

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: Strontium GOT FAT? Try our new HCG protocol! Upcoming Events--Lunch & Learn Texas Fitness and Wellness Expo Sleep Deprivation Affects Your Health! FIT FACT: Smooth Skating Recipe of the Month: Banana Ice Cream Got Allergies? HIGHWAY TO HEALTH Lagniappe of The Woodlands: Bringing Meals to your Doorstep! WE'RE MOVING!!

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: Strontium



Breakthrough Against Osteoporosis

Mention strontium to most people, and they will almost always immediately think of strontium-90, a highly dangerous, radioactive component of nuclear fallout produced during atmospheric testing of nuclear weapons in the 1950s. As a result of above-ground nuclear testing, radioactive strontium spread throughout the environment and contaminated dairy products and other foods, and subsequently accumulated in the bones of both children and adults. The media made us well aware that strontium-90 could cause our bones to become radioactive, causing cancer or some other horrible disease as a result. So, in the minds of many, strontium is a poison to be avoided, just like other toxic metals such as lead, mercury, cadmium and aluminum. However, stable strontium; meaning nonradioactive; is nontoxic, even when administered in large doses for prolonged periods. It also appears to be one of the most effective substances yet found for the prevention and treatment of osteoporosis and other bone-related conditions. Furthermore, repeatedly administering stable

Upcoming Events--Lunch & 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.



Friday, October 23rd and December 4th at 12:30pm
Location: 9191 Pinecroft, Ste 280, The Woodlands, TX
Friday, November 13th at 12:30pm Healthy, Wealthy, and Wise Luncheon Cosponsored by Morgan Stanley Smith Barney 24 Waterway Ave, Suite 600 The Woodlands, TX 77380

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. Seating is limited.

Texas Fitness and Wellness Expo



Texas Fitness & Wellness Expo Featuring The 7th Annual Texas Yoga Championships **COME VISIT US AT OUR BOOTH! We will be having a drawing for \$500 off our comprehensive wellness program and \$100 off our HCG weight loss program!!**
**The Cynthia Woods Mitchell Pavilion
Sunday, November 8th,
2009 8:00AM - 6:00PM**

The event will bring together thousands of health-conscious people from across the state to learn about new

strontium can even gradually eliminate radioactive strontium from the body. The stable form slowly replaces the radioactive form in bone, and radioactive strontium is excreted in the urine. Strontium is one of the most abundant elements on earth, comprising about 0.04 percent of the earth's crust. At a concentration of 400 parts per million, there is more strontium in the earth's crust than carbon. Strontium is also the most abundant trace element in seawater, at a concentration of 8.1 parts per million. The human body contains about 320 mg of strontium, nearly all of which is in bone and connective tissue. Because of its chemical similarity to calcium, strontium can replace calcium to some extent in various biochemical processes in the body, including replacing a small proportion of the calcium in hydroxyapatite crystals of calcified tissues such as bones and teeth. Strontium in these crystals imparts additional strength to these tissues. Strontium also appears to draw extra calcium into bones. When rats or guinea pigs are fed increased amounts of strontium, their bones and teeth became thicker and stronger. Strontium has been safely used as a medicinal substance for more than a hundred years. For decades in the first half of the twentieth century, strontium salts were administered in dosages of 200 to 400 mg/day without toxic effects.

Strontium and Osteoporosis
Strontium tends to accumulate in bone; especially where active remodeling is taking place. In 1959, researchers at the Mayo Clinic investigated the effect of strontium in 32 individuals suffering from osteoporosis. Each patient received 1.7 grams of strontium per day as strontium lactate. Eighty-four percent of the patients reported marked relief of

ways to stay fit, have fun and live healthier lives. The Texas Fitness & Wellness Expo promotes all aspects of the health and wellness industry and supports the wellbeing of all of our neighbors across Texas. More than 75 local and regional fitness and wellness experts will be on-hand to interact with attendees and demonstrate how their field can improve health and help people to live more fulfilling lives. The main event at the Expo is the 7th Annual Texas Yoga Championships, the premiere event for the state's yoga community. The competition gives health and fitness enthusiasts the opportunity to learn more about yoga and see some of the top practitioners in the state showcase their talents. During the event, 75 yoga practitioners will compete in four categories and the finalist of each category will be flown to California to compete for the national and international titles. Competitors and spectators from Houston, Dallas, Ft. Worth, Austin, San Antonio and around the state will come to The Woodlands for the weekend.

A portion of the proceeds will benefit several local charities that are helping to improve the lives of children and families across the area, including:

Girls Run

Montgomery County Youth Services

Montgomery County Women's Shelter

Sleep Deprivation Affects Your Health!

Your circadian rhythm evolved over hundreds of generations to align your physiology with your environment. Your body clock assumes that like your ancestors, you sleep at night and stay awake

during daylight hours. If you confuse the situation by depriving yourself of enough hours of sleep, or eating meals at odd hours (times at which your internal clock expects you to be sleeping), you send conflicting signals to your body. Based on the implications of this latest study, it's easy to see how a compromised circadian system -- caused by unhealthy sleep patterns -- can lead to so many



bone pain, and the remaining 16 percent experienced moderate improvement. No significant side effects were seen, even with prolonged (up to three years) administration of strontium. X-rays taken at the beginning and end of the study showed "probable" increased bone mass in 78 percent of the cases. This is not surprising, considering the symptomatic improvement reported by the patients.

Unfortunately, measurement of bone mass in 1959 was pretty crude, leading the researchers to qualify their interpretation of the X-rays. Sophisticated tests used today were not available at the time this study was conducted. In 1985, Dr. Stanley C. Skoryna of McGill University in Montreal conducted a small-scale study that pointed to a potential role for strontium in the treatment of humans. Three men and three women with osteoporosis were each given 600 to 700 mg/day of strontium in the form of strontium carbonate. Bone biopsies were taken in each patient before and after six months of treatment with strontium. Biopsy samples showed a 172 percent increase in the rate of bone formation after strontium therapy, with no change in bone resorption. The patients receiving strontium remarked that the pains in their bones had diminished and their ability to move around had improved. Recently, interest in strontium has been rekindled by a number of studies using the strontium salt of ranelic acid (strontium ranelate). A large multi-center trial known as the strontium ranelate (SR) for treatment of osteoporosis (STRATOS) trial was designed to investigate the efficacy and safety of different doses of strontium in the treatment of postmenopausal osteoporosis. The study included 353 osteoporotic women with at

different kinds of disease, as proper cellular function and metabolism is essential for optimal overall health. One of the worst things you can do to disrupt your body clock is to engage in regular night shift work. I realize many may not have a choice in selection of their job, but it is vital to understand that when you regularly shift your sleep patterns because of a job like police, fire or ER work, you are in fact sacrificing your longevity.

The Many Ways Disrupted Sleep Patterns Can Impact Your Health

Your individual circadian rhythm regulates activity throughout your body, from your brain, to your lungs and heart, to your liver, to your skeletal muscles. Numerous studies have shown the clear links between the quality of your sleep and your health. For example, your circadian clock influences your:

Short term memory -- Your circadian clock controls your daily cycle of sleep and wakefulness by alternately inhibiting and exciting different parts of your brain through regulating the release of certain neurotransmitters. The part of your brain known as the hippocampus must be excited in order for the things you learn to be organized in such a way that you'll remember them later. If your internal clock isn't functioning properly, it causes the release of too much GABA. According to a previous study, an excess of GABA inhibits your brain in a way that leads to short term memory problems and the inability to retain new information.

Weight gain/loss -- Lack of sleep has been shown to affect levels of two hormones linked with appetite and eating behavior. When you are sleep deprived, your body decreases production of leptin, the hormone that tells your brain there is no need for more food. At the same time it increases levels of ghrelin, a hormone that triggers hunger.

Diabetes and heart disease risk -- Both too little and too much sleep may increase your risk of type 2 diabetes. A 15-year study of more than 1,000 men found that those getting less than six or more than eight hours of sleep a night had a significantly increased diabetes risk. A similar pattern has also been observed in the relationship between sleep and coronary heart disease.

Immune system - Research has found that when you are well-rested you are likely to have a stronger immune response to viruses than when you have not gotten enough sleep. It's believed that the release of certain hormones during sleep is responsible for boosting your

least one previous vertebral fracture and low scores of lumbar bone density. Patients received placebo or strontium in doses of 170, 340 or 680 mg/day for two years. The scientists evaluated lumbar and hip bone mineral density (BMD) using dual-energy X-ray absorptiometry (DXA). They also determined the incidence of new vertebral fractures, as well as several biochemical markers of bone metabolism. Lumbar BMD increased in a dose-dependent manner. Also, there was a significant reduction in the number of patients with new vertebral fractures in the second year of the group receiving the 680 mg/day dose. In the 680 mg/day group, there was also a significant positive change in markers of bone metabolism. The authors concluded that the 680 mg/day dose offered the best combination of efficacy and safety, and stated without equivocation that strontium ranelate therapy increased vertebral BMD and reduced the incidence of vertebral fractures.

Strontium and Metastatic Bone Cancer

Dr. Skoryna (1981) also tested the effect of strontium in patients with breast or prostate cancer that had spread to the bones. Metastatic bone cancer is usually a tragic condition with a poor prognosis, in which the cancer cells are multiplying out of control and gradually eat away the bone tissue. In addition to causing severe pain, metastatic bone cancer can make bones so weak that they break after only minimal trauma, or simply collapse under the body's weight. Deforming and disabling fractures may culminate in loss of mobility and intolerable pain. Metastatic cancer is difficult to treat and usually becomes progressively worse, although successful treatment of the cancer

immune system.

Cancer risk -- Disruption of your circadian clock may influence cancer progression through changes in hormones like melatonin, which your brain makes during sleep, and which is known to suppress tumor development. Melatonin is an antioxidant that helps to suppress harmful free radicals in your body and slows the production of estrogen, which can activate cancer. When your circadian rhythm is disrupted, your body may produce less melatonin and therefore may have less ability to fight cancer.

Furthermore, according to a report in the Journal of the American Medical Association (JAMA), lack of sleep can have an adverse impact on other serious diseases such as:

- Parkinson disease (PD)
- Multiple sclerosis (MS)
- Alzheimer disease (AD)
- Gastrointestinal tract disorders
- Kidney disease
- Behavioral problems in children

In addition to upsetting your metabolism, poor sleeping habits can also harm your health due to elevated levels of corticosterone, the stress hormone associated with road rage. When your body is under stress, it releases hormones that increase your heart rate and blood pressure. Your muscles get tense, your digestive processes stop, and certain brain centers are triggered, which alter your brain chemistry. Left unchecked, this stress response can eventually lead to a variety of health problems including:

- Headaches
- Indigestion
- Insomnia
- Increased anxiety
- Depression
- High blood pressure

Optimize Your Light Exposure

Two major highlights that are important to know are that it is important to optimize your melatonin levels through optimization of your light exposure. It is important to have consistent regular exposure to bright light during the day and sleep in absolute darkness at night. Typically this is not possible unless you have blackout shades or drapes

will occasionally cause the bone lesions to regress.

Notwithstanding this rather dim prognosis, Dr. Skoryna administered strontium (in the form of strontium gluconate) for at least three months. The dosage of strontium was only 274 mg/day; much lower than the 600 to 700 mg/day he used in his osteoporosis study. However, since strontium gluconate is absorbed more efficiently than strontium carbonate, less strontium was needed to achieve the same blood level. In many cases, the results were clear-cut and dramatic. X-rays taken before and after strontium therapy demonstrated new mineral deposits in areas of bone that had been eroded by the cancer. In one patient, a vertebra that appeared to be on the verge of collapse showed extensive remineralization. Although much of this newly deposited mineral was no doubt made up of calcium crystals, the presence of strontium was clearly evident by its characteristic appearance on the X-rays. These strontium deposits were still visible on X-rays taken several months after strontium therapy had been discontinued. Many of the cancer patients reported subjective improvements while receiving strontium.

Strontium and Arthritis

Based on the studies showing that strontium improves bone density in osteoporosis, scientists at the Bone and Cartilage Metabolism Research Unit, University Hospital, Liege, Belgium, hypothesized that strontium might also improve cartilage metabolism in osteoarthritis (OA). They performed an in vitro investigation using cartilage-forming cells (chondrocytes) obtained from normal adults and patients with osteoarthritis. Chondrocytes were cultured for 24 to 72 hours with strontium,

and turn off all the lights in your room.

Tune Your Body Clock for Optimal Health

Regardless of your age, the best way to keep your circadian clock functioning properly is to make sure you're getting the necessary amount of high quality sleep, during those hours when your body expects to be sleeping. The right amount for you is based on your individual sleep requirements and not on a one-size-fits-all prescribed number of hours. Unfortunately, many people are quick to jump on the pill wagon once they start having sleep problems. But sleeping pills come with numerous side effects and can cause more harm than good. Better alternatives include using the Emotional Freedom Technique (EFT), listening to a brainwave synchronization tape, or trying a natural remedy that can do the job without the side effects. It's important to realize that even if you do everything else right - eat nutritious meals, exercise, manage stress - if you aren't getting high-quality sleep your health is bound to suffer in any of the numerous ways mentioned above.

Article obtained from [Dr.Mercola](#)

FIT FACT: Smooth Skating

The in-line skating industry has come a long way since 1984, when there were only 20,000 skaters in the United States. Today that number stands at almost 11 million. The reasons for its popularity are simple. In-line skating is fun, low-impact and easy to learn. It's the perfect way to introduce exercise and an ideal activity for any fitness level. In fact, numerous studies have indicated that skating has a significant impact on fitness levels, especially in the areas of cardiovascular development, lung capacity, muscular strength and weight loss. One hour on skates consumes almost as many calories as running, and it strengthens the muscles and connective tissues surrounding the ankles, knees and hips.

Getting Started

Safety is your priority. When you feel safe, you're open to new experiences and you decrease your risk of injury. The number-one reported reason for in-line-related trips to the emergency room, other than for cuts and bruises, is injury to the arms, wrists and hands that occurs when no protective gear is worn.

If you don't own a pair of skates and protective gear, locate the nearest in-line rental shop, where you can rent all you need for about



and Proteoglycan (PG) content was determined; i.e., structural components of cartilage, including hyaluronic acid, glucosamine and chondroitin sulfate. These substances; Proteoglycans, also known as Glycosaminoglycans; are known to decline dramatically with age. The researchers found that strontium strongly stimulated PG production. This suggests a cartilage-growth-promoting effect of strontium, and provides a sound basis for clinical testing of strontium in osteo- and other forms of arthritis.

Conclusion

Strontium in doses up to 1.7 g/day appears to offer a safe, effective and inexpensive approach to preventing and reversing osteoporosis and may be of benefit in patients with osteoarthritis and cancer with bone metastases, as well as possibly helping to prevent dental cavities. Doses of 680 mg/day appear to be the optimum dose, although lower doses are clinically effective. Dr. J.Y. Reginster (2002), one of the principal strontium researchers, cautions that co-administration of strontium with calcium appears to impair strontium absorption, so I recommend that strontium be taken on an empty stomach, and that it especially not be taken with other multi-minerals that usually include calcium. Although the more recent studies used strontium ranelate, earlier studies used other salts of strontium, including strontium carbonate, strontium lactate, and strontium gluconate. It appears that the active ingredient is strontium, and whatever salt of strontium used is less important than the amount of strontium consumed. Also, although the studies cited above used only strontium, plus calcium and vitamin D, I believe that even better results would be

\$5 to \$20. Here are some more tips to help you get started: When renting or buying, be sure your skates fit snugly; your feet should not have a lot of room to move around. If you feel an uncomfortable pressure point anywhere around your feet or ankles, adjust the tongue of the skate. If this doesn't help, try on another pair. Any good rental shop will include all protective gear- wrist, knee and elbow pads and helmet-with your rental. A bike helmet works fine, too.

If possible, stand up and take a basic stride forward, on carpet or in the rental shop. Get a feel for the support surrounding your ankles. Do small tasks to get used to the skates-shift weight from one foot to the other, step around in a small circle and move your ankles and knees from side to side to feel the wheels' edges.

Find an outdoor location with a flat, relatively smooth surface, free from traffic or obstacles. Possible options include a parking lot, school yard or tennis court, preferably with a grassy area nearby to cushion your fall should you stumble.

Learn how to stop! There are a variety of braking systems currently available, depending on the manufacturer.

Turning can strike fear into the hearts of novice skaters, but the following progression makes it seem simple.

- First, look in the desired direction, and then point your big toes in that direction. Keep the ankles and knees flexed and relaxed and the arms in front for balance. Continue your turn in the shape of a C until you roll to a stop. Try the same technique in the other direction; then try linking turns together.

- The distance between your feet will vary; some might stand wider than others.

Once you master the basics, it's possible that you will be able to redefine your potential for safe participation, as well as your fitness level.

Article obtained from Acefitness.org

Recipe of the Month: Banana Ice Cream

Takes 3 minutes to make!

- 4-6 Ripe, Peeled and Frozen Banana's
- 1/4 Tsp of fresh organic Vanilla Bean (available at wholefoods in whole bean form-slice and scrape insides of 1 bean)
- 1 tsp Honey/Agave Nectar (OPTIONAL)
- 2 TBSP. Hot Water



In a heavy duty food processor, blend all ingredients for 1-2 minutes until ice cream is in scoopable consistency. Serve in a beautiful glass and top with your choice of dark chocolate shavings, fruit or nuts. We also love to mix some cold espresso and a few chocolate covered coffee beans!

achieved by including other potential anti-osteoporotic substances such as a broad-spectrum mineral replacement that includes magnesium, vitamin K and boron, plus Xylitol, ipriflavone, calcium hydroxyapatite, progesterone cream (and in some cases, estrogen), and DHEA. A comprehensive regimen of synergistic bone- enhancing substances should provide the optimum regimen for preventing and treating osteoporosis.

Article obtained from

Worldhealth.net

Quick Links...

[Learn about Glyconutrients](#)

[Test Yourself for Hormonal Imbalance](#)

[JUICE PLUS](#)

[Visit Our Website](#)

[NutraMetrix Supplements](#)

Our Sponsors

[Avante Laser & Medispa](#)

[Brochure Builders
Woodlands Mailing &
Fulfillment](#)

[Roger Sutter Photography
Sedona Fitness for Women](#)

[Vino 100
Core Fitness](#)

[PhD Pools and Professional
Pool Inspections](#)

Join our mailing list!

Join

Yummy!

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](#)

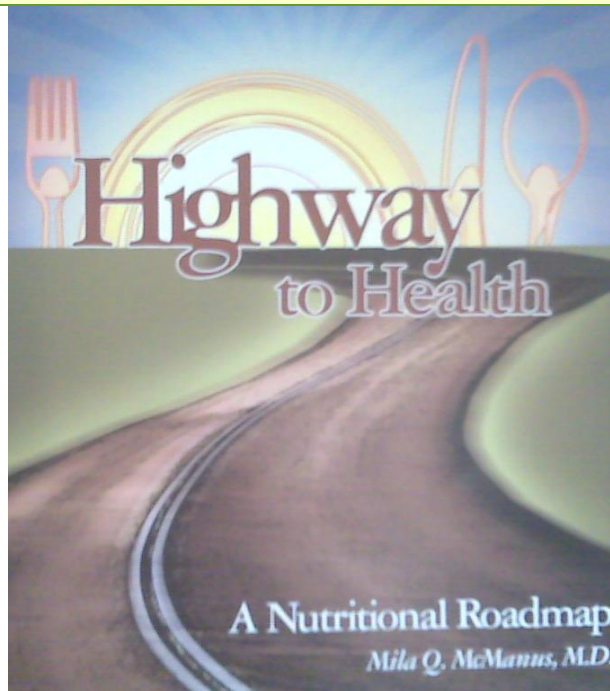
HIGHWAY TO HEALTH

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.

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.

WE'RE MOVING!!

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.

email: mmcmanus@twihw.com

phone: 281-298-6742

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