

Greetings!

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Special Engagement



**Tuesday,
April 11,
2006 from
8:30am to
11am**

The Egg & I
Restaurant
located at
1644 Research
Forest Dr The
Woodlands, TX
77380

We cordially invite you to meet Dr. Mila McManus, founder of The Woodlands Institute for Health & Wellness, and enjoy a complimentary healthy breakfast.

Dr. McManus will be discussing safe, natural, and effective solutions to many common health problems, such as fatigue, depression, obesity, headaches, IBS, PMS, hot flashes, acid reflux, allergies, insomnia, ADD and more. Reception starts at 8:30am, and discussion starts at 9am. Dr. McManus will speak for approximately one hour, followed by a question and answer session. We will also have consultants to answer questions regarding our program.

If you are ready to get healthy and change your life, this is for you!

Supplement of the Month- Digestive enzymes

From the Barron Report

Enzymes are proteins that facilitate chemical reactions in living organisms. In fact, they are required for every single chemical action that takes place in your body. All of your cells, organs, bones, muscles, and tissues are run by enzymes. Your digestive system, immune system, blood stream, liver, kidneys, spleen, and pancreas, as well as your ability to see, think, feel, and breathe, all depend on enzymes. All of the minerals and vitamins you eat and all of the hormones your body produces need enzymes in order to work properly. In fact, every single metabolic function in your body is governed by enzymes. Your stamina, your energy level, your ability to utilize vitamins and minerals, your immune system -- all governed by enzymes.

Enzymes are produced both internally (most notably in the pancreas

Reserve your seat today by calling 866-680-WELL (space is limited) We look forward to seeing you there!

Testimonial of the Month

Dear Dr. McManus,

Thank you for giving me back my exuberance for life. My family members noticed a difference in me after just a few days, and my friends are starting to make comments that something is different after only a couple of weeks. I am in my fifties and feel better than I did at thirty. After a full day of work today, I actually took my 3-year-old nephew on an outing instead of falling nearly comatose into bed.

I have witnessed amazing improvements in my ability to think clearly, in the severity and frequency of headaches, in my energy levels, in my physical stamina and endurance, and in the joint pain that I have had for many years. I have completely stopped taking the arthritis medication that I was on for years without relief. I know that I am using healthier alternatives now, and they really work. No longer do I believe that the symptoms I used to have are a necessary part of aging. I feel that I will be able to contribute to our society for many more years, and that is a wonderful feeling to have after the many times that I have worried that I might need to give up my career.

I am very fortunate indeed to have found you and your innovative wellness program.

Thanks, Kathy D

[Contact Us](#)

Fitness Factoid

Walking at a brisk pace (a 15-minute mile or 4 mph) burns almost as many calories as jogging for the same distance. The benefit of jogging is that it takes less time to cover the same distance and it benefits bone density; however, it may be too strenuous for some, and not so great on the joints.

Recipe of the Month-Toasted Pecans (Yeast-Free)

4 egg whites, 4 cups pecan halves, ¼ - ½ Cup Xylitol (depending on desired sweetness), extract or spice of

and the other endocrine glands) and are present in raw foods that we eat. At birth we are endowed with a certain potential for manufacturing enzymes in our bodies, an enzyme "reserve," if you will. Nature intended that we continually replenish that reserve through proper nutrition and eating habits. Unfortunately, that just doesn't happen.

Processing and cooking destroy enzymes in food. (Man is the only animal that cooks his food.) In fact, any sustained heat of approximately 118 – 129 degrees destroys virtually all enzymes. This means that, for most of us, the food entering our stomachs is severely enzyme deficient. Even after the stomach acid has done its work, the meal enters the small intestine largely undigested. The less digestion that takes place before food reaches the small intestine the greater the stress placed on the endocrine systems. Recent studies have shown that virtually 100% of all Americans have an enlarged pancreas by the time they're 40. The bottom line is that regular supplementation with digestive enzymes takes

choice (vanilla, maple, cinnamon are all good)

If using liquid extracts, start with ¼ teaspoon and add just a drop or two at a time until you get the desired depth of flavor. Extracts are very potent and too much can ruin the pecans.

Whip the egg whites until fluffy, not too stiff. Add sweetener and flavorings. Toss pecans and spread on a cookie sheet. Bake at 325 degrees until crunchy. (About 30-45 minutes)

These are great on salads, in chicken salad or just as a Yeast Free snack!

You can alter this recipe to a salty version by eliminating the sweetener and adding salt and desired spices. Try Cajun, Mediterranean, or Italian. Yum!

[Click here to read more about Xylitol](#)

New Diseases Get Names

I, Dr. McManus, wish I could take credit for the following, but, alas, I cannot. I found this on Dr. Mercola's website: Since drug companies are increasingly creating new, fictitious diseases to increase their pharmaceutical sales, such as General Anxiety Disorder (GAD), Mike Adams decided to pitch in and help them out with this humorous article that classifies normal human behaviors as diseases, including:

Refrigerator Door Disease (RDD):

standing in front of the refrigerator with the door wide open, staring blankly

Language Obfuscation Disorder (LOD):

strikes mostly doctors, and causes its victims to speak in unintelligible medi-babble

Obsessive Hosiery Dislocation Disorder (OHDD):

a frantic household search for the other sock of any given sock pair

stress off the pancreas (and the entire body) by providing the enzymes required for digestion. In other words, digestive enzyme supplements just may be one of the best insurance policies you can give your body so you can enjoy a long and healthy life

Studies done with laboratory rats have shown that rats eating raw foods live about 30% longer than rats eating diets devoid of enzymes.

Benefits of taking digestive enzymes include 1. You should notice a significant reduction in indigestion and heartburn problems resulting from too much acid in the stomach. 2. Relief from gas and bloating. (Some people may actually notice an increase in activity for several days as their digestive systems come alive.) 3. Improved digestion of dairy products caused by lactose intolerance. 4. Diminished food allergies due to more complete protein digestion. 5. Greatly reduced flatulence due to more complete carbohydrate digestion. 6. Since the digestion of enzyme deficient food is an extremely energy consuming task, within a few days of enzyme supplementation you

Repetitive Remote Disorder (RDD):

rapid channel surfing of cable television using a remote control device

Obsessive Wardrobe Change Disorder (OWCD):

incessant changing of clothing before a planned event

Traffic Light Anticipation Disorder (TLAD):

those who think red lights indicate the driver should allow their vehicle to slowly creep forward into the intersection, sort of like a green light, but in slow motion

Repetitive Pocket Searching Syndrome (RPSS):

repeated searching of one's own pockets following the misplacement of some small item

[Visit Dr. Mercola's Website](#)

Low-Fat Diet Won't Stop Cancer or Heart Disease

The largest study ever to ask whether a low-fat diet reduces the risk of getting cancer or heart disease has found that the diet has no effect. The \$415 million federal study involved nearly 49,000 women ages 50 to 79 who were followed for eight years. In the end, those assigned to a low-fat diet had the same rates of breast cancer, colon cancer, heart attacks and strokes as those who ate whatever they pleased, researchers are reporting today.

The study, published in the recent issue of The Journal of the American Medical Association, was not just an ordinary study, said Dr. Michael Thun, who directs epidemiological research for the American Cancer Society. It was so large and so expensive, Dr. Thun said, that it was "the Rolls-Royce of studies." As such, he added, it is likely to be the final word.

The results, the study investigators agreed, do not justify recommending low-fat diets to the public to reduce their heart disease and cancer risk. Given the lack of benefit found in the study, many medical researchers said that the best dietary advice, for now, was to follow federal

should notice an increase in energy levels. 7. Relief from ulcers. (Digestive enzymes help with ulcers in two ways. First, they help digest so much of your meal during the 40-60 minutes of predigestion that your body requires less acid in the actual digestion phase. This means that taking digestive enzymes will help lower the levels of acid in your stomach. (Those who suffer from chronic low levels of acid need not worry. Digestive enzymes supplements help here too by breaking down so much food in the predigestion phase that less acid is actually required. And over time, decreased demand results in increased reserve capability.) A CAUTIONARY NOTE: There is one concern when using digestive enzymes with ulcers -- and that's if you have a severe existing ulcer. What happens is that the protease can actually begin to digest severely damaged stomach lining tissue. This can cause noticeable discomfort for several days. To avoid this discomfort, if you have a severe ulcer, start with small amounts of the supplement with your meals and build up

guidelines for healthy eating, with less saturated and trans fats, more grains, and more fruits and vegetables.

Although all the study participants were women, the colon cancer and heart disease results should also apply to men, said Dr. Jacques Rossouw, the project officer for the Women's Health Initiative. Dr. Rossouw said the observational studies that led to the hypothesis about colon cancer and dietary fat included men and women. With heart disease, he said, researchers have found that women and men respond in the same way to dietary fat.

Case in Point: The general, traditional medical consensus is NOT always right! Don't be so trusting. Question your doctors. Studies are flawed. And most importantly, look at the WHOLE picture. When it comes to your health, it can't be just about vitamins. It can't be just about diet. It can't be just about the genes. It CERTAINLY cannot be just about lab results. And it can't be all about results from one single study. I'm proud to say that my patients are MUCH healthier than the general population, and therefore, cannot be measured against the general population. Those of you out there relying on double-blinded, placebo-yada, yadas, should dig deeper. My mentor, Dr. Steven Hotze, will tell you 'the proof is in the pudding'.

Sincerely, Dr. Mila McManus

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slowly.

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