

Greetings!

GREAT NEWS! REFILLING SUPPLEMENTS JUST GOT EASIER. VISIT WWW.TWIIHW.COM ON THE 'SUPPLEMENTS' TAB, PRINT AN ORDER FORM, FILL IT OUT AND FAX IN TO HAVE SUPPLEMENTS READY FOR PICK UP WHEN YOU ARRIVE. (YOU CAN ALSO EMAIL OR CALL AHEAD WITH ORDER)

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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 pharmaceutical grade hCG. Although it is a natural

Supplement of the Month: Vitamin B3

Vitamin Shows Early Promise in Treatment of Stroke

An early study suggests that vitamin B3, or niacin, a common water-soluble vitamin, may help improve neurological function after stroke. When rats with ischemic stroke were given niacin, their brains showed growth of new blood vessels, and sprouting of nerve cells which greatly improved neurological outcome. Stroke is the third-leading cause of death in America and a leading cause of disability. Ischemic strokes occur as a result of an obstruction within a blood vessel supplying blood to the brain. Ischemic stroke accounts for about 87 percent of all cases. One underlying condition for this type of obstruction is the development of fatty deposits lining the vessel walls. Niacin is known to be the most effective medicine in current clinical use for increasing high-density lipoprotein cholesterol (HDL-C), which helps get rid of those fatty deposits. Source-Science Daily February 24, 2010 According to the National Stroke Association, stroke is the third-leading cause of death in America and a leading cause of disability. Alarmingly, statistics presented at the 2008 International Stroke Conference and published

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)

Call 281-298-6742 today for Introductory Offer. Make your hcg experience as easy as possible. Get your hcg-approved meals from [The Dinner Dude](#). Have your meals delivered to your door, or pick up your orders from our office.

by USA Today showed that strokes have recently tripled among middle-aged women, while the stroke risk among middle-aged men has remained the same.

What Causes Stroke?

Strokes (which are sometimes referred to as "brain attacks") occur when the blood supply to your brain becomes blocked or reduced. This deprives your brain of necessary oxygen and nutrients, causing your brain cells to begin to die within minutes. The reason why strokes can be so devastating is that they often occur without warning, and the longer your brain goes without oxygen, the greater your risk of lasting damage. This is one area where emergency medicine excels, as there are emergency medications that can dissolve a blood clot that is blocking blood flow to your brain. In order to be effective, however, you typically need to get help within one hour. So if you notice any of these signs of stroke, you should get help right away:

- Sudden trouble walking (dizziness, loss of balance, etc.)
- Sudden confusion
- Sudden numbness or weakness (especially on one side of your body only)
- Sudden trouble seeing
- Sudden severe headache

Clearly, in the case of

Upcoming Events--Lunch and 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 April 16th and also Friday May 7th 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. We will also need to take your lunch order.

Wellness Night Out!

The Woodlands Institute for Health & Wellness will be hosting an wellness night out event at their facility. This event is free and open to the public (RSVP requested).

Next Wellness Night Out

Wednesday May 12th, 6pm to 8 pm Location: 26110 Oakridge Drive, The Woodlands, TX 77380

Dr. McManus will be discussing insomnia and sleep apnea. Mark Metzger from Health Diagnostic will be discussing at-home sleep studies and will be doing FREE screenings to see if you would benefit from having a sleep study.

Kathy Markham, from Thermal Imaging Services will be available to discuss thermography.

Please stop by for food, fun, and fellowship!

strokes (and most disease), prevention is your best option. But based on the latest findings reported by Science Daily, vitamin B3 (niacin) could potentially be helpful in your neurological recovery after you've experienced a stroke.

Precautions

There are several precautions that you need to implement though when using niacin. Niacin usually has a flush associated with it that is very similar to the hot flashes women get during menopause. Many long-acting versions have been made available to avoid this bothersome side effect. The problem with most timed-release niacin is that they are associated with a high degree of hepatitis. This is one reason why I would not rush to get any slow-release niacin drug they may bring to market in the future as a result of this research. There is one sustained-release version of niacin called inositol hexaniacinate, which does not cause flushing and does not appear to be associated with hepatitis.

Natural Sources of Vitamin B3

- Organically-raised turkey
- Free-range, organic chicken
- Beef
- Nuts
- Organic, free-range eggs
- Raw milk cheese
- Legumes

Come Visit Our New Location!



If you haven't noticed, we moved to a great new location!

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.

Sugar More Addictive than Cocaine?



According to a new research study, refined sugar is far more addictive than cocaine -- one of the most addictive and harmful

How to Prevent a Stroke

Going back to the ultimate treatment of stroke, which is really prevention, it's comforting to know that strokes are up to 80 percent preventable!

Conventionally speaking, many of the same risk factors that increase your risk of heart disease also increase your risk of stroke, and these include things like:

- High blood pressure
- Obesity
- High triglycerides and elevated homocysteine levels
- Low levels of HDL (good) cholesterol and high levels of LDL (bad) cholesterol
- Smoking

So will eating unprocessed, natural foods, exercising and keeping your weight at a healthy level help to reduce your risk of stroke? Absolutely. But while these are important factors, they are not the only ones. Very high up on the list of keys to preventing a stroke is to get a handle on your stress levels. As an example, a study published in the journal *Neurology*, which included over 20,600 people found that psychological distress will greatly increase your risk of suffering a stroke. And, the more stressed you are, the greater your risk. The researchers actually found that for every notch lower a person scored on their well-being scale, their risk of

substances currently known. An astonishing 94 percent of rats who were allowed to choose mutually-exclusively between sugar water and cocaine, chose sugar. Even rats who were addicted to cocaine quickly switched their preference to sugar, once it was offered as a choice. The rats were also more willing to work for sugar than for cocaine. The researchers speculate that the sweet receptors (two protein receptors located on the tongue), which evolved in ancestral times when the diet was very low in sugar, have not adapted to modern times' high-sugar consumption. Therefore, the abnormally high stimulation of these receptors by our sugar-rich diets generates excessive reward signals in the brain, which have the potential to override normal self-control mechanisms, and thus lead to addiction. Additionally, their research found that there's also a cross-tolerance and a cross-dependence between sugars and addictive drugs. As an example, animals with a long history of sugar consumption actually became tolerant (desensitized) to the analgesic effects of morphine. -

Source PLoS ONE

www.PLoS ONE.org

FIT FACT: The Best Time to Exercise



Contrary to popular belief, women aren't the only ones with biological clocks. Everyone has them, and we all heed their ticking on a daily basis. If you are a regular exerciser, you may have already determined your most productive time to exercise and follow a routine that works best for you. On the other hand, if your exercise time varies from day to day, and it's wearing you out instead of pumping you up, you may be interested in the work of scientists who are studying the proverbial internal clock and how to best determine what time of day you should schedule your workouts.

stroke increased by 11 percent. Not surprisingly, the relationship between psychological distress and stroke was most pronounced when the stroke was fatal. So while you are making efforts to get your diet on the right track and to stay physically active, please do not overlook the crucial importance of your emotional health.

Article obtained from www.mercola.com

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Rhythm: It's Not Just for Dancing

The secret appears to lie in circadian rhythms, the daily cycles that the human body follows. These rhythms originate in the hypothalamus and regulate everything from body temperature and metabolism to blood pressure. The rhythms result from the firing rate of neurons. They have conformed to the 24-hour light-to-dark cycle, and may be regulated and re-regulated each day according to the environment.

Warm Is Better

It is the influence of circadian rhythms on body temperature that seems to yield the most control over the quality of a workout. When body temperature is at its highest, your workouts will likely be more productive; when your temperature is low, chances are your exercise session may be less than optimal. Body temperature is at its lowest about one to three hours before most of us wake up in the morning, in contrast to late afternoon when body temperature reaches its peak. Studies have consistently shown that exercise during these late-in-the-day hours produces better performance and more power. Muscles are warm and more flexible, perceived exertion is low, reaction time is quicker, strength is at its peak and resting heart rate and blood pressure are low.

Don't Fix It If It's Not Broken

First of all, don't change your schedule if you feel good beginning your day with exercise. Everyone agrees that exercise at any time is better than no exercise at all. In fact, people who exercise in the morning are more successful at making it a habit. And, though it has been suggested that morning exercise may put some people at higher risk for heart attack, further research indicates that there is simply a generalized increased risk of heart attacks in the morning. If your schedule favors an early workout, emphasize stretching and a good warm-up to ensure that your body is ready for action.

Other Considerations

If stress relief is your goal, exercise always works, all the time. And if you're wondering when it's best to train for an upcoming event, it all depends on what time you'll actually be competing. If an upcoming marathon begins at 7:00 a.m., try training at that time of day. Though training at any time of day will raise performance levels, research has shown that the ability to maintain sustained exercise is adaptive to circadian rhythms. In other words, consistently training in the morning will allow you to sustain exercise during a morning marathon longer than if you train in the evening.

Find Your Peak

To determine your own circadian peak in body temperature, record your temperature every couple of hours for five to six consecutive days. Body temperature usually fluctuates by plus or minus 1.5 degrees throughout the day. Try exercising during the period three hours before and after your highest temperature. If you are an early bird or a night owl, you may notice that your temperature peaks one to two hours before or after the norm (between 4 p.m. and 6 p.m.); you can adjust your exercise time accordingly.

Article obtained from www.acefitness.org

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Yeast Free: Quinoa and Feta Salad



(Because the grapes are minimal by serving and they are combined with protein, fiber and fat, you may have this recipe, on occasion, throughout the 28 day yeast-detox)

- 1 Cup Quinoa
- 2 Cups Chicken Broth
- 1/2 cup raw cashews
- 2 Tbsp chopped fresh basil
- 2 Tbsp chopped fresh cilantro
- 2 stalks celery, finely sliced
- 1 cup seedless grapes, halved
- 1/2 cup crumbled goat feta
- 2 Tbsp olive oil
- 1 lime, juiced

- Salt and Pepper, to taste

Bring chicken broth to a boil and add quinoa. Simmer for 12-15 minutes until the grains are tender and the broth is absorbed. Set aside and cool. Can be cooled faster by spreading out on a cookie sheet or pan. In a dry, heavy frying pan, toast the cashews over moderate to low heat, stirring frequently, until they are golden brown. Cool, then chop roughly.

In a large bowl, combine dried quinoa, nuts, herbs celery, grapes and feta. Squeeze lime juice over all; add olive oil and season with salt and pepper. Adjust seasonings to taste and leave the salad to stand for at least 1 hour before serving.

DELISH!!!!

This recipe serves 4 as a main course. Nutritional information per serving: 349 Calories, 19 grams fat (4g saturated), 10g protein, 37 g carbohydrates, 4g fiber, 162 mg sodium. This recipe is from CD Kitchen

<http://www.cditchen.com>

This recipe makes 4-6 generous portions. You may eat the grapes in the salad but you should also use portion control and measure the grapes correctly when you add them ensuring you don't exceed the 1 cup amount. If you eat $\frac{3}{4}$ to 1 cup of the salad, you will most likely only eat about 4-5 grapes at the very most, which does not elevate blood sugar.

Got Allergies?

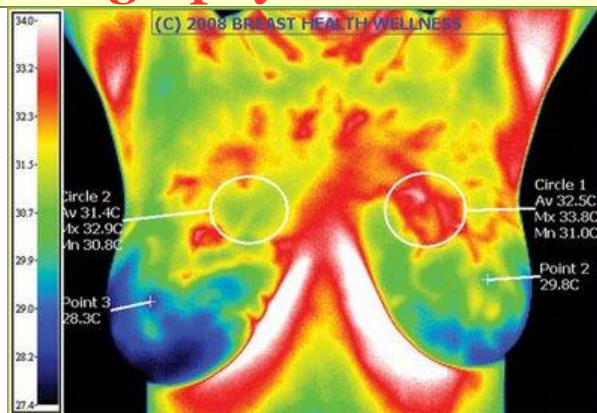
If you are tired of taking over-the-counter drugs like Claritin or making trips to the doctor's office for allergy treatment



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](#)

Thermography



TWIHW-is offering Thermography once a month. The next time we will be offering Thermography is Wednesday April 21st and Wednesday May 12th. Please call to schedule your appointment.

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 schedule a thermography screening.

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.

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!

www.thedinnerdude.com

email: mmcmanus@twihw.com

phone: 281-298-6742

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