

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 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

Vitamin K, The Next Vitamin D?

Vitamin K may be "the next vitamin D" if research continues to illuminate the growing number of benefits to your health.

Dr. Cees Vermeer, one of the world's top researchers in the field of vitamin K, founded a vitamin K research group in 1975, which is now the largest group investigating this area of nutrition science. How many people have adequate vitamin K, care to guess? Just about zero, according to Dr. Vermeer and other experts in the field.

Most people get just enough K from their diets to maintain adequate blood clotting, but NOT enough to offer protection against the following health problems- and the list is growing:

- Prostate cancer, lung cancer, liver cancer and leukemia
- Arterial calcification, cardiovascular disease and varicose veins
- Osteoporosis
- Brain health problems, including dementia, the specifics of which are still being studied

Vitamin K comes in two forms, and it is important

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 to get your questions answered about HCG.

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!

to understand the differences between them before devising your nutritional plan of attack.

Two Basic Types of Vitamin K

Vitamin K can be classified as either K1 or K2:

- Vitamin K1: Found in green vegetables, K1 goes directly to your liver and helps you maintain a healthy blood clotting system. (This is the kind of K that infants need to help prevent a serious bleeding disorder.) It is also vitamin K1 that keeps your own blood vessels from calcifying, and also helps your bones retain calcium and develop the right crystalline structure.
- 2. Vitamin K2: Bacteria produce this type of vitamin K. It is present in high quantities in your gut, but unfortunately is not absorbed from there and therefore most of it is passed out in your stool. K2 goes straight to vessel walls, bones, and tissues other than the liver. It is present in fermented foods, particularly cheese and the Japanese food natto, which is by far the richest source of K2.

Vitamin K2 can convert to K1 in your body. As a

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 September 17th and Friday October 15th 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.

Wellness Night Out

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

Next Wellness Night Out

Wednesday September 8th, 6pm to 8 pm Learning Rx, located at: 4840 West Panther Creek, Suite 205 The Woodlands, TX 77381

Focusing on Alternative Treatments for ADD & ADHD

Featuring Dr. Mila McManus and Kim Bellini

PLEASE NOTE that the September Wellness Night Out will be hosted by Learning Rx, located at: 4840 West Panther Creek, Suite 205 The Woodlands, TX 77381

Come join us and bring your friends and family. Please RSVP for this event by calling (281) 482-3082.

Please stop by for food, fun, and fellowship!

Come Visit Our Beautiful New Location!

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

supplement, K1 is less expensive, which is why it's the form used for neonates. Making matters even more complex, there are several different forms of vitamin K2. MK8 and MK9 come primarily from dairy products. MK4 and MK7 are the two most significant forms of K2, and act very differently in your body:

- MK4 is a synthetic product, very similar to vitamin K1, and your body is capable of converting K1 into MK4. However, MK4 has a very short half-life of about one hour, making it a poor candidate as a dietary supplement. After reaching your intestines, it remains mostly in your liver, where it is useful in synthesizing blood-clotting factors.
- MK7 is a newer agent with more practical applications because it stays in your body longer; its half-life is three days, meaning you have a much better chance of building up a consistent blood level, compared to MK4 or K1. MK7 is extracted from the Japanese food called natto.

Vitamin K Research is Clearly Impressive
In 2008, a German



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.

Water-the good, the bad, and the ugly



The next time someone offers you a bottle of water, take a stand and say something clever like, "No thank you, I don't believe in it." This simple move will open up a conversation about the massive swindle that is bottled water, and possibly persuade one more

person to give it up entirely.

Even beyond the issues of your health and the environment, bottled water represents a novel form of privatization, in which private corporations have succeeded at making water a commodity. Private corporations should have no more control over the selling of water than they do the selling of our air supplies. Well, this is already occurring to some extent as corporations make a profit selling water -- which at times even makes water less available to the people living in the area. Even public water supplies are being increasingly taken over by private corporations, and in some areas of the world are up for grabs by the highest bidder. This has been publicized in countries such as Bolivia, where residents battled police and the military to protect their water rights from the US-based Bechtel Corporation, but water privatization initiatives are being pushed all over the world, including in the United States.

If you're interested in learning more, an excellent, eye-opening film on this topic is Thirst.

Getting back to bottled water, however, many, many

research group discovered that vitamin K2 provides substantial protection against prostate cancer, which is one of the most common types of cancer among men in the United States. According to Dr. Vermeer, men taking the highest amounts of K2 had about 50 percent less prostate cancer. Research results are similarly encouraging for the benefits of vitamin K to your cardiac health. In 2004, the Rotterdam Study, which was the first study demonstrating the beneficial effect of vitamin K2, showed that those who consumed 45 mcg of K2 daily lived seven years longer than those getting 12 mcg per day. In a subsequent study called the Prospect Study, 16,000 people were followed for 10 years. Researchers found that each additional 10 mcg of K2 in the diet resulted in 9 percent fewer cardiac events. There is also research emerging that vitamin K can help protect against brain disease. However, it is too early to say exactly what types of damage it prevents, and how, but it is an area of intense interest to vitamin K scientists right now.

Getting More Vitamin K into Your Diet
 Eating lots of green vegetables will increase your vitamin K1 levels naturally, especially kale, spinach, collard greens, broccoli, and Brussels sprouts. For vitamin K2, cheese and especially cheese curd is an excellent source. The starter ferment for both regular cheese and curd cheese contains

Americans still drink it, believing it is somehow healthier than tap water. In 2008, U.S. bottled water consumption reached nearly 9 billion gallons, raking in revenues of more than \$11 billion.

Are You Paying 1,900 Times More for Unhealthy, Earth-Damaging Water?

If you drink bottled water, yes, you are! Bottled water typically costs more than \$1.50 per bottle, which is 1,900 times the price of tap water. **Yet, that very same bottled water that you're paying a premium for is, in about 40 percent of cases, simply bottled tap water, which may or may not have received any additional treatment.** On top of that, most municipal tap water must actually adhere to more strict purity standards than the bottled water industry. Further, while the EPA requires large public water supplies to test for contaminants as often as several times a day, the FDA requires private bottlers to test for contaminants only once a week, once a year, or once every four years, depending on the contaminant. An independent test performed by the Environmental Working Group revealed 38 low-level contaminants in bottled water, with each of the 10 tested brands containing an average of eight chemicals including disinfection byproducts (DBPs), caffeine, Tylenol, nitrate, industrial chemicals, arsenic, and bacteria. When you factor in other elements, like the chemicals that each from the plastic bottle and its impact on the environment, bottled water becomes a losing proposition no matter how you look at it.

Drinking From Plastic Bottles is Not a Wise Health Move

When drinking bottled water you need to think not only about the water but also about the bottle itself. Plastic is not an inert substance as its manufacturers would like you to believe. It contains chemicals like BPA and phthalates, which mimic hormones in your body.

Even tiny concentrations can cause problems such as:

- Structural damage to your brain
- Hyperactivity, increased aggressiveness, and impaired learning
- Increased fat formation and risk of obesity
- Altered immune function
- Early puberty, stimulation of mammary gland development, disrupted reproductive cycles, and ovarian dysfunction
- Changes in gender-specific behavior, and abnormal sexual behavior

bacteria-lactococci and proprionic acids bacteria- which both produce K2. You get the benefits of these bacteria when you consume them. Both types of cheese have the same amount of K2, but curd cheese has less fat. If you eat 100 grams of cheese daily, you get 45 mcg of vitamin K2, which will lower your risk for heart attack by 50 percent, according to existing studies. You can obtain all the K2 you'll need (about 200 micrograms) by eating 15 grams of natto daily, which is half an ounce. It's a small amount and very inexpensive. It'll only shrink your wallet by about two dollars a month. If you don't care for the taste of natto, the next best thing is a supplement. Remember you must always take your vitamin K supplement with fat since it is fat-soluble and won't be absorbed without it. You need not worry about overdosing on K2-people who have been given a thousand-fold increase over the recommended dose over the course of three years have shown no adverse reactions (i.e., no increased clotting tendencies). Although the exact dosing is yet to be determined, Dr. Vermeer recommends between 45 mcg and 185 mcg daily for adults. You must use caution on the higher doses if you take anticoagulants, but if you are generally healthy and not on these types of medications, I suggest 150 mcg daily. It is quite likely that doses of several times that amount are safe for the average person, but we just

- Stimulation of prostate cancer cells
- Increased prostate size, and decreased sperm production

Anytime you drink from a plastic bottle you risk exposure, but if you leave your bottle of water in a hot car or reuse it, your exposure is magnified because heat and stress increase the amount of chemicals that leach out of the plastic.

Plastic is Hurting the Earth in a Major Way

About 1.5 million tons of plastic are used to manufacture water bottles each year around the world, and the processing itself releases toxic compounds like nickel, ethylbenzene, ethylene oxide and benzene. Further, according to the Sierra Club, the U.S. alone uses 1.5 million barrels of oil to make plastic water bottles, the majority of which then end up in landfills. In fact, 1,500 water bottles are thrown away every second! This massive waste is one reason why there is now a plastic "stew" twice the size of Texas swirling through the Pacific Ocean. Also extremely harmful to the environment is the way corporations are pumping water from underground aquifers. These natural springs serve as water sources for nearby streams, wells and farms, but the aggressive pumping can easily dry them out prematurely.

A Simple Solution is at Your Disposal

One you realize that many sources of bottled water is:

- No safer than tap water
- Extremely expensive
- Often contaminated by plastics chemicals
- Contributing to massive environmental harm

The choice to stop using bottled water becomes simple. Fortunately, the alternative to having pure water is also simple: filter your own at home.

What is the BEST Water in the World?

There is no question in my mind that the absolute finest source of water in the world is NOT from an artesian well but from a gravity fed mountain spring that is obtained directly from where it has come out of the earth. It is filtered by the earth and structured and it is also not pasteurized or heated like nearly all commercial bottled waters. You see there are living organisms in water like algae that are actually beneficial for us but when you heat the water, just like pasteurizing milk, you damage it. So you are probably wondering the best way to find a gravity fed

lack the research to confirm it at this time.

Vitamin D is Vitamin K's Best Friend

Dr. Vermeer makes the point that vitamin K will never be able to do its work alone. It needs collaborators-and vitamin D is an important one. There is a synergistic effect between vitamins D and K. These two agents work together to increase MGP, or Matrix GLA Protein, which is the protein responsible for protecting your blood vessels from calcification. In fact, MGP is so important that it can be used as a laboratory measure of your vascular and cardiac status. If you are concerned about your bones, you must balance a nutritional triad:

- 1.vitamin D
- 2.vitamin K
- 3.calcium

Increasing calcium is good for your bones but not so good for your arteries, which can become calcified. Vitamin K protects your blood vessels from calcifying when in the presence of high calcium levels. So you really must pay attention to the synergism of all three of these nutrients if you want to optimize your benefits. **Laboratory Testing for Vitamin K is in its Infancy** Vitamin K measurements in blood plasma can be done accurately, but the results are really not helpful because they mainly reflect "what you ate yesterday," according to Dr. Vermeer. Because there are no good

raw spring. Well fortunately there is a web site called **Find a Spring.com** which allows you to do so. The website also allows you to add a spring that is not currently in the database. You can include information about the spring's temperature and location, and insert pictures or videos you took of the spring. Relax if you don't live near a mountain though as just about any spring is better than all other available options. So if you are at sea level just use that local spring. Typically they are monitored by the local municipalities for contaminants. Most of these springs are FREE, that is right, the best water in the world and there is NO CHARGE for it. You can easily store ten five gallon jugs in most cars and it is a wonderful opportunity for you to regularly escape from the city get out in nature. If you don't have the large water bottles you can easily find them online. Glass would be best but if you use those, it would be better to get the three gallon jars as the five gallon ones are too large and can easily break and you can hurt yourself. You can also find corks to stop the bottles at most hardware stores. Just bring the bottle in with you so it fits properly. If you do choose glass just make sure you wrap the bottles in your car with some blankets or towels so they don't bang against each other and break. In my mind getting fresh raw spring water is one of the more powerful, inexpensive and phenomenal lifestyle adjustments you can make and I would strongly encourage you to try it. Article obtain from www.mercola.com Edited by Dr. Mila McManus

Sandra Caldwell PA-C is Back at TWIHW!

We want to welcome Sandra Caldwell back to TWIHW!

Sandra moved to Scotland last year but moved back earlier this year. We definitely missed her, she is such a great asset to TWIHW! She is available for appointments, so please call 281-298-6742, to schedule.



Travel Fitness: A Plan of Action to Keep You Active

laboratory assessments, he and his team have developed and patented a very promising laboratory test to assess vitamin K levels indirectly by measuring circulating MGP. Their studies have indicated this to be a very reliable method to assess the risk for arterial calcification-hence cardiac risk. They are hoping to have this test available to the public within one to two years for a reasonable price, and several labs are already interested. Additionally, they are working on developing a home test that would be available at your neighborhood drug store. At this time, however, there is really no commercial test that would give you meaningful information. But since nearly 100 percent of people don't get sufficient amounts of vitamin K from their diet to reap its health benefits, you can assume you need to bump up your vitamin K levels by modifying your diet or taking a high quality supplement.

Article obtained from www.mercola.com

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It is easy to let a vacation or business trip destroy your fitness schedule and eating habits, but why let something as rewarding as a vacation or as exciting as a business trip leave you feeling unhealthy upon return? With a little research and proper planning, you can create an easy-to-follow plan to keep you fit and healthy no matter where you travel, and you can come home feeling more healthy and energized than when you left.

Nature's Playground and Man's Monuments

There is no excuse for not finding places to exercise when every city has a great staircase, stadium or tall buildings where you can master the stairs without a machine. If stairs aren't your thing, cities have lots of places good for walking, running or even hiking. Ask the hotel concierge if there are parks or trails nearby; or if you have ventured to the mountains, ask for a map of local hiking trails. It is also a good idea to ask the concierge for a map of the city to find out how many of your destinations are reachable by foot. (Walking will increase your fitness and decrease your taxi fares.) Prior to departure on your trip, find out if your hotel has a workout facility and a pool, and remember to pack your bathing suit and workout clothes. If they don't have a facility, they may be affiliated with a local gym where you can get a one-day pass for a small fee. There are no limits to the exercise you can do while exploring new territory. Make the most of your trip, and get to know the city by foot.

Nutrition Road Tips

- Always drink plenty of water, particularly if you're flying.
- Conjure up a healthy meal in your mind prior to entering a restaurant, and stick to your plan as closely as possible.
- Try to eat at least three times per day to keep you from feeling famished and overindulging at any one time.
- Pick up portable, healthy snacks at a local market so you won't be caught hungry in front of the mini-bar.

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Yeast Free: Quinoa Olé

- 1 C quinoa
- 2 C vegetable or chicken broth
- ½ C goat feta cheese if desired
- 1 C diced tomato
- ½ C canned black beans, rinsed and drained
- ¼ C chopped red or white onion
- 2 T chopped cilantro
- Juice of 1 Lime
- 2 T cold pressed olive oil
- Chopped jalapeño if desired, to taste

Prepare quinoa in broth according to package directions. Spread out on cookie sheet or plate to cool completely. Place cooked and cooled quinoa in a bowl and add cheese, tomato, black beans, onion, cilantro and jalapeno if desired. Blend. Add lime juice, olive oil, salt, pepper to taste.

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

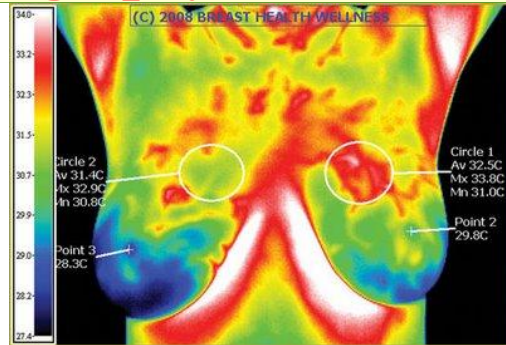


injections, give us a call.

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 August 25th and Wednesday September 29th, 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

Where did my doctor go?

Are you wondering where your doctor went? Several doctors who were previously with Sadler Clinic can be found on this website. www.wheredidmydoctorgo.com

Dr. Brent Allmon, MD Pinecroft Medical Center, 9303 Pinecroft Drive, Ste 350 The Woodlands, TX 77380 Phone (281)419-4625