

## Greetings!

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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

## Are You Getting Enough Omega-3?



Animal-based omega-3 fats, which come largely from fish and fish oils, are not eaten in abundance in the United States. What IS eaten in abundance are damaged omega-6 fats which come from highly processed vegetable oils like corn, soy, and canola. For optimal health, the ratio between omega-3 and omega-6 should be close to 1:1. When damaged omega-6 fats predominate in your diet, you encourage inflammation in your body. And since so many diseases have now been linked to chronic inflammation, this really is one of the most important nutrition concerns you need to get right. In fact, many scientists believe that one major reason for today's high incidence of heart disease, hypertension, diabetes, obesity, premature aging, and some forms of cancer is this profound imbalance between your intake of damaged omega-6 and omega-3 fats. Here is just a sampling of omega-3's benefits:

- Antiarrhythmic: counteracting or preventing cardiac arrhythmia
- Antithrombotic: tending to prevent thrombosis (a blood clot within a blood vessel)

substance from the urine of pregnant women. It is purified and made 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.**

- Antiatherosclerotic: preventing fatty deposits and fibrosis of the inner layer of your arteries from forming
- Anti-inflammatory: counteracting inflammation (heat, pain, swelling, etc.)
- Improves endothelial function: a major factor in promoting the growth of new blood vessels
- Lowers blood pressure
- Lowers triglyceride concentrations
- Improves bone density

You can shift your ratio by consuming more high quality omega-3 fats, which promote the production of substances that fight inflammation, while also cutting down on unhealthy damaged omega-6 fats in vegetable oils.

### **The Significant Difference Between Plant- Versus Animal-Based Omega-3 Fats**

Unfortunately there is still plenty of confusion about omega-3 fats as many "experts" fail to appreciate the importance of animal based omega-3 fats, as opposed to just eating plant based omega-3 fats that contain ALA. It's important to realize that while plant-based omega-3 fats are necessary, highly beneficial, and should be consumed as well, the evidence is very clear that they are not an acceptable substitute for animal based omega-3 fats. This is primarily related to the fact that your body does not easily convert the ALA in plant based fats to the longer fats of EPA and DHA. And if you have diabetes, are overweight, have high blood pressure or high cholesterol, your body has even more difficulty converting these fats. Animal-based omega-3 fats contain two fatty acids crucial to your health, DHA and EPA. These two fatty acids, not ALA, are the ones that are pivotal in preventing heart disease, cancer, and many other diseases. Over 50 percent of your brain is also made up of DHA, which explains why it's so essential for proper brain function and

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.

## 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 provided by [The Dinner Dude](#). Dr. McManus will be discussing safe, natural and effective solutions to many common health problems.



#### Next Lunch and Learn

Friday August 6th 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](mailto: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!

development. Because of the increasing difficulty in assuring the purity of fish and other seafood, the next best thing is to take a fish oil (or krill oil) supplement.

#### Do's and Don'ts for Bone Health

Now, omega-3s certainly are not the only nutrients that have been linked to strong healthy bones. Here are several helpful strategies and nutrients, as well as a list of things to avoid to optimize your bone health.

#### Helpful:

- Exercise
- Vitamin D
- Eat plenty of vegetables
- Vitamin B12
- Vitamin K
- Animal-based protein

#### Harmful:

- Fluoride
- Birth control pills
- Many drugs, such as pain killers, inhaled steroids, Prozac, and, ironically, osteoporosis drugs
- Excessive thyroid hormone
- Sugar and soda (which can increase bone damage by depleting your bones of calcium)
- Gastric bypass surgery

Article obtained from [www.mercola.com](http://www.mercola.com)

#### Quick Links...

[Learn about Glyconutrients](#)

[Test Yourself for Hormonal Imbalance](#)

[JUICE PLUS](#)

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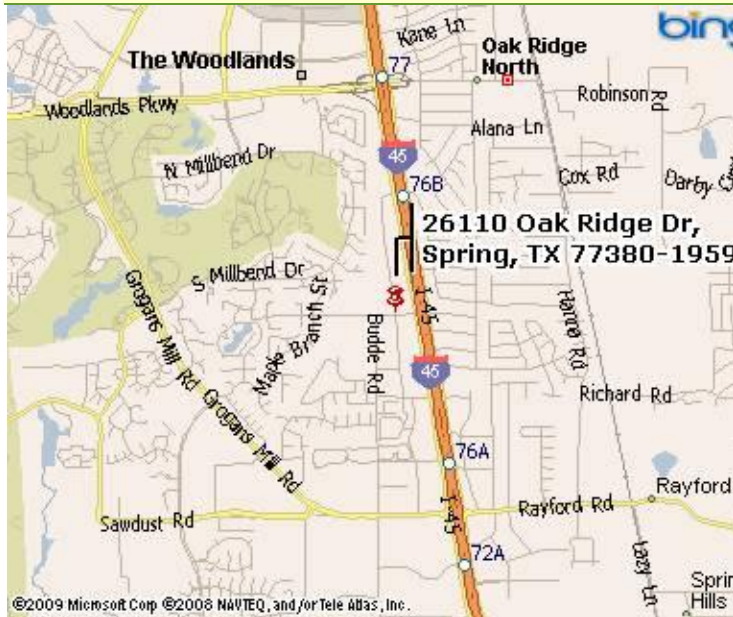
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[Where did my doctor go?](#)

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# Come Visit Our Beautiful 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 Grass Fed Beef?

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### **Grass-Fed Beef In A Nutshell**

The health problems associated with diets high in Omega-6 and low in Omega-3 are cancer, heart disease, depression, obesity, insulin resistance, allergies, autoimmune diseases such as lupus and arthritis, diabetes, attention deficit syndrome, and the list goes on. These diseases are not associated with bacterial infections. They are all body failures, not from aging, but from improper diets. We know the positive health story for natural grass-fed beef is ironclad.

### **What About the Eating Experience?**

Beef "quality" grades (prime, choice, select, and standard) are supposed to compare the "eating experience." The grade is based on fat content. The greater the quantity of intramuscular fat in the meat, the higher the grade. The higher the grade (more fat) the more tender the meat. (Fat is more tender than muscle!) But everyone knows that sometimes standard grades of beef (beef with low levels of visible fat) provide better eating experiences than some prime grades of beef. So the current grading system is not perfect. Yet it's the measure the beef industry uses to sell beef to the consumer. Since this quality grading system is based on grain-fed fats (high Omega-6 and low Omega-3 Fatty Acids), it promotes the wrong kind of fat, rather bland tasting meat, and meat

tenderness as the most important aspects of meat. Alarmingly, **it totally neglects the nutritional characteristics of the meat and the actual eating experience.** Unfortunately, what the "industry sells" is what the consumer believes it wants. Therefore industry wants the fattest grain-fed beef possible because Americans believe the beef with the most marbling and a close trim on the external fat is the best beef. Of course, a few consumers actually want healthy, nutritious food. But the vast majority really do not care. They want cheap and bland! The consumer's fascination with bright-white saturated fat (which develops when cattle are fed grain) started about a century ago and industry picked up on this consumer preference. The feedlot industry then evolved on the back of the grain feeding concept. Therefore for the past 60 years the modern grain-fed beef industry has been promoting fat as the reason why beef has good flavor, why it is juicy, and why it is tender. All the while it has been promoting fat the beef industry has had to fight a rearguard action because many "modern" health problems have been linked to eating beef. But it wasn't until just recently that scientists determined that it wasn't just beef that caused the dramatic increase in health problems in the United States, but the feeding of grain in the production of all meat, poultry, dairy, and fish/shrimp products (plus the feeding of grain to people) and the dramatic reduction of Omega-3 fatty acids in the American diet that was a result. **To this day the beef industry is still ignoring the grass-fed health conscience story. But the facts are overwhelming and in time the consumer will wake up and industry will change and provide the consumer with grass-fed meats.** We know that there is at best a 10% correlation between intramuscular fat and tenderness. We know that studies comparing tenderness in grain-fed beef vs grass-fed beef have shown no significant differences. (Grass-fed beef is not as consistent because it is raised in an uncontrolled environment.) We know that **in grain-fed beef the flavor is in the fat, and that the meat has very little flavor. We know that beef from cattle that graze lush grasslands definitely has flavor in the meat,**

**plus the visible fat.** We know that fat is juicy, but meat can be juicy too, so fat isn't needed for a juicy steak. We know that nutritionists say people shouldn't eat excessive quantities of saturated fat. Yet they say the human body requires a proper balance of the right fats. **And we know that the proper balance of the right fats comes automatically from livestock grazing lush grasslands.** That's why we should eat their visible fat for our health! We know that diets high in Omega-6 fatty acids and low in Omega-3 fatty acids are very bad for human health. **We know that grain-fed beef products have high ratios of Omega-6 fatty acids to Omega-3 fatty acids even when they are "extra lean."** (That's because the fatty acids are components of all cell membranes.) **We know that beef from cattle grazing lush grasslands is a natural source of Omega-3 fatty acids. And, unlike grain-fed beef, it is also high in CLA (Conjugated Linoleic Acid), beta carotene, and vitamins A and E.** For a fact the consistency, flavor, look, smell, and texture of grass-fed beef differs from grain-fed beef. Therefore some consumers will have to learn to appreciate the differences if they are going to eat grass-fed beef. Others will like it immediately because it actually tastes like beef. Others will gladly learn to like it because it does a body good. In all cases folks will need to learn how to properly cook grass-fed meats. Yes, the time for Grass-Fed Beef and other Grass-Fed livestock products is now.

### **Grain Fed Beef vs. Grass Fed Beef**

#### **Grain Fed Beef**

- Added Hormones
- Fed Antibiotics
- Fed Grain
- Omega 3 Fatty Acid = 0.1
- Omega 6 Fatty Acid = 3.1
- CLA = 0.21
- Beta Carotene = 41
- Vitamin E = 1.3
- Vitamin A = 10
- Total Fat = High and Saturated
  
- Flavor is Bland/Pasty

- E. coli Danger is High

#### Grass Fed Beef

- NO Added Hormones
- NOT Fed Antibiotics
- NOT Fed Grain
- Omega 3 Fatty Acid = 1.22
- Omega 6 Fatty Acid = 1.08
- CLA = 1.46
- Beta Carotene = 87
- Vitamin E = 5.3
- Vitamin A = 52
- Total Fat = Properly Balanced
  
- Flavor is Original and Bold
- E coli Danger is Minimal

Article obtained from [www.texasgrassfedbeef.com](http://www.texasgrassfedbeef.com)

## Fit Fact: Brisk Exercise Triggers Metabolic Changes



### **How Exercise Changes Your Biochemistry**

In this study, the researchers measured the biochemical changes that occur during exercise, and

found alterations in more than 20 different metabolites. Some of these compounds help you burn calories and fat, while others help stabilize your blood sugar, among other things. Essentially, being of a healthy weight and exercising regularly creates a healthy feedback loop that optimizes and helps maintain healthy glucose and insulin levels through optimization of insulin receptor sensitivity. Normalizing your insulin levels is one of the most important factor for optimizing your overall health and preventing disease of all kinds, from diabetes, to heart disease, to cancer, and everything in between. It runs neck and neck with vitamin D as the two most important physical elements that you can do to improve your health. **Just 10 minutes of BRISK exercise led to beneficial biochemical changes that were still measurable an hour later.**

#### **Increase Your Exercise Benefits by Ditching Traditional Aerobic Cardio**

Walk into any gym and you'll see most of the people crowding around the aerobics equipment, but **there's actually a way to exercise that is FAR more effective than aerobic exercises like walking or running on a treadmill or elliptical machine for an hour, and it's called peak fitness.**

#### **The NEW Peak Fitness Program**

Phil Campbell wrote the book Ready Set Go which details how these exercises for super fast muscle fibers can increase growth hormone. **Peak fitness represents a comprehensive exercise program that includes far more than typical cardio training. The major change is that once or twice a week you do peak exercises, in which you raise your heart rate up to your anaerobic threshold for 20 to 30 seconds, and then you recover for 90 seconds. You would repeat this cycle for a total of eight repetitions. These cycles are preceded by a three minute warm up and two minute cool down so the total time investment is about 20 minutes.** The intensity is absolutely individual. For some it may be as simple as fast walking alternating with slow walking. You can improvise it into just about any type of exercise, and you really don't require a gym membership or any equipment

to do it. If you do have access to equipment, **using an elliptical or recumbent bike work really well.**

### **Exercise to Increase Your Levels of the "Fitness Hormone"**

**Peak fitness can actually increase your growth hormone level.** In order to better grasp the benefits of peak fitness exercises, you first need to understand that you have three different types of muscle fibers: slow, fast, and super-fast. And only ONE of these muscles will impact your production of a vital hormone called **HGH, or human growth hormone, which is KEY for strength, health and longevity.** Currently, the vast majority of people, including many athletes such as marathon runners, only train using their slow muscle fibers, which has the unfortunate effect of actually causing the super fast fibers to decrease or atrophy. Next you have the fast type of fiber which is also red muscle, and oxygenates quickly, but is five times faster than the slow fibers. Power training, or plyometrics burst types of exercises will engage these fast muscles. The super-fast ones are the white muscle fibers. They contain far less blood and less densely packed mitochondria. These muscle fibers are what you use when you do anaerobic short burst exercises. High intensity burst cardio is the form of exercise that will engage these super fast fibers. They're ten times faster than slow fibers, and this is the key to producing growth hormone!

### **How to Properly Perform Peak Fitness Exercises to Increase Your Growth Hormone Levels**

First of all, please remember that you can perform this with any type of exercise. While having access to a gym or exercise equipment will provide you with a larger variety of options, you don't require either. You can easily perform this by walking or running on flat ground. You will certainly want to work your way up to this point, but ultimately you want to exercise vigorously enough so you reach your anaerobic threshold as this is where the "magic" happens that will trigger your growth hormone release. Whatever activity you choose, **by the end of your 30 second period you will want to reach these markers:**

- It will be relatively hard to breathe and talk because you are in oxygen debt
- You will start to sweat profusely. Typically this occurs in the second or third repetition unless you have a thyroid issue and don't sweat much normally.
- Your body temperature will rise
- Lactic acid increases and you will feel a muscle "burn"

If you are using cardio equipment like an elliptical or bike, you don't need to reach any "magical" speed. It's highly individual, based on your current level of fitness. But you know you're doing it right when you're exerting yourself to the point of typically gasping for breath, after a short burst of activity. An added bonus is that you'll save a tremendous amount of time because peak fitness will cut your hour-long cardio workout down to a total of 20 minutes or so, including your recovery time, warm-up and cool down. The actual sprinting totals only 4 minutes! Be mindful of your current fitness level and don't overdo it when you first start out. If you are not in great shape and just starting this you may want to start with just two or three repetitions, and work your way up to eight, which is where the magic really starts to happen. You may need to start with just walking and when you do your 30 second bursts your legs would be moving as fast as possible without running - and your arms would be pumping hard and fast.

Article Obtained from [www.mercola.com](http://www.mercola.com)  
Edited by Mila McManus MD

## **Yeast Free: Citrus and Field Greens Salad (Week 3 and 4)**

- 1 large pink grapefruit
- 1 large avocado
- ¼ C chopped celery
- 3 C baby romaine, spinach or field greens
- ¼ C cashews

Cut peel from grapefruit and section wedges from the fruit. Set aside. Peel avocado and remove the pit. Slice or cut into cubes into the same bowl with the grapefruit sections. Arrange lettuces and celery on plates or in bowls. Put grapefruit and avocado on top of the lettuce followed by a sprinkle of cashews. Drizzle 1-2 T of Raspberry Dressing or Pomegranate, Ginger, Cashew Dressing on top. If you need recipes for the above dressings, which are yeast-free, you can request at [admin@twihw.com](mailto:admin@twihw.com).

## Got Allergies?

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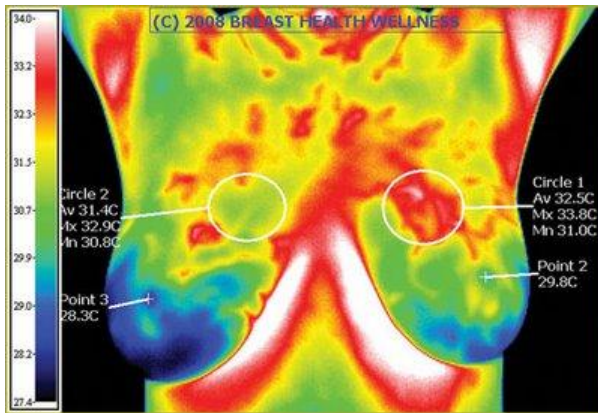


ing over-the-counter drugs like Claritin or making trips to the doctor's office for allergy treatment through painful injections, give us a call.

TWIIHW 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 July 14th and Wednesday August 18th 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**

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red 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](http://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](http://www.thedinnerdude.com)