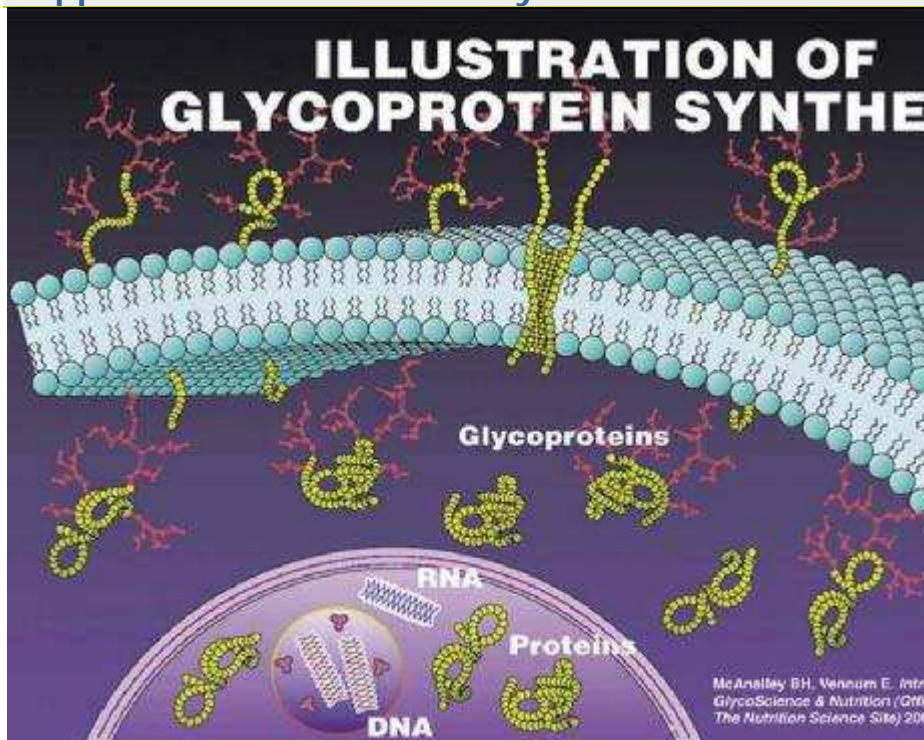


Greetings!

IN THIS ISSUE

- Allergy treatment with sublingual drop therapy
- Supplement of the Month-Glyconutrients
- Spring Back to Life!
- Fitness Factoid
- Recipe of the Month-Yeast Free Brownies
- Testimonial of the Month
- Our New Office

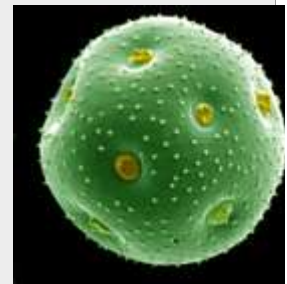
Supplement of the Month-Glyconutrients



We all know by now that we should supplement our diets with vitamins (even though most of us still do not). And in recent years, essential fatty acids (e.g., fish oil, flaxseed oil) have been added to the list of important supplements. Well, now there's an emerging science called glycobiology, and evidence is mounting that we should all be supplementing our diets with essential sugars called glyconutrients. (Glyco=sugar).

It has been discovered that glycoproteins (proteins with sugar

**Allergy
treatment
with
sublingual
drop therapy**



The Woodlands Institute for Health & Wellness is now offering allergy testing and treatment with sublingual drop therapy. Many insurance companies reimburse up to 100% for these services. Sublingual drop therapy is safer, more convenient, and usually less expensive than traditional treatment with allergy shots. Oh, and of course, it's painless.

'Tis the season for hay fever. Pollen, pictured above, is a common cause of spring time allergy symptoms.

molecules attached) are necessary for proper cell function and communication. Every cell in your body has glycoproteins on it. There are over 200 sugars (carbohydrates) that have been discovered, but only 8 of them are incorporated into glycoproteins. Unfortunately, it's also been discovered that our typical, modern-day diets readily contain only 2 out of these 8 sugars.

The race to unlock the 'sugar code' of life and healing has become top priority for major research universities and pharmaceutical companies. Four out of the last eight nobel prizes in physiology have been awarded to scientists studying glyconutrients and how they work in the body. Studies confirm that these biologically active sugars

- dramatically raise the number of certain immune cells to fight infection
- act as antioxidants
- protect the body against toxin and pollutant exposure
- slow premature aging
- decrease inflammation in diseases like Rheumatoid Arthritis
- help immune cells recognize invaders due to a mutual 'sugar exchange' of information
- and enable cellular components to stick to each other initiating the right reactions

The implications here are enormous. Could this be the real missing link to good health? I've been researching glyconutrients for several months now and find the information fascinating and logical. I've heard testimonials from people ranging from a burn victim who didn't scar, to several terminal cancer patients who are now cancer free, to people with severe auto-immune disorders who are now in remission. There was even a study conducted on 100 Alzheimer patients staying at an adult day care facility. At the end of six months, 61 of these patients were able to function at home. The researchers decided to continue the other 39 patients on a higher dose of the glyconutrients. The results are not available yet.

Some of these essential sugars are found in fruits and vegetables. Unfortunately, more than 90% of us do not consume the daily recommended amounts of produce. Moreover, the produce that we do eat is nutrient-deficient due to depleted soil and modern harvesting practices. These essential sugars can also be found, to some degree, in fresh aloe vera, kelp, and certain mushrooms. Doesn't sound to me like a very fulfilling diet! Well, there is a company called Mannatech that sells a patented product called Ambrotose, made up of the 6 essential sugars that are missing from our diets.

Ambrotose is safe for all ages. It's considered a dietary supplement, just like vitamins. This supplement can be taken as a preventative, or can be used therapeutically for various disease processes. If you would like more information about this product, or would like to

Allergies affect 40 to 50 million people in the U.S. If you are one of these people, you might want to consider treatment with sublingual drop therapy. All it takes is a few drops under the tongue once daily. Most patients require 12 to 24 months of treatment before being reevaluated for need. Combined with dietary counseling and a good vitamin regimen, this type of definitive treatment for allergies is quite effective. In fact, allergy shots have been outlawed in the United Kingdom due to safety concerns, so sublingual drop therapy is exclusively used there.

Antihistamines, decongestants, and nasal steroid sprays are big business in America, and these remedies only mask the symptoms of a deeper underlying problem, namely immune malfunction. Allergy shots are

order it, please call us at 866-680-WELL and we'll get you in touch with a consultant.

[Learn More About Glyconutrients and the Immune System](#)

Spring Back to Life!



Feeling blue? Got allergies? Pain setting you back? Fatigue keeping you from enjoying life?

Well, it's Spring time and it's About time you take control of your health. We want to help you spring back to life!

[Contact Us](#)

Fitness Factoid

For most of us non-competitors, it is music to our ears to hear that shorter (but intense) workouts can reap the same benefits as a longer workout. A university of Glamorgan study in South Wales found that people who spend hours in the gym could be wasting their time. Researchers found exercisers who performed one series of strength training exercises two times per week were just as fit as those who performed three sets of same exercises three times per week-The results prove that it is counter productive to spend hours at the gym. A shorter, less frequent, but more intense workout can achieve the same results!

effective for many people, but can cause serious or fatal reactions, are not tolerated by some people, they are painful, and require countless trips to the doctor's office.

Sublingual drop therapy has traditionally been discounted by allergists, alleging that they are not as effective as shots. I'm suspicious that this is, at least partially, financially motivated. Moreover, a recent article was published in *Family Practice News* stating that sublingual immunotherapy is gaining recognition by leaders of the American academic societies, and that the topic of sublingual drop therapy was prominently featured at the most recent annual meeting for The American College of Allergy, Asthma, and Immunology.

Let's discuss variables. Why is it that some

Recipe of the Month-Yeast Free Brownies

2 cups almond meal-flour (ground almonds), 1/2 cup organic cocoa (HEB bulk), 3 eggs, 2 tsp baking powder, 2 tsp natural vanilla, 1 cup Xylitol, 1/4 cup Coconut Oil

Blend all ingredients until smooth. Pour into a glass baking dish that has been sprayed with pam for baking. Bake at 350 degrees. YUMMY!!!!!!!!!!!!

Recipe by our fitness consultant Melissa Langton

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

Testimonial of the Month

Being a big believer in prevention the wellness program really grabbed my interest. Knowing that my body is made of three very distinctive parts, mind, body, and soul, it soon became apparent to me that I was focusing so much attention on my quest for knowledge and wisdom that I was allowing my body to become neglected. Just like a new automobile can have state-of-the-art equipment, we all know that it goes nowhere without fuel. Discovering Dr. Mc.Manus' Wellness Program has become such a blessing to me. I have to be honest that when first starting the program a year ago it sounded too good to be true. Now that I have been active for a year I can testify that my energy level is greater, I haven't had cold or sinus issues, and I sleep more soundly at night. However, the greatest part of the program is having a doctor that is accessible and holds me accountable. Dr. McManus listens, cares, and provides a personalized program designed just for you. I am very pleased and thankful that I have found this wonderful way to gain good health. My sincerest thanks to all that are involved in such an outstanding program.

Debbie B.

Our New Office

people respond to certain treatments, while others do not? Why is it that many people develop diseases, while precious few live with a great quality of life until they are 100 years old? The answer is VARIABLES. These variables include genetics, diet, lifestyle, environmental exposures, luck, and many other unknown variables. Genetic predisposition gets blamed far too often in my opinion. I often tell my patients that genetic predisposition does NOT equal fate. I believe that nutrition, or lack thereof, plays THE major role with respect to most, if not all, diseases. The body has an amazing ability to heal itself if treated properly and given the appropriate and necessary nutrients. Any one single vitamin deficiency can cause the immune system to break down. My point is this: Instead of masking your allergy or asthma symptoms with



We are excited to announce that we will soon be moving into Avante Laser & Medispa located at the corner of Pinecroft and Research Forest Dr in The Woodlands, TX. Our transition will occur over the next 6 to 8 weeks as space is being built out to accommodate us. We will still be offering house calls, however, we will have office hours at Avante on certain days (to be determined), and we will be performing allergy testing at this location. Avante medispa is a lovely facility with a relaxing atmosphere. We will make another announcement when the transition is complete.

prescription drugs which will never cure the problem, consider definitive treatment with a combination of sublingual drops, nutrition, and/or hormonal balance. As I am a wellness physician, I know what works, and I know that combined interventions work better than any single intervention. I speak from experience. I suffered with allergies and eczema since age 5, and suffered through years of allergy shots, creams, prescription drugs, and acupuncture. When I started the wellness program, I was on a daily double dose of a commonly prescribed antihistamine and nasal steroid spray. It only took 2 months to be off these medicines completely.

You don't have to suffer any longer.

[For More Information...](#)

[Quick Links...](#)

[Test Yourself for
Hormonal
Imbalance](#)

[JUICE PLUS](#)

[Visit Our Website](#)

Our Sponsor

[Avante Laser &
Medispa](#)

**Join our mailing
list!**

Join

email: mmcmanus@twihw.com

phone: (866)680-WELL

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