

Greetings!

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Wellness Retreat July 24-27, 2008



Join Dr. Mila McManus for a Wellness Retreat July 24- 27, 2008 at the beautiful (gourmet-all-inclusive) El Dorado Resort & Spa in Riviera Maya, Mexico. Featuring:
 Mila McManus M.D. (The Woodlands Institute for Health & Wellness)
 Missid Ghanem Ph.D & Carolyn Harrison M.Ed. (Life Center: A Healing & Cultural Place)
 Francie Willis (Urban Retreat: Touch of Wellness)
 Moodafaruka (Sounds of Wellness)

Spend four unforgettable days learning more about health and fitness, nutrition and much more, all in a fantastic, relaxing beachside setting. Daily Yoga/Tai Chi, Dinner on the Beach & Mayan review and various 'wellness sessions' are all included! Spa, golf, fishing or Chichen-Itza tour are also included. Extra options:

Natural Treatments for Arthritis

Arthritis is a disease that causes pain and loss of movement of the joints. The word arthritis literally means joint inflammation (arth=joint, ritis=inflammation), and refers to more than 100 different diseases. Since arthritis comes in so many different forms and no two people are alike, what works for one person or one kind of arthritis may not work for another. Following are alternative remedies reported to have been effective with at least some people and some forms of arthritis.

Folk Remedies

A New England remedy for arthritis is a hot bath of **Epsom salts**. The magnesium in Epsom Salts has both anti-inflammatory and anti-arthritic properties and it can be absorbed through the skin. The heat of the bath can also increase circulation and reduce the swelling of arthritis. Add 2 cups of Epsom salts to a tubful of hot water. Bathe for thirty minutes, adding hot water as necessary to keep the temperature warm.

A Chinese folk medicine remedy for arthritis is to eat **sesame seeds**. One-half ounce of the seeds contains about 4 grams of essential

Temezcal, Mayan Astrology, Roling & Belly Dancing lessons.

Space is limited. Resort is for adults only. For more information, call Travel Lifestyles Corporation at (713) 621-5555 or (800) 801-9542, or visit their website at www.tlife.com.

MAY 14th WELLNESS NIGHT OUT: Pharmacist Larissa LeBovidge Speaking

The Woodlands Institute for Health & Wellness will be hosting Wellness Night Out. This event is free and open to the public (RSVP requested). We are excited about this monthly event which takes place the 2nd Wednesday of every month. Each month we will feature a different topic with guest speakers and/or screenings to offer.

Our next Wellness Night Out will be May 14th, 6:00 pm - 8:00 pm, and this month we've invited Larissa LeBovidge RPh., to speak about compounding and current issues with hormone replacement. Larissa graduated from University of Oklahoma's College of Pharmacy in 1992, where she studied under Dr. Lloyd V. Allen, the current Editor-in-Chief of the International Journal of Pharmaceutical Compounding. She has been a pharmacist with Kroger for over eight years, the last six in The Woodlands, standardizing and creating policies for its compounding pharmacy.

We look forward to seeing you there!

SPECIAL ENGAGEMENT at EGG & I, MAY 13TH

The Woodlands Institute for Health & Wellness cordially invites you to meet its founder, Dr. Mila McManus, and enjoy a complimentary healthy breakfast. Dr. McManus will be discussing safe, natural and effective solutions to many common health problems.

Tuesday, May 13, 2008
Location: The Egg & I
1644 Research Forest Dr, St 100
The Woodlands, TX 77380

Reception begins at 8:00 am. Dr. McManus will speak from 8:30-9:30, followed by a question and answer session.

Reserve your seat today by calling (281) 298-6742 or email admin@TWIHW.com. Seating is limited. If you are ready to get healthy and change your life, this is for you!

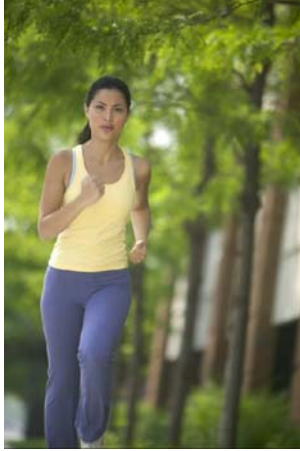
fatty acids, 175 milligrams of calcium, 64 milligrams of magnesium, and 0.73 milligrams of copper.

Increased copper intake may be important during arthritis attacks because the body's requirements go up during inflammation. Grind up 1/2 ounce of sesame seeds in a coffee grinder and sprinkle on your food at meal-time.

Gin and raisins: Put three shot glasses or small containers on your counter. In each shot glass, put 9 (not 8 or 10) golden raisins, not regular raisins. Pour just enough gin over them to just barely cover them (any kind of gin should do). By the 3rd day, the gin should be absorbed by the raisins. Eat the raisins from one shot glass, and set the glass up again with 9 more golden raisins, just barely covered with any kind of gin, and put the fresh glass at the end of the line. Each day, eat the 9 oldest raisins, then set it up again. Repeat until pain-free, usually 72 hours. It is truly amazing. And cheap!

Drink your tea!
Various parts of the **celery** plant contain more than 25 different anti-inflammatory compounds. Place 1 teaspoon of celery seeds in a cup. Fill the cup with boiling water. Cover and let stand for fifteen minutes. Strain and drink. The leaves of the **rosemary** plant contain four anti-inflammatory substances: earnosol, oleanolic acid, rosmarinic acid, and ursolic acid. Put 1/2 ounce of rosemary

Fit Fact: Easy Does It When Beginning Jogging Routine



When you find yourself wanting to start to jog or run as part of your exercise routine, first things first! Look at your schedule and determine what time of day, and what days you can commit to your run. Start small, so you will be successful. Find a minimum of 15 minutes, 4 days a week, to begin your new routine. Gradually increase the time you spend running. Studies state that it takes a good 3 months to build an aerobic base. At first, it may be necessary to walk most of the 15 minutes, and jog just a few minutes. If you are consistent in your 4 days a week, you should be able to increase the amount of time you are

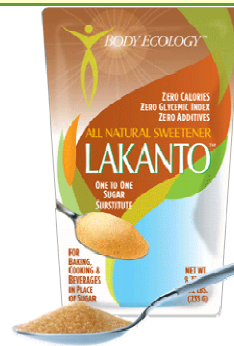
running, and eventually run for the entire 15 minutes. Your goal should be to increase your exercise time to a minimum of 30 minutes, 4 days a week. Create a balance between walking and running, until you are able to run for the entire 30 minutes. Do not worry about your speed or distance. Initially, it is most important to build up your endurance, and be able to sustain aerobic activity for 30 minutes.

Kris Averill, Certified Personal Trainer

RECIPE OF THE MONTH: Wheat & Gluten-Free Zucchini Bread

Here's a recipe featuring LAKANTO, a new zero calorie all-natural sweetener that looks and tastes like sugar. To learn more about this sweetener, please click on the picture to follow the link.

- 2 cups Pamela's Wheat & Gluten Free Baking mix (or similar)
- ½ cup Lakanto
- 2 cups finely shredded zucchini
- 1/3 cups Palm Oil (vegetable shortening)
- 3 eggs
- 1 ¼ tsp. cinnamon
- 2 tsp. vanilla
- ½ tsp salt
- Pinch nutmeg
- ½ tsp lemon zest
- ¾ cup chopped walnuts (optional)



Preheat the oven 350° F. Grease & flour 9x5-inch loaf pan. In large

leaves in a 1-quart canning jar and fill the jar with boiling water. Cover tightly and let stand for thirty minutes. Drink a cup of the hot tea before going to bed and have another cupful in the morning before breakfast.

Willow bark tea has pain-relieving and anti-inflammatory effects similar to those of aspirin. But because the irritation-causing ingredient in aspirin tablets is diluted in tea, you'll have less risk of stomach upset, ulcer and overdose if you drink the tea instead of the pills.

Spice up your life
Many people drink **ginger** tea for osteoarthritis; a ginger compress is also beneficial.

Oregano is a powerful antioxidant, due in large part to rosmarinic acid, a compound with antibacterial, anti-inflammatory, antioxidant and antiviral properties. The antioxidants in oregano may help prevent the cell damage caused by free radicals, blamed for inflammation, degenerative arthritis and the aging process in general.

The capsaicin in **red pepper** can help relieve arthritis when you apply the herb to the skin, using an over-the-counter cream that contains capsaicin like Zostrix or Capzasin-P.

Curcumin, the yellow pigment of turmeric, has significant anti-inflammatory properties and has been shown to be as effective as cortisone or phenylbutazone in certain models of inflammation. Curcumin is sometimes

bowl, combine baking mix, Lakanto, cinnamon, salt, nutmeg. In separate bowl, combine shortening, zucchini, eggs, lemon zest. Mix wet ingredients into dry, add nuts and fold in. Bake 55-60 minutes or until golden brown or when skewer inserted in the center comes out clean. (May take up to 1 ½ hours in some ovens)

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](#)

Super Suppers Yeast-Free Menu for April

We are happy that so many of you have discovered the convenience of choosing affordable, healthy and delicious entrees from the yeast-free menu at [Super Suppers](#) on College Park Drive. The menu changes every month, and the yeast-free entrees for April include:



- Shrimp and Vegetable Bowl
- Mom's Marvelous Meatloaf
- White Fish Fillets with Lemon Tarragon Quinoa
- Pork Loin with Sun-dried Tomato Vinaigrette
- Asian Salmon
- Asian Flank Steak
- Almond Parmesan Tilapia
- Shanghi Pork Tenderloin
- Grilled Steak with Garlic Lemon Marinade

Sides include:

given in combination with an equal dose of an extract of the pineapple plant called **bromelain**, which appears to possess anti-inflammatory properties of its own.

Helpful Supplements

Fatty acids such as those found in **black currant seed oil, borage oil, evening primrose oil, fish oil, and flaxseed oil** increase the production of anti-inflammatory prostaglandins.

S-adenosylmethionine (SAM or SAM-e) plays a role in the formation of cartilage and exerts a mild analgesic effect, comparable in effect to the combination of glucosamine and chondroitin.

Take your vitamins!

- Vitamin E, like the nonsteroidal anti-inflammatory drugs used for arthritis, inhibits the prostaglandins that play a role in pain.
- Vitamin C is important for the synthesis of collagen and the repair of connective tissue.
- Pantothenic acid, part of the vitamin B complex, has been shown to help prevent and alleviate arthritis.
- Arthritis patients are recommended to take a supplement of B6 in addition to the B6 that's in your

- Broccoli with olives, lemon and garlic
- Mediterranean Bean Salad
- Cowboy Caviar
- Asparagus with Dill Sauce
- Ratatouille

As with all Super Suppers meals, you can pick up pre-made entrees if you are short on time or assemble the meals yourself. Super Supper's regular business hours are 10am - 6pm Monday through Friday, and Saturdays 9am - 4pm. Super Suppers is located at 3091 College Park Drive, across the street from Lowes / Wal-Mart. Stop in and see Cody, owner of Super Suppers, or give him a call at 936-321-4525, to ask for one of Dr. McManus' yeast-free recipes to put together today!

The monthly menu is also posted on our website www.TWIHW.com

recommended daily antioxidant vitamin/mineral supplement.

- One study found when administered to persons with arthritis, vitamins B1 and B12 enhanced the effectiveness of NSAIDs, allowing for a lower dosage of the pain relieving drugs.
- **Vitamin A** and the minerals **zinc** and **copper** are crucial to the formation of collagen and connective tissues.

Excerpted from article written by Tony Isaacs and published in Natural News

Please consult your health care provider before trying these or any other alternative forms of treatment.

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