

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!

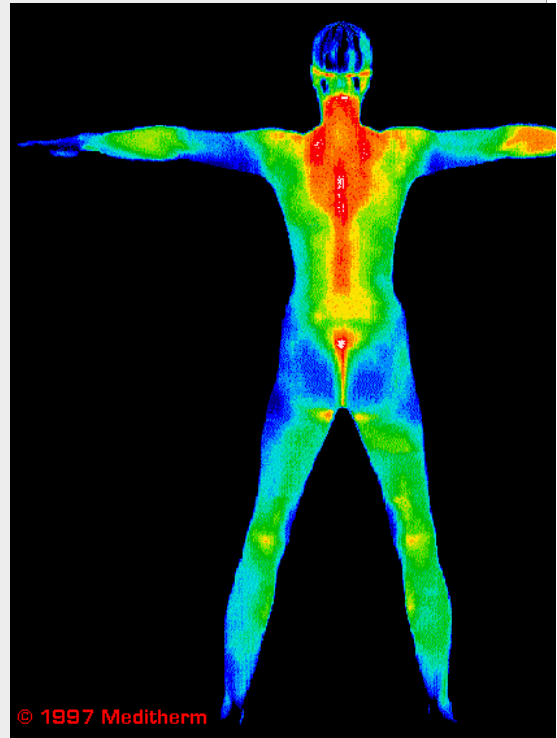
Saturday, January 21, 2006 from 9am to 4pm at The Woodlands Waterway Marriott

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,

BODY SCANS and THERMOGRAPHY



Do you ever wonder what's going on inside your body? Do you have a family history of cancer or heart disease, or have other risk factors for such diseases? My Life Care is a company that provides a mobile ultrasound unit (No radiation) for screening your body for various disease processes. They can check carotid arteries (\$40), abdominal aorta (\$40), ankle brachial index & arterial stiffness index (\$65), thyroid (\$40), and bone density (\$40). You can have all of the above for \$119

They can also check kidneys, liver, gall bladder, and spleen for a total of \$99

Or get the whole package for \$169!!

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, 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? 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. For December, we're offering \$100 off our weight management program, or schedule your comprehensive wellness program and receive 6 free private fitness sessions with our personal trainer Melissa Langton (\$300 value).

Additional ultrasounds offered include echocardiogram, pelvis, pancreas, adrenal glands, and breast.

My Life Care is also NOW offering thermography services. (see photo above) This new technology allows for earlier detection of breast cancer and assists physicians in the diagnosis and treatment of many other health problems. My Life Care currently offers services at churches, businesses, and local YMCA facilities. For more information, or to find out when they might be in your area, call (888) 918-5541. This is an amazing opportunity!

Look for them at our upcoming Wellness EXPO on January 21, 2006 at The Woodlands Waterway Marriott.

Quick Links...

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[JUICE PLUS](#)

[Visit Our Website](#)

Our Sponsor

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FITNESS FACTOID

Workout Length More Important than Intensity

Is it how much you exercise, or how hard? The debate has raged in locker rooms and on the pages of fitness magazines for years, prompting medical science to weigh in on the subject. According to a new study published in the journal *Chest*, increasing the amount of brisk aerobic exercise can improve fitness and lower heart disease risk much more significantly than simply increasing workout intensity. For optimal fitness and heart health, the study recommended brisk walking or jogging for 125-200 minutes each week, or a weekly total of 12 miles. Researchers cautioned that sustained high-intensity exercise can result in premature fatigue, weakened immune response, hyperventilation or injury.

Melissa Langton, CPT

FaithfullyFit.net

TESTIMONIAL OF THE MONTH

Dr. McManus,

Dr. McManus, I'm writing you to let you know what a positive impact your wellness program has made on my family and me. Since starting your wellness program, I feel and look better than I have in years. I'm a 38-year-old man who feels 18 again, as I'm sure my wife will attest.

The physical benefits I've experienced from your wellness program are fat loss, increased muscle mass, increased energy, a clear mind, and more. The physical benefits are important, but having the energy to play sports with my kids after a long day of work is priceless. Your wellness program has made such a positive impact on my life and those around me.

Thank you for providing an alternative to the

traditional re-active medical practices. Your innovative pro-active medical approach is what everyone should be doing.

Sincerely, Scott M.

RECIPE OF THE MONTH-Chocolate Peanut butter balls

1 jar Laura Scudder's natural peanut butter, 1 cup oats (Quaker original), $\frac{3}{4}$ C Sweet-n-Natural, 2 T cocoa powder
 $\frac{1}{2}$ C chopped pecans



Mix together and form balls. Refrigerate.

This recipe can be modified several ways. Use your favorite nuts, roll in chopped nuts, eliminate cocoa powder, adjust sweetener to taste, or whatever your heart desires.

This recipe IS yeast free. If you have any good yeast-free recipes that you would like to share, please email them to us!

[Read about and/or Order Sweet-n-Natural](#)

SUPPLEMENT OF THE MONTH-CoQ10

Coenzyme Q10 (also known as CoQ10, Q10, vitamin Q10, ubiquinone, or ubidecarenone) is a compound that is made naturally in the body. A coenzyme is a substance needed for the proper functioning of an enzyme, a protein that speeds up the rate at which chemical reactions take place in the body. The Q and the 10 in coenzyme Q10 refer to parts of the compound's chemical structure.

Coenzyme Q10 is used by cells to produce energy needed for cell growth and maintenance. It is also used by the body as an antioxidant. An

antioxidant is a substance that protects cells from chemicals called free radicals. Free radicals are highly reactive chemicals that can damage important parts of cells, including deoxyribonucleic acid (DNA). (DNA is a molecule inside cells that carries genetic information and passes it from one generation to the next.) This damage may play a role in the development of cancer. Coenzyme Q10 is found in most body tissues. The highest amounts are found in the heart, liver, kidneys, and pancreas. The lowest amounts are found in the lungs. Tissue levels of coenzyme Q10 decrease as people get older.

Interest in coenzyme Q10 as a potential treatment for cancer began in 1961, when a deficiency of the enzyme was noted in the blood of cancer patients. Low blood levels of coenzyme Q10 have been found in patients with myeloma, lymphoma, and cancers of the breast, lung, prostate, pancreas, colon, kidney, and head and neck. Some studies have suggested that coenzyme Q10 stimulates the immune system and increases resistance to disease. In part because of this, researchers have theorized that coenzyme Q10 may be useful as an adjuvant therapy for cancer. (Adjuvant therapy is treatment given following the primary treatment to enhance the effectiveness of the primary treatment.)

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