

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)

IN THIS ISSUE

Multivitamins Support Weight Management GOT FAT?
Try HCG! Upcoming Events--Lunch and Learn and Wellness Night Out! Come Visit Our New Location! WHY YOU NEED VITAMINS Fit Fact: Work Out Less and Burn More Fat Yeast Free: Apple-Pecan Crisp Got Allergies? Thermography Lagniappe of The Woodlands Dinner Dude

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

Multivitamins Support Weight Management

The relationship between dietary multivitamin and multi-mineral intake and the risk of becoming overweight or obese was evaluated in a new study. In the United States, approximately 68 percent of adults are overweight or obese, and over 33 percent qualify as obese.

Overweight and obesity are categorized based on body mass index (BMI), which is a calculation based on height and weight.

Overweight is defined as a BMI between 25 and 29.9 and obesity is defined as having a BMI of 30 or greater.

In this new clinical trial, researchers analyzed the effect of supplementing multivitamins in a group of obese women. The subjects in this study included 96 obese Chinese women between 18 and 55 years of age. The women received a multivitamin and multi-mineral supplement daily or a tablet of 162 mg of calcium daily or a placebo for 26 weeks. The women were evaluated for body weight, BMI, waist circumference, fat mass and fat-free mass.

The researchers also evaluated blood pressure; resting energy expenditure, which is the amount of calories required by the body for a 24-hour period during a non-active period; and respiratory quotient

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.

(RQ), which is used to calculate basal metabolic rate. Additionally, blood tests, which measured fasting blood glucose, insulin levels, total cholesterol, high density lipoprotein, cholesterol (HDL "good" cholesterol), low-density lipoprotein cholesterol (LDL "bad" cholesterol) and triglycerides, were performed at the beginning of the study and after 26 weeks.

The results showed that the group receiving the multivitamin had significantly lower body weight, BMI, fat mass, total cholesterol and LDL cholesterol compared to the placebo group.

Additionally, the multivitamin group had higher resting energy expenditure and HDL cholesterol values. There was also a trend in the multivitamin and multimineral group showing reduced waist circumference and respiratory quotient. The group receiving calcium supplementation alone showed higher HDL cholesterol and lower LDL cholesterol compared to the placebo group.

The researchers concluded, "The results suggest that, in obese individuals, multivitamin and mineral supplementation could reduce body weight and fatness and improve serum lipid profiles, possibly through increased energy expenditure and fat oxidation. Supplementation of calcium alone (162 mg per day) only improved lipid profiles."

Article obtained from

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 June 11th 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 September 8th, 6pm to 8 pm Location: 26110 Oakridge Drive, The Woodlands, TX 77380

More info to come...

Please stop by for food, fun, and fellowship!

complementary
prescriptions newsletter

Quick Links...

[Learn about Glyconutrients](#)
[Test Yourself for Hormonal Imbalance](#)
[JUICE PLUS](#)
[Visit Our Website](#)
[NutraMetrix Supplements](#)
[Where did my doctor go?](#)

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](#)
[The Dinner Dude](#)

Join our mailing list!

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.

WHY YOU NEED VITAMINS

Most of us do not object to supplementing our diets with vitamins, minerals and enzymes if we understand why this is important. We don't want to spend money on supplements that don't make a difference (are not absorbable by our bodies or are not necessary). So why don't we get everything our bodies need from the food we eat? Here are the primary reasons:

Most of our soil is over farmed and depleted of the nutrients we need. Deficient soil grows deficient plants. Most of our fruits and vegetables are harvested very early, before ripening, so that they can be shipped, stored and distributed over long distances. Nutrients develop in the ripening process on the tree or vine and in the sunshine, so when they are picked early, they are

already deficient. Once picked, nutrients are also lost as the food ages. By the time we get our fruits and vegetables in the grocery store, they are very deficient in vital nutrients.

Our bodies are assaulted every day by our environment - stress, pollution, chemicals... just to name a few. Your body does an amazing job of coping with all of this; however, it does so by demanding more vitamins, minerals, enzymes and quality nutrition. When your cells cannot obtain everything they need to do their job, you experience symptoms of illness, rather than wellness.

With proper guidance from trained medical professionals, supplementing your diet with high quality vitamins, minerals, enzymes, oils and other natural products is essential to achieving good health.

Fit Fact: Work Out Less and Burn More Fat

Several studies have confirmed that exercising in shorter bursts with rest periods in between burns more fat than exercising continuously for an entire session. This has been shown to hold true even when the session is not done at an extremely high intensity. In one such study, those who cycled for 40 minutes, alternating four-minute bursts at 90 percent effort with two minutes of rest, improved their cardiovascular fitness by 13 percent, and were able to burn 36 percent more fat during a later hour-long moderate cycling session.

Another study took it even further, showing you can burn more fat exercising for 20 minutes than for 40 minutes!

In their trial, women either exercised for 20 minutes, alternating 8 seconds of sprinting on a bike with 12 seconds of exercising lightly, or exercised at a regular pace for 40 minutes. After exercising three times a week for 15 weeks, those who did the 20-minute, alternating routine lost three times as much fat as the other women.

The researchers believe this type of exercise works because it produces a unique metabolic response. Intermittent sprinting produces high levels of chemical compounds called catecholamines, which allow more fat to be burned from under your skin and within your muscles. The resulting increase in fat oxidation is thought to drive the increased weight loss.

Again, one of the best parts of interval training is that it cuts down on the amount of time you need to exercise, which is great if you don't have time for hour-long cardio workouts.

Article obtained from www.mercola.com

Yeast Free: Apple-Pecan Crisp



- 5 C of cubed apples (approx. 3 apples)
- 1/2 C of xylitol
- 1/2 C of oats
- 1/4 C of butter
- 1/4 C oat flour
- 1/4 C chopped pecans
- 1 t of cinnamon

Spray a square baking dish with Pam. Mix the following ingredients together in a large bowl, then spoon into the dish and bake at 350° for 40 minutes (or until the apples are soft). Recipe submitted by Kathy S.

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



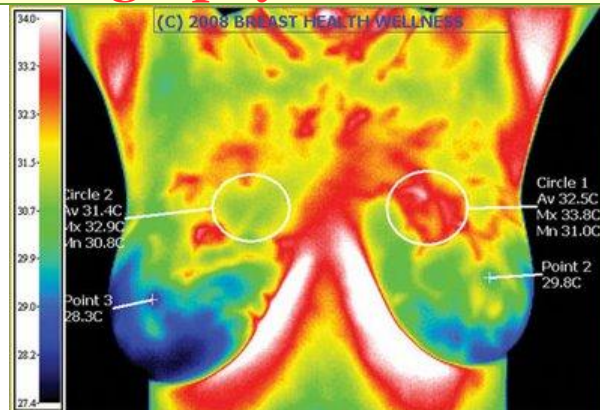
U.S. Allergy Products

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



TWIIHW-is offering Thermography once a month.

The next time we will be offering Thermography is Wednesday June 23rd 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>