

Greetings!

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## Wellness Night Out, September 12th, 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 September 12th, 6:00 pm - 8:00 pm.** Our guest speaker will be Leonard Bohanon, Ph.D. Dr. Leonard Bohanon is a psychologist practicing at the Woodlands Family Institute. Dr. Bohanon has been treating eating disorders for over 25 years. He is an Assistant Professor and director of the graduate psychology program at the Houston campus of Our Lady of the Lake University. He is also on the faculty of Houston Galveston Institute, an internationally known post-graduate training center for family therapy. Dr. Bohanon emphasizes working with clients in a collaborative way individually tailored to the client's needs, goals, and desires. In addition to the collaborative focus, Dr. Bohanon emphasizes approaches that are holistic and include a focus on integrating mind and body for wellness. **(See his article below on "Eating and Wellness" below)**

Vino 100 will provide a variety of wines again and will take

## Supplement of the Month - Aloe Vera



Aloe Vera is most commonly known for its topical use on minor burns, cuts and skin irritations. It is also found widely in many cosmetic products. But aloe vera has many healing properties beyond external use.

Aloe Vera's primary benefits include promoting digestive health, supporting a healthy immune system, anti-inflammatory

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](mailto:admin@TWIHW.com) or calling toll-free (866) 680-9355.**

## Next Special Event at the Egg and I, Sept 18



**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 8:00am, and discussion starts at 8:30am. 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, Reserve your seat today (space is limited) by calling toll-free 866-680-WELL (9355).

activity, and healing within the digestive tract. It contains mucopolysaccharides (basic sugars) that are found in every cell in our bodies. Along with that, Aloe contains many nutrients, seven essential amino acids and fatty acids.

Aloe has been shown to help with Crohn's, IBS, arthritis, constipation and diarrhea, soothing the gastrointestinal tract and improving circulation.

The effects of taking aloe vera juice are gradual and with no irritation or harmful side effects. It is a natural healer, aiding in healing of ulcers or lesions in the intestinal

- Tuesday, September 18, 2007
- 8:00am- 11:00am
- Location: The Egg & I
- 1644 Research Forest Dr., Suite 100
- The Woodlands, TX 77380

[Contact Us](#)

## Sedona Fitness for Women Joins Forces with TWIHW



The Woodlands Institute for Health & Wellness is excited to announce that Sedona Fitness for Women will be providing fitness consultations for our

comprehensive wellness program. Sedona Fitness for Women is owned by John and Shari Roberts. They started The Woodlands location which is on Research Forest Drive.

Sedona Fitness offers an upscale fitness environment with something for every woman, no matter what fitness level she is at. At Sedona they believe that today's women want more than just a place to workout. Sedona women's only fitness club offers an environment with a spa-like look and feel that accents and is congruent with, their many different services and amenities.

Sedona offers circuit training, classes, cardio machines, weight training, and personal trainers to guide you through your workout program. The personal trainers at Sedona can tailor a fitness program for you based on physical limitations or to target specific problem areas. They are also knowledgeable in nutrition and supplementation, able to offer advice in those areas to enhance your health and well-being.

Along with great workout programs, Sedona also has several other amenities to offer. These include comfortable locker rooms with showers, tanning beds, a kids corner, spa area with massages available, and FAR infra-red saunas.

We are excited to be able to offer Sedona Fitness consultations to our patients. Sedona will provide a one hour consultation, which the patient can set up in advance. This consultation is based on

tract or stomach. It also helps detoxify because it helps break down impacted food residues and cleanses the colon. This can result in the relief of symptoms, including bloating and pain.

Digestive health is one of the most important factors in our overall health. Add aloe vera as part of your daily supplementation and see if you start feeling better and seeing some of your symptoms relieved.

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

### Quick Links...

[Learn about Glyconutrients](#)

[Test Yourself for Hormonal](#)

the patient's needs, whether that is a trial work out or just meeting with one of the personal trainers to work on a fitness plan.

If you are currently a patient of Dr. Mila McManus and have not had your fitness consultation yet, please come by the office and pick up your Sedona voucher so you can set up your consultation with them today!

## Recipe of the Month - Yeast Free Sorbet

You can have those cold summer treats without the guilt. Cool yourself down from the summer heat with a tasty, yeast-free sorbet.



### 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.

*You can find more delicious, yeast-free recipes in our Yeast Detox book.*

## Fit Fact - Eating For Fitness

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## Be aware of how and what you eat!

- Avoid overeating. Eat only when hungry and just until you're full.
- Moderation! Eat a variety of foods that you enjoy, but watch serving sizes.
- Eat slowly and chew your food well. This allows you to realize you are full before you overeat.
- Don't automatically have second helpings, unless it's a low-calorie vegetable or fruit.
- Decrease your fat and sugar intake and your caloric intake will likely decrease.
- Eat in a relaxed environment. It takes about 20 minutes after you begin eating for your mind to realize that you are full.



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

[For More Information.....](#)

## 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](#)

## Food For Thought: Eating & Wellness



Wellness is about a coordinated effort of mind, body, and spirit. Your attitudes about things like food, eating, body image, and exercise can either enhance or interfere with your wellness goals.

In working with people with eating disorders, we often see eating attitudes and behaviors that make it impossible to be healthy. Some common examples of disordered eating behaviors include things such as:

- Basing decisions on what to eat, when, and how, entirely on external cues
- Bingeing
- Starvation
- Compensating for food intake in unhealthy ways, including: vomiting, compulsive exercise, use of laxatives, diet pills and diuretics, basing one's self-evaluation on their weight, size or eating patterns.

However, even before a person's behavior reaches the proportions that can lead to the diagnosis of an eating disorder, eating behavior that is distorted can still lead to health problems and interfere with a person's emotional and physical wellness. In distorted eating, we see the same types of eating behaviors in less extreme forms. Some examples:

- Moderate use of external cues to control eating - counting calories or fat grams and avoiding certain "forbidden" foods (especially if you like them!)
- Occasional food "binges" created by avoidance and partial starvation
- Compensating for perceived "excesses" with: periods of starvation or restriction and extra exercisedictated by food intake ("torturecise")
- Basing one's self-evaluation partially on weight, size, or eating patterns

Therapists working with eating disorders have long understood a terrible paradox that appears in eating disorders. Individuals who engage in eating disorders are almost always trying to ultimately achieve some positive goals. For example, they may be trying to improve their health, or make themselves more attractive, or help deal with emotions (we will cover this topic a little later). The terrible paradox is that in almost every case, the very behavior in which a person engages to try to meet these goals eventually backfires and makes the same problem worse! Sometimes, but not always, disordered or distorted eating behaviors work temporarily (other times they don't work at all). But in almost every case, they eventually backfire. Disordered and distorted eating leads to: poorer self esteem, more problems in relationships, reducing how appealing or attractive someone is, poorer health, and makes emotional issues worse. It is important to know that the negative

effects of disordered or distorted eating are not due to not having enough willpower or not trying hard enough. In fact, the reverse may be true! The problems created by distorted or disordered eating (including dieting for weight control) are simply byproducts of how your mind and body react to negative ideas about food, eating, and body size and shape. Trying harder often just means making it even worse.

**Eating and Emotions** - Most people have had the experience of eating when stressed or emotionally upset. Two basic things set us up for an increase in emotional eating. These are: (a) trying to use food to satisfy emotional needs, and (b) not eating enough in general so we are often hungry. One can think of our appetites for food and our emotional needs as two separate "fuel tanks" . No amount of food will ever fill the emotional tank! The most we can hope for is that a full belly, often too full (but sometimes too empty), will temporarily numb the sensation. Anytime food works as a temporary relief to an emotional need, the emotion returns relatively soon, often with increased intensity. Emotional needs require emotional remedies. All too often, self esteem, especially for women, is tied to the ability to deprive oneself of what one needs! To quote Dr. Ann Kearney-Cooke, "putting your own needs first at times isn't selfish; it's necessary to give you the physical and emotional stamina to be there for those you care about." To feel satisfied, we have to have enough! Deprivation does not help. This includes making sure we eat enough. Scrimping on meals (especially for emotional reasons, such as guilt; or to compensate for eating "too much" at another time) sets up a combination of an emotional and a physical need for food. This combination can easily lead to an episode of out-of-control emotional eating. Again, this is not a question of control or willpower; that "weakness" is a direct byproduct of deprivation!

**Healthy Eating and Exercise** - Wellness is a direct byproduct of healthy eating attitudes, eating behaviors, and exercise patterns. Scientific research on health, exercise, and eating indicates that eating healthy foods (not dieting for weight control!) and getting enough exercise is far more important for health and wellness than controlling one's weight. In a nutshell, healthy eating is eating that is directed by your own internal cues of hunger, fullness, and satisfaction. Sometimes, after years of distorted or disordered eating (including weight loss diets), this process may need to be relearned. Learn how to tell when you are hungry for food and when your hunger is for something else. Learn how to tune in to your body to be able to tell when you have had enough. Learn that you can sometimes eat purely for pleasure or to help feel connected.

Healthy exercise is exercise that is reasonable, enjoyable, and sustainable. Focus on what kind of activity you actually enjoy doing. Find that spirit, most often present in children, of moving your body because you like how it feels! Give up using exercise to compensate for overeating or as punishment ("torturecise"). Avoid perfectionism

or "all-or-nothing thinking". Finding reasonable and enjoyable types and levels of activity will help you to keep being active and creates a positive cycle (as opposed to a negative cycle) of health and activity.

Your emotions may be the most important element in the whole process. Positive change is almost always the result of encouragement, self acceptance, and self love; not the result of criticism, self denial, and punitive self control. Understanding and accepting that you already are the best you can be today, is what makes it possible to work energetically and constructively for a better ("weller!") future!

By Dr. Leonard Bohanon, Ph.D.

## **TWIHW Introduces Our New Physician Assistant**

The Woodlands Institute for Health & Wellness is excited to introduce our newest member of the team, Sandra Caldwell, PA-C. Sandra graduated from UTMB Galveston in 2001 as a Certified Physician Assistant. She is a member of the American Academy of Physician Assistants, Texas Academy of Physician Assistants and Texas Gulf Coast Physician Assistant Association.

Sandra's prior clinical experiences include orthopedics, ENT, allergy, and a sleep disorder clinic. Before she began working as a PA she worked in the Biotechnology field in Cancer and Gene Therapy research. TWIHW will benefit greatly from the knowledge she brings to our practice and we know her previous experiences in the medical field will allow her to better serve our patients' needs. Sandra stated, "*I have always had a personal interest in health and wellness and have always tried to make it a priority. Now, I can incorporate my personal beliefs and love of healthcare to better serve my patients*".

Sandra lives in the Conroe/Woodlands area. She is the owner of 3 horses and 3 dogs. Outside of practicing medicine she loves being outdoors, spending time with her friends and family. She loves to travel and even started her own online travel business. Sandra also serves on the Board for [My Service Dog, Inc.](#) It is an organization that fulfills the need for Service Dogs in and around the Houston area.

As Sandra joins our team, Rachel Cushing, PA-C, our current PA will be leaving to join her husband in Nebraska. Rachel will stay on with us, just in a lesser capacity. She has been a wonderful asset and we are sure she will be a blessing to her new patients in Nebraska.

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