

## 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: Rhodiola Rosea  
GOT FAT? Try our new HCG protocol! Upcoming Events--Lunch & Learn and Wellness Night Out WERE MOVING! Adrenal Fatigue FIT FACT: Mind Over Muscle Recipe of the Month: Stuffed Chicken Peppers--YEAST FREE Got Allergies? HIGHWAY TO HEALTH Lagniappe of The Woodlands: Bringing Meals to your Doorstep!

## GOT FAT? Try our new HCG protocol!



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!**

**Get skinny BEFORE the holidays!**

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

## SUPPLEMENT OF THE MONTH: Rhodiola Rosea



Foto: Trond Steen

Rhodiola rosea is a plant in the Crassulaceae family that grows in cold areas around the world. These regions include much of the Arctic, the Central Asian mountainous areas, the Rocky Mountains, and the mountainous parts of Europe, such as the Alps, Carpathian Mountains, Pyrenees, Scandinavia, Iceland, and the British Isles.

### Common uses for Rhodiola Rosea:

Memory, attention span, mental sharpness, anxiety/panic attacks, depression, mental/physical fatigue, focus, and adrenal support.

Rhodiola rosea has been shown effective in improving mood and alleviating depression. Research from Russia has shown that it improves both mental and physical performance, prevents sickness in high altitudes, and reduces fatigue. In one study, the Rhodiola rosea group decreased proofreading errors by 88% while the control group had an 84% increase in errors. Rhodiola rosea's effects are attributed to its ability to optimize serotonin and dopamine levels and its influence on opioid peptides like beta-endorphins. The stimulant substances are adaptogens. In Russia, rhodiola has been used for hundreds of years to cope with the harsh Siberian climate and stressful life.

### Pharmacology and Phytochemicals of Rhodiola Rosea:

Laboratory studies have isolated six compounds from the root of Rhodiola

## Upcoming Events--Lunch & Learn and 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, December 4th at 12:30pm Location: 9191 Pinecroft, Ste 280, The Woodlands, TX  
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.

Please call to RSVP (281) 298-6742 or email [admin@TWIHW.com](mailto:admin@TWIHW.com).

rosea. These include Flavonoids, Monoterpenes, Phenylpropanoids, Triterpenes, Phenolic acids, and Phenylethanol derivatives. The specific plant-based (phytochemical) components which exhibit Rhodiola Rosea 's abilities are Rosavin, Tyrosol, Rosarin, and Salidroside.

Rhodiola rosea has been identified in clinical analysis as an adaptogen which increases the body's resistance to a wide range of stressors, whether chemical, physical, or biological. Scientists explain that Rhodiola Rosea most likely affects multiple systems in the body to promote emotional well-being, mental clarity/sharpness, and physical endurance. Pharmacological studies have demonstrated that Rhodiola Rosea stimulates neurotransmitter activity in the Central Nervous System and may affect Norepinephrine, Serotonin, Acetylcholine and Dopamine availability in neuropathways that control anxiety and mood stability. Further lab studies have shown Rhodiola rosea to enhance permeability of the blood-brain barrier to Dopamine and Serotonin.

#### Rhodiola Rosea's Mechanisms of Action:

The precise mechanism of action isn't fully understood, but clinical and lab research shows Rhodiola Rosea affects and promotes healthy neurotransmitter balance in the brain and provides some relief for depressed mood, mild to moderate mood changes, mental/physical fatigue, as well as occasional anxiety and panic attacks.

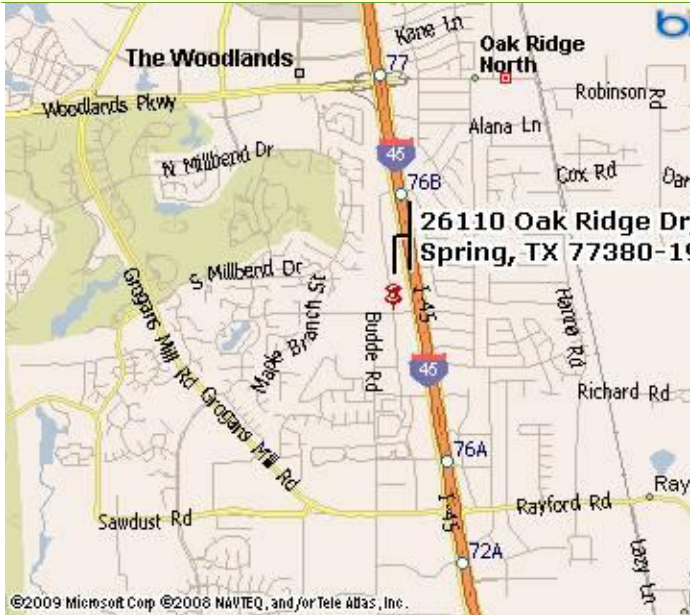
#### Rhodiola Rosea Usage:

A mild to moderate dose of Rhodiola rosea, 50 to 200mg per day, is recommended for clinical effectiveness. Rhodiola Rosea's benefits are supported by other plant-based supplements such as St. John's Wort, Winter Cherry (Ashwagandha), SAM-e, Valerian Root, and 5-HTP.

#### Rhodiola Rosea Safety, Side Effects and Warnings:

Rhodiola rosea has demonstrated very low occurrences of side effects, and available clinical evidence suggests it has a low toxicity. There are currently no contraindications with prescription medications.

# 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.

## Adrenal Fatigue



Your adrenal glands produce many hormones,

Please remember to consult your doctor when starting new supplements. Article obtained from [www .anxiety-and-depression-solutions.com](http://www.anxiety-and-depression-solutions.com)

### Quick Links...

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and cortisol is one of them. Cortisol modulates your immune system, protects your body during times of emotional or physical stress, and sustains your blood sugar and blood pressure. You would die very quickly without cortisol. Cortisol production varies depending on the body's demand for it. When you catch a cold, cortisol production will increase in order to stimulate your immune system to fight that infection. Similarly, when you are under severe emotional stress, your body will demand more cortisol to cope with that stress. Cortisol is also an anti-inflammatory hormone, your natural Advil, if you will.

Adrenal fatigue usually occurs when a person is constantly demanding high amounts of cortisol from his/her adrenal glands because of chronic stress, chronic pain, allergies, and other illness. Your adrenal glands aren't made to produce at high capacity for long periods of time, so when your body is constantly demanding cortisol, your adrenal glands will eventually burn out. When they fatigue, they might produce, let's say, half as much as your body is demanding, which leads to a vicious cycle because they can't give you what you need to fight whatever it is you are fighting (e.g., allergies, pain, infection), so the problems get worse, and then you need even more cortisol. When you are adrenally fatigued, it takes longer to recover from illnesses, and you might also have low blood sugar episodes (symptoms include headaches, shakiness, lethargy, sweating, dizziness, behavior changes), and even low blood pressure symptoms such as light-headedness upon standing. Moreover, aches and pains may develop out of nowhere. Allergies and asthma may worsen.

Cortisol gets a bad wrap in the media and in the 'traditional' medical community. In the media, you may have heard that stress increases cortisol levels, and that cortisol increases belly fat. Based on this, supplements have been created to block the production of cortisol. I find this absolutely ridiculous. While it IS true that stress increases cortisol levels, it is because your body is demanding it. If you were producing too much cortisol when your body was NOT demanding it,

you WOULD develop all of the problems associated with steroids, such as weight gain, fluid retention, diabetes, high blood pressure, acne, bone loss, and immune suppression. Let's face it, too much of any hormone is just as bad as too little of it.

Adrenal fatigue is not easily diagnosed because it usually will not show up on a blood test until it reaches the extreme form known as Addison's disease. Adrenal fatigue is more of a relative deficiency of cortisol. I diagnose adrenal fatigue based on a person's symptoms, as well as based on his or her history (e.g., current medical problems, stressors). Because of the method used for establishing normal reference ranges for lab tests, I know that the majority of my patients' cortisol levels will be within normal range.

Treating adrenal fatigue involves supporting your adrenal glands with certain vitamins/supplements, possibly a low dose of supplemental cortisol, and/or as well as removing the factors contributing to their demise. This involves dietary changes, vitamins, removing yeast from your body, learning to cope with stressors, balancing hormones, exercise, treating chronic pain, and getting adequate sleep. It would be very difficult to completely recover normal adrenal function without addressing all of these at once. Most doctors treat one thing at a time, usually by masking your symptoms with prescription drugs.

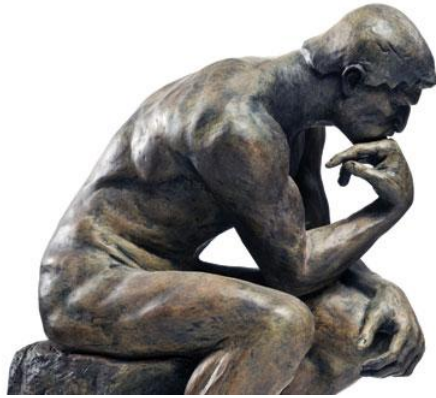
Click here to test yourself for [adrenal fatigue!](#)  
Got questions? Call 281-298-6742 today and speak to a wellness consultant.

Article By Mila McManus MD

## FIT FACT: Mind Over Muscle

### What surrenders first, the brain or the body?

Feels like the body, doesn't it? When your stride gets choppy on the running trail or your form goes wobbly in the gym, you tell yourself to go a bit more, but



your body won't let you. So your mind drifts to a hot shower and a cold beer. It's quittin' time. There it is: Your mind drifts. Your body's got plenty more, and scientists have proved it. Researchers at the University of Cape Town in South Africa have pinpointed where the stop order comes from. It has to do with receptors in the brain called interleukin-6. "Our brains turn on the pain before we actually run out of fuel," says Timothy Noakes, M.D., a professor of exercise and sports science at the University of Cape Town. It's a safety measure—the brain tells the body to shut down to protect it from injury. In short, our brains trick us. They stop us from getting the most out of our workouts, and from losing that last 10 pounds. Guys like Lance Armstrong and Michael Phelps have figured out how to fool the brain and body into giving more. It's a bit more than "I think I can." But not much. Here's what the experts say.

### RUN ANOTHER MILE

- **Why you stop:** You're running low on glycogen, the primary fuel source for your muscles. But it's not the only one. Any body fat you have is available. Your brain knows this, but it's not telling you.
- **Keep going:** Try this trick from Jane Hahn, a senior editor at Runner's World magazine. If a runner is in sight, slowly reel him in. "Imagine there's a magnet attached to him," says Hahn, "and it's pulling you toward him."
- **Some practical preparation:** Include long runs in your training, no matter how short your races are. "Long runs teach the body to run more efficiently and to use energy stores more effectively," says Hahn.

### BENCH-PRESS YOUR LAST REP

- **Why you quit:** You need an absolute goal. If you think that anywhere from six to 12 repetitions will suffice, then 12 is unlikely. Pick eight or 10, and

nail it. Good form is essential-your body uses 32 muscles to lower and lift the weight. As you tire, your form can falter.

- **Lift more:** Start with eight to 10 reps with an empty bar to reinforce your form, says C.J. Murphy, M.F.S., owner and head strength coach of Total Performance Sports in Everett, Massachusetts. Then pull your shoulder blades together and hold your elbows slightly in, not out at 90 degrees. Squeeze your lats and push the bar as fast as you can without losing control. Then lower it under control.

### **PEDAL FASTER**

- **Why you slow down:** You've run out of gas.
- **Speed up:** Get off the bike. Bill Foran, strength and conditioning coach for the Miami Heat, suggests simple intervals.
- **Fours:** Run four lengths of a basketball court "as hard as you can, with the goal of finishing in under 24 seconds," says Foran. Rest 40 seconds and repeat eight to 12 times.
- **17s:** Run sideline to sideline 17 times. The challenge is changing direction. Try to finish in about a minute. Rest 2 minutes; repeat for a total of four or five runs.
- **Suicides:** These haven't changed since high school. They're still hard, still effective. Starting at one baseline of a basketball court, run to the near free-throw line and back, then continue back and forth to the midcourt line, the opposite free-throw line, and the opposite baseline. Try to run the whole thing in 30 to 33 seconds, then rest for a minute. Complete six to eight suicides.

### **DO THAT LAST CRUNCH**

- **Or skip it:** "I'd rather see you do 20 good reps than 30 crappy ones," says Arent. Your abs, like any other muscle, grow in response to increased stress, not continual stress.
- **Do them well:** Three keys to the proper crunch: Focus on lifting your shoulder blades off the floor, not pulling your head up with your hands. Pause at the top of the move and lower your body slowly. Keep your abs tight throughout the exercise.

Article obtained from Mens Health

**Recipe of the Month:**

## Stuffed Chicken Peppers- YEAST FREE

Prepare some boiled chicken breast and shred them. Sauté with the following ingredients  
- Use based on your tastes



- Olive Oil
- Garlic
- Onions
- Canned Diced Tomatoes

Stuff Red or Green Bell Peppers with mixture and place in a baking dish. Cover the peppers with tomato sauce. Cover pan with aluminum foil and bake on 350 until the peppers are soft.

**Yummy!**

## Got Allergies?

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



U.S. Allergy Products

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

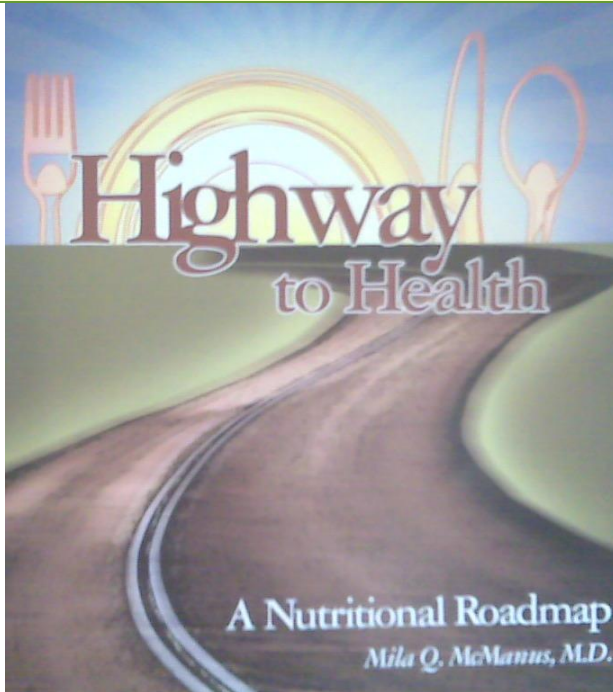
TWIHW offers testing for inhalent and food allergies. The best part is that we treat your allergies through the use of sublingual drop therapy, which is a safe, natural, and effective

solution.

If you are interested in more information, please call 281-298-6742 or [visit our website](#)

## HIGHWAY TO HEALTH

Are you still trying to figure out how to eat right for life? Are you having trouble staying on track?



k? 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.

**Lagniappe of The Woodlands:  
Bringing Meals to your  
Doorstep!**

LAGNIAPPE  
" A LITTLE SOMETHING EXTRA "  
*of The Woodlands*

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.

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

phone: 281-298-6742

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