

Greetings!

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Wellness Night Out



The Woodlands Institute for Health & Wellness had our first Wellness Night Out open to the public on May 9th. We are excited about this monthly event that will be taking place the **2nd Wednesday of every month**. Each month we will feature a different topic with guest speakers and/or

screenings to offer.

This month we had antioxidant level screenings and bone density screenings available. We had antioxidants on hand to sample as well as a discussion about the importance of antioxidants in our diets.

Our next Wellness Night Out will be June 13th 6:00 pm - 8:00 pm. The theme will be ALLERGIES and our immune system. We will have PCG Allergy group present to discuss allergy testing and treatment using sublingual allergy drops that work like allergy shots.

Justine Crabb (see her article on Breathing Fresh Air Indoors below) will also be present to demonstrate air purifying systems for indoors. She will demonstrate how you can purify the air you are breathing indoors which has been proven to help those who suffer from allergies or asthma, whether your sensitivities are to dust, chemicals, pet dander, etc.

Vitamin C



VITAMIN C is a water-soluble vitamin that should be taken daily along with other essential vitamins. Vitamin C plays a significant role in a variety of metabolic functions. It is best known for strengthening the immune system and aiding in the synthesis of collagen, which strengthens the cardiovascular system.

Vitamin C is useful in protecting against infectious diseases like the common cold or the flu. Taking a daily dose of 1000mg is suggested for prevention. But

There will be plenty of appetizers and drinks on hand so you can relax and learn about taking better care of your immune system. We look forward to seeing you there. **Please let us know if you plan on attending by RSVPing to admin@TWIHW.com or calling toll-free (866) 680-9355.**

Sniffling, Sneezing, or Wheezing?



Do you have allergies, asthma, or eczema? These conditions are often a RED FLAG for deeper underlying issues such as yeast, immune deficiency, nutritional deficiency, and hormonal imbalance!

[Test yourself for allergies.](#)

To learn more about our Allergy Program and treatment using sublingual drops call toll-free (866) 680-WELL or visit www.TWIHW.com.

[Contact Us](#)

what happens if you get a cold? You should definitely increase your vitamin C. Below is our recommendation for how to take vitamin C when you have contracted a cold or flu:

- Take 2000mg, 2 to 4 times a day. (if you develop loose stools, decrease intake by 1000-2000mg)
- Take zinc 50mg daily.
- Take ImmunoStart, up to 1 lozenge every hour.
- Colloidal Silver- 1 teaspoon twice daily.

Vitamin C has many benefits beyond supporting the immune system. As mentioned earlier, there has been extensive research on the benefits of vitamin C in preventing and even aiding in the treatment of cardiovascular

HEB Yeast Free Cooking Connection Nights



The Woodlands Institute for Health & Wellness and HEB Market Street had another fun "Yeast Free at HEB" Cooking Connection night. Catherine Russell, manager of the Cooking Connection at HEB Market Street, and Kim Beale, our

own nutritional consultant, prepared delicious yeast free snacks and a main course.

Many of the products used were HEB specialty products that are approved for the Yeast Detox Program. All of the products and ingredients needed for the snacks and main dish are available at the Cooking Connection at HEB. For a yeast free recipe, see Recipe of the Month section below.

The Yeast Free Cooking Connection will be **THE THIRD TUESDAY OF EVERY MONTH**. It will last approximately one hour. This is open to the public, but we ask that you RSVP for food preparation purposes. Please RSVP for the **June 19th** Yeast Free at HEB night by emailing Kim at kim.beale@woodlandswellnessMD.com or calling our office toll-free at 866-680-WELL (9355)

We are grateful to HEB Market Street for making it possible for us to be able to offer this unique opportunity to you.

Recipe of the Month - Yeast-Free Sorbet

disease. Vitamin C protects against cardiovascular disease in the following ways: It alters triglyceride metabolism, helps to strengthen arterial walls, prevents oxidation of low-density lipoproteins and reduces blood pressure.

Immune system and cardiovascular disease are not the only two benefits of taking Vitamin C. There are many other reasons to take Vitamin C: aids in wound healing, provides antitumor activity, provides relief from skeletal pain in various disorders, protects against periodontal disease, and is especially effective in helping regenerate vitamin E after it has been attacked by oxygen radicals, improves iron absorption from the small intestine, is an effective antioxidant, is a cofactor (helper) in the metabolism of folic acid, some amino acids, and hormones, and protects against

With the warm weather here and sure to get hotter, we could all use a cool down and what better way than a yummy frozen treat! This sorbet is sure to do the trick.



Ingredients:

- 3 cups frozen fruit (mixed berries or peaches are nice for this recipe)
- 1 cup Silk soy creamer
- ½ cup orange or pineapple juice
- ½ cup Xylitol
- Pinch of salt

Blend all ingredients in a blender or food processor. Refrigerate overnight, mix well again and freeze in a tightly sealed freezer safe container. Serve it in a hot day for everyone to enjoy!

Fitness Fact - Mowing the Lawn

Riding lawn mowers definitely makes yard work easier. But did you know that using a push mower is a great way to burn calories?

According to an article on www.beachbody.com, you can burn up to 528 calories/hour using a push mower to mow the lawn. So get a little exercise while getting the yard work done.



Allergy Treatment

cancers of the oral cavity, esophagus, stomach, colon, and lung, based on epidemiological evidence.

You should consult your physician about the proper dosage depending on your current condition and other medicines you may be taking.

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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, you need to 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 us toll-free at (866) 680-WELL or [visit our website](#)

BREATHING FRESH AIR INDOORS

Breathing clean air is vital to our health and well-being. Providing fresh, clean air for your family is a priority when evaluating your family's health with possible lifestyle changes and healthy alternatives. If someone in your home suffers from fatigue, respiratory problems, or mystery ailments, indoor air pollution may be the problem. Most Americans spend 90% of their time indoors.

We hear about air pollution every day and the unpleasant effects can be seen with the growing number of respiratory ailments common in our families. No one is immune; we are a product of our environment and what we put in our bodies. The air we breathe may be causing headaches, dry eyes, nasal congestion, coughing, nausea, fatigue, skin rashes, dizziness, and mental distress. Offices, schools, and homes are filled with suffering occupants who are unaware there is a nature based option for relief without medicines. We grow accustomed to our everyday environment and do not realize the benefits of breathing fresh air until we have the opportunity to experience it personally. Our favorite vacation usually involves the beach, mountains, or a lake where natural purification of the air is at its best.

By re-creating nature's processes indoors, we can breathe easier and many symptoms are possibly reduced

or eliminated. Millions of families over the past 20 years have transformed their lives by focusing on the quality of their air indoors. Pollutants inside our homes are sealed in with our energy efficiency. We must be as smart about handling the indoor air pollutants as we are about energy conservation.

There is a safe, scientifically tested option that has principles developed by NASA to clean the air and prolong the life of plants on space missions and on the International Space Station. Imagine sending the same solution out into your indoor environment to attack the problem by duplicating the natural outdoor air cleansing effects of sunshine and thunderstorms to improve the air quality and kill germs on surfaces. Now there is technology that will sterilize airborne and surface microbes (germs, virus, bacteria, & mold) so you can be proactive to improve the condition of the indoor air in your home 24 hours a day.

Breathing fresh air can be a reality for your family to try risk free and see if you notice a difference. For more information see www.tryfreshair.com or call Clean Air Systems at 281-363-3779. Justine Crabbe will be available to discuss and answer your questions in more detail at our June 13 evening wellness seminar.

By: Justine Crabb

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