

**Greetings!**

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**Supplements of the Month-for  
Osteopenia/Osteoporosis**

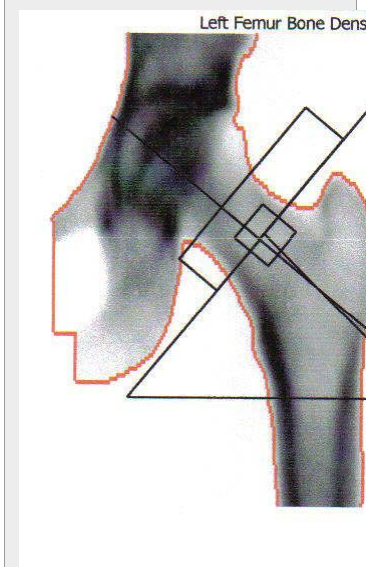
**Calcium CITRATE**

Calcium citrate is readily available, inexpensive, and easily absorbed. It can be taken at any time, whereas other forms, such as calcium carbonate, are absorbed better when taken with food. Don't forget all of the natural forms of calcium found in such foods as dairy, broccoli, bok choy, and egg yolks. Your body can best handle about 500 mg of calcium at any one time, whether from food or supplements. Therefore, consume your calcium-rich foods and/or supplements in smaller doses throughout the day, preferably with a meal.

**Vitamin D**

Vitamin D allows for calcium absorption in the gut, and also prevents excessive excretion of calcium by the kidneys. Vitamin D is manufactured in the skin following direct exposure to sunlight. The amount of vitamin D produced in the skin varies depending on time of day, season, latitude and skin pigmentation. Usually 10-15 minutes exposure of hands, arms and face two to three times a week (depending on one's skin sensitivity) is enough to satisfy the body's vitamin D requirement. Use of sunscreen markedly diminishes the manufacture of vitamin D in the skin, as do window glass, clothing and air pollution. Skin color also affects vitamin D production; the fairer you are, the more you make. As adults age, the ability to make vitamin D through the skin decreases. People who are housebound and experience no sunlight exposure are unable to make vitamin D.

**BONE DENSITY**



Osteoporosis is a disease in which bones become fragile and more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks. These broken bones, also known as fractures, occur typically in the hip, spine, and wrist. Any bone can be affected, but of special concern are fractures of the hip and spine. A hip fracture almost always requires hospitalization and major surgery. It can impair a person's ability to walk unassisted and may cause prolonged or permanent disability or even death. Spinal or vertebral fractures also have serious

## Magnesium

Magnesium aids in the absorption of calcium. Many calcium supplements have magnesium in them already. Other minerals that are important include Zinc, Copper, Manganese, and Boron, which are important for proper assimilation and utilization of calcium and magnesium.

## Glyconutrients

A recent study, which has not yet been published, showed improved bone density with supplementation of glyconutrients. For more information about glyconutrients, visit [www.glycoscience.org](http://www.glycoscience.org) and [www.healthtutor.com](http://www.healthtutor.com).

## Bio-identical hormones

Progesterone and Testosterone, in particular, actually help to increase bone density by stimulating production of osteoblasts which lay down new bone. DHEA, too, increases osteoblast activity.

## Miacalcin

Miacalcin is a form of Calcitonin which is a hormone that prevents resorption of bone. It requires a prescription and has side effects which include back pain, headache, joint pain, nasal inflammation, nose bleed, and nausea. This medication is usually reserved for people who cannot take other hormones (e.g., history of breast cancer).

## Bisphosphonates (Actonel, Fosamax, Boniva)

These medications are popular in the world of traditional medicine, but I do not advise their use. They are NOT without side effects, which include reflux, bone pain, bone deterioration, and osteopetrosis (formation of brittle bones). I much prefer improving bone density with the natural hormones we were born with.

[National Osteoporosis Foundation](http://www.nof.org)

## Speaking Engagement

consequences, including loss of height, severe back pain, and deformity.

Osteoporosis is often called a "silent disease" because bone loss occurs without symptoms. People may not know that they have osteoporosis until their bones become so weak that a sudden strain, bump or fall causes a fracture or a vertebra to collapse. Sometimes a person's osteoporotic hip, for example, can spontaneously break under the pressure of standing. Collapsed vertebrae may initially be felt or seen in the form of severe back pain, loss of height, or spinal deformities such as kyphosis or stooped posture.

Risk Factors:

- Being thin or having small frame
- Estrogen deficiency as a result of menopause, especially early or surgically induced
- Being Caucasian or Asian
- Being female
- Cigarette smoking
- Excessive caffeine intake
- Excessive use of alcohol
- Low testosterone



**When: Tuesday, June 6, 2006 from 8am to 11:00am Location: The Egg & I Restaurant located at 1644 Research Forest Dr 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. Reception starts at 8:00am, and discussion starts at 8:30am. Dr. McManus will speak for approximately one hour, followed by a question and answer session. We will also have consultants to answer questions regarding our program.

If you are ready to get healthy and change your life, this is for you!

**Reserve your seat today by calling 866-680-WELL (space is limited) We look forward to seeing you there!**

[Contact Us](#)

- in men
- An inactive lifestyle
- Low lifetime intake of calcium
- Vitamin D deficiency
- Advanced age
- Amenorrhea (unusual absence of menstrual periods)
- Certain chronic medical conditions
- Chronic use of certain medications such as anticonvulsants, prednisone, chemotherapy
- Family history of osteoporosis
- Anorexia Nervosa

Screening for osteoporosis can be done using ultrasound and a type of xray called DEXA scan. If someone has obvious osteoporosis, this can be incidentally picked up on a typical xray that may have been performed for another reason, but will not be able to quantify the bone loss. Ultrasound is a good screening tool, but if the result is even slightly abnormal, the person should have a formal DEXA scan. A DEXA scan is a painless procedure that involves a person lying on a table while a low level xray beam moves

## Fitness Factoid-PILATES

### Is it worth it?

Think you're doing your body good with an hour long pilates class? A new study shows you are helping your core strength but not doing much for the rest of your body. An Auburn University study found that a basic pilates session burns about as many calories as a moderate stretching session. On top of that, the study found Pilates great for Oblique abdominal strength, but if you are attempting to lose weight and/or increase total body fitness, Pilates is NOT the answer. A basic session only burns 276 calories.

by Melissa Langton

## Recipe of the Month-Taco Soup (Yeast-free)

- 1 pound lean ground beef
- 1 can chopped tomatoes (16 oz.)
- 1 can tomato sauce (8oz.)
- 1 can black beans or pinto beans drained
- 1 1/2 tsp. chili powder
- 1 tsp. oregano
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/2 tsp. cumin
- garlic clove minced
- 1/2 onion diced
- 1 1/2 cup water
- Cayenne pepper to taste.



Brown ground beef w/onion & garlic, drain, return to pan, add all spices, tomatoes & tomato sauce simmer for 20 minutes. Add beans, cook for ten more minutes, and serve w/ avocado slices.

**Recipe by Nancy Rouse, winner of our yeast-free recipe contest last month. Congratulations, Nancy!**

## Testimonial of the Month

By the time I found Dr. McManus, earlier this year, I was getting really scared that something was terribly wrong with me. Over a two year period, I had gone from a healthy, energetic, fairly fit 41-year old woman to a 43-year old person I didn't recognize. I had gained 30 pounds in spite of dieting

across the spine and hips. The score of main importance is the T-score. It's best to have a T-score on the + side, although having a T-score as low as -1.0 is considered 'within normal limits'. Having a T-score between -1.0 and -2.5 is considered osteopenia, while a T-score less than -2.5 is considered osteoporosis.

Treatment of Osteoporosis includes adequate calcium intake (1500mg daily), supplementation with Magnesium, Boron, and Vitamin D, as well as weight-bearing exercise to increase strength and muscle mass. In addition, hormones are very effective in increasing bone density, particularly bio-identical progesterone and testosterone. Synthetic hormones are not as effective and also have many side effects. Other supplements that are useful include zinc and L-arginine. It is also very important to eat healthfully, getting natural sources of calcium, and avoiding substances that deplete your bone, such as alcohol, caffeine, acidic foods, and cigarettes.

It's important to realize that achieving good health, in general, requires good nutrition, regular exercise,

and working out. I was tired and lethargic no matter how much rest I got. I started worrying and stressing over trying to get enough sleep so I could function normally in business and with my family. I felt like I was in a trance or fog about half the time. And the migraines, 3-4 days every month with no relief. I went to a regular MD, poured out my heart, had all kinds of tests run, and I got a letter in the mail 3 weeks later saying, "Everything is normal, please contact us if you have any problems." I was devastated, but at the same time, I became determined that I was not going to accept this as the way my life was going to be. My husband, through doing some research, found Dr. McManus. I have a hard time even explaining the dramatic change I felt in the first month after I started seeing Dr. McManus. She knew exactly what needed to be done to change my body. I put my trust in her, and in the process she gave me my quality of life back. The program is so comprehensive with the additional support from Kim and Melissa. I have a hard time believing there is a more dedicated, knowledgeable, compassionate, professional group anywhere in the country than these three women. Now, about 4 months later, I feel incredible. I have energy, no more headaches, no more brain fog, and I'm down about 15 pounds. My future is bright again and I will forever be grateful to Dr. McManus and her practice.

**Kathy S.**

### Got Allergies?



**Itchy eyes? Recurrent sinus infections?  
Constant runny nose?**

**Don't suffer anymore! We now offer allergy testing and treatment with sublingual drop therapy. Convenient, safe, and effective.**

**For more information, or to schedule allergy testing, please call us toll-free (866) 680-WELL.**

[More Info...](#)

hormonal balance, and avoidance of toxins. If you focus on these things and acquire good habits, you shouldn't have to worry about diseases such as osteoporosis because, by default, your body will be able to take care of itself. For instance, I previously had many risk factors for osteoporosis, and a little over one year ago, I was headed towards osteopenia. My T-score was -0.6. After being on Progesterone, thyroid, cortisol, vitamins, a mostly healthy eating plan, and regular exercise regimen for a year, my T-score is now +2.0. My plan was to get healthy in general, and I didn't focus on bone density. I still have fun, forget to take my vitamins on occasion, and drink a cup of coffee every morning, so achieving wellness doesn't have to be a scary proposition. It's never too early to change your life course. I'd like to mention something else. Some people are concerned that thyroid and cortisol supplementation will cause bone loss. While it is true that longstanding HYPERTHYROIDISM and long term use of HIGH doses of steroids will contribute to bone loss, supplementation with thyroid and low doses of cortisol to balance one's

### HRT Segment on the Today Show this week

An OB/GYN was interviewed on the Today show this week about demystifying the safety/dangers of hormone replacement therapy. I was appalled by what she said, as she was referring to estrogen and progesterone and talking about the Women's Health Initiative study. I would like to clarify that every time she said the word 'progesterone', what she really meant was 'progestin', which is synthetic, and NOTHING like bio-identical progesterone. She accused progesterone of being the likely culprit with bad outcomes in these studies. Those studies were ALL based on synthetic hormones which are very different from natural hormones. While synthetic progestins can CAUSE clots, strokes, migraines, bio-identical progesterone THINS the blood, and TREATS migraines. This is just one example. I will be writing a letter to the producer of NBC to complain about the misrepresentation of my best friend, Progesterone. SLANDER!

hormones is something entirely different. My T-score is case in point!

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