

Greetings!

The Woodlands Institute for Health and Wellness is a family focused medical practice bridging the gap between traditional and holistic medicine, offering personal plans for lifelong solutions to good health.

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NO WELLNESS NIGHT IN AUGUST

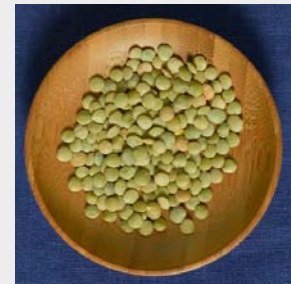
Have a great summer! We will see you back for our next Wellness Night September 10, 2008.

MONTGOMERY COUNTY WOMENS'S CENTER-A "Pick" in a "Pack" Food and Backpack Drive

The Woodlands Institute for Health & Wellness has partnered with the Montgomery County Women's Center to support their "Pick and a Pack" food and backpack drive. The Women's Center needs both school backpacks for children at the shelter as well as food items for the pantry. So choose your favorite food item "pick" and place it in a new or gently used "pack" and drop off both at The Woodlands Institute for Health & Wellness



SUPPLEMENT OF THE MONTH: Iron



WHAT IS IRON? Iron, one of the most abundant metals on Earth, is essential to most life forms and to normal human physiology. Iron is an integral part of many proteins and enzymes that maintain good health. In humans, iron is an essential component of proteins involved in oxygen transport. It is also essential for the regulation of cell growth and differentiation. A deficiency of iron limits oxygen delivery to cells, resulting in fatigue, poor work performance, and decreased immunity. On the other hand, excess amounts of iron can result in toxicity and even death.

Almost two-thirds of iron in the body is found in hemoglobin, the protein in red blood cells that carries oxygen to tissues. Smaller amounts of iron are found in myoglobin, a protein that helps supply oxygen to muscle, and in enzymes that assist biochemical reactions. Iron is also found

located at 9191 Pinecroft, Suite 175 in The Woodlands. The "Pick and a Pack" drive runs through the end of August.

The Montgomery County Women's Center serves victims and survivors of domestic violence and sexual assault through crisis intervention, counseling, emergency shelter, support services and legal advocacy. All services are offered free of charge. For more information, contact Donna Wick at (281) 292- 4155 ext. 228. The 24-hour crisis hotline is (936) 441- 7273

SPECIAL ENGAGEMENT at EGG & I TUES, JULY 29th

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, July 29th, 2008 (and again Sept 9th)

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

FIT FACT: Burn Calories Without Trying

Burning calories is incredibly simple and can have residual benefits. Vacuuming, for example, burns as many as a slow walk on a treadmill, plus yields a spotless carpet. Think about that the next time you put off doing chores. Check out these other sneaky ways to stay fit:



BURN, BABY BURN, ON THE WEEKENDS!

- Walk at a sightseeing pace (2 mph): 161 calories an hour. Keep abs tight during the walk to help tone them.
- Mow the lawn (30 minutes): 177 calories
- Push a cart around the grocery store (45 minutes): 121 calories
- Plant in your garden: 290 calories per hour (Plus it strengthens your arms and back.)

in proteins that store iron for future needs and that transport iron in blood. Iron stores are regulated by intestinal iron absorption.

WHAT FOODS PROVIDE IRON? There are two forms of dietary iron: heme and nonheme. Heme iron is derived from hemoglobin, the protein in red blood cells that delivers oxygen to cells. Heme iron is found in animal foods that originally contained hemoglobin, such as red meats, fish, and poultry. Iron in plant foods such as lentils and beans is arranged in a chemical structure called nonheme iron. This is the form of iron added to iron-enriched and iron-fortified foods. Heme iron is absorbed better than nonheme iron, but most dietary iron is nonheme iron.

WHEN CAN IRON DEFICIENCY OCCUR? The World Health Organization considers iron deficiency the number one nutritional disorder in the world. As many as 80% of the world's population may be iron deficient, while 30% may have iron deficiency anemia .

Iron deficiency anemia can be associated with low dietary intake of iron, inadequate absorption of iron, or excessive blood loss. Women of childbearing age, pregnant women, preterm and low birth weight infants, older infants and toddlers, and teenage girls are at greatest risk of developing iron deficiency anemia because

- Rearrange your living room furniture (30 minutes): 193 calories
- Pack the car for a trip (15 minutes): 56 calories

WORK IT ON WORK DAYS!

- Go casual: Study participants took 80 percent more steps (translating to 25 extra calories) when they wore jeans to the office versus dressy clothes, research from the University of Wisconsin at La Crosse reveals.
- Stand and deliver: Simply staying on your feet revs metabolism and doubles your calorie burn for the day, a study in Diabetes reports. Sitting for a few hours switches off enzymes that capture fat in the bloodstream, but rising reignites them. So try surrendering your seat when possible.
- Take a fitness break: Instead of a coffee run, jog or walk up three flights of stairs-approximately 12 steps per flight. Walk back down; repeat nine times to burn a quick 100 calories.

* All calories above are based on 135-pound woman, but the heavier you are, the more calories you'll burn.

Article obtained from Yahoo Health

RECIPE OF THE MONTH: Roasted Squash Medley (Yeast Free)

- 2 cups assorted fresh, seasonal squash, cut into bite sized pieces
- Fresh tarragon, thyme, and rosemary finely chopped *
- 1 T grape seed oil or cold pressed olive oil



Preheat oven to 375 degrees. Place squash in a large plastic storage bag. Drizzle the squash with oil and sprinkle with herbs. Seal the bag and toss to coat the squash with the oil and herbs. Then remove the squash from the bag and roast the squash in an oven safe dish, tossing a couple of times while cooking.

*Hints for using fresh herbs:

- Use primarily the leaves of the fresh herbs
- Store unused herbs in the freezer in plastic storage bags for future use
- Bruising or chopping the herbs allows the flavor to expand

Fresh herbs are an excellent way to add flavor to any dish without the use of artificial additives, sodium, or fat.

they have the greatest need for iron. Women with heavy menstrual losses can lose a significant amount of iron and are at considerable risk for iron deficiency. Adult men and post-menopausal women lose very little iron, and have a low risk of iron deficiency.

SIGNS OF IRON DEFICIENCY ANEMIA:

- feeling tired and weak
- decreased work and school performance
- slow cognitive and social development during childhood
- difficulty maintaining body temperature
- decreased immune function, which increases susceptibility to infection
- glossitis (an inflamed tongue)

Eating nonnutritive substances such as dirt and clay, often referred to as pica or geophagia, is sometimes seen in persons with iron deficiency. There is disagreement about the cause of this association. Some researchers believe that these eating abnormalities may result in an iron deficiency. Other researchers believe that iron deficiency increases the desire for eating these substances.

People with chronic infectious, inflammatory, or malignant disorders such as arthritis and cancer may become anemic. However,

Try it, you will love it!

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

SUPER SUPPERS IS MOVING AND IS TEMPORARILY CLOSED! YOU CAN CALL THEM FOR DETAILS ON NEW LOCATION, OR STAY TUNED AND WE'LL ANNOUNCE IN NEXT MONTH'S NEWSLETTER.



DANGEROUS Food Ingredients

Do you know which dangerous food ingredients to watch out for in your groceries? These can directly promote heart disease, migraines, obesity, outrageous food cravings, osteoporosis, diabetes and even birth defects.



The top three most dangerous ingredients:

- Sodium nitrite -- causes cancer, found in processed meats like hot dogs, bacon, sausage. Used to make meats appear red (a color fixer chemical).
- Hydrogenated oils -- cause heart disease, nutritional deficiencies, general deterioration of cellular health, and much more. Found in cookies, crackers, margarine and many "manufactured" foods. Used to make oils stay in the

the anemia that occurs with inflammatory disorders differs from iron deficiency anemia and may not respond to iron supplements. Research suggests that inflammation may over-activate a protein involved in iron metabolism. This protein may inhibit iron absorption.

Iron deficiency also has negative effects on thyroid function.

SOME FACTS ABOUT IRON SUPPLEMENTS.

Iron supplementation is indicated when diet alone cannot restore deficient iron levels to normal within an acceptable time frame. Supplements are especially important when an individual is experiencing clinical symptoms of iron deficiency anemia. The goals of providing oral iron supplements are to supply sufficient iron to restore normal storage levels of iron.

Supplemental iron is available in two forms: ferrous and ferric. Ferrous iron salts (ferrous fumarate, ferrous sulfate, and ferrous gluconate) are the best absorbed forms of iron supplements. Elemental iron is the amount of iron in a supplement that is available for absorption.

The amount of iron absorbed decreases with increasing doses. For this reason, it is recommended that most people take their prescribed daily iron supplement in two or three

food, extending shelf life. Sometimes also called "plastic fat."

- Excitotoxins -- aspartame, monosodium glutamate (MSG) and others. These neurotoxic chemical additives directly harm nerve cells, over-exciting them to the point of cell death, according to Dr. Russell Blaylock. They're found in diet soda, canned soup, salad dressing, breakfast sausage and even many manufactured vegetarian foods. They're used to add flavor to over-processed, boring foods that have had the life cooked out of them.

Grocery Warning!

- Feeding children hot dogs increases their risk of brain cancer by 300%
- Strawberry yogurt, fruit punch and other red- looking grocery products are often colored with dead, ground-up cochineal beetles. The ingredient is called "carmine," and it's made from insects. It's listed right on the label of many of your favorite foods.
- Food companies now "hide" MSG in safe- sounding ingredients like yeast extract or torula yeast.
- Many Florida oranges are actually dipped in an artificial orange dye in order to make them more visually appealing. It's the same dye that's been banned for use in foods because of cancer risk.
- Girl Scout cookies are still made with hydrogenated oils that contain trans fatty acids.
- Many so-called "healthy" or vegetarian foods also contain the very same offending ingredients as conventional groceries.
- Eating just one serving of processed meats each day increases your risk of pancreatic cancer by 67%.
- One artificial color additive causes behavioral disorders in children. And that 80% of children diagnosed with ADHD can be outright cured of the condition in two weeks by avoiding certain ingredients?
- The #1 ingredient in Slim Fast meal replacement shake (powder form) is sugar.
- Some guacamole dips don't even contain avocado? Instead, they're made with hydrogenated soybean oil and artificial colors.

The ingredients "stacking" trick. Food companies also use the ingredients stacking trick to intentionally leave you with the wrong impression about what's really in their food products.

For example, one company makes a nutrition bar that's absolutely loaded with sugar, but they way they've arranged the ingredients prevents sugar from appearing as the #1 ingredient. Instead, the first ingredient is rice. But looking down the label, you'll find all the following forms of sugar, all in the same nutrition bar:

- Sugar

equally spaced doses. For adults who are not pregnant, the CDC recommends taking 50 mg to 60 mg of oral elemental iron (the approximate amount of elemental iron in one 300 mg tablet of ferrous sulfate) twice daily for three months

Therapeutic doses of iron supplements, which are prescribed for iron deficiency anemia, may cause gastrointestinal side effects such as nausea, vomiting, constipation, diarrhea, dark colored stools, and/or abdominal distress. Starting with half the recommended dose and gradually increasing to the full dose will help minimize these side effects. Taking the supplement in divided doses and with vitamin C also helps absorption.

Physicians monitor the effectiveness of iron supplements by measuring laboratory indices, including reticulocyte count (levels of newly formed red blood cells), hemoglobin levels, and ferritin levels. In the presence of anemia, reticulocyte counts will begin to rise after a few days of supplementation. Hemoglobin usually increases within 2 to 3 weeks of starting iron supplementation.

Have you ever had your iron levels checked?

[Quick Links...](#)

[Learn about](#)

- Sucrose
- High-fructose corn syrup
- Corn syrup solids
- Dextrose

Add all these up, and the #1 component in the bar is, indeed, sugar (or sugary substances). But the manufacturer has used ingredients stacking to make you think the top ingredient is actually rice.

It's a clever, dishonest technique used by food companies to lie with food labels.

Remember, the longer the ingredients label, the less healthy the food. Read those ingredients lists before buying foods, and if you discover chemical names that you can't pronounce, don't buy the food!

Article obtained from Natural News

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