

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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Wellness Night Out Wednesday October 14th 2009: ACUPUNCTURE



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, Wed, Oct 14th, 2009, 6:00

SUPPLEMENT OF THE MONTH: Vitamin D



The Role of Vitamin D in Your Body

There are only 30,000 genes in your body and vitamin D has been shown to influence over 2,000 of them. That is one of the primary reasons it influences so many diseases, from cancer and autism to heart disease and rheumatoid arthritis.

A study by Dr. William Grant, Ph.D., internationally recognized research scientist and vitamin D expert, found that about 30 percent of cancer deaths -- which amounts to 2 million worldwide and 200,000 in the United States -- could be prevented each year with higher levels of vitamin D.

Vitamin D even fights colds and the flu, as it regulates the expression of genes that influence your immune system to attack and destroy bacteria and viruses. In fact, it is very rare for

pm - 8:00 pm, we will have Dr. Sherry Durrett speaking on, and demonstrating, ACUPUNCTURE.

Acupuncture 101 and the AcuGraph: See Your Chi!

Acupuncture is a component of traditional Chinese medicine that originated in China over 5,000 years ago. It is based on the belief that living beings have a vital energy, called "chi" or "qi", that circulates through twelve invisible energy lines known as meridians on the body. Each meridian is associated with a different organ system. An imbalance in the flow of chi throughout a meridian can be a factor of how disease begins. Treatment consists of using pressure, laser, or hair-thin needles on specified points along meridian lines to influence the restore balance to the flow of chi. In our practice we use Evidence-based Acupuncture by using a computerized AcuGraph instrument to allow us to "see the chi" and graph out any imbalances that exist so that treatment can be exact and very precise.

As time permits, brief and limited Acugraph Screenings will be offered at this event. And, as a special benefit, a certificate will be issued to everyone in attendance, which can be used for a complete and detailed AcuGraph and consultation in Dr. Durrett's office. (over \$100 value)

Dr. Durrett established her private practice in the FM 1960 area of Houston, in March of 1985. Her practice specialties include caring for the entire family with services ranging from Chiropractic, Acupuncture, Applied Kinesiology, Nutrition, Allergy and Chemical Desensitization, Body Restoration Technique, Natural Approaches for ADD/ADHD, and helping patients who have not responded favorably to other types of care

Please join us for a fun night!!

Bone density scans will be offered as well.

someone with optimized vitamin D levels to come down with the flu.

Many are Deficient

In the United States, the late winter average vitamin D is only about 15-18 ng/ml, which is considered a very serious deficiency state. Meanwhile, it's thought that over 95 percent of U.S. senior citizens may be deficient, along with 85 percent of the American public.

How to Optimize Your Vitamin D Levels

The ideal way to get vitamin D is by exposing your skin to appropriate sunlight. Unfortunately for most of us there simply isn't enough sun exposure for nearly half of the year. However, even in the sun many of us are modern day cavemen and we spend the majority of the time the sun is out shining inside at work or in our home. Not many of us are regularly out in the sun.

Sun exposure (without sunscreen) of about 10 to 15 minutes a day, with at least 40 percent of your skin exposed, is a general guide of how much you need, although people with dark skin will need to stay out significantly longer.

Again, most of us struggle with seasonal vitamin D winters in which we may not be able to get enough sun exposure during certain parts of the year. In that case, I also advise using a safe tanning bed (one that has the harmful emissions shielded) to have your own body produce vitamin D naturally.

It is important to understand that in the summertime, when you put on your bathing suit and sunbathe for 30 minutes, your body produces about 20,000 IUs of vitamin D -- as much as exists in 200 glasses of

(\$75 for patients, \$100 for non-patients) We only have 2 spots left. Please call 281-298-6742 to schedule an appointment.

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.

LUNCH AND LEARN

- Friday, October 23rd at 12:30pm
- Location: 9191 Pinecroft, Ste 280, The Woodlands, TX

- Thursday, October 8th at 12:30 pm
- Location: QLS Fitness Center, Kingwood, 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. Seating is limited.

INVEST IN YOURSELF!

READY FOR FLU SEASON? (AND I DON'T MEAN VACCINE!)

milk, or the equivalent of about 50 typical multivitamins!

Make sure when you supplement, you are using vitamin D3 only! Vitamin D2 is synthetic and highly inferior.

This is typically prescribed by many well intentioned doctors who seek to take advantage of a patient's prescription coverage.

Unfortunately this form is FAR more expensive than the real vitamin D3, which is one of the least expensive vitamins we have. But more importantly it does not work nearly as well as D3 and can actually block the real D3 from working properly.

For those in the winter with no or very limited exposure to sunshine, 4,000-5,000 units per day is appropriate for most adults. If you are very heavy you may need to double that dose, and for children the dose can be half that. The key, though, is to make sure you monitor your vitamin D levels by blood testing, to make sure your levels are in optimal range. The normal reference range is generally from about 25 to 100. Optimal range is suggested to be more in the 70-80 range. Since vitamin D is fat-soluble, it is possible to become toxic, which is another important reason to have your levels measured. Twice a year should suffice.

information obtained from Dr. Mercola and various other sources.

Quick Links...

[Learn about Glyconutrients](#)

[Test Yourself for Hormonal Imbalance](#)



“With swine flu, we need to get the message across to the public that there is no need to panic.”

How worried are you about flu season? Well, there's no need to panic. Don't believe the hype. There are 2 ways to lie. With statistics, and without! Last statistics I heard were that 1,000,000 had been infected with swine flu, and about 500 have died. That is 0.05%. And the majority of those killed had chronic health problems such as asthma or cerebral palsy.

I found an article that was so well written, it saved me the work, so instead of writing a lengthy article and reinventing the wheel, I'm inserting [this link](#) and I highly encourage you to read this!!

Are you confused about vaccines? to vaccinate, or not to vaccinate? I found another great resource and encourage you to visit www.homefirst.com. This is Dr. Eisenstein's website and I had the pleasure of speaking with him at a conference I recently attended where he was a speaker.

So what *can* you do about flu season? First of all, if you are *not* healthy/well, you need to get there, and fast. If you are on a wellness path which includes eating right and taking vitamins, you have little to worry about.

I have a few recommendations to help you make it through flu season without a hitch:

[JUICE PLUS](#)

[Visit Our Website](#)

[NutraMetrix Supplements](#)

Our Sponsors

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[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

- Vitamin D (make sure you serum level of 25-OH vitamin D is at least 50)*
- carry hand sanitizer and use it often
- Don't eat with your hands! Think about where they've been and everything you've touched prior to picking up that food and putting it in your mouth
- Silver Sol-for prevention and/or treatment**
- zinc-25mg a day through the season (Oct thru March)
- Multivitamin
- Vitamin C 1,000mg 2 to 3 times a day***

*I've talked to experts recently at a conference who recommend 50,000iu vitamin D3 daily for 3 to 5 days at first signs of flu/cold, and then 5,000 to 10,000iu daily thereafter for maintenance for an adult. And for a child, up to 1000iu per pound per day for 3 to 5 days, then 2000-5000iu daily thereafter. It's important to have your serum levels followed by your healthcare provider. Please remember that the normal reference range for vitamin D is HUGE and you want to avoid being in the lower half.

**Silver Sol is something I discovered recently. It's much more potent than regular colloidal silver. We carry it in the liquid form and the gel form. You can apply it to wounds, use it as a nasal spray, drink it, douche with it, and even nebulize it! There are numerous studies proving its efficacy in killing bacteria, parasites, yeast, and viruses. It's perfectly safe, non-toxic, and has no drug interactions. Consider using this for flu season as a preventative. Keep in mind, however, that it will also kill good bacteria so it's important to take a probiotic while you are using this orally. I recommend a probiotic (at least 10 billion potency) twice daily while using Silver Sol, and take it between Silver sol doses, NOT with them.

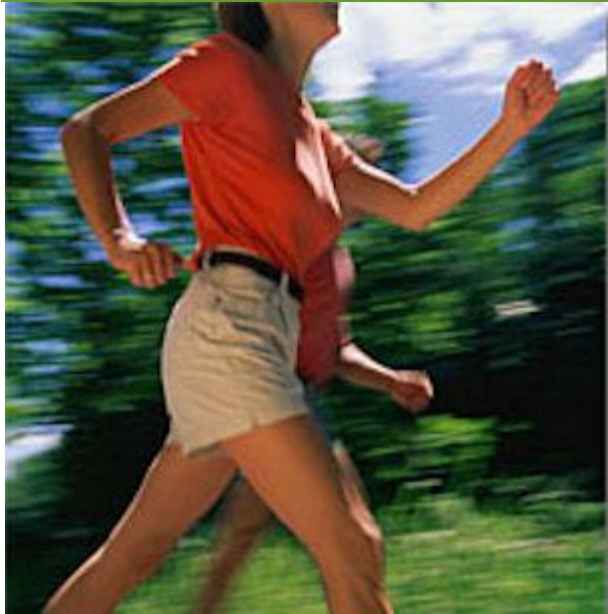
***Vitamin C is very important for the immune system and supports the adrenal glands. It may cause diarrhea in sensitive individuals, typically at doses higher than 4000mg a day, but sometimes with as little as 500mg. Vitamin C is also important for heart health and has natural antihistamine

properties at higher doses.

article by Mila McManus MD

Disclaimer: Do not add any supplements to your current regimen without first discussing with your health care provider.

FIT FACT



Walking at a brisk pace (a 15-minute mile or 4 mph) burns almost as many calories as jogging for the same distance. The

benefit of jogging is that it takes less time to cover the same distance and it benefits bone density; however, it may be too strenuous for some, and not so great on the joints.

Recipe of the Month: Toasted Pecans (Yeast-free!)

4 egg whites, 4 cups pecan halves, 1/4 - 1/2 Cup Xylitol (depending on desired sweetness), extract or spice of choice (vanilla, maple, cinnamon are all good)



If using liquid extracts, start with 1/4 teaspoon and add just a drop or two at a time until you get the desired depth of flavor. Extracts are very potent and too much can ruin the pecans.

Whip the egg whites until fluffy, not too stiff. Add sweetener

and flavorings. Toss pecans and spread on a cookie sheet. Bake at 325 degrees until crunchy. (About 30-45 minutes)

These are great on salads, in chicken salad or just as a Yeast Free snack!

You can alter this recipe to a salty version by eliminating the sweetener and adding salt and desired spices. Try Cajun, Mediterranean, or Italian. Yum!

Got Allergies?

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



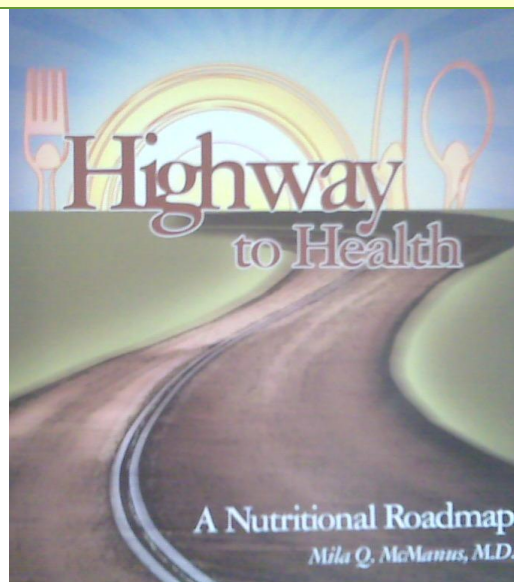
allergy treatment through painful injections, give us a call.

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.

WEIGHT LOSS INJECTIONS!

Want help getting a few extra pounds off? We have a new exciting weight loss injection program!

\$199 initial cost for the program includes:

- Office visit with our Nurse Practitioner
- EKG if needed
- 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!

Lagnia
ppe
has
recentl
y
started

LAGNIAPPE
" A LITTLE SOMETHING EXTRA "
of The Woodlands

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!!

We are opening our new facility on January 1, 2010.
More details to come!

email: mmcmanus@twihw.com
phone: 281-298-6742
web: <http://www.twihw.com>