

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

Vitamin D Supplements May Counteract Diabetes

In that low circulating levels of Vitamin D [measured as serum 25-hydroxyvitamin D (25(OH)D] have been shown to correlate with an increased risk of type-2 diabetes, a study by New Zealand researchers investigated the role of Vitamin D supplementation to improve insulin resistance and insulin secretion. Pamela R. von Hurst, from Massey University (Auckland, New Zealand), and colleagues studied 81 South Asian women with insulin resistance, ages 23 to 68 years, living in New Zealand. The study participants were randomly assigned to receive either 100 micrograms (4,000 IU) of Vitamin D3 or placebo daily for six months. In those women receiving Vitamin D supplementation, the researchers found insulin resistance to be markedly lower, the optimal effects achieved when blood vitamin D levels were in the range of 80 to 119 nanomoles per liter. The team concludes that: "In conclusion, improving vitamin D status in insulin resistant women resulted in improved [insulin resistance] and sensitivity, providing further evidence for an increase in the recommended adequate

into 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)

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.

levels."

Article obtained from
www.worldhealth.net

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Join our mailing list!

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 July 9th 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!

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.

Sleep Deprivation Affects Health



Circadian rhythm - body clock assumes that you sleep at night and stay awake during the day. If you work regular Night shift work- you are sacrificing your longevity! 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:

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 stored as memory.

Creativity and learning performance - Sleep improves performance, learning and memory.

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, which 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 have a stronger immune response to viruses than when you have not gotten enough sleep.

Cancer risk -- Disruption of your circadian clock may influence cancer progression through changes in hormones like melatonin, which suppresses tumor development.

According to a report in JAMA, lack of sleep can adversely impact diseases such as:

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

Poor sleeping habits can lead to:

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

Optimize your melatonin levels through optimization of your light exposure.

Have consistent regular exposure to bright light during the day and sleep in absolute darkness at night.

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.

IF YOU THINK YOU MAY HAVE A SLEEP DISORDER SUCH AS SLEEP APNEA, CALL 281-298-6742 TODAY AND INQUIRE ABOUT OUR

AT-HOME SLEEP STUDIES. YOU DON'T HAVE TO BE OVERWEIGHT TO HAVE UNDIAGNOSED SLEEP APNEA!

33 Secrets to a Good Night's Sleep



- **Meridian Tapping Technique (MTT) / Emotional Freedom Technique (EFT).** Most people can learn this gentle tapping technique in several minutes. MTT / EFT can help balance your body's bioenergy system and resolve some of the emotional stresses that are contributing to the insomnia at a very deep level. The results are typically long lasting and the improvement is remarkably rapid.
- **Listen to white noise, relaxation CDs, and/or brainwave synchronization tapes.** Some people find the sound of white noise or nature sounds, such as the ocean or forest, to be soothing for sleep
- **Avoid before-bed snacks, particularly grains and simple sugars.** This will raise blood sugar and inhibit sleep. Later, when blood sugar drops too low (hypoglycemia), you might wake up and not be able to fall back asleep.
- **Sleep in complete darkness.** If there is even the tiniest bit of light in the room it can disrupt your circadian rhythm and your pineal gland's production of melatonin and serotonin. There also should be as little light in the bathroom as possible if you get up in the middle of the night. As soon as you turn on the light you will for that

night immediately cease all production of the important sleep aid melatonin.

- **No TV right before bed.** Even better, get the TV out of the bedroom or even out of the house, completely. It is too stimulating to the brain and it will take longer to fall asleep. Also disruptive of pineal gland function for the same reason as above.
- **Wear socks to bed--** A study has shown that this reduces night awakenings.
- **Read something spiritual or religious.** This will help to relax. Don't read anything stimulating, such as a mystery or suspense novel, as this may have the opposite effect.
- **Avoid using loud alarm clocks.** It is very stressful to be awakened suddenly.
- **Journaling.** If you often lay in bed with your mind racing, it might be helpful keep a journal and write down your thoughts before bed.
- **Melatonin and its precursors.** Ideally it is best to increase levels naturally with exposure to bright sunlight in the daytime (along with full spectrum fluorescent bulbs in the winter) and absolute complete darkness at night. One can also use one of melatonin's precursors, L-tryptophan or 5-hydroxytryptophan (5-HTP).
- **Get to bed as early as possible.** Our systems, particularly the adrenals, do a majority of their recharging or recovering during the hours of 11 p.m. and 1 a.m. In addition, your gallbladder dumps toxins during this same period. If you are awake, the toxins back up into the liver which then secondarily back up into your entire system and cause further disruption of your health.
- **Check your bedroom for electro-magnetic fields (EMFs).** These can disrupt the pineal gland and the production of melatonin and serotonin, and may have other negative effects as well. To purchase a gauss meter to measure EMFs try Cutcat at 800-497-9516. They have a model for around \$40.
- **Keep the temperature in the bedroom no higher than 70 degrees F.**
- **Eat a high-protein snack several hours before bed.** This can provide the L-tryptophan needed to produce melatonin and serotonin.
- **Also eat a small piece of fruit.** This can help

the tryptophan cross the BBB

- **Reduce or avoid as many drugs as possible.** Many medications, both prescription and over-the-counter may have effects on sleep.
- **Avoid caffeine.** A recent study showed that in some people, caffeine is not metabolized efficiently and therefore they can feel the effects long after consuming it. So an afternoon cup of coffee (or even tea) will keep some people from falling asleep.
- **Alarm clocks and other electrical devices.** If these devices must be used, keep them as far away from the bed as possible, preferably at least 3 feet.
- **Avoid alcohol.** Although alcohol will make people drowsy, the effect is short lived and people will often wake up several hours later, unable to fall back asleep. Alcohol will also keep you from falling into the deeper stages of sleep, where the body does most of its healing.
- **Lose weight.** Being overweight can increase the risk of sleep apnea
- **Avoid foods that you may be sensitive to.** This is particularly true for dairy and wheat products, as they may have effect on sleep, such as causing apnea, excess congestion, gastrointestinal upset, and gas, among others.
- **Don't drink any fluids within 2 hours of going to bed.** This will reduce the likelihood of needing to get up and go to the bathroom
- **Take a hot bath, shower or sauna before bed.** When body temperature is raised in the late evening, it will fall at bedtime, facilitating sleep
- **Remove the clock from view.** It will only add to your worry when constantly staring at it... 2 a.m. ...3 a.m. ... 4:30 a.m. ...
- **Keep your bed for sleeping.** If you are used to watching TV or doing work in bed, you may find it harder to relax and to think of the bed as a place to sleep.
- **Have your adrenals checked by a wellness doctor.** Scientists have found that insomnia may be caused by adrenal stress
- **If you are menopausal or perimenopausal, get hormone levels checked.** The hormonal changes at this time may cause problems if not properly addressed.

- **Don't change your bedtime.** You should go to bed, and wake up, at the same times each day, even on the weekends. This will help your body to get into a sleep rhythm and make it easier to fall asleep and get up in the morning.
- **Make certain you are exercising regularly.** Exercising for at least 30 minutes everyday can help you fall asleep. However, don't exercise too close to bedtime or it may keep you awake. Studies show exercising in the morning is the best if you can do it.
- **Establish a bedtime routine.** This could include meditation, deep breathing, using aromatherapy or essential oils or indulging in a massage from your partner.
- **Go to the bathroom right before bed.** This will reduce the chances that you'll wake up to go in the middle of the night.
- **Put your work away at least one hour (but preferably two or more) before bed.** This will give your mind a chance to unwind so you can go to sleep feeling calm, not hyped up or anxious about tomorrow's deadlines.

Information obtained by www.mercola.com

Fit Fact: Exercise Can Help Control Stress



People who exercise regularly will tell you they feel better. Some will say it's because chemicals called neurotransmitters, which are produced in the brain, are stimulated during exercise. Since it's believed that neurotransmitters mediate people's moods and

emotions, they can make you feel better and less stressed.

There are four ways in which exercise controls stress:

Exercise can help you feel less anxious-Exercise is being prescribed in clinical settings to help treat nervous tension. Following a session of exercise, clinicians have measured a decrease in electrical activity of tensed muscles. People are often less jittery and hyperactive after an exercise session.

Exercise can relax you-One exercise session generates 90 to 120 minutes of relaxation response. Some people call this post-exercise euphoria or endorphin response. Many neurotransmitters, not just endorphins, are involved. The important thing, though, is not what they're called, but what they do: They improve your mood and leave you relaxed.

Exercise can make you feel better about yourself-Think about those times when you've been physically active. Haven't you felt better about yourself? That feeling of self-worth contributes to stress relief.

Exercise can make you eat better-People who exercise regularly tend to eat more nutritious food. And it's no secret that good nutrition helps your body manage stress better.

It's Time to Get Started

Now that you know exercise can make a big difference in controlling stress, make some time for regular physical activity. We'll help you get started by listing three activities you can choose from:

Aerobic activity-All it takes is 20 minutes, six to seven days a week. Twenty minutes won't carve a big chunk out of your day, but it will significantly improve your ability to control stress.

Yoga-In yoga or yoga-type activities, your mind relaxes progressively as your body increases its amount of muscular work. Studies have shown that when large muscle groups repeatedly contract and relax, the brain receives a signal to release specific neurotransmitters, which in turn make you feel relaxed and more alert.

Recreational sports-Play tennis, racquetball, volleyball or squash. These games require the kind of vigorous activity that rids your body of stress-causing adrenaline and other hormones.

Not Just Any Exercise Will Do

Don't try exercising in your office. Outdoors or away from the office is the best place to find a stress-free

environment. Even a corporate fitness center can trigger too many work-related thoughts for some people. Stay away from overcrowded classes. If you work surrounded by people, a big exercise class may be counterproductive. Solo exercise may be more relaxing for you. If, however, you work alone, you may enjoy the social benefit of exercising in a group. A lot depends on your personality and what causes stress for you. Don't skip a chance to exercise. Take a break every 90 minutes and you'll be doing yourself a favor. Ninety-minute intervals are a natural work-break period. And four 10-minute exercise breaks will burn about as many calories as a solid 40-minute session. Work-break exercises can be as simple as walking or climbing stairs, stretching or doing calisthenics. Controlling stress comes down to making the time to exercise. You're worth it!

Article obtained from www.acefitness.org

Yeast Free: Grilled Summer Veggies

- Zucchini
- Yellow squash
- Vidalia onion (or a "sweet" alternative)
- Almost ripe tomatoes

- Heat grill on "high" setting
- Slice zucchini and squash lengthwise and about 1/2 inch thick.

- Slice onions with rings intact about 1/2 thick.
- Don't cut the tomatoes!



Brush the cut veggies with olive oil and sprinkle with your favorite herb blend. (Italian blend works well for these veggies)

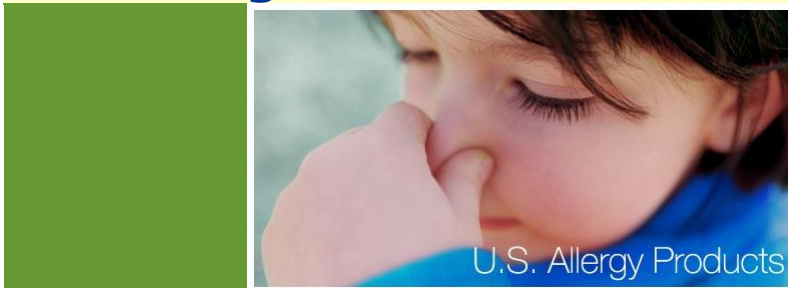
Place the veggies (except tomatoes) cut side down on hot grill. Let them sizzle for about a minute then turn them over, reduce the heat to medium and cover. (This will give them those nice charred stripes.) Let them cook for

about 7-9 minutes and check. When they are getting tender, place your tomato(es) on the grill. They only need about 3 minutes. The tomatoes will not be "cooked" more like heated with some char marks on the skin. The added dimension of flavor when a tomato is grilled is lovely.

When you remove your veggies, eat them immediately or chill them immediately. They will continue to cook and get mushy OR take them off the grill when they are still slightly under cooked and let them rest.

Enjoy these summer veggies while you can get them straight out of the garden or from your grower's stand.

Got Allergies?

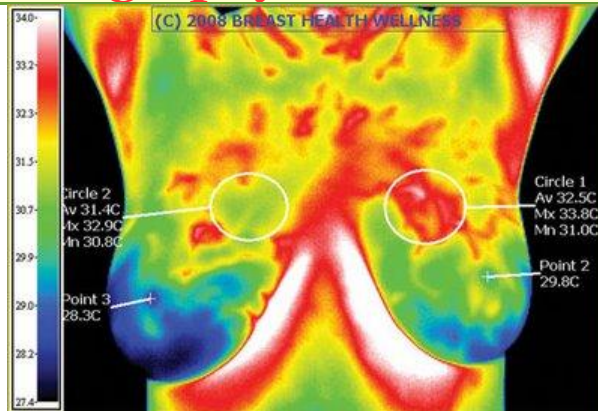


If you are tired of taking over-the-counter drugs like Claritin or making trips to the doctor's office for allergy treatment through painful injections, give us a call.

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 June 23rd and also Wednesday July 14th 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

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