

Greetings!

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**WELLNESS EXPO AND SYMPOSIUM
JAN 2006**

**COMMIT TO YOUR NEW YEAR'S
RESOLUTION TO GET HEALTHY!**

Learn how to feel great from the inside out. Now is the time. You've procrastinated long enough. If you care about your health and the health of your loved ones, you don't want to miss this event!

Saturday, January 21, 2006 from 9am to 4pm at The Woodlands Waterway Marriott

Presented by Dr. Mila McManus and The Woodlands Institute for Health & Wellness

12pm to 1:30pm: Dr. Mila McManus will be discussing safe, natural, and effective solutions to many common health problems, including fatigue, depression, obesity, insomnia, headaches, migraines, Irritable Bowel Syndrome, PMS, hot flashes, joint pains, reflux, allergies, insomnia, and more.

Exhibitors include My Life Care (body scans and thermography), Isofitness, TWIHW (health screenings), Faithfully Fit, Avante Medispa, Edible Arrangements, Great Harvest Bread Company, Health Market (Iridology and hair analysis), Bikram Yoga, Natural Pawz (natural remedies and foods for pets), Physicians Preference (supplements), Carin Solomon, DDS, Pharmanex (antioxidant level testing), Ron Prehn, DDS, Center for Digestive Diseases, A

**ADRENAL
FATIGUE**

Your adrenal glands produce many hormones, and cortisol is one of them. Cortisol modulates your immune system, protects your body during times of emotional or physical stress, and sustains your blood sugar and blood pressure. You would die very quickly without cortisol. Cortisol production varies depending on the body's demand for it. When you catch a cold, cortisol production will increase in order to stimulate your immune system to fight that infection. Similarly, when you are under severe emotional stress, your body will demand more cortisol to cope with that stress. Cortisol is also an anti-inflammatory hormone, your natural Advil, if you will.

Adrenal fatigue usually occurs when a person is constantly demanding high amounts of cortisol from their adrenal glands because of chronic stress, chronic pain, allergies, and other illness. Your adrenal glands aren't

New Life Chiropractic, Xango, Houck Enterprises, and MORE!

WIN A COMPREHENSIVE WELLNESS PROGRAM VALUED AT \$2500.00

Register online at www.TWIHW.com or call toll-free (866) 680-WELL. The first 25 to register will receive a special gift.

If you are interested in being an exhibitor, or sponsoring this event, please contact Tiffany at 713-225-0640.

[Click here to register](#)

SPECIALS

WHAT ARE YOU WAITING FOR? Don't wait to feel great! Free spa treatment with comprehensive wellness program, courtesy of Avante Laser and Medispa. For January, we're offering \$100 off our weight management program.



[Contact Us](#)

FITNESS FACTOID

Jack and Jill go up the hill. Do you?

To make your walking workout more strenuous, include some hills in your route. If your walk up a 4% grade, you'll burn approximately 35% more calories than when walking on level terrain at the same pace.

Melissa Langton, CPT

FaithfullyFit.net

TESTIMONIAL OF THE MONTH

made to produce at high capacity for long periods of time, so when you are demanding and demanding and demanding cortisol, your adrenal glands will eventually run out, burn out, fatigue. When they fatigue, they might produce half as much as your body is demanding, which leads to a vicious cycle because they can't give you what you need to fight whatever it is you are fighting (e.g., allergies, pain, infection), so the problems get worse, and then you need even more cortisol. When you are adrenally fatigued, it now takes 2 wks to get over a cold instead of 2 days, for example, and you might also have low blood sugar episodes (symptoms include headaches, shakiness, lethargy, dizziness), and even low blood pressure symptoms such as light-headedness upon standing. Moreover, aches and pains may develop out of nowhere. Allergies and asthma may worsen.

Cortisol gets a bad wrap in the media and in the 'traditional' medical community. In the media, you may have heard that stress increases cortisol levels, and that cortisol increases belly fat.

I found Dr. McManus by accident. My doctor had no clue what to do with me at the time. Thankfully, Dr. McManus does take time and has a true desire to help her patients feel good again. Since I have been on the program I feel better than I have in ten years. What a gift she had given me, my life back! I have no more pain, no headaches, no hot flashes and I can sleep through the night. WOW! The best part is that I no longer take anti-depressants any more after being on them for eleven years.

Thank you Dr. McManus! You are the GREATEST!

Z.J.

RECIPE OF THE MONTH-Texas Caviar

Texas Caviar (This is NOT yeast-free)

1 Can diced tomatoes with jalapeno peppers (drained), 1 Can field peas with snaps (drained), 1 Can Black eyed peas (drained), ½ Red onion (chopped), ½ Green pepper (chopped), ½ cup or to taste of Lite Wishbone Italian dressing, 1 bunch cilantro (chopped).

Marinate 3 to 4 hours.

Submitted by Linda Crochet

SUPPLEMENT OF THE MONTH-FISH OIL

Fish oil has many health benefits, some of which include improving cholesterol profiles, helping to prevent heart disease and cancer, improving brain function, depression, arthritis, allergies, circulatory disease, ADHD, Alzheimer's, and skin disorders. Fish oil contains Omega 3 fatty acids, namely DHA and EPA. The third type of Omega 3 is alpha linoleic acid (ALA), which is found in flaxseed oil. These fatty acids are called 'essential' because they must be obtained from one's diet. They are required for proper neurologic and immune function, and make up cell membranes.



Fish oil has anti-inflammatory properties that are useful in the treatment of autoimmune disorders, skin disorders, and various types of arthritis. It thins the blood, thereby

Based on this, supplements have been created to block the production of cortisol. I find this absolutely ridiculous. While it IS true that stress increases cortisol levels, it is because your body is demanding it, and not because your body wants to make you fat. If you were producing too much cortisol when your body was NOT demanding it, you WOULD develop all of the problems associated with steroids, such as weight gain, fluid retention, diabetes, high blood pressure, acne, bone loss, immune suppression. Let's face it, too much of any hormones is just as bad as too little of it. High doses of steroids are given to suppress the immune system when treating, for example, an asthma attack, or other autoimmune disease. However, low, supplemental doses of cortisol actually enhance your immune function.

Treating adrenal fatigue involves supporting your adrenal glands with a low dose of cortisol, as well as removing the factors attributable to their demise. This includes dietary changes, removing yeast from your body, learning to cope with stressors, balancing hormones,

preventing clot formation, which makes it helpful in preventing strokes and heart attacks. It's also been shown to greatly reduce the risk of arrhythmias and sudden cardiac death. Lastly, fish oil is helpful for preventing cancer.

When choosing a fish oil, it is VERY important to make sure that you are getting a reputable brand. Fish oils are notorious for containing variable amounts of mercury and other toxins. It's best to find a fish oil that is made from smaller fish that are lower down on the food chain. Another problem with fish oil is that it can oxidize during manufacturing and have the opposite effect for what it's intended. I am particularly fond of a brand called Nordic Naturals. (see link below)

Everyone should have fish oil as part of their daily diet and/or supplement regimen! Taking 2gm to 4 gm daily is a good start.

[Nordic Naturals](#)

exercise, treating chronic pain, and getting adequate sleep. It would be very difficult to completely recover normal adrenal function without addressing all of these at once. Most doctors treat one thing at a time, usually by masking your symptoms with prescription drugs. In addition, most people don't realize how much of an impact their dietary choices have on their bodies. It's not all about the weight gain. Certain foods affect hormone levels. Moreover, today's diets are nutrient-deficient, and all it takes is one single vitamin deficiency to cause immune dysfunction.

Be good to your immune system, and it will be good to you!

[Test Yourself for Adrenal Fatigue](#)

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