

Greetings!

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Wellness Night Out, October 10th, Guest Speaker

The Woodlands Institute for Health & Wellness will be hosting Wellness Night Out. This event is free and open to the public. 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.

Our next Wellness Night Out will be October 10th, 6:00 pm - 8:00 pm. Our guest speaker will be James Kutchback, D.P.M., AACFAS. Dr. Kutchback earned his Doctorate of Podiatric Medicine from the Temple University School of Podiatric Medicine in 2001. After receiving extensive training in foot and reconstructive rear foot/ankle surgery for three years as a Podiatric Surgical Chief Resident at the Northwest Medical Center in Margate, Florida, Dr. Kutchback began his own private practice here in The Woodlands, Texas. Dr. Kutchback has experience in a comprehensive and multidisciplinary wound healing clinic that specialized in the medical and surgical management of lower extremity wounds. While he sees patients in nursing homes and assisted living facilities, he is very familiar with emergency department trauma. Dr. Kutchback has received certifications from the National Board of Podiatric Medical Examiners and the American Board of Podiatric Surgery. Additionally,

Featured Supplement: Bromelain



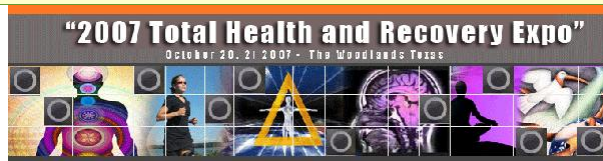
Bromelain, a protein-digesting enzyme extracted from the flesh and stem of the pineapple plant, was first introduced to the Europeans in 1493 by the people of Guadeloupe. The natives of Central and South America had long recognized the beneficial attributes of pineapple and used it to apply dressings to wounds and skin injuries to reduce inflammation, and eased stomach aches and indigestion by drinking the juice of the fruit.

Since then, Bromelain has been found to be useful in the treatment of a wide range of conditions, but it is **particularly effective for good digestion** because it intensifies the digestive process by breaking down protein and facilitates the passing of food to the intestine. The ability to speed protein digestion makes it useful in treating Crohn's

he is Board Qualified in Foot Surgery and Reconstructive Rearfoot/Ankle Surgery. A member of the American Podiatric Medical Association, Dr. Kutchback is also a member of the Texas Podiatric Medical Association, the American Academy of Podiatric Practice Management and the American College of Foot and Ankle Surgeons .
(See his article on "Bunions" below)

Vino 100 will provide a variety of wines again and will take special orders for the wines they bring. There will be plenty of appetizers and beverages on hand. We look forward to seeing you there. **Please let us know if you plan on attending by RSVPing to admin@TWIHW.com or calling 281-298-6742**

Dr. McManus Speaking at the Total Health and Recovery Expo October 20th



On Saturday, October 20th, Dr. Mila McManus will be a guest speaker for the Total Health and Recovery Expo sponsored by a non-profit organization, Hear Me Now, at the Hilton Garden Inn, 9301 Six Pines Drive, The Woodlands. This event features nationally and internationally recognized experts in the Alternative Medicine field such as Dr. Garth Nicolson on Autoimmune Diseases, Dr. Stanislaw Burznski on Personalized Cancer Treatment, well-known Veteran's Advocate Joyce Riley and many more.

Dr. McManus will speak from 5pm to 6pm and the title of her talk is "ARE YOU WHAT YOU EAT?" She will discuss how nutrition relates to disease, how food allergies are a hidden epidemic, and how you can improve your health naturally.

For more information on topics and speakers or to register, call Polly Keller at (281)351-0038 or visit www.hearmenow.biz

disease, and the protein digesting enzymes found in it may help to heal gastric ulcers and relieve symptoms of heartburn and stomach and gastrointestinal upset. It is believed to promote and maintain overall proper digestion and may be used as a digestive enzyme for pancreatic insufficiency. Bromelain is so effective in digesting protein that the food industry employs it to tenderize meat.

Bromelain is also an **anti-inflammatory** and is widely used after traumatic injuries and surgery. It is said to "release" inflammation by breaking down proteins in swollen tissues and reduce swelling in virtually all kinds of inflammatory reactions, such as carpal tunnel syndrome and arthritic conditions. It has also been said to ease pain and bruising, lymphedema, sore muscles and to speed up the healing of joint and tendon injuries. Long-standing use of bromelain suggests it may be helpful as part of the treatment for other connective tissue disorders including bursitis, tendonitis, and scleroderma (build up of tough scar-like tissue in the skin and, at times, internal organs).

As an antiseptic, Bromelain shows great promise in copious current lab research. Some research has shown evidence that the supplement can fight **against infectious agents**, such as bacteria and viruses and may prove to be a useful addition to

Super Suppers and TWIHW Cooking Healthy Together



The Woodlands Institute for Health & Wellness is excited to announce a partnership with [Super Suppers](#) on College Park Drive to provide our patients the convenience of pre-made, yeast-free entrees that the whole family will love. We are using Super Suppers' clean, spacious kitchen during the cooking portion of our Nutritional Consults to show how easy it is to create healthy, delicious meals. Additionally, Super Suppers stocks an assortment of entrees (yeast-free and regular) in their freezer for you to take home for dinner. If you would rather assemble the meals yourself, you can stop by during Super Supper's regular business hours of 10am - 6pm Monday through Friday, or Saturdays 9am - 4pm, and ask for one of Dr. McManus' recipes to put together.

Super Suppers provides a fun environment to gather with your friends, listen to music and sample appetizers while assembling healthy, delicious meals your family will love. Super Suppers takes care of the shopping, chopping, and cleaning up, so you can easily put together meals to take home and serve. Each entrée is designed to feed 4 to 6 people, but if you have a smaller family (or smaller eaters), you can split your entrées and double the number of meals for the same low price!

If you would like more information about the monthly menu made especially for Dr. McManus' clients, please come by the office and pick up a flyer, or stop by Super Suppers at 3091 College Park Drive, across the street from Lowes / Wal-Mart, and ask Cody, owner of Super Suppers, for more information, or give him a call at 936-321-4525.

Recipe of the Month: Sautéed Spinach and Toasted Garlic

Here's a delicious recipe that cooks up in a jiffy -- it only takes about three minutes from start to finish!



conventional treatment of bronchitis, pneumonia and urinary tract infections. Its antibacterial effects may also help to control diarrhea caused by bacteria. Bromelain is believed to increase the actions of antibiotics and chemotherapy by keeping them in the system longer.

Bromelain is not for everybody, particularly those who are allergic to pineapple or who are taking blood-thinning medicines. Talk to your doctor to see if Bromelain is right for you!

***Check with your health care provider before taking any supplement.*

DO YOU KNOW ABOUT THE DRUGS YOU ARE TAKING?

By Mila McManus MD

Have you evaluated the medicines you've been prescribed to band-aid the symptoms you have? I want you to know about www.EPOCRATES.com which is an excellent FREE resource. You can search any prescription drug and learn about what it's used for, how it's dosed, how it works, drug interactions, side effects, how it's metabolized, what it costs, and frequently asked questions.

Do you take a statin drug (e.g., Zocor, Lipitor, Pravachol, etc)? Do you have muscle cramps or muscle weakness? These are common side effects. Statin

Ingredients:

- 1 lb fresh baby spinach, organic if available (freshly washed, dried thoroughly)
- 6 fresh garlic cloves, peeled
- 4 Tbsp Coconut oil
- ½ cup toasted Pine Nuts (toasting instructions below)
- 1 whole lemon, seeds removed

Place garlic and coconut oil in a large skillet on high heat. Sauté garlic until golden brown but do not burn.

Add spinach and toss gently. (It will look like there is not enough room in your skillet, but the spinach will wilt quickly.) Then drizzle with fresh lemon juice. It will steam so be careful not to burn yourself. Add the pine nuts, tossing one more time. Remove from heat while spinach is wilted, do not overcook.

Toasting pine nuts: Place pine nuts in a shallow skillet over medium heat. Toss continuously until golden brown.

Inspiration for this recipe is from Sanoviv Medical Institute. You can find more delicious, yeast-free recipes in our Yeast Detox book.

Get Up and Move!

To lose one pound a week you must subtract 3500 calories per week! (750 calories per day if you exercise 5 days a week). This deletion in calories may be a combination of diet and exercise. It is estimated that a person weighing 155 pounds walking their dog at a moderate pace of 3.0 mph for one hour can burn 246 calories, while a person of the same weight playing singles tennis for an hour can burn 563 calories. Another good exercise to get the most calorie burn: jumping rope (slow) for an hour will burn 563 calories on a person weighing 155 pounds! The more you weigh, the more calories you can burn per activity. The same jump rope activity for a person weighing 190 pounds will burn approximately 690 calories!



~Kris Averill, Certified Personal Trainer, Sedona Fitness for Women

drugs deplete CoQ10 levels. Did you know that CoQ10 deficiencies are linked to certain cancers, including breast and prostate cancer?

Did you know that 50% of people who have a heart attack have NORMAL cholesterol levels?

Know what's going into your bodies!

Here's my required disclaimer: Talk to your doctor first before discontinuing ANY prescription drug.

Here's my recommendation: Visit a wellness clinic near you!

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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, 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](#)

Bunions Uncovered

What is a Bunion?The word bunion is derived from the Latin word "bunio" which means an enlargement. Most typically, this is seen on the side of the big toe joint. To have a bunion most often implies a misalignment of the big toe and the bone (first metatarsal) to which it attaches.



How do you get a

Bunion?Bunions are caused by a mechanical weakness that places abnormal stress in the bones and joints of the foot. This condition can be found in children, but is more commonly seen in adults. Shoes can aggravate an existing bunion, yet have not been proven to cause bunions. In fact, the late anthropologist Margaret Meade had observed many members of a South Sea island tribe had bunions and had never worn shoes! Bunions are often seen as hereditary, but it is really the foot type that causes the bunion that is inherited. Other causes of bunions can be neuromuscular disorders, injuries, gout, tumors, and abnormal musculoskeletal stress.

What are the symptoms of a Bunion? There are

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several presentations of bunion related pain that can exist alone or in conjunction with each other. Symptoms can be divided into bump related pain, big toe joint pain, and associated foot pain. Bump related pain is pain over the bunion (enlargement of the big toe joint) that is worse with pressure. This area can become red and have a soft mass, called a bursa. The pain can even radiate up the foot or down the big toe. This is caused by irritation of the nerves passing through the inflamed area. Big toe joint pain is experienced with motion of the joint; such as walking, running, and jumping. Pain in the joint most commonly indicates arthritis. The severity of the arthritis depends on the severity and duration of the bunion. Associated foot pain can come in a variety of ways. One can develop painful corns and calluses on the big toe, big toe joint, or even under the second toe joint. The second toe joint is commonly affected with pain at the base of the toe or the development of a hammertoe. Painful toenails are another common symptom.

How do you get relief from Bunion pain? There are several things that can be done on your own. First of all, wear a supportive shoe with a roomy toe box. Avoid high heel and pointed toe shoes. Apply ice to the painful area to reduce swelling. Wear a toe spacer and non-medicated offloading pad. If the pain persists, you should see your local podiatric physician.

What non-surgical treatments are available for Bunions? Orthotics are special insoles that are made from an impression of the feet along with a prescription designed to restore mechanical balance to the feet and legs. These can be helpful in stopping the progression of the bunion and in alleviating the pain. In cases where there is a very painful bursa or nerve, a steroid injection can reduce the pain and swelling. Prescription non-steroidal anti-inflammatory medication can also be employed. Physical therapy modalities are often used. These will address the symptom but not the cause. Offloading with special pads and shoe stretching are often helpful.

When do you need Bunion surgery and what does it involve? Many people with bunions require surgical correction if the above options have failed to eliminate the pain. There are many different procedures performed to correct a bunion. Most of these include remodeling and repositioning of the bones involved. Surgical fractures are often created with some type of fixation/immobilization to allow proper healing. Recovery time from surgery varies depending on the procedure performed and the condition of the patient. Patients

generally go home the same day as the surgery and can resume restricted activity within three to four days. Under normal circumstances, bone healing occurs within six weeks. Normal activity is resumed approximately ten to twelve weeks after surgery. Physical therapy is used to enhance the healing process. It is important to continue with orthotics after surgery as to prevent reoccurrence of the bunion.

Do you have to live with Bunion pain? No!! Go to your local podiatrist (foot and ankle doctor) and see what they can do to help relieve your pain, correct the bunion, and restore function of your feet.

By Dr. James Kutchback, DPM, AACFAS

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