

Greetings!

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Wellness Retreat July 24-27, 2008



Join Dr. Mila McManus and other health professionals for a Wellness Retreat July 24-27, 2008 at the beautiful El Dorado Resort & Spa in Riviera Maya, Mexico.

Spend four unforgettable days learning more about health and fitness, nutrition and much more, all in a fantastic, relaxing beachside setting. Yoga classes, beach and outdoor activities, tours and entertainment are all

Supplement of the Month: DHEA

Dehydroepiandrosterone, or DHEA, is an endogenous hormone (made in the human body) secreted by the adrenal glands. The adrenals are walnut-sized organs located right above your kidneys. Natural DHEA production is highest when you're in your twenties, and then begins to decrease after age 30.

Besides DHEA, your adrenals also make the stress hormones cortisol and adrenaline. Adrenal exhaustion from coping with chronic stress - from (among other things) poor nutrition, yo-yo dieting, emotional turmoil, and job-related stress - means your adrenals are bone-tired from pumping out cortisol and they simply can't manufacture enough DHEA to support a healthy hormonal balance. The end result? You feel tapped out, overwhelmed and, often, depressed. When DHEA levels are low, your body does not have enough working material for proper endocrine function. This throws off your hormone production and you feel a general sense of malaise, along with other symptoms of hormonal imbalance - how severe depends on how many other demands are being made on your body at

included!

Space is limited. Resort is for adults only. For more information, call Travel Lifestyles Corporation at (713) 621-5555 or (800) 801-9542. Price is \$1,599 per person for a GV Jr. Jacuzzi Suite based on double occupancy (includes airfare, transfers, lodging, meals, drinks, lectures and activities). Single occupancy is \$1,799. Upgrades available.

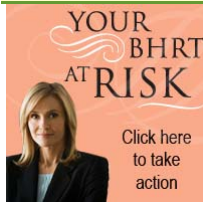
The Buzz...NATURAL SODA?

There is a new up-and-coming, all-natural, low calorie soda alternative featuring stevia, and it's called... ZEVIA! Zevia comes in three flavors -- Natural Cola, Natural Orange, and Natural Twist (lemon-lime). It has 5 calories or less per serving, and it contains no sugar or artificial sweeteners. [Click here](#) to find out how to get your hands on some!



Keep in mind that there is evidence that carbonated beverages contribute to bone loss. Remember.....everything in moderation!

You Have the Power to Protect Your Access to Compounded Medicines



Please visit savemymedicine.org, the online home of Patients and Professionals for Customized Care (P2C2). P2C2 is bringing together people who know first-hand that compounded medicines are a critical part of modern, individualized

healthcare and gives them the necessary tools to win the fight to keep their access to compounded medicines. With a free membership to P2C2, you can receive an electronic newsletter to stay up-to-date on the latest news and information affecting your ability to prescribe or be prescribed compounded medications. You can also sign up for our Action Alerts to let others know from your representative in Congress to your local newspaper editor that you rely on compounded medicines and that you are committed to making sure they remain available.

WHAT YOU CAN DO TO HELP:

Oppose FDA's Action on behalf of Wyeth to Restrict BHRT
On January 9, 2008, FDA took action on behalf of pharmaceutical manufacturer Wyeth to impose harmful restrictions on the

the same time.

Adequate levels of DHEA are needed to ensure your body can produce the hormones it needs when it needs them. In that balanced state your mood is stable and you feel clear-headed, joyful and vigorous. DHEA works quickly and effectively when taken with the right combination of support.

DHEA supplementation is not recommended for regular use without supervision by a licensed health professional. There is a growing body of evidence that healthy levels of DHEA may help stave off Alzheimer's disease, cancer, osteoporosis, depression, heart disease and obesity, but further research is needed to confirm these results. There may be some increased risks associated with DHEA for women with a history of breast cancer - all the more reason to take DHEA under medical supervision.

Lastly, DHEA, being a precursor to testosterone, can also enhance libido. Bonus!

Excerpted from article by Marcelle Pick, OB/GYN NP

Quick Links...

[Learn about Glyconutrients](#)

[Test Yourself for](#)

compounding and dispensing of bio-identical hormone replacement therapy (BHRT), specifically compounded medicines containing the drug estriol. This action has critical implications for pharmacists, patients and physicians. [Take Action Now!](#)

MARCH 12th WELLNESS NIGHT OUT- featuring TESLA Light Systems

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 and/or screenings to offer.

Our next Wellness Night Out will be March 12th, 6:00 pm - 8:00 pm, and this month we've invited Tesla Light Systems to present their intriguing product/service.

You have an electrical, energetic system in your body. To effect optimum wellness in your body, you have to address the energetic aspect of it.

The Tesla Light System is a bio-acceptable, photonic energy system based on Nikola Tesla and Dr. Georges Lakhovsky's inventions paired together in the early 1920's. This system has evolved into state-of-the-art technology which includes two units, the AC and DC. They generate ultra-high, electromagnetic energy with frequency harmonics ranging from about 70 KHz (thousand) up to 3 MHz (million) extending up to 300 Ghz (billion).

Through the principle of sympathetic resonance, the Tesla Light System acts as an energetic tuning fork for the human body, effortlessly correcting subtle energy blockages caused by toxins, pathogens, stress, aging and emotional or psychological wounds. The energy field created by the system dramatically enhances the body's ability to carry out all of its vital functions, naturally.

Health means optimum wellness, not lack of disease. Come join us to learn more about the Tesla Light System and experience it for yourself. You can visit their website at www.TeslaLightSystems.com. They are offering sessions this night for \$20, payable by cash or check. Sessions are approximately 10 minutes.

Looking forward to seeing you there!

Vino 100 will provide a variety of wines and there will be plenty of healthy appetizers and beverages on hand. RSVP (yeses only) to admin@TWIHW.com or call 281-298-6742.

RECIPE OF THE MONTH: Organic

[Hormonal Imbalance](#)

[JUICE PLUS](#)

[Visit Our Website](#)

[Nutrametrix Vitamins](#)

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[Vino 100](#)

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Chilled Chocolate Fudge with Walnuts

Here's a melt-in-your-mouth recipe just in time for Valentine's Day!

- ½ cup cocoa powder
- 1 cup almond butter
- 4 Tbsp virgin coconut oil
- ¼ to ½ cup Xylitol
- 1 tsp vanilla or vanilla bean scrapings
- ¼ tsp Himalayan Sea Salt (optional)
- ½ cup Walnuts



In a food processor, blend the cocoa powder with all of the ingredients (except the walnuts). Blend until well mixed like a thick cake batter. Stir in the chopped walnuts by hand. Now you may pour into a square pan for chilling or into individual truffle size foils. Freeze for an hour and move to refrigerator until ready to serve.

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 February

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 February include:

Asian Salmon
Asian Flank Steak
Almond Parmesan Tilapia
Shanghi Pork Tenderloin
Chicken and White Bean Chili
Garlic Chicken with Olives
Spanish Pork Chops
Tilapia with Lemon Dijon Cream and Quinoa

Sides include:

- 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

CHOLESTEROL HYPE



by Mila McManus MD

How's your cholesterol level? Do you obsess about it? Do you keep a spreadsheet? You know who you are.

Did you know:

- 50% of people who have a heart attack have normal cholesterol
- Merck and Schering-Plough, makers of Zocor, Zetia, and Vytorin, recently revealed their ENHANCE study showed NO benefit in terms of artery-plaque progression. And that they sat on this data for 2 yrs, meanwhile raking in \$10 billion in sales for Vytorin.
- A common, yet not-well-known side effect of statin drugs is JOINT PAIN
- Studies have shown that LOW cholesterol levels are associated with depression, anger, and mental slowing.
- Study from Finland found that low cholesterol levels were significantly associated with Alzheimer's disease.
- Post-mortem studies revealed NO correlation of cholesterol levels with amount of plaque build-up found at autopsy.

Statin drugs (e.g., Lipitor, Zocor, Crestor) can be very dangerous and harmful, yet they are the top selling drugs in America. (visit www.epocrates.com to look up side effects of medications) Big Pharma advertising campaigns have done a fabulous job of making patients and doctors obsess about cholesterol. I encourage all of you out there to do the research. Question your health care providers. Cholesterol is a very small piece to a very large puzzle when it comes to heart disease, or any other disease for that matter. Many people in their 40s with normal cholesterol levels die of heart attacks, and many people live into their 90s with cholesterol levels over 300. Why is that? I don't have all the answers, but I do recommend that you read a book titled "The Great Cholesterol Con" by Anthony Colpo.

Look at the big picture. I don't consider high cholesterol to be a disease, but rather a symptom of something more profound going awry in the body. Stop trying to band-aid your symptoms. You CAN improve your health without prescription drugs. You CAN reduce the risk of heart disease, cancer, high blood pressure, arthritis, etc, without prescription drugs. Let us help you be all that you can be! Don't let life pass you by while you're stuck on the sidelines. We care.

Disclaimer: Do not start or stop any medications or vitamin supplements without first consulting with your physician. (side note: Unfortunately, the same physician who prescribed you your medications is not likely to want to change anything. Conventional doctors are trained to prescribe drugs. That's what they do. It's what I used to do when I was a 'traditional' doctor. I hope some day I will be proven wrong.)

SPECIAL ENGAGEMENT- WELLNESS Q&A WITH DR. MCMANUS

You are cordially invited to attend an informal question and answer session with Dr. Mila McManus. Learn more about your health problems, and how the wellness revolution is changing lives every single day!

- **Date: Tuesday, March 4th**
- **Location: 9191 Pinecroft, Ste 280,**

The Woodlands, TX 77380
• **Time: 6:00pm to 7:30pm**

Hors' Duerves and wine will be served.

Seating is limited. Please RSVP to 281-298-6742 or email
admin@TWIHW.com.

email: mmcmanus@twihw.com

phone: 281-298-6742

web: <http://www.twihw.com>