

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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GOT FAT? Try HCG!



The
Ultimate
Fat Burning
hCG
Diet

Lose up to 1 pound per day of fat!

Here are some frequently asked questions about HCG

What is hCG?

HCG stands for human chorionic gonadotropin and is a natural substance produced in large amounts in the human body during pregnancy. Pregnant women produces upwards of a million units a day of hCG, while the weight loss protocol uses only 150 units a day. Pharmaceutical companies extract this substance from the urine of pregnant women. It is purified and made into

Coconut Flour



At last, a natural and delicious alternative to wheat and grain that's packed with dietary fiber and is a good source of protein too!!

If you are serious about living healthier, then you will want to consider coconut as a regular part of your diet.

Fortunately when it comes to coconut, there are endless ways to indulge! The best way to experience the many health-giving gifts of coconut is to use virgin coconut oil. It's a small investment in your health that yields tremendous returns!

Virgin coconut oil is one of the smartest oils you can eat. Rich in lauric acid, coconut oil contains NO trans fat, strengthens your immune system and boosts your metabolism!

Coconut flour is unlike any other consisting of 14% coconut oil and 58% dietary fiber! The remaining 28% consists of water, protein, and carbohydrate. If you haven't tried coconut flour yet, here are some more excellent reasons to start:

- Coconut Flour is ideal for baking. It has fewer digestible (net) carbs than other flours, and it even has fewer digestible carbs than some vegetables!
- Coconut Flour is gluten-free and hypoallergenic. With as much protein as wheat flour, coconut flour has none of the specific protein in wheat called "gluten".

pharmaceutical grade hCG. Although it is a natural substance, it is classified as a drug and available by prescription only. You must get hCG from a medical doctor with a prescription. While the FDA has approved hCG for other uses, such as fertility treatments, the FDA has not approved hCG to be used in weight loss treatment; however, it is legal for doctors in America to prescribe medications for purposes that are not approved by the FDA.

How does hCG work?

In the pregnant woman, hCG provides fuel for the fetus to grow and develop by mobilizing the mother's fat stores, particularly when the mother is malnourished from morning sickness or general inadequate calorie intake. Knowing this mechanism of action, Dr. Simeons, in the 1940s, began using hcg in conjunction with a very low calorie diet (mimicking malnutrition such as with morning sickness) in order to burn fat and induce rapid weight loss in his patients.

What does the FDA say about hCG?

FDA states that hCG has no known effect on fat mobilization, reducing appetite or sense of hunger, or body fat distribution. They further state that hCG has not been demonstrated to be an effective adjunct therapy in the treatment of obesity and does not increase fat losses beyond that resulting from caloric restriction. These statements are blatantly and flagrantly false. The truth is that in all properly conducted studies, people on the diet with HCG have, in fact, lost both weight and inches, and much more than placebo group. These dieters have seen a dramatic reshaping and re-sculpting of their bodies.

Isn't 500 calories a day too low to be safe?

500 calories a day is insufficient by itself, but in conjunction with hcg, you are actually burning thousands of calories a day which is why most people are not hungry or tired while on the hcg protocol. Moreover, research has demonstrated that low caloric intake, with nutritional supplementation, actually increases longevity. (50% reduction in calories, NOT 500 calories, so living on 500 calories a day would NOT be healthy)

This is an advantage for a growing percentage of the population who have allergies to gluten or a wheat sensitivity.

- Coconut Flour consists of the highest percentage of dietary fiber(58%) found in any flour. Wheat bran has only is 27% fiber.
- Coconut Flour can help you reach a healthy weight. Ideal for those who follow a low-carb eating plan, coconut flour works well as part of a weight loss program because it has high fiber, and foods with high fiber can help promote a feeling of fullness.

Whoever said "you can't have your cake and eat it too" was definitely in the dark about the benefits of coconut flour!

Say YES to Your Favorite Foods Again with GLUTEN-FREE Coconut Flour!

Studies that show celiac disease, a genetic disease that is a severe form of gluten intolerance that results in intestinal complications, may affect as many as one in thirty-three people. Most people are unaware that there are many reactions to wheat, aside from celiac disease, that can cause health problems. Most of us are addicted to breads, bagels, pizza, pasta, waffles and pancakes and would rather die than give them up, and many people do just that - die from the side effects of eating wheat! But eliminating gluten from your diet is no small task. The good news is that food manufacturers are finally realizing there's a growing need for a variety of gluten- free breads and foods. The bad news is that large portions of commercially prepared gluten-free foods are made using soy flour. I cannot emphasize enough that soy is not the health food that you think it is. If you are still using soy, I urge you to consider how some studies are linking soy to serious health conditions including:

- Increased risk of breast cancer in women, brain damage in both men and women, and

Call 281-298-6742 today for Introductory Offer.

Upcoming Events--Lunch and Learn and Open House!

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, February 19th at 12:30pm Location: 26110 Oakridge Drive, 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.

Open House

The Woodlands Institute for Health & Wellness will be hosting an Open House at their new facility. This event is free and open to the public (RSVP requested).
Thursday February 25th, 5pm to 8 pm
Location: 26110 Oakridge Drive, The Woodlands, TX 77380

Fun, Food, Fellowship, Freebies, Variety of free screenings, Education, Local businesses offering services and products related to health and wellness.

More details to come! Please join us for this fun event!

We will also have Kathy Markham performing Thermography. Please call or email admin@twihw.com to schedule your appointment.

- abnormalities in infants
- Contributions to thyroid disease, especially in women
- Weakening of your immune system
- Severe, potentially fatal food allergies

It appears that the tide is beginning to turn against the soy craze and many people are now wisely looking for healthier alternatives. Nut flour is becoming more popular but it is expensive and few people can afford to use it regularly. There are a variety of other flours like potato, garbanzo, and rice flour, but like soy, these can present a host of health challenges for many people too. Coconut flour is a healthy and delicious alternative for most anyone who is allergic to nuts, wheat, milk or other common foods that trigger sensitivities. Because so few people are allergic to coconut, it is regarded as hypoallergenic. If you are looking for a gluten-free way to make your favorite baked foods, coconut flour is a delicious, safe, healthy, relatively low-cost, and easy way to do it. You can make a variety of breads and pastries using little more than coconut flour, eggs, and coconut oil!

Coconut Flour: The Secret Weapon to Managing Your Weight

Food contains two types of carbohydrate: digestible and non-digestible. Digestible carbohydrate consists of starch and sugar and provides calories. Non-digestible carbohydrate is the fiber and provides NO calories. Coconut meat is composed primarily of non-digestible fiber with a beneficial amount of water and smart oil. Dietary fiber acts like a broom, sweeping your intestinal contents along your digestive tract aiding in elimination, regularity and helping to promote digestive health. Since you cannot digest the dietary fiber in coconut flour, you derive no calories from it. Studies have shown that an additional 14 grams of fiber daily (the amount in about 1/4 cup of coconut flour) is associated with a 10% decrease in calorie intake and a resulting loss in

THERMOGRAPHY -Prevention vs. Detection

Digital Infra-red Thermal Imaging (DITI) is a screening process that detects differences in heat given off by the body through precise measurements of infrared frequency wavelengths. Instead of focusing on organs or tissue, it focuses on processes occurring in the body that are causing temperature changes. By learning of an area of thermal abnormality, attention can be given toward possibly reversing those risk-associated changes. This process is an easy, inexpensive, and safe method of revealing the very source of imbalance such as breast disease in the earliest possible stages, possible thyroid dysfunction, immune system response, irritable bowel syndrome, diabetes, carotid arteries, carpal tunnel syndrome, hormonal imbalance, myofascial dysfunction, and many more areas of dis- ease.

Three screenings available:

- Breast Screening, 5 images; \$185
- Women's/Men's Health Screening, 13-17 images, \$325-\$375
- Full Body Screening, 32 images, \$425

Please call 281-298-6742 or email admin@twihw.com to RSVP for this event or to schedule a thermography screening.

body weight. The health benefits of dietary fiber include:

- Promotes heart health and supports your immune system
- Facilitates better digestion and promotes digestive comfort
- Promotes absorption of vitamins and minerals
- Assists in detoxifying your body
- Helps promote cholesterol health

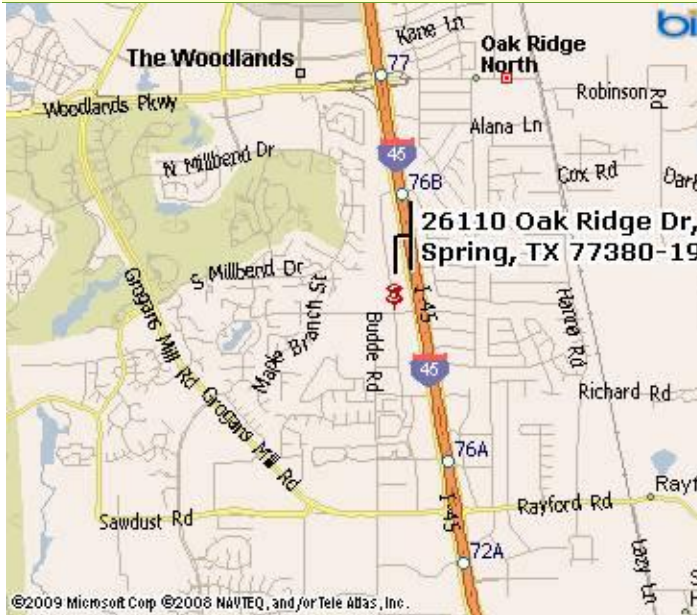
Dietary Fiber Can Help You Support Blood Sugar Health

While dietary fiber helps support a healthy weight, it also plays a role in supporting blood sugar health. Dietary fiber slows down the release of glucose and therefore requires less insulin to utilize the glucose and transport it into the cell where it is converted into energy. Foods rich in soluble dietary fiber are low glycemic index foods. In contrast, foods without dietary fiber allow for a fast release of glucose creating a need for more insulin. The excess glucose can also be stored in your body and increase your weight. One research study (at the Food and Nutrition Research Institute, Department of Science and Technology in collaboration with the Philippine Coconut Authority) was done on bakery products supplemented with increasing amounts of coconut flour using human subjects. The study found that increasing levels of coconut flour in bakery products resulted in a lower glycemic index. Numerous studies like this one have shown that the abundance of dietary fiber found in coconut flour helps support blood sugar health and helps support a healthy weight. If you are interested in becoming more weight-conscious, adding coconut flour to your daily meals is a delicious and smart choice!

Quick Links...

[Learn about Glyconutrients](#)
[Test Yourself for Hormonal Imbalance](#)

WE HAVE MOVED!



Exciting News! We have moved!

Our new address is 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.

ZEVIA



Zevia is a product we recommend to our patients who love regular and diet soda. Zevia has ZERO calories! It also contains NO artificial colors, sweeteners, flavors, high fructose corn syrup, or

[JUICE PLUS](#)
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Join our mailing list!

Join

other ingredients that are dangerous to your health.

You can find Zevia at most HEB's, Hubble and Hudson, Whole Foods, and many other health food stores. You may also order it from the [ZEVIA](#) website.

Zevia® IS ALL NATURAL

Zevia® soda is Nature's Answer To Diet Soda. Zevia has taken great care and spared no expense to make sure that all seven Zevia® soda varieties contain only pure, natural ingredients.

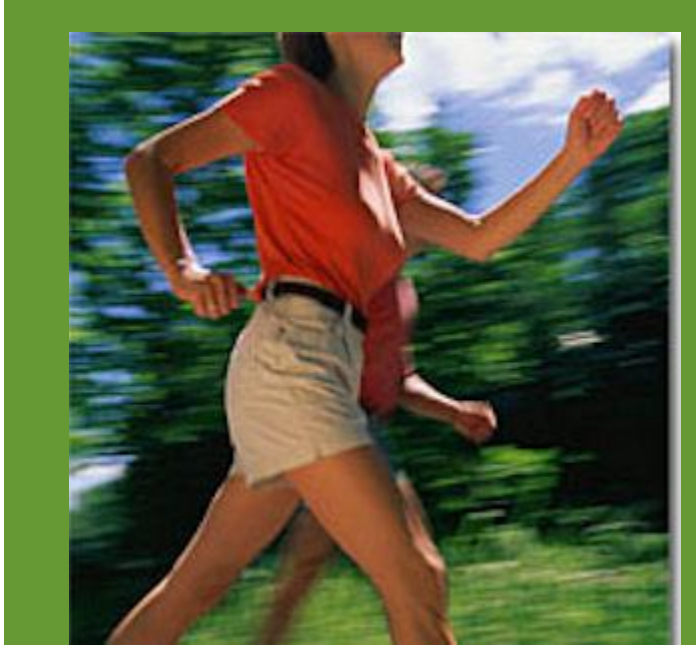
Ingredients Include:

- Stevia
- Erythritol
- Natural Caramel
- Natural Tartaric Acid
- Citric Acid
- Kola Nut Extract
- Natural Caffeine
- Annatto
- Ginger Root

ZEVIA® FLAVORS

ZEVIA® soda is available in seven varieties: ZEVIA® Natural Root Beer, ZEVIA® Natural Twist (lemon-lime), ZEVIA® Natural Cola, ZEVIA® Natural Orange, ZEVIA® Natural Black Cherry, and ZEVIA® Natural Ginger Ale. Each delicious ZEVIA® all natural stevia soda is made without any artificial sweeteners, artificial colors, or artificial flavors. Once you replace your old diet soda with the world's only all natural zero calorie soda, you'll never want to "down a regular diet drink" again.

FIT FACT: A Walk a Day (HCG approved)



The popularity of walking as a fitness activity is growing by leaps and bounds. Low risk and easy to start, walking has proven its health benefits in numerous studies. A classic eight-year study of 13,000 people conducted at the Institute for Aerobics Research under the direction of Dr. Steven Blair found that those who walked 30 minutes a day had a significantly lower risk of premature death than those who rarely exercised.

A regular walking program can help:

- Reduce blood cholesterol
- Lower blood pressure
- Increase cardiovascular endurance
- Boost bone strength
- Burn calories and keep weight down

Get Moving

Beginning walkers can make their workouts less strenuous by limiting how fast and far they walk. Keep the following in mind:

- Walk short distances-Begin with a five-minute stroll and gradually increase your distance.
- Forget about speed-Walk at a comfortable pace. Focus on good posture, keeping your head lifted and shoulders relaxed.
- Swing your arms naturally-Breathe deeply. If you can't catch your breath, slow down or avoid hills.
- Be sure that you can talk while walking-If you can't

converse, you are walking too fast.

Get Fit!

Walking is one fitness activity that allows you numerous options. Once you have reached a point where you can walk a few miles with relative ease, you can start to vary the intensity. Walking hills, in addition to increasing your cardiovascular endurance, is a great way to tone the legs. Concentrate on lengthening your stride or increasing your speed. And don't forget to reward yourself after each workout with a few minutes of relaxing stretches to help prevent sore muscles. Listening to lively music while you walk is also a great way to energize your workout. But if you wear headphones, keep the volume down and watch out for traffic that you may not hear. Keep track of your progress. Many experts recommend that you walk a minimum of 30 minutes a day, but there are no hard and fast rules. Fit walking into your schedule whenever you can. That may mean three 10-minute walks each day, or even hour-long walks two to three times a week. The best schedule is one that keeps you walking and keeps you fit
Article obtained from acefitness.org

Recipe of the Month: YEAST FREE-Cabbage Rolls



Ingredients:

- Large cabbage leaves
- Water to blanch
- 2 Tbsp cold pressed olive oil
- 1 cup green onion, chopped
- 1/2 cup fresh parsley, chopped
- 1/2 Tbsp garlic, chopped
- 1/2 lb lean ground beef or pork

- 1 cup cooked Quinoa
- salt to taste
- cayenne pepper

- 2 large eggs beaten
- 2 cups tomato juice

Directions

Preheat oven to 325. In a large pot, boil enough water to cover cabbage leaves. Put the cabbage in the boiling water and blanch the leaves until they are soft, about 5 minutes. Heat olive oil in a large high walled skillet over medium heat and sauté the onion and parsley. After a little juice has accumulated, add the garlic and continue cooking until the onions are tender. Add the meat to the vegetables and brown. Stir in the cooked quinoa, salt, and cayenne pepper. Remove from heat, pour into a large bowl and let cool, then add the eggs. Place 2 heaping tablespoons of stuffing in each half, roll up, and secure with toothpicks, if needed. Place close together in a baking dish and pour the tomato juice over the cabbage rolls, covering them lightly. Bake 30-45 minutes.

Got Allergies?

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

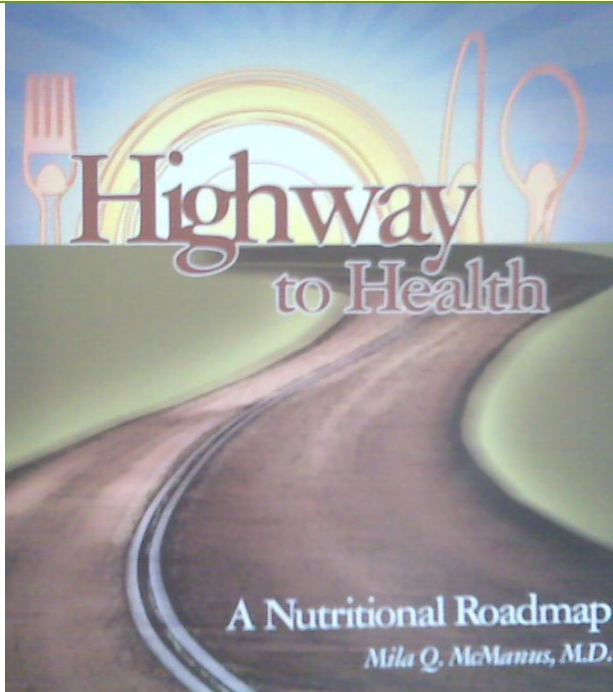


trips to the doctor's office for allergy treatment through painful injections, give us a call.

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



Stop by the office and pick up some copies of Highway to Health for only \$19.99!!

[Highway to Health: A Nutritional Roadmap](#) is available for purchase at our office. We can also take orders for shipping.

Lagniappe of The Woodlands



Lagniappe will deliver 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.

Lagniappe now also has YUMMY single serve YEAST FREE meals

available at our office for only \$7!!! You may pick them up anytime at our office.

The Dinner Dude



Attention hCG Dieters:

Pick up your fresh, delicious, hCG meals at our office! Now losing weight has never been easier! No shopping, trimming, weighing or cooking, all you have to do is heat and eat your delicious meals! Never tried The Dinner Dude? Please stop by our office for a FREE sample of their Texas-Style Chili! Convenient, delicious and hCG approved, life is good!

www.thedinnerdude.com

email: mmcmanus@twihw.com

phone: 281-298-6742

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