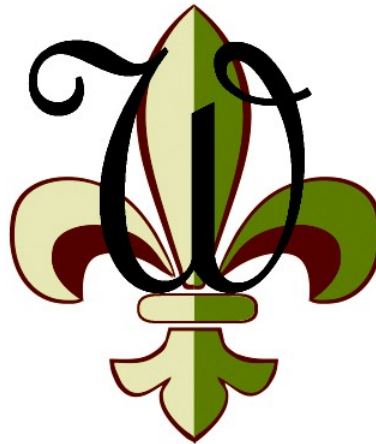


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TWIHW Newsletter

Newsletter

June 2009

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

SUPPLEMENT OF THE MONTH: B12

Vitamin B12 is fittingly known as the energy vitamin, and your body requires it for a number of vital functions. Among them: energy production, blood formation, DNA synthesis, and myelin formation. Myelin is insulation that protects your nerve endings and allows them to communicate with one another. If you know or suspect you're vitamin B12 deficient, you're not alone. Recent studies from the U.S. Framingham trial show one in four adults in the United States are deficient in this vitally important nutrient, and nearly half the population has suboptimal blood levels.

How You Get Vitamin B12 Deficient Vitamin B12 is present in natural form only in animal sources of food, which is one of the reasons I advise against a



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 JULY OR AUGUST)

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

Learnig RX will be doing cognitive training demonstations. 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.

strict vegetarian or vegan diet. There are many well-documented cases of blindness and brain abnormalities in strict vegetarians, resulting from vitamin B12 deficiency. The older you get the more likely you are to have a vitamin B12 deficiency. The two ways you become deficient are through a lack of vitamin B12 in your diet, or through your inability to absorb it from the food you eat.

Why Vitamin B12 is So Important for Your Health

Vitamin B12, also known by the scientific name cobalamin, is water-soluble. Unlike other water-soluble vitamins, B12 doesn't exit your body quickly in urine. It is stored in your liver, kidneys and other body tissues. As a result, a deficiency may not show itself for a number of years, depending on your diet and your body's ability to efficiently absorb B12. This time lag is a serious concern, because after about seven years of B12 deficiency, irreversible brain damage can result. Vitamin B12 is a powerhouse micronutrient for a whole host of reasons. Your body needs B12 for:

- proper digestion, food absorption, iron use, carbohydrate and fat metabolism
- healthy nervous system function
- promotion of normal nerve growth and development
- help with regulation of the formation of red blood cells
- cell formation and longevity

LUNCH AND LEARN-KINGWOOD

- When: Wed, July 29th, 2009, 11:30am to 1pm
- Cafe du Bois
- 2845 W Town Center Circle, Kingwood, TX 77339

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.

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 I



Celiac disease is one of the most sinister and insidious of food allergies. It is estimated that as many as 3 million people in the US may have been diagnosed with the disease, and countless more, at least 97 percent, go undiagnosed and untreated. It should

- proper circulation
- adrenal hormone production
- healthy immune system function
- support of female reproductive health and pregnancy
- feelings of well-being and mood regulation
- mental clarity, concentration, memory function
- physical, emotional and mental energy

As you can see from this list, your B12 level impacts a number of very important systems in your body -- everything from your DNA to how happy you feel. If you think you might be deficient in this vitamin, you need to take steps to get your B12 levels into the healthy range.

Symptoms of Vitamin B12 Deficiency If you don't have adequate vitamin B12 levels in your bloodstream, you might notice some of the following warning signs:

- mental fogginess
- problems with your memory
- mood swings
- lack of motivation
- feelings of apathy
- fatigue
- muscle weakness
- tingling in your extremities

One of the most important functions of vitamin B12 is building the myelin which insulates and protects your nerve endings and allows them to communicate with

also be noted that as many as 30 million Americans or 10 percent of the American population have some kind of sensitivity to wheat or wheat gluten. Studies have shown that celiac disease is most prevalent in Ireland, Finland, and northern Italy. It is truly a pandemic of the 21st century, so much so that the Italian government has recently considered having all children under the age of six tested for celiac disease.

Celiac disease (also known as CD or celiac sprue) is a permanent genetic syndrome of the small intestine caused by an extreme allergic reaction to the gluten protein found in wheat and wheat derivatives. It is the gluten sub-fraction gliadin that attacks the lining of the small intestine causing cellular deterioration. This then leads to the chronic inflammation of the small bowel, which results in poor absorption of nutrients, minerals, and vitamins. This chain reaction of events can cause a great deal of damage to not just the digestive system, but also the entire body, including the nervous system and the vital organs.

Statistics on the Prevalence of Celiac Disease

- 1 in 167 supposedly healthy school children
- 1 in 111 healthy, asymptomatic adults
- 1 in 39 adults with celiac disease are positively diagnosed

Among those reported with gastrointestinal symptoms:

- 1 in 40 children
- 1 in 30 adults

According to a study published in the Lancet: 19 out of 20 cases go undetected and untreated

Prevalence in ethnicities:

- 1 in 250 Italians
- 1 in 122 Irish
- 1 in 85 Finnish
- 1 in 70 Sardinians
- 1 in 18 Algerian Saharawi refugee children

Among those with a parent, grandparent, or sibling diagnosed with celiac disease: 1 in 11 people

one another. If you're B12 deficient and your myelin is depleted, you can experience health problems as widespread as depression, dementia and even symptoms which mimic multiple sclerosis.

Depression Depression is thought to be linked to a shortage of compounds called monoamines, which are manufactured by your central nervous system. Vitamin B12 helps your body make these compounds. There is also evidence high levels of homocysteine associated with B12 deficiency may promote depression.

Sleep Problems If you have trouble sleeping, it could be due to a lack of melatonin in your system. Melatonin is known as the "sleep hormone" and as you age, your body becomes less efficient at producing this chemical. B12 plays a crucial role in melatonin production, which is another reason it is important to make sure you're receiving an adequate amount of this vitamin into your blood.

Cancer We know vitamin B12 plays an important role in DNA synthesis, and its presence in your cells, along with folic acid, helps to alleviate the wear and tear on your genetic material. Damage to DNA is a well-known risk factor for cancer. Low levels of B12 are specifically linked to increased risk for breast and cervical cancer.

B12 Deficiency Affects Fertility, Pregnancy and Breastfeeding
Elevated homocysteine

Some of the symptoms and conditions associated with celiac disease are depression, overweight/underweight, rashes, diarrhea or constipation, abnormal elevation of liver enzymes, neuropathy, osteoporosis, diabetes, increased prevalence of autoimmune diseases, abdominal cancer, and thyroid conditions. It is important to note that some individuals with celiac disease will have very minor GI symptoms. Some health authorities state that clinical depression is the most commonly presenting symptom of undiagnosed celiac disease.

Commonly Reported Symptoms Presented with Celiac Disease and/or Gluten Allergy and Sensitivity

- Chronic Depression (some authorities say this is the most common presenting symptom of celiac disease, especially if the patient hasn't responded well to medication or other treatments)
- Abnormal elevation of liver enzymes of unknown cause
- Permanent teeth with horizontal grooves and chalky whiteness
- Chronic nerve disease of unknown cause (such as ataxia and peripheral neuropathy)
- Osteoporosis in women not responding to conventional therapies
- Repeated low-impact bone fractures
- Intestinal Cancers
- Short stature in children
- Down Syndrome in children
- Chronic or recurring respiratory tract problems like ear infections and sinusitis

- Chronic fatigue caused by malabsorption of nutrients
- Chronic fatigue syndrome
- Mouth ulcers/canker sores
- Anemia, including, iron, folic acid, B12 and B6 deficiency anemia
- Osteoporosis
- Unintended weight loss
- Chronic diarrhea
- Constipation
- Abdominal bleeding
- Crohn's disease

- Diverticulitis
- Depression
- ADD/ADHD and behavioral problems in children

levels which result from an inadequate intake of B12 are well-known markers for increased risk of heart problems and stroke. Less known is the fact that high levels of homocysteine are also very dangerous during pregnancy and can lead to complications and birth defects. Pregnant women with B12 deficiency carry an increased risk of having a baby born with neural tube defects, a class of birth defects affecting the infant's brain and spinal cord. Spina bifida, which can cause paralysis, is a type of neural tube defect, as is anencephaly, which is fatal. If you're planning a pregnancy, it's absolutely critical to attain a healthy level of vitamin B12 in your blood stream before you conceive. Neural tube defects develop within the first four weeks of fetal life, so if you wait until you're pregnant to check your B12 levels, it could be too late. If you've had trouble conceiving, or lost pregnancies through miscarriage, you should have your vitamin B12 levels checked. A B12 deficiency has been linked to infertility and repeated miscarriages. If your diet doesn't include animal products and you're breastfeeding, your baby could develop brain abnormalities due to a vitamin B12 deficiency.

Coffee Drinkers

According to recent research, if you drink four or more cups of coffee a day you are likely to experience a 15 percent reduction in B vitamins compared to people who don't drink coffee.

- Insulin Dependent Diabetes
- Autism
- Thyroid disease, over and under active

Stay tuned for the conclusion of this article in next month's newsletter.

Article obtained from Michael Joseph, HHC, AADP

FIT FACT: Warm Up to Work Out

Suppose you were told that you only had to add an extra five to 10 minutes to each of your workouts to prevent injury and lessen fatigue. Would you do it? Most people would say yes. Then they might be surprised to learn that they already know about those few minutes, which are called a warm-up. If done correctly, a pre-exercise warm-up can have a multitude of beneficial effects on a person's workout and, consequently, his or her overall health.



What happens in your body?

When you begin to exercise, your cardiorespiratory and neuromuscular systems and metabolic energy pathways are stimulated. Muscles contract and, to meet their increasing demands for oxygen, your heart rate, blood flow, cardiac output and breathing rate increase. Blood moves faster through your arteries and veins and is gradually routed to working muscles. Your blood temperature rises and oxygen is released more quickly, raising the temperature of the muscles. This allows the muscles to use glucose and fatty acids to burn calories and create energy for the exercise. All of these processes prepare the body for higher-intensity action.

Natural Sources of Vitamin B12

- fish
- chicken
- beef
- pork
- eggs

The best way to supplement with B12 is via injections. If this is not an option for you, sublingual drops are a good alternative.

Info obtained from www.mercola.com

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Specifically, a gradual warm-up:

- Leads to efficient calorie burning by increasing your core body temperature
- Produces faster, more forceful muscle contractions
- Increases your metabolic rate so oxygen is delivered to the working muscles more quickly
- Prevents injuries by improving the elasticity of your muscle
- Gives you better muscle control by speeding up your neural message pathways to the muscles
- Allows you to comfortably perform longer workouts because all of your energy systems are able to adjust to exercise, preventing the buildup of lactic acid in the blood
- Improves joint range of motion
- Psychologically prepares you for higher intensities by increasing your ability to focus on exercise

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Where to Begin

Your warm-up should consist of two phases:

- Progressive aerobic activity that utilizes the muscles that you will be using during your workout
- Flexibility exercises

Choosing which warm-up activity to use is as easy as slowing down what you will be doing during your workout. For example, if you will be running, warm up with a slow jog, or if you will be cycling outdoors, begin in lower gears. An ideal intensity for an aerobic warm-up has yet to be established, but a basic guideline is to work at a level that produces a small amount of perspiration but doesn't leave you feeling fatigued. The duration of the warm-up activity will depend on the intensity of your workout as well as your own fitness level. After the aerobic warm-up activity, you should incorporate flexibility/stretching exercises. Stretching muscles after warming them up with low-intensity aerobic activity will produce a better stretch, since the rise in muscle temperature and circulation increases muscle elasticity, making muscles more pliable. Be sure to choose flexibility exercises that stretch the primary muscles you will be using during your workout.

Make the Time

To fully reap the benefits of the time you are spending exercising, you must warm up. Taking those extra few minutes to adjust to increased activity will ensure a better performance from your body and, in turn, will make your workout more efficient, productive and, best of all, enjoyable.

Article obtained from acefitness.org

Recipe of the Month: Grilled Summer Veggies

- Zucchini
- Yellow squash
- Vidalia onion (or a "sweet" alternative)
- Almost ripe tomatoes

Heat grill on "high" setting Slice zucchini and squash lengthwise and about ½ inch thick. Slice onions with rings intact about ½ thick. Don't cut the tomatoes!

Brush the cut veggies with olive oil and sprinkle with your favorite herb blend. (Italian blend works well for these veggies)



Place the veggies (except tomatoes) cut side down on hot grill. Let them sizzle for about a minute then turn them over, reduce the heat to medium and cover. (This will give them those nice charred stripes.) Let them cook for about 7-9 minutes and check. When they are getting tender, place your tomato(es) on the grill. They only need about 3 minutes. The tomatoes will not be "cooked" more like heated with some char marks on the skin. The added dimension of flavor when a tomato is grilled is lovely.

When you remove your veggies, eat them immediately or chill them immediately. They will continue to cook and get mushy OR take them off the grill when they are still slightly under cooked and let them rest.

Enjoy these summer veggies while you can get them straight out of the garden or from your grower's stand.

Got Allergies?

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



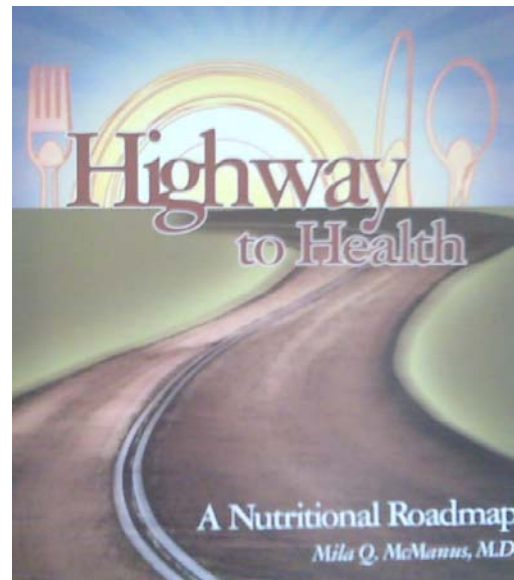
allergy treatment
through painful injections, give us a call.

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>

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