

**Greetings!**

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**Bio-Identical vs. Synthetic Hormones-VASTLY different**



Since the Women's Health Initiative Study several years ago, the masses have been scared to death of taking hormones. Let's think about this for a minute from a biological and evolutionary perspective. Our bodies make and use many different hormones which perform vital functions. Could it be that we are evolving to have our hormones turn against us? I doubt it. That wouldn't make much sense. Could it be that the exponential increase in the incidence of disease over the last 20 years is due to accumulating environmental toxins, poor nutrition, inactivity, and increased stress? You bet!

[CLICK HERE](#) to see the structure of bio-identical progesterone, as well as synthetic medroxyprogesterone acetate (Provera®). The differences in these molecules are highlighted. Bio-identical progesterone is manufactured by the body, and therefore, the body knows how to use, where and when to use it, and has the enzymes to metabolize it and dispose of it when it's done using it. Your body already has the perfect progesterone receptors to bind perfectly with progesterone that circulates in the blood. Medroxyprogesterone acetate, however, isn't quite the perfect match. Its structure is similar enough to bind to progesterone receptors, but the molecular changes made in the laboratory in order to patent this product and sell it for profit likely are having an array of negative effects. Synthetic hormones interfere with natural progesterone and can

**Tumeric -  
More  
Than Just  
a Spice!**



The rhizome (root) of tumeric, most well-known as a spice, has long been used in Ayurveda (an ancient Indian system of medicine) and Asian countries for its anti-inflammatory properties. There has been laboratory and animal research demonstrating it not only as an anti-inflammatory but also as an antioxidant and anticancer agent. Within the past 50 years, it has been revealed through this research that the anti-inflammatory

create and exacerbate hormone related health problems, and be a primary contributor to the condition referred to as [Estrogen Dominance](#). Studies have been published that reveal evidence that taking synthetic hormones actually inhibits production of one's natural progesterone. It's no wonder that synthetic hormones are known to have side effects such as blood clots and migraines, where as bio-identical progesterone actually thins the blood to protect from blood clots, and is also used to treat/cure migraines.

It's very unfortunate that most traditional doctors equate bio-identical hormones with synthetic ones. They are vastly different and should never be confused. I use bio-identical hormones in my practice to undo what synthetic hormones have done to my patients. Is it a coincidence that 99+% of my female patients (self-included) have all, at some point, taken birth control pills? Maybe, but I doubt it. Also, keep in mind that the hormones used in the Women's Health Initiative study were ALL synthetic. Go figure.

I think it's important that everyone understands the importance of nutrition in maintaining good health. Many people are so quick to blame 'bad genes' for their health problems. Did you know that 75-80% of breast cancers are NOT genetic? When women tell me how afraid they are of developing breast cancer from taking hormones, I first explain the differences between synthetic and bio-identical hormones. I then usually say "you shouldn't be afraid of replacing what's been lost in the body over the years. Poor dietary habits, stress (which leads to [adrenal fatigue](#) and immune system dysfunction), environmental toxins, and lack of adequate nutrition (i.e. vitamins and supplements) are far more likely to cause cancer and other diseases". That's why, in my practice, we place such enormous emphasis on nutrition and immune system optimization.

by Mila McManus MD

[AMERICAN CANCER SOCIETY INFORMATION ABOUT BREAST CANCER](#)

**Increase Your Protection Against Breast Cancer**

activity is due to curcumin.

Curcumin is a component of tumeric. It is an antioxidant that gives tumeric its yellow coloring, and has been used in curry powder, mustard, cereals, cheese and butter. Approximately 100 grams of tumeric contains three to five grams of curcumin.

Chemically, it is known as diferuloylmethane. It has been given more attention in recent studies than tumeric as a whole for its possible effects on cardiovascular diseases, type II diabetes, gastrointestinal diseases, arthritis and cancer.

Specifically, recent studies have been done on the possible use of curcumin in the prevention and treatment of breast cancer.

There are several indications and theories on how this is possible based on large numbers of animal studies in which it prevented cancer or the spread of cancer. These



If you want to learn safe, natural ways to improve your health and decrease your risk for cancer and other diseases, we can help!

[Contact Us](#)

## WELLNESS EXPO

studies have shown curcumin can inhibit tumor initiation, promotion, invasion, angiogenesis and metastasis. An article posted on [webMD](#), titled "Curry Spice May Curb Breast Cancer", by Miranda Hitti, discusses the studies done on breast cancer by Dr. Aggarwal using rats. In one of his studies, 50% of the rats given curcumin did not have the breast cancer spread to the lungs, as opposed to 95% spread to the lungs in those not treated with curcumin. For Dr. Bharat Aggarwal's full study, visit [www.MDAnderson.org](#). He gives evidence that curcumin suppresses metastasis in breast cancer.

According to MDAnderson.org, "Numerous mechanisms have been described for the anticancer activity of curcumin. Inhibition of proliferation of tumor cells, induction of



- **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 vendors specializing in wellness. Screenings will be

available to attendees and will include: body scans and Thermography, blood pressure, cholesterol, and Diabetes screenings, Iridology, hair analysis, body fat analysis, and antioxidant level screening.

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](http://www.TWIHW.com) for more information or to register!

[REGISTER FOR EXPO 2007](#)

## Testimonial of the Month - A Breast Cancer Survivor

On April 7, 2004 I was told the words so many women of us fear, "You've got breast cancer". Praise God that I am healed, but the road has been long and hard. I did it all: chemo, radiation, bilateral mastectomy and reconstruction. On August 29th I had my last reconstruction surgery. During chemo I gained about 7 pounds, and after chemo I added on another 7. Chemo puts you into menopause,

apoptosis (a mode of cell death), inhibition of transformation of cells from normal to tumor, inhibition of invasion and metastasis and suppression of inflammation have been linked with the anticancer activity of curcumin. Down-regulation of COX2, 5-LOX, adhesion molecules, inflammatory cytokines, chemokines, growth factor receptors, vascular endothelial growth factor (VEGF) and transcription factors by curcumin have been linked to its antitumor activity." It appears that more than 700 genes can be modulated by curcumin.

The question is whether to use tumeric or curcumin supplementation. In most of these studies, pure curcumin was used, but tumeric has been shown to have some of the same positive effects. According to MDAnderson.org,

and tamoxifen helps keep you there.

By October, 2005 I was physically exhausted and depressed, using all my available will power just to take care of my 4 kids. The thought "I am so tired" permeated my life. The hot flashes were debilitating - one per hour, 24 hours a day. It felt like someone was sucking the energy out of me with every hot flash! I tried every medicine that my oncologist recommended for hot flashes, and ended up on a synthetic progesterone. After researching that drug, I decided that natural progesterone was the better alternative.

I found Dr. McManus and talked with her about my health issues, and my fear of hormones because of my breast cancer. I was also having several surgeries and Dr. McManus helped me adjust medications so that the side effects of the antibiotics and the stress on my body have been minimized. My recovery after each surgery has been amazingly fast, which has been a real blessing. I am taking a low dose of progesterone to help with the hot flashes and menopause. This summer I was swimming 1 mile 3 times a week, walking a mile every day, and doing Pilates. I am now walking about 3 miles a day since I can't swim for a few weeks due to my surgery, and I went to Pilates this week! I have also lost about 7 pounds and I feel great. Now, if I could only stay on a consistent low carb, low sugar diet! Even though I know that I feel best on that diet, I get lazy and go back to old habits. One day at a time!

By: Jana

## Egg & I Invitation

*The Woodlands Institute for Health & Wellness*

### **SPECIAL EVENT**

**Health & Wellness Breakfast**

**Tuesday, October 24, 2006**

**8:00 am — 11:00 am**

**Location: The Egg & I**

**Cost: FREE**

**1644 Research Forest Dr., Suite 100**

**The Woodlands, TX 77380**

We cordially invite you to meet Dr. Mila McManus, founder of The Woodlands Institute for Health & Wellness, and enjoy a complimentary healthy breakfast. Dr. McManus will be discussing safe, natural, and effective solutions to many common health problems, such as fatigue, depression, obesity, headaches, IBS, PMS, hot flashes, acid reflux, allergies, insomnia, ADD and more.

if you have cancer, you could take up to 8 grams/day, but should start with 1 gram and build up each week. You should split the dose up as some people have experienced side effects from taking high doses, such as nausea or diarrhea. If you do not have cancer, it is recommended to take 500 mg/day. If you are taking Tumeric, combining it with bromelain or essential fatty acids, like fish oil, may help the absorption into the body.

If you are taking anticoagulants, anti-hyperglycemics, anti-inflammatory drugs, or cholesterol lowering drugs, you should consult with your doctor before taking tumeric or curcumin. While it has been shown to have a positive effect on many of the uses of these drugs and even on protecting the stomach from these drugs, it is best to let a healthcare professional know what you are

Reception starts at 8:00 a.m., and discussion starts at 8:30 a.m. Dr. McManus will speak for approximately one hour, followed by a question and answer session.

If you want to get healthy and feel better, this is for you! **Reserve your seat today by calling Toll-free (866) 680-WELL.** (space is limited)

## RECIPE OF THE MONTH-Happy Green Beans

- \* 2 cups chopped green beans
- \* 2 TBS olive oil
- \* 2 tsp brown or black mustard seeds
- \* A few red pepper flakes
- \* 2 tsp lemon juice
- \* 1/2 tsp tumeric
- \* 1 tsp minced ginger
- \* 1 tsp black pepper
- \* sea salt to taste
- \* 2 TBS sesame seeds
- \* 4 TBS fresh grated coconut (or unsweetened coconut flakes)
- \* 2 TBS chopped cilantro



Steam the beans for 10 minute. In a non-stick pan, heat the olive oil. Add the mustard seeds. As the seeds start popping, add the beans, turmeric, minced ginger, lemon juice, salt, black pepper and red pepper flakes and sauté for a few minutes. Beans should be tender but not mushy. Reduce heat to low. In another pan, toast the sesame seeds for a few minutes until they turn light brown. Transfer beans to a serving dish. Top with the sesame seeds, grated coconut and cilantro.

## Fitness Factoid

**Stop the "All or Nothing" approach to exercise!**

65% of women surveyed said they skip their workout entirely when short on time. Sure, fitting in a full sweat session can be tricky, but exercising for even five minutes a day can keep you motivated, and limber, making it easier the next time you hit the gym. My quick tips are 1) If you have 5 minutes, combine exercises like 20 lunges with 20 bicep curls 2) Have 15 minutes? Take a power walk and add some strength training curls, squats and lunges, etc. 3) Keep your weights in the kitchen. When making dinner alternate recipe and

taking and the dosage. For more information on the interactions of curcumin/tumeric with drugs or other herbs, visit [www.MDAnderson.org](http://www.MDAnderson.org)

Scientists are always looking for a way to cure or treat cancer. Maybe they have found some hope in nature. There still needs to be further research on curcumin, but what they have found so far is very promising.

[For More Information...](#)

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By Melissa Langton

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