

Greetings!

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TESTIMONIAL OF THE MONTH

Three months ago, I would have never thought I would feel as good as I do today! I have seen several doctors over the years for my depression, joint and muscle pain, fatigue, and just not feeling good. I have been told that 'it's just a sign of getting old' and 'I have some form of arthritis' (which doesn't show up in my blood work) and 'I have gout and/or polymyalgia'. I have been on many different medications for arthritis, every anti-depression medication, and several different low doses of hormones. I heard about Dr. McManus in the Woodlands and thought "Why Not give it a try". Within a week I was feeling like a new person. I want to get out of bed each day, I don't hurt, I have energy, and I JUST FEEL GREAT! My husband saw how wonderful I was feeling AND now he is on the program with me. I think Dr. McManus's program is a life saver!

Cheryl S.

SPECIALS

DEVIL IN DISGUISE

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News by Raymond
Francis

The health of the American children is in a catastrophic, long-term decline. In 1995, the American Health Foundation downgraded the health of our children from a C- to a D. I would now rate it a D-. What is happening here? I can tell you one thing. Parents are systematically poisoning their children by feeding them a dangerous toxin that destroys health, lowers quality of life, shortens life-span, and even damages the health of the next generation. Parents do this unwittingly, but every parent who allows a child to eat products containing sugar falls into this deadly trap. It is time to put a stop to it. Sugar is a deadly metabolic poison. Regular consumption of sugar is guaranteed to damage health, cause disease, and result in premature death. Sugar is the most deadly product the average person is exposed to on a daily basis. Few things

WHAT ARE YOU WAITING FOR? Give yourself and/or your loved one the gift of good health this holiday season. Don't wait to feel great! Free spa treatment with comprehensive wellness program, courtesy of Avante Laser and Medispa.



Reserve your appointment by November 15, 2005, and receive \$50 worth of Physician's Preference supplements.

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FITNESS FACTOID

Can exercise cure the common cold?

Now that we have entered cold and flu season, lets consider what Sir William Osler, the famous Canadian medical doctor, once quipped, "There's only one way to treat the common cold...with contempt! " And for good reason. The average adult has two to three respiratory infections each year. That number jumps to six or seven for young children. Research has shown that during moderate exercise, several positive changes occur in the immune system. Various immune cells circulate through the body more quickly, and are better able to kill bacteria and viruses. Once the moderate exercise bout is over, the immune system returns to normal within a few hours. In other words, every time you go for a brisk walk, your immune system receives a boost that should increase your chances of fighting off cold viruses over the long term.

Melissa Langton, CPT

FaithfullyFit.net

stress the body as much. Consuming sugar on a regular basis is nothing less than death by installment. How could such a deadly poison be allowed on the market? It was "grand-fathered". Sugar was on the market before regulation so it did not require approval. If sugar were a new product seeking approval today, it would not be allowed on the market. There is too much proof that it is a major stress factor, which weakens our defense against disease. Until recently, man ate no refined sugar at all. Not being designed for it, even a small amount of sugar throws the body into biochemical chaos for a period of 6 to 8 hours. Sugar is actually an anti-nutrient. Rather than supplying the body with nutrients, as a food is supposed to do, sugar actually robs the body of nutrients. Sugar initiates a cascade of destructive events leading to degenerative diseases such as allergies, diabetes, tooth decay, osteoporosis, endocrine problems, arthritis, hypoglycemia, heart disease and cancer.

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ARE YOUR HEADACHES NORMAL?

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Do you suffer from headaches? Is it normal to have headaches? How many a week is normal, and how severe a headache is normal? What causes these headaches? These are the most common questions people have about their headaches. While the 63 billion dollar painkiller industry is telling you to "kill the pain" of your headache, the reality is that the pain is a sign that something might be wrong!



Rate your headache on a pain scale of 0 to 10, level 10 being the worse pain you could imagine. A "normal" headache is usually pain level of 2 or 3 twice per week. But, if you find that you have a headache every day, or that you are taking pain killers for your headaches more than twice per week or if your headache is greater than a level 5, you need to find out why.

There are many types and causes of headaches. The most common is muscle pain. Migraine is another common headache. Sinus, sleep interruption or sleep apnea, TMJ, or even some types of brain tumors and disorders can cause headaches. While most causes of headaches can be treated conservatively, there are other causes that on the surface may seem mild, but actually can be life threatening if not treated early.

You need not suffer from headaches anymore. Over the counter painkillers can cause ulcers, kidney and liver damage if taken in excess or over a long period of time. Find out what factors are contributing to your headache. We can help! For more information Call 281-296-6797

From the Desk of Dr. Ronald S. Prehn Director of Orofacial Pain Management of Houston, P.C.

RECIPE OF THE MONTH

Pomegranate-Ginger and Cashew Salad dressing

½ Cup pomegranate juice, ½ Cup grapeseed oil, ½ Cup cashews, 1 TBS fresh ginger, 2 TBS Sweet-n-Natural

Mix all ingredients in a blender until smooth. This is great on "tender" greens such as baby spinach, arugula, and spring mix.

SUPPLEMENT OF THE MONTH-Magnesium

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Magnesium is the fourth most abundant mineral in the body and is essential to good health. Approximately 50% of total body magnesium is found in bone. The other half is found predominantly inside cells of body tissues and organs. Only 1% of magnesium is found in blood, but the body works very hard to keep blood levels of magnesium constant. Magnesium is needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong. Magnesium also helps regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis. There is an increased interest in the role of magnesium in preventing and managing disorders such as hypertension, cardiovascular disease, and diabetes. Magnesium can also be helpful in treating asthma, constipation, anxiety, and insomnia. Magnesium is a potent antioxidant that can help to prevent various forms of cancer and degenerative diseases such as Alzheimers.

Green vegetables such as spinach are good sources of magnesium because the center of the chlorophyll molecule (which gives green vegetables their color) contains magnesium. Some legumes (beans and peas), nuts and seeds, and whole, unrefined grains are also good sources of magnesium. Refined grains are generally low in magnesium. When white flour is refined and processed, the magnesium-rich germ and bran are removed. Bread made from whole grain wheat flour provides more magnesium than bread made from white refined flour. Tap water can be a source of magnesium, but the amount varies according to the water supply. Water that naturally contains more minerals is described as "hard". "Hard" water contains more magnesium than "soft" water. Eating a wide variety of legumes, nuts, whole grains, and vegetables will help you meet your daily dietary need for magnesium.

Early signs of magnesium deficiency include loss of appetite, nausea, vomiting, fatigue, and weakness. As magnesium deficiency worsens, numbness, tingling, muscle contractions and cramps, seizures, personality changes, abnormal heart rhythms, and coronary spasms can occur. Severe magnesium deficiency can result in low levels of calcium in the blood (hypocalcemia). Magnesium deficiency is also associated with low levels of potassium in the blood (hypokalemia).