

Greetings!

IN THIS ISSUE

- Supplement of the Month: Aloe Vera
- BRIGHTEN YOUR SMILE IN 15 MINUTES!
- JUNE 11th WELLNESS NIGHT OUT: Avante MediSpa & Endermologie Speaking
- SPECIAL ENGAGEMENT at EGG & I, JUNE 24th
- Fit Fact: Strength Training Takes 10 Years Off
- RECIPE OF THE MONTH: Lettuce Wraps
- Got Allergies?
- Super Suppers Yeast-Free Menu for May
- Some Breast Cancers Linked to Alcohol Consumption

BRIGHTEN YOUR SMILE IN 15 MINUTES!

JUNE SPECIAL!

AT WELLNESS NIGHT OUT IN JUNE (see below for details), WE ARE OFFERING SPA WHITE TREATMENTS FOR \$99 (REGULAR PRICE IS \$159).

Spa White offers teeth whitening comparable to popular professional systems, but it's less expensive and takes ONLY 15 MINUTES!

Call 281-298-6742 or email admin@TWIHW.com to schedule your session for Wed, June 11th, between 5 and 8pm.

JUNE 11th WELLNESS NIGHT OUT: Avante MediSpa & Endermologie 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



Supplement of the Month: Aloe Vera



Cleopatra used Aloe Vera (*Aloe barbadensis*) as a beauty treatment, and today this remarkable emollient is still used to smooth wrinkles, heal skin irritations, soothe minor burns (including sunburn) and draw out infection from wounds. Aloe Vera has attracted the interest of modern physicians for its ability to heal radiation burns. Taken internally, Aloe Vera is a powerful laxative, anti-inflammatory and promotes healing. Aloe Vera is a natural source of beta-carotene, minerals, amino acids and the important antioxidant vitamins (A, C, E and B1, B2 and B3).

For more than 3,500 years, healers and physicians have sung the praises of this fragrant desert lily. Pictures of this juicy, succulent plant have been found on the walls of the temples of Egypt, where it was believed to have been used in the embalming process. Alexander the Great was reputed to have conquered the island of Socotra in the

and/or screenings to offer.

Our next Wellness Night Out will be **June 11th, 6:00 pm - 8:00 pm**, and this month we've invited the owners of Avante Medispa and Endermologie Center of The Woodlands to speak.

Sherry from the Endermologie Center of The Woodlands will address how endermologie **reduces cellulite, increases circulation, improves skin radiance, body contouring, and inch loss**. She will also discuss how it helps for pre & post surgery, mesotherapy and lipodissolve treatments.

Avante staff will be speaking on Lipo Dissolve and Laser Hair Removal. Spring has sprung and summer is right around the corner, bringing thoughts of swimsuits, shorts and tank tops. The thought of smooth, hairfree skin, flat tummys and thin thighs seem like a dream of yesteryear. Well, dream no more....come to TWIHW Wellness Night Out and let Avante Laser & MediSpa show you how easy it can be to achieve all of this and more. Avante's state-of-the-art Laser Hair Removal can give you the soft, smooth hairfree skin you've always dreamed of -- imagine never having to wax or shave again. **Say goodbye to red rashy skin, ingrown hairs and stubble forever.** Their LipoDissovle procedure is a revolutionary way of dissolving fat with no surgery and no downtime and results in a **loss of approximately 1/4 to 1 inch per treatment**. Treatable areas include abdomen, inner/outer thighs, love handles, arms and under the chin. So mark your calender and come see how Avante can help you say hello to the body you thought you said goodbye to years ago.

Great discounts for attendees will be available the night of the event.

We look forward to seeing you there!

SPECIAL ENGAGEMENT at EGG & I, JUNE 24th

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, June 24, 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

fourth century B.C., in order to acquire the beautiful violet dye produced by the species of Aloe (socotrine) grown there. The Greek physician Dioscorides wrote of its benefits to heal wounds and treat hemorrhoids, and the Romans also used the plant to help heal wounds. Aloe originated in southern Africa, and many varieties of this perennial are now cultivated throughout Africa, the Mediterranean and Caribbean regions, and in many countries of South and Central America and Asia. Although there are nearly five hundred varieties of this perennial plant, only Aloe Vera is considered to be the "true" curative healer. Some of Aloe Vera's constituents include beta-carotene, beta-sitosterol, lignins, saponins, calcium, iron, magnesium, phosphorus, potassium, zinc, amino acids and the important antioxidant vitamins (A, C, E and B1, B2 and B3).

Beneficial Uses

Aloe Vera is a powerful laxative and known to be one of the finest body cleansers, removing morbid matter from the stomach, liver, kidneys, spleen and bladder and is considered to be the finest colon cleanser known. It will not promote "gripe" (sharp pains and grumbling in the bowels) when used as a laxative, and it is also less likely to cause dehydration from such use.

Aloe is potentially helpful in the treatment of Type-2 diabetes and does not cause

admin@TWIHW.com. Seating is limited. If you are ready to get healthy and change your life, this is for you!

Fit Fact: Strength Training Takes 10 Years Off

Strength training has a lot of advantages for women, and particularly for women aged 35 to 40 and older. By the age of 40, women generally begin to lose bone density and muscle mass. One study at Tufts University, designed by the author of 'Strong Women Stay Young', Miriam Nelson PH.D, found that instead of losing bone density and muscle mass, the women were 15 to 20 years younger after one year of weight training. They gained bone density, and their strength tests matched women who were in their 30's and 40's.



These women didn't diet, but they did end up looking slimmer. Some lost 1 or 2 dress sizes, and they all replaced fat with muscle. Because muscle is more dense than fat, this is the reason they looked slimmer, though the scales may not have changed much.

Reset Your Body's Thermostat

Not only does muscle occupy less space than fat, but it burns more calories at rest. The average woman in her 30s who strength trains 30 to 40 minutes at least twice a week for four months will increase her resting metabolism by 100 calories a day! That means you're resetting your thermostat to keep running at that rate even on the days when you don't make it to the gym.

RECIPE OF THE MONTH: Lettuce Wraps

Mix together in large bowl:

- Both breasts of a rotisserie chicken, shredded
- 1/4-1/2 raw red onion, diced
- Capers to taste (2 to 3 tsp)
- 2 roasted red and/or yellow bell peppers diced or sliced (jarred ones are fine)
- 2 generous handfuls of chopped, fresh parsley
- Pinch of salt and pepper
- 2 to 3 handfuls of roasted, slivered almonds



When ready to serve, dress entire salad with a red wine vinaigrette, or put chicken mixture into each lettuce leaf and then drizzle on the dressing.

weight gain, a common side effect in some diabetes medications. The herb also promotes the absorption of nutrients through the digestive tract and normalizes blood sugar.

Indian Ayurvedic physicians highly recommend the use of Aloe internally as a drink that acts as an astringent for hemorrhoids, in addition to stimulating fertility in women.

In test tube studies, acemannan, a potent immune-stimulating compound found in Aloe, was shown to be active against HIV. In people with AIDS, it soothes the lining of the digestive tract, increasing nutrient absorption. University Maryland researchers found another compound in Aloe, aloe-emodin (responsible for its laxative effect), which appears to kill the viruses that cause herpes and shingles.

Aloe juice also contains aloemannan, a complex sugar that concentrates in the kidneys, stimulates the growth of healthy kidney cells and slows rate of crystal formation.

Aloe Vera soothes the gastrointestinal tract and eases peptic ulcer inflammation caused by excess acid, aspirin and other anti-inflammatory drugs.

Ingested, Aloe helps to lower cholesterol, increases blood-vessel

To make it yeast-free, drizzle with olive or grapeseed oil and squeeze fresh lemon juice over the mixture.

Voila!

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 May

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:



- Sue's Sweet & Tangy Flank Steak
- Tuscan Rosemary Chicken & White Beans
- Feta Chicken Bake
- Pecan Manchego Chicken with Basil Pesto
- Asian Salmon
- Asian Flank Steak
- Almond Parmesan Tilapia
- Shanghi Pork Tenderloin

Sides include:

- Homestyle Green Beans
- Broccoli with olives, lemon and garlic

generation in the lower extremities of people with poor circulation, soothes stomach irritation and promotes healing.

A medically active complex sugar in Aloe stimulates and regulates various components of the immune system, and some clinics have used Aloe Vera to increase the efficacy of chemotherapy treatments when used with other chemotherapy agents. Aloe protects against skin-damaging X Rays - an effective antioxidant that absorbs free radicals caused by radiation. It also reduces inflammation resulting from radiation therapy and stimulates cell regeneration.

Applied topically, Aloe Vera is known to rejuvenate wrinkled, sun-aged skin, and will stimulate cell regeneration. Application also promotes the healing of sores, insect bites, cuts and burns, and is an effective treatment against psoriasis and eczema. Aloe contains enzymes that relieve pain, and as a mild anesthetic, it relieves itching and swelling. Its topical application will help burns from scarring. Aloe Vera is an astringent and

- 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

Some Breast Cancers Linked to Alcohol Consumption

Even a drink or two a day of alcohol may raise the risk of the most common type of breast tumors—those fueled by the hormones estrogen and progesterone, according to one of the largest studies of its kind.



A second study shows that specific variations within two genes involved in metabolizing alcohol are associated with an increased risk for breast cancer in postmenopausal women.

While the studies do not prove cause and effect, they lend plausibility to growing evidence implicating drinking as a risk factor for breast cancer, says Elizabeth Platz, ScD, a specialist in cancer prevention at the Johns Hopkins Bloomberg School of Public Health.

"The beauty of the research is that it tells us something about the mechanisms" by which alcohol may raise breast cancer risks, she tells WebMD.

Alcohol and Breast Cancer Risk

Some breast tumors are fueled by hormones, while others are not. In the first study, National Cancer Institute (NCI) researchers wanted to determine if the hormone status of a tumor influences the relationship between alcohol use and breast cancer risk.

The researchers reviewed data on 184,418 postmenopausal women, who answered questions about how much alcohol and what type of alcohol they drank each day. They were followed for an average of seven years. Overall, moderate drinking raised the risk of developing breast cancer, regardless of whether a woman's preference was for beer, wine, or hard liquor. And the more she drank, the greater the risk. But most of the increased risk was seen

emollient; it is antifungal, antiviral and antibacterial.

Contraindications:

Pregnant or nursing mothers, children and the elderly should not take Aloe Vera internally, nor should people who take potassium-depleting drugs for high blood pressure. Aloe and prescription medications should be taken at different times. Allergic reactions, though rare, may occur in susceptible persons.

These statements have not been evaluated by the FDA and are not intended to diagnose, cure, treat or prevent disease. Individual results may vary, and before using any supplements, it is always advisable to consult with your own health care provider.

*Information extracted from
HerbalExtractsPlus.com*

Quick Links...

[Learn about Glyconutrients](#)

[Test Yourself for Hormonal Imbalance](#)

[JUICE PLUS](#)

in women whose tumors were fueled by both estrogen and progesterone, says Jasmine Q. Lew, a fourth-year medical student at the University of Chicago who led the research. These tumors, referred to by doctors as being estrogen-receptor and progesterone-receptor positive, or ER+/PR+, account for many breast cancers. Compared with teetotalers, women who drank one to two drinks a day were 32 percent more likely to develop ER+/PR+ breast cancer. Having three or more drinks daily raised the risk of ER+/PR+ tumors by 51 percent. Lew says that drinking alcohol also appeared to raise the risk of a more aggressive type of tumor known as estrogen-receptor positive, progesterone receptor negative, or ER+/PR-. But so few women fell into this category that the finding could have been due to chance. In women with estrogen- receptor negative, progesterone-receptor negative (ER/PR-) tumors, there did not appear to be a link between drinking and breast cancer. Why would drinking raise the risk of hormone-fueled tumors? "Our hypothesis is that alcohol interferes with estrogen metabolism, which in turn increases the risk of hormone-sensitive breast cancer," Lew tells WebMD.

Genes and the Breast Cancer-Alcohol Link

The second study looked at whether our genes may help explain the apparent link between alcohol and breast cancer. The researchers studied DNA samples from 991 women with breast cancer and 1,698 women without cancer. They found that variants in two genes involved in metabolizing alcohol- ADH1B and ADH1C-raised a postmenopausal woman drinker's risk for breast cancer by up to twofold. "The higher their alcohol consumption, the higher their risk," says Catalin Marian, MD, PhD, a research instructor of cancer genetics and epidemiology at Georgetown University. Marian cautions that the work is preliminary and further study is needed.

Alcohol: Good for the Heart, Bad for the Breast?

In the meantime, how should a woman weigh the new findings against reports that a few glasses of wine may be good for the heart? Platz says that's where individual risk factors come in. If breast cancer runs in your family, you may want to think twice about drinking regardless of heart risks, she says. That's because many risk factors for breast cancer, such as genetics or family history, cannot be modified, Platz explains. With heart disease, on the other hand, there are lifestyle changes such as losing weight and exercise that can lower risk-without adding drinking to your routine, she says.

The bottom line: "Step back and look at all the different risk factors and talk to your doctor about lifestyle changes," Lew says.

Article published on WebMD

email: mmcmanus@twihw.com
phone: 281-298-6742
web: <http://www.twihw.com>

[Visit Our Website](#)

[NutraMetrix
Supplements](#)

Our Sponsors

[Avante Laser & Medispa](#)

[Brochure Builders
Woodlands Mailing &
Fulfillment](#)

[Roger Sutter Photography
Sedona Fitness for
Women](#)

[Vino 100](#)

Join our mailing list!