

Greetings!

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WELLNESS EXPO



- **Location: Woodlands Waterway Marriott**
- **Date: January 13, 2007**
- **Time: 10:00 am - 4:00 pm**
- **Cost: FREE**

The Woodlands Institute for Health & Wellness will host their second annual Wellness EXPO. The event will promote a healthy start to 2007 and include a variety of exhibitors specializing in wellness. **Exhibitors include:** Avante Laser & Medispa • The Endermologie Center of The Woodlands • Faithfully Fit • Bikram Yoga • Glenn E. Helton D.C., C.C.S.P. • James W. Kutchback D.P.M. • Kingwood Travel • Sedona Fitness for Women • PCG Allergy • Isofitness • Anne Penman Laser Therapy • Health Market • Personal Defense Solution International • achievebalance.org • Mark Johnson M.D., F.A.C.S. with Surgical Specialists • Arbonne International • Susanna's Massage Therapy • Acupuncture & Health Center Herbal Therapy • Juice PLUS • Physician's Preference Vitamins • Craig Wear CFP • Wildtree Herbs • Dr. Robert Sones • Freezable Gourmet

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Screenings will be available to attendees and will include:

- Bone Density
- Blood Pressure
- Cholesterol Screening
- Diabetes Screening
- Hair Analysis
- Visia Skin Analysis
- Iridology
- Antioxidant Screening
- Body Fat Analysis

The first 50 people to register will receive free health checks including blood pressure, diabetes and cholesterol screenings and body fat analysis.

From 12:30pm to 2:00pm, Dr. Mila McManus, founder of The Woodlands Institute for Health & Wellness, will be discussing safe, natural, and effective solutions to many common health problems such as fatigue, depression, obesity, headaches, migraines, IBS, PMS, hot flashes, acid reflux, allergies, insomnia, ADD, and more.

Please visit our website www.TWIHW.com for more information or to register!

We are looking for a few good volunteers this year to help us out with registration, crowd control, scheduling, etc. For the generous donation of your time, you'll receive a gift bag of goodies and gift certificates. If you are interested, please email Ashley at ajensen@TWIHW.com or call the office at 866-680-WELL.

[REGISTER FOR THE EXPO....](#)

Need Help Boosting Your Immune System?



The change of season got you sneezin'?

We can help boost your immune system to help you fight off those nasty colds and allergy attacks.

[Contact Us](#)

Supplement of the Month - ImmunoSTART®



When most of us think of how to support our immune system, we think of Vitamin C. While Vitamin C is a good choice, it is not the only answer to building up the immune system. A healthy immune system should be able to eliminate foreign particles and maintain balance in every part of the body. It should remove toxins and damaged cellular material. Doesn't sound like a job for vitamin C alone. ImmunoSTART® chewables will help accomplish that by optimizing your immune system.

ImmunoSTART is the only nutritional supplement in a chewable form that contains certified Prime Colostrum®, lactoferrin, BetaRight 1,3/1,6 glucan and

modified citrus pectin. Okay, so you are probably wondering how in the world those help with the immune system! Below are excerpts taken from a teleconference with Joe Woolsey, President of the Marketing Division of the company that licenses and provides Mannatech with its exclusive formula for ImmunoSTART®. This explains why this supplement benefits the immune system and why you should not be without it.

"Colostrum helps to achieve homeostasis and balance in all the metabolic functions of the body. About 4-5 years ago, colostrum became the hot, new nutrient in the marketplace. Many companies came to Joe wanting an exclusive formula because Joe's company has the exclusive rights to the best source of colostrum in North America. Mannatech was selected from many companies interested in an exclusive agreement. Now Mannatech has the exclusive contract on a formula that includes this form of colostrum combined with the other companion components. Colostrum contains pre-formed antibodies. Ideally, it is best to use colostrum from cows living in an environment common to both cows and humans, i.e. both exposed to the same set of pathogens. North American cows have been exposed to West Nile Virus for example, and have, therefore, developed antibodies for this pathogen.

To be classified as clinical grade colostrum, or certified prime colostrum, it must be harvested within 6 hours after the birth of the calves. This supplier exceeds that standard and harvests most colostrum within 3 hours. Cows have to be free range. The cows are raised on small family farms that must adhere to very high standards. For most of the year they graze in pastures that would pass in most states as organic. In the winter they are fed organic alfalfa silage. They drink water that is potable i.e. safe for humans. This is not the case on most dairy farms. A spray, flash freezing process helps stabilize immune factors in the colostrum. A low- temperature, patented pasteurization process ensures that the colostrum will be viable and effective when consumers use it." "Poor quality colostrums may have little to no value. This supplier ensures third-party, independent testing for mad cow diseases, other diseases, pesticides, antibiotics, hormones, heavy metals etc."

Colostrum is great for all ages. For people who have trouble swallowing, the chewable lozenges provide an exceptional solution. ImmunoSTART® should be allowed to dissolve in the mouth for 3-5 minutes before chewing. We have thousands of receptors in the mouth. These receptors prepare the body for what's coming. 2200 components make up colostrum. The digestive process will destroy most of the components, therefore making capsules ineffective. Oral delivery of colostrum is critical and is what is used in all of the supportive scientific studies. Interesting note: newborns, when they first begin to breast feed, don't have a swallow reflex, so mother's milk is absorbed through receptors in the mouth.

There are many anti-aging benefits. For example, ImmunoSTART® raises your own insulin-like growth factor (IGF-1) in the body. IGF-1 then goes to other hormone resources and gets to work. Therefore you don't have to look at external sources of animal forms that help produce IGF-1. Colostrum helps recovery from injury. Also, it raises proline-rich polypeptides (PRP). This is vital for all organ tissue, including your skin. Colostrum can help improve the elasticity of your tissues.

Another element in ImmunoSTART® is pectin. It has a large molecular structure and cannot easily be absorbed. However, pH-modified citrus pectin

can be absorbed orally. It has the potential to protect against metastasis of cancer and acts as a decoy for cancer by attracting cancer cells and escorting them out of body. The citrus pectin has a roto-rooter type effect in cleaning out cholesterol and plaque in the system. Pectin is also a glyconutrient (polysaccharide).

A third component of the ImmunoSTART® is beta-glucan, also a polysaccharide. The macrophage (a large white blood cell) is critical in finding pathogens and directing NK and T cells to destroy them. Every macrophage has a beta-glucan receptor on it. The 1,3/1,6 is the beta-glucan form used in this formula. (There are about 200 forms available). This form is the most potent form. The beta-glucan enhances the effectiveness of the macrophage (a key immune cell that means 'big eater'). The beta-glucan also helps blood sugar balance, glucose uptake, and cholesterol uptake. The form used in the ImmunoSTART® is 120 times more potent than what's found in oatmeal. The presence of beta-glucan in oatmeal is what allows the food industry to make the claim that eating oatmeal will lower cholesterol.

Beta-glucan reduces glucose uptake and is therefore important to people with diabetes and those following a low glycemic index diet. Additionally, there is increasing evidence that beta-glucans should always be taken with lactoferrin. The perfect ratio is 2:1. This is the ratio in ImmunoSTART®. Taking them before eating helps keep the meal low glycemic. Beta-glucans can help build macrophages and the lactoferrin can help build neutrophils (small white blood cells). The beta-glucans also proliferate other immune compounds and too many of these compounds can result in overproduction which over a prolonged period can produce kidney and liver damage. Lactoferrin is critical, therefore, because it modulates and balances to keep appropriate levels. Due to the fact that this product is in an oral delivery system as opposed to a capsule, you know you'll retain the desired absorption ratio of 2:1.

Lactoferrin is a glycoprotein which is iron-binding. Its benefits relate to balancing the immune system by making iron bio-available for a useful function. We all produce lactoferrin in our bodies. It is anti-inflammatory. It's the element in tears that provides their soothing effect. Most eye drop solutions in Japan have lactoferrin in them. They are superior to other eye drops. Lactoferrin, especially in oral delivery, helps to bind free iron. Excess iron is stored in the mucus lining of eyes, sinuses, nose, etc. These dark, moist, warm environments are home to free iron molecules, and once attached, they can enter the body. This is where infection can manifest.

By scavenging free iron in the mucous membranes where most pathogens enter the body, lactoferrin can thereby strengthen mucosal immunity. Lactoferrin attaches to free iron molecules, carrying them to the bloodstream. It is then involved in a recirculation process for building up more neutrophils in the bloodstream. One bacteria latching on to an iron molecule can multiply to fill a swimming pool in a week. Note: many vitamins/mineral combinations have eliminated iron so as to reduce the risk of introducing excess iron to the body.

For people with serious health issues where the immune system is heavily compromised, this product can be very helpful in modulating the immune system. In the interview, Joe suggested that more than 6 per day might not be utilized in a chronic condition. However, in an acute situation, such as coming down with the flu or another bug, it could be valuable to take one every hour or

so. Be pro- active. If you're going into an environment with a lot of pathogens, e.g. traveling, etc., increase your intake of ImmunoSTART®. Don't give the pathogens a chance.

Two per day is a good base amount. If you have blood pressure or cholesterol issues, take before meals and 3 per day would be better. As mentioned above, more than 6 per day won't do much UNLESS you're fighting a pathogen. If you have early symptoms of a flu or other bug, you might take two, then take one every hour.

For children, you can give 1 per day, unless fighting a cold or flu. Then you can give more as needed. Adjust by weight and/or need. If the child has allergies, 2 per day or more as needed. Under 4, be careful that the child can suck without choking. They can also be crushed and put in food or drink.

ImmunoSTART® chewables offers the hope of a healthy immune system to people of all ages. Optimize your immune system, don't let allergies, colds and the flu take over and continue taking a toll on your health. You deserve to feel great! If you would like more information, or would like to order some Immunostart, please contact Valerie at vjfurrow@teaminfocus.com.

Testimonial of the Month

January 2006 held promises of a wonderful new year, however I physically felt horrible everyday. Like many people I made my new year's resolutions, but I felt so lethargic that I couldn't even muster up energy to think about feeling better. I was tired and sluggish, felt bloated much of the time, had indigestion a couple of times a week and I felt like I lived and moved in slow motion.

Finally, in mid-March I made the decision to take control of my life and not just be an observer, live in discomfort or be older than I already am! My first visit with Dr. McManus was such a relief and filled me with hope. I gained confidence that day that I didn't have to live in slow gear or feel bad anymore and that I was not alone in making changes and moving forward with new ways of living my life.

Unlike some, I was not taking any medications, vitamins or supplements before my first visit with Dr. McManus. You can imagine what a change it was for me to swallow a jillion pills twice a day! Yikes! I was a bit anxious about being faithful to that part of my life changes. Then, there was the Yeast-free diet! What was interesting was that I was more concerned about taking so many pills than I was about not eating bread! That was a shock, since I love bread so much. But, I knew that every time I would eat something not on the Yeast-free eating program I would feel bad...I didn't want to feel bad anymore. It took a couple of weeks for me to connect all the dots...vitamins, supplements and thyroid pills to a new way of eating to exercise. But, that was such a crucial shift for me. I was now living and thinking holistically making the body, mind and spirit connections that made the difference in my life.

Now seven months later my blood pressure is something to brag about, my cholesterol has dropped 30 something points, I have lost 30 pounds and my energy and enthusiasm is over flowing. I know that I have a great team that is walking through this time with me. One of the best decisions that I have ever made was to contact Dr. McManus and to actually step into the new way of living that she offered to me. Many thanks to Kim and Melissa who have given me tools and encouragement for the journey.

By: Mary

RECIPE OF THE MONTH - Hot Fudge Sauce

This is the winning recipe of our November contest! Tanya Meiners has created a delicious, YEAST FREE, chocolate sauce.

- **5oz Soy creamer**
- **4 Tbsp Butter**
- **1/2 Block Bakers Unsweetened Chocolate**
- **2/3 Cup Xylitol**
- **2 Tsp Corn Starch**



Directions: Mix corn starch with cold Soy creamer. Melt Butter in sauce pan with Xylitol and Chocolate. Bring to boil and gradually add soy/corn starch mixture. Again bring to boil stirring frequently. Boil for 8-10 minutes until thick. Serve with fresh fruit. (or on a spoon for those of us who are TRUE chocoholics =))

Fitness Factoid

Take your breath away....?

When you are lifting weights, remember to forcefully exhale in the concentric or power phase. This will ensure that you breathe through the most difficult part of the exercise when the tendency is to hold your breath. This can raise your blood pressure to a dangerous level known as the valsalva maneuver. To help you remember, keep this in mind: Inhale through nostrils and exhale through mouth on effort (BLOW the weight up!)

By Melissa Langton

Becoming Yourself

"I wonder what I will be when I grow up." In my years working with adults, I've found that this is a very relevant question for us grown-ups too. In fact, as we grow, move away from home, love, and experience loss, we become very serious about 'the question.' We know we are not the same person we were when we were six, we're just not sure why. From my personal observations, I am grateful our ideas about our identity change from childhood; otherwise the world would be filled with way too many ballerinas, princesses, and firefighters. So maybe for grownups, the question is not 'what will I be when I grow up,' but rather, 'who am I today,' and 'who will I become tomorrow.'



Let's look at our lifestyle for answers. We struggle with our many identities and define ourselves in many different terms: 'I am a mother', 'I am a wife', 'I am an employee.' Sometimes others try to define us with terms like 'workaholic,' 'health nut,' or 'type A personality.' The most unpleasant definitions are usually the ones that catch us by surprise, 'you are a diabetic' or 'you have high blood pressure.' And then one day it hits you and you ask yourself, "Have I become the person I intended to be?"

At achievebalance.org we've found that the answer lies not in the fact that change has occurred, but rather in our conscious choices in response to those changes. When we begin a wellness program, we are choosing to take control of our health and live intentionally. Unfortunately, even our best intentions can be met with resistance. You know what I mean; you are told to cut out salt and sugar, and the world seems to be on the new 'doughnuts and French fries' diet. Our reaction to this soon becomes apparent. We stop eating right, we exercise sporadically (if at all), and our goals and objectives fall by the wayside. Around New Years Eve most of us get the feeling that we need to clean up our act, so we begin 'the question' cycle all over again.

At achievebalance.org, we are counselors and consultants dedicated to breaking this cycle! We work with professionals like Dr. McManus to design a plan that will allow you to maintain the changes she is helping you to achieve. Following the plan is still up to you, but achievebalance.org will help you identify the barriers that keep you from making the conscious choices to maintain healthy life changes. We have consultants available to help you achieve your wellness goals, maintain your fitness and nutrition regimen, and even help

you get organized. Remember, change is inevitable:
achievebalance.org can help.

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Year's Resolution"*

[For More Info...](#)

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