and flour, so there is the possibility of trace amounts of wheat gluten found in oats.

Wheat isn't just found in grain products. Wheat flour is used as a filler in cold cuts and deli meats, used to dust frozen vegetables, and is used as a thickener for soy sauce and many pharmaceutical medications use gluten as a filler or a binding agent. It is a common additive in soups, packaged products, and even found in sausages. It is important to keep in mind that if you have celiac disease, there is a risk every time you buy a packaged food. It is recommended that whole and unrefined foods are purchased and cooked to avoid any possibility of consuming a food containing hidden wheat gluten.

Going to a restaurant can be challenging for those with

HDL ("good") cholesterol and lower triglyceride and total cholesterol levels in people with diabetes and people with high blood sugar.

Glaucoma. Chromium affects insulin receptors in the eye. There is a strong association between low chromium levels and increased risk of glaucoma. Glaucoma is a common problem among people with diabetes.

Obesity. Preliminary evidence suggests that taking chromium supplements may help reduce body fat and increase muscle tissue.

Osteoporosis. Chromium picolinate has been shown to decrease urinary excretion of calcium and hydroxyproline in women, and may help preserve bone density in postmenopausal women.

Dietary Sources Brewer's yeast, lean meats (especially processed meats), cheeses, pork kidney, whole-grain breads and cereals, molasses, spices, and some bran cereals. Brewer's yeast grown in chromium-rich soil is the best dietary source for chromium. Vegetables, fruits, and most refined and processed foods (except for some processed meats, which contain high amounts of chromium) contain low amounts of chromium. Hard tap water can supply 1 to 70 percent of your daily requirement. Cooking in stainless steel cookware increases the

celiac disease or wheat sensitivities, since wheat products make up much of most restaurants' menus. Be sure to ask a lot of questions, and if there is any doubt, don't order it. Some restaurants, such as the Italian chain Carabbas, have a gluten free menu, and Budweiser even makes a beer from a gluten free grain called sorghum.

This may all seem very upsetting to those who like breads and pastas, but there are alternatives. There are many companies that make 100 percent wheat and gluten free pasta, bread, muffins, and other "wheat-type" items. A popular wheat-pasta alternative is rice pasta, which is a delicious change of pace for those even without gluten sensitivity. Also, a great way of circumventing all of this confusion is to buy and eat whole, unrefined, non-gluten grains, like brown rice, millet, quinoa, buckwheat, and many others. Not only are these grains all 100 percent gluten free, but you can make amazing pilafs and simple, tasty dishes that are quick and easy. The gluten free grains tend to cook quicker and are easier to digest than the gluten grains.

Celiac Disease Induces Mal-Absorption of the Following Nutrients

- Minerals
- Iron
- Zinc
- Calcium
- Magnesium
- Potassium
- Selenium
- Vitamins B1, B6, B12, Folic Acid, A, D, E, K
- Omega-3 and Omega-6 Fatty Acids

Screening For Celiac Disease and Gluten Sensitivity

The testing for celiac disease is somewhat obscure, but the "gold standard" is an intestinal biopsy. This biopsy examines to see if the villi, which are tiny finger-like protrusions in the walls of the small intestine that aid in nutrient absorption, have flattened and shriveled. Other testing includes the IgG ELISA test, which is a simple blood test that measures immune reactions mediated by the IgG antibody, and the very expensive and sophisticated IgA anti-endomysium test. It is recommended and encouraged

chromium content of food.

Other Forms Chromium is available commercially in several forms, including chromium polynicotinate, chromium picolinate, chromium-enriched yeast, and chromium chloride. Chromium is available in multivitamins and alone in tablet and capsule forms. Preparation doses are typically between 15 and 200 mcg chromium a day in multivitamins.

How to Take It To prevent and treat disease, you should take between 100 to 200 mcg of chromium daily. As with all medicines and supplements, check with a health care provider before giving chromium supplements to a child.

Precautions The form of chromium found in foods is generally nontoxic. However, extremely high amounts can cause toxicity and gastric irritation. High amounts or tissue accumulation of chromium can make insulin less effective. Check with your health care provider before taking chromium.

Possible Interactions Anti-inflammatory medications like aspirin may increase absorption of chromium. Antacids, on the other hand, may prevent the absorption of chromium. Therefore, the benefits of chromium may be reduced if it is taken at the same time as antacids.

Article Obtained From
ALTERNATIVEDR.COM

to get some sort of testing done if you have any of the related symptoms listed here.

There is, however, a blood test called the IgA Anti- Tissue Transglutaminase Test, or tTG for short, and also known as the TGA ELISA or Celiac Antibody Profile. This test measures anti-transglutaminase IgA antibodies in human serum, and a positive test means that a positive diagnosis for celiac disease is very likely. According to studies in the USA and in Europe, this test is as accurate as the IgA anti-endomysium test, but is much less expensive.

The importance of getting tested cannot be understated, even if obvious symptoms are not presented. Undiagnosed celiac disease or gluten sensitivity can increase one's risk for abdominal cancer, lymphoma, and other diseases such as diabetes, especially if ones close relative has been diagnosed with celiac disease. A popular television personality was interviewed recently and she spoke about a more than ten-year struggle to find the source of her symptoms, and it wasn't until a positive diagnosis for celiac disease, when she eliminated wheat gluten from her diet, that she was able to find relief. Because of the prevalence of gluten sensitivities and celiac disease that commonly goes undiagnosed or misdiagnosed, it is recommended that everyone have an IgG ELISA general food allergen panel done in addition to an anti-gliadin tTg test. These tests along with a food diary and a symptom scorecard can greatly assist a health care practitioner or nutrition consultant fine tune a non-allergic diet for the patient. Remember, the only cure for celiac disease is strict avoidance.

Article obtained from Michael Joseph, HHC, AADP

FIT FACT: Exercise And Menopause

What is menopause?

The medical definition of menopause is cessation of menses for 12 months. Menopause occurs when the ovaries stop making the hormones estrogen and



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progesterone. While the average age of menopause onset is about 51, some women may enter menopause as early as their 30s or as late as their 60s. Symptoms of menopause include: hot flashes, night sweats, vaginal dryness, insomnia, headache, lethargy/fatigue, irritability, anxiety, depression, a racing heart or skipped beats, and joint pain.

How does exercise help?

Heart disease and osteoporosis risk increase after menopause. The good news is that this risk can be decreased substantially with a regular physical-activity program emphasizing cardiovascular conditioning and weightbearing exercise, and high-impact activities (such as jumping rope) when tolerated. The mood-elevating, tension-relieving effects of aerobic exercise reduce depression and anxiety, which often accompany menopause. Aerobic exercise promotes the loss of abdominal fat—a common place for postmenopausal weight gain. Strength training stimulates bones to retain the minerals that keep them dense and strong, thereby preventing the onset and progression of osteoporosis. These effects of exercise, along with improved cholesterol levels and physical fitness, work together to help prevent heart disease. Keep in mind that good nutrition and a physically active lifestyle go together.

The Good News

If you have been exercising consistently before reaching menopause, you've already gained health benefits. Aerobic activity during childbearing years reduces the risk for breast cancer, which is more prevalent after menopause. You will also have gained a jumpstart on your bone health since your strength-training exercises may have increased the density and strength of your bones. To reap the benefits of exercise, a balanced program of cardiovascular conditioning to reduce the risk of heart disease, strength training to decrease the risk of osteoporosis and flexibility to maintain range of motion is essential. Consistency is important. Strive to be moderately active for at least 30 minutes every day, or at least most days of the week, every week.

Article Obtained from acefitness.org

Recipe of the Month: Lemon-Rosemary Chicken

Ingredients

- 1/3 cup cold pressed olive oil
- 1/2 cup fresh lemon juice
- 2 Tbsp shallots, chopped
- 2 Tbsp fresh rosemary, chopped
- 1/2 tsp salt
- 1/2 tsp freshly ground pepper
- 1 frying chicken quartered
- handful fresh rosemary sprigs



Directions

In a small bowl, stir together the olive oil, lemon juice, shallots, chopped rosemary, salt and pepper to make marinade. Place the chicken quarters in a large plastic food storage bag and add marinade. Press the air out of the bag and seal it tightly. Massage the bag gently to distribute the marinade. Set the bag in a large bowl and refrigerate for at least 2 hours, turning and massaging the bag occasionally.

Soak the rosemary sprigs in water to cover for about 30 minutes. Prepare a fire in a charcoal grill. Position the oiled grill rack 4-5 inches above the fire. Remove the chicken quarters from the marinade and pat them dry with paper towels. Pour the marinade into a saucepan and bring to a boil; boil for 2 minutes, then reserve. Arrange the chicken quarters, skin side down, on the rack. Grill, turning frequently, for 30-35 minutes. During the last 10 minutes drop the soaked rosemary sprigs on the fire and brush the chicken two or three times with the reserve marinade. If the chicken starts to get too dark, turn skin side up and move it to cooler part of the rack, so it isn't directly over the fire, or cool the fire a little by covering the grill and opening the vent half way. Serves 4.

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.

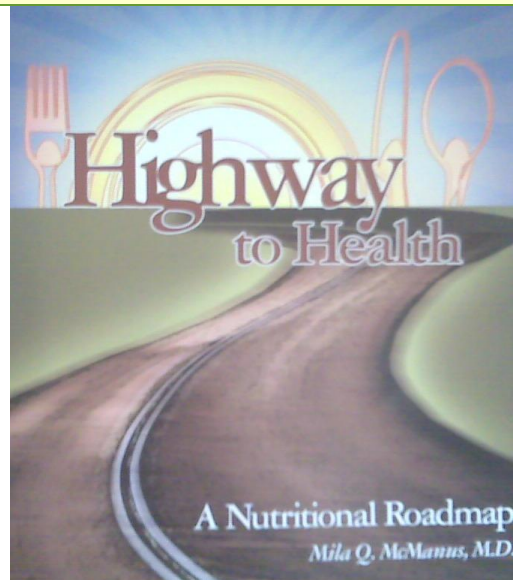


TWIHW offers testing for inhalent and food allergies. The best part is that we treat your allergies through the use of sublingual drop therapy, which is a safe, natural, and effective solution.

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!

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 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.

email: mmcmanus@twihw.com

phone: 281-298-6742

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