



## The Woodlands Institute for Health & Wellness

26110 Oak Ridge Drive, The Woodlands, TX 77380

281-298-6742

[www.TWIHW.com](http://www.TWIHW.com)

January 2012 Newsletter

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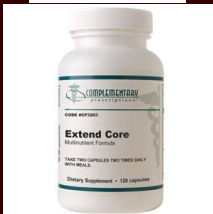
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Suffering from Allergies?

### Supplement of the Month:

#### Extend Core Multivitamin



A good multivitamin is the single most important supplement you can take. It can help your immune system – especially during this cold and flu season.

We simply cannot obtain all of the nutrients our bodies

### HAPPY 2012 TO ALL!

It's that time of the year for reflection, renewal, and new beginnings! While making New Year's resolutions, we hope your 'new beginnings' begin at TWIHW for your wellness needs. Or maybe 'new beginnings' to others would be taking your current wellness program to the next level.

You'll find that our dedicated staff are committed to helping you achieve optimal health - not just the absence of disease, but a state of vitality and wellness that will allow you to live life to its fullest --no matter what age.

Our newsletter addresses only a small portion of the programs offered at TWIHW. We hope you'll take time to visit our website to learn more. There's something for everyone -- men, women, and children. You can even [test yourself](#) on our website!

Feel free to pass this eNewsletter along to friends and family, and enjoy 2012 and all it has to offer.

### UPCOMING EVENTS:

**LUNCH & LEARN -  
FRIDAY, JANUARY 20th  
12:30 - 2:00 PM**

**Location: 26110 Oak Ridge Drive,  
The Woodlands, TX 77380**

Learn about health and wellness with a friend or family member while enjoying a complimentary healthy lunch. Our



require in our diets today. Most of our domestic produce is severely deficient in nutrients due to depleted soil and common harvesting practices.

Extend Core offers everything you expect in a multivitamin... and more. Four capsules a day provide a full complement of essential vitamins and minerals, plus additional nutrients to help you feel and perform your best. TWIHW carries the Complimentary Prescription products and they've boosted amounts of the B's to help you combat stress more easily. Extra antioxidants in Extend Core like lutein, lycopene, n-acetyl cysteine and green tea extract help keep you feeling more energetic. Choline supports healthy brain function, and silica helps give shine and strength to hair, nails and skin. Plus, our exclusive vegetarian enzyme blend helps to enhance absorption.

Trying to lose weight after the holiday season? Well a comprehensive multivitamin and multimineral supplement can take your fight against fat to a whole new level- increasing your body's calorie-burning capacity.

Sources:

[www.healthguidance.org](http://www.healthguidance.org) and  
[www.cpmcmedcal.net](http://www.cpmcmedcal.net)

institute focuses on treating underlying causes of diseases, rather than masking symptoms with prescription drugs. Whether you or someone you know suffers from fatigue, weight gain, IBS, hair loss, depression, low testosterone, or other health issues, come learn more about how they can be treated through natural solutions. Dr. McManus will also discuss the ins and outs of the popular HCG DIET. Seats fill up quickly, so please call 281.298.6742 or email [admin@TWIHW.com](mailto:admin@TWIHW.com) to reserve a spot.

### CAN'T MAKE IT TO THIS EVENT?

Let US come to YOU! Schedule a FREE event with your co-workers, church groups, friends, families, and organizations. (Restrictions apply. Please call 281.298.6742 for more information).

### ASK THE DOCTOR:

Do you have a question for Dr. McManus? If so, please submit it to [admin@twihw.com](mailto:admin@twihw.com). The name of the submitter is not published.

### THIS MONTH'S QUESTION:

What's the best medicine for fibroids?

#### Answer:

Fibroids don't necessarily require medicine or surgery, but having fibroids is a sign of hormonal imbalance. Balancing your hormones with bio-identical hormones may be the key, but it's also important to decrease the 'estrogen burden' in your body by avoiding pesticides, soy, and alcohol, for example. If you are overweight, losing weight would also help the estrogen burden since estrogens are stored in fat cells. Taking a b-complex and DIM supplement will help you to metabolize estrogens more safely.

Best Regards,

*Dr. McManus*

### NANCY'S NUTRITIONAL NUGGET

## OUR SPONSORS

Body BeneFits, Inc.

Woodlands  
Compounding Phcy

Triumph  
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Phcy

Avante Medispa

Oasis Club & Spa for  
Women

Woodlands Wine  
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Woodlands Mailing &  
Fulfillment

Core Fitness

PhD Pools

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## QUICK LINKS

Our Website

Our Services

Our Supplements

Test Yourself

Join us on Facebook

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Nutrametrix  
Supplements

This is not likely the first year in your life where you have woken up on January 1 and devised some kind of resolution about your diet, your weight or your health. How have those resolutions worked for you? It is one thing to make a statement, but a successful resolution will come out of one that includes three critical components. Real and lasting behavioral change happens when 1) you are very ready to make a change, 2) when you can rate the importance it has to you very highly and 3) when you have very high confidence in your ability to succeed. Readiness, Importance and Confidence go hand in hand to create long lasting results. If you have the logical, factual head knowledge that you need to make a change but have not come to terms with being ready, seeing the importance it has in the quality and duration of your life or you don't feel confident in your ability to succeed, you may be set up to fail! Changing what we eat is not always easy but deciding to go on this journey to improved overall health and weight is well worth it. Need help getting ready, establishing importance and building confidence? Allow me the honor of offering that help as you step into your health journey in 2012.



The author of this article is Nancy Mehlert, M.S., who serves as a Nutritional Consultant at TWIHW. She is a monthly contributor to articles in this newsletter. To learn more of the nutritional services or any other services the clinic offers, please call and ask to speak to a wellness consultant at 281.298.6742.

## RECIPE OF THE MONTH:

### **Pink Grapefruit & Avocado Salad (Yeast Free)**

**4 Servings**

**½ Cup thinly sliced red onion**

**1 Lemon**

**1 T cold pressed olive oil**

**½ tsp sea salt**

**¼ tsp freshly ground pepper**

**3 small red or pink grapefruit**

**1 large ripe avocado**

**1/3 cup fresh pomegranate seeds**

**4 large fresh basil leaves**

**8 small leaves of Boston lettuce**

Combine juice of lemon with oil, salt and pepper in a large bowl. (Add a teaspoon of lemon zest from the peel if you wish). Peel the grapefruit, removing the white pith. Cut the segments from the surrounding membranes and let them drop into the bowl. Squeeze membrane juice into the bowl as well and discard membranes. Halve, peel and pit the avocado. Cut lengthwise into ¼ in thick slices then



halve the slices. Gently toss/fold the avocado and pomegranate seeds into the grapefruit mixture. Finely slice the basil leaves into the bowl and add the onion slices, then gently toss/fold again. Arrange lettuce leaves on four salad plates and top with the grapefruit mixture and serve.

Per Serving: 184 calories; 11 g fat; 22 g carbohydrate, 0 added sugars; 3 g protein; 6 g fiber.



### **HERE WE GROW AGAIN!**

Please excuse our dust! Progress is a must! We appreciate your patience during this time of remodel and expansion of our clinic. We hope to soon be able to better serve our expanding patient base. The dust may cause discomfort to those with asthma or who are allergic to dust.

We expect our remodel to be completed by the end of February. In the meantime, please accept our apologies for any inconvenience this may cause you or your families. Thank you!



### **POST HOLIDAY DETOX**

Why does every body need a detox? Well, over time, undigested waste products can build up in the folds of the intestinal wall. This build up is believed to be a result of

over-indulging in fattier foods, meats, dairy products, refined foods, alcohol, and sugar. It can also come from inadequate fiber in the diet, excessive mucus secretion, environmental toxins, constipation and a lack of favorable gut flora. Some of the toxins our bodies become exposed to include pesticides, household cleaners, detergents, food additives, heavy metals, pollution, hormones in food, chemicals from food or drink packaging, antibiotics and cigarette smoke. **Our Total Body Cleanse** program will provide your body with the detox it needs, and the bonus is that patients often lose weight while on this program.

The duration of the Total Body Cleanse will determine the intensity and depth of cleaning of these toxins and

related roadblocks to good health you wish to eliminate.

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**7-day Colon Cleanse - \$299 (regular price \$399!)**

**14-day Detox Program - \$399 (regular price \$499!)**

**21-day Total Body Cleanse - \$499 (regular price \$599)**

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**For more information or to make an appointment, please call our wellness consultants at 281.298.6742.**

### **THIS MONTH'S TESTIMONIAL:**

Each month we'll be sharing a patient's testimonial. We invite you to share your story.

This month our unedited testimonial comes from Andrea R. Thank you Andrea for sharing your story!

**"Right after I finished my yeast-free diet, I started with the HCG diet. I actually finished the HCG yesterday!!!**

**Both diets were incredibly successful for me.**

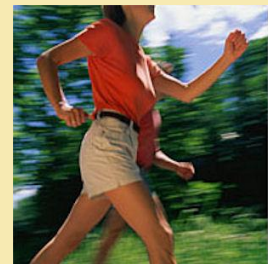
**First, all my yeast infection symptoms are gone!!! Not even a week after I started the yeast-free diet, I was a new person. All the symptoms I had been suffering for so long were totally gone!!!**

**The HCG worked great as well. I lost 33 pounds in all; 10 while on the yeast-free diet and 23 with the HCG diet. Simply awesome!!! I feel so good (and I look good too)."**

*TWIHW loves good news! Share yours with us! Please email it to [admin@twihw.com](mailto:admin@twihw.com). All submissions are subject to TWIHW approval for posting. For privacy purposes, only your first name and last initial will be posted. Photos are optional. Thank you!*

### **FIT FACT:**

**Exercise slows down aging. Numerous studies have shown that regular, moderate-to-vigorous exercise can help prevent or delay the onset of heart disease, hypertension, obesity, and osteoporosis, which are all common ailments associated with advancing age.**



Source: [www.mercola.com](http://www.mercola.com)

## **BEGIN USING THOSE FSA/HSA FUNDS!**

Why not begin using your FSA/HSA funds to kick off your wellness journey? Since the beginning of the new year is always busy for our clinic, we encourage you to call in to 281.298.6742 to make your appointments as soon as possible.

## **HCG - TRY THE DR. MCMANUS METHOD**

HCG is not FDA-approved to be used for weight loss, but since it IS an FDA-approved hormone, physicians can use HCG off-label for other uses. There is definitely controversy surrounding HCG; however, we've



been using HCG in our facility for over 2 years, and the vast majority of our patients have seen amazing results on this protocol. I can't speak for other protocols out there, but our protocol is slightly modified, medically monitored, and uses certain supplements to maximize results and benefit one's health. HCG suppresses appetite, and most patients feel better than ever while on this protocol. Patients are losing up to 1 pound per day! As an added bonus, this diet naturally reduces blood pressure and blood sugar.

You may have heard about the HCG Diet on the Dr. Oz Show. He recommends that HCG dieters be monitored by a physician, and Dr. McManus couldn't agree more, especially if a patient has any chronic health problems or takes any medications.

To better understand how the diet works, here are some of the most frequently asked questions:

**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 produce upwards of a million units a day of hCG, while the weight loss protocol uses only 150 units a day. It is classified as a drug and available by prescription only.

**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. (We make sure our patients are getting optimal nutrition while on a low calorie diet, using supplements, and sometimes modifications to the protocol, depending on a patient's needs/situation)

**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 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 and nutritional supplements, 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 in the long term). Moreover, calorie intake can be modified or adjusted depending on a person's size, goals, and activity level.

**Does 500 calories a day scare you?** Don't worry! Protocols CAN be modified to allow for more calories and still provide good results. In addition, a low calorie diet IS possible when your appetite is naturally suppressed.

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.

**TWIHW HCG Program includes:**

- Initial Office Visit - vitals, exam, counseling on protocol --including Dr. McManus' modifications to the original protocol, which make the 40 days much easier with similar results!
- 40 days of compounded HCG injections (or creams, drops, etc.)
- Weekly Support Group with other HCG dieters - helps you keep the weight off!
- Weekly booster shots (vitamins, amino acids) to boost energy and metabolism, creating synergy with the HCG.
- 1-hour Nutrition workshop and book (*Highway to Health: A Nutritional Roadmap* by Mila McManus MD)
- Blood work
- Body fat percentage and BMI measurements (before and after)
- Sharps container to store used syringes
- Before and after photos taken if desired

**CALL 281-298-6742 FOR MORE INFORMATION OR TO GET STARTED NOW!**

**THE PD2i ANALYZER™**



The PD2i Analyzer™ is a newly patented cardiac care technology like no other. TWIHW is excited and honored to be the first medical practice in our area to offer this special technology. If you or someone you know has diabetes, heart disease, high blood pressure, takes stimulant medications, such as diet pills, decongestants, or ADD medications, or would simply like to know if you are at increased risk for sudden cardiac death, the PD2i analyzer is the place to start. The PD2i is no ordinary EKG, although this is one component of the analysis. The testing protocol takes only 30 minutes and is non-invasive.

This valuable analysis and information is:

**\$250 for current patients**

**\$299 for new patients**

Please speak to a wellness consultant at 281.298.6742 to learn more about this latest technology for heart health.

**PURCHASING SUPPLEMENTS IS EASY!**



No need to experience any delays when re-ordering your supplements. Visit [TWIHW.com](http://TWIHW.com) and click on the "Supplements" tab.

Print the order form, then fill in what you need. Then call in your order to our office 281.298.6742. Let us know your estimated time of pick-up and your supplements will be waiting for you when you arrive. We also welcome you to email your order to

[admin@twihw.com](mailto:admin@twihw.com). Of course, we can always ship your order to you (fee applied for shipping/handling).

**ARE YOU OR YOUR CHILDREN SUFFERING FROM ALLERGIES?**



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

TWIHW offers testing for inhalant 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.

**PLEASE CALL 281.298.6742 TO LEARN MORE ABOUT OUR FALL ALLERGY TESTING SPECIAL PRICES!!**

**LAGNIAPPE OF THE WOODLANDS**



Lagniappe will deliver pre-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!!

Lagniappe features a different menu item everyday, but you must place your order a day in advance. You can view the menu at [www.elanyap.com](http://www.elanyap.com).

Lagniappe also has yummy single serve YEAST FREE meals available at TWIHW for only \$7!! You may pick them up anytime at our office.

You may also contact Danel at 832-722-9963 directly to place your order.

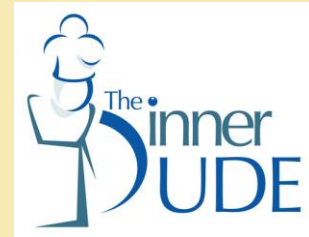
### **THE DINNER DUDE**

Attention hCG Dieters:

A variety of single serving, fresh, delicious, hCG meals are now available in our office for purchase!

No shopping, trimming weighing or cooking, all you have to do is heat and eat your delicious meals!

A select number of Dinner Dude's meals are also compatible with the TOTAL BODY CLEANSE DIET or anyone interested in portion controlled meals for their weight loss goals! Call our office for more information at 281.298.6742.



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

In Good Health,

*Mila McManus MD*

The Woodlands Institute for Health & Wellness

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