

Greetings!

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Healthy Eating Tips & Recipes for the Holidays



Happy holidays! 'Tis the season to celebrate and celebrate we do." "Eat, drink and be merry!" Does this sound familiar? Unfortunately for those of us on a whole-food, no-sugar eating plan, holiday eating can be frustrating. Here are some tips to help you stay on target during the season:

- Eat before the party. Going to a party hungry spells disaster.
- Take a vegetable tray or program-approved food with you to the party so there will be food present if you need a snack.
- Abstain from alcohol. "There is a pork chop in every can," means the calorie intake is equivalent. Alcohol is empty calories and a bunch of them. (At least with a pork chop, you are getting some protein.)
- Prepare your plate with one half the portions you usually eat. If after 30 minutes you are still hungry, get a little more. You will be amazed at how little food really does satisfy your hunger.
- Eat protein first. Protein will send a signal to your brain that you are full faster, thus preventing over-indulgence.
- Plan, prepare, plan, prepare. Have healthy food on hand at all times so if you get struck by the "snack bug" you can resist the temptation and make a healthy choice. Better yet, stock your fridge and

Supplement of the Month - Xylitol



Throw out the sugar and artificial sweeteners. There is a sweetener that is beneficial to your health! Xylitol, a sugar alcohol found mainly in fruits and the bark of the birch tree, tastes and looks like sugar. Xylitol is all natural and is used by our bodies in everyday metabolism. It is not foreign to our bodies because we produce up to 15 grams of xylitol each day. It has been approved by The World Health Organization and the FDA for use as a food additive.

Unlike sugar, xylitol has a low glycemic index and is metabolized slowly, preventing blood sugar levels from rising and falling rapidly. This makes it a safe sugar for individuals with diabetes or hypoglycemia. It also has 40% fewer calories than sugar, making it

- pantry with only healthy options.
- If it comes in a box, bag, or wrapper stay away. If there are ingredients listed that you cannot pronounce, don't eat it!
- Lastly, increase your exercise during the holidays. Go to the mall more often but park further away. Buy a lot so you will build muscle mass by carrying a bunch of bags back to the car. Muscles burn calories!

I hope your holiday season is blessed. Happy eating!

Here are some healthy versions for some of our favorite Thanksgiving Day dishes to help you stay on track!

Yeast-Free Sweet Potatoes

4 - 5 pounds sweet potatoes
 (Estimate 1 pound of potatoes for every 3-4 servings)
 ½ cup butter
 3 T xylitol
 2 tsp cinnamon
 Peel and quarter the potatoes. Cook covered in a small amount of lightly salted boiling water for 20-25 minutes or until tender. Drain and then mash or beat with a mixer. Add butter, Xylitol, and cinnamon. Place in a buttered casserole dish and bake at 350 F for 30 minutes or until slightly brown. May also mix in and/or top with 1 cup crushed pecans. *Recipe submitted by Bernadette H.*

Happy Green Beans

2 cups chopped green beans
 2 T olive oil
 2 tsp brown or black mustard seeds
 A few red pepper flakes
 2 tsp lemon juice
 2 T chopped cilantro
 ½ tsp turmeric
 1 tsp minced ginger
 1 tsp black pepper
 sea salt to taste
 2 T sesame seeds
 4 T fresh grated coconut (or unsweetened coconut flakes)
 Steam the beans for 10 minute. In a non-stick pan, heat the olive oil. Add the mustard seeds. As the seeds start popping, add the beans, turmeric, minced ginger, lemon juice, salt, black pepper and red pepper flakes and sauté for a few minutes. Beans should be tender but not mushy. Reduce heat to low. In another pan, toast the sesame seeds for a few minutes until they turn light brown. Transfer beans to a serving dish. Top with the sesame seeds, grated coconut and cilantro.

ideal for someone on a low calorie diet or trying to lose weight. It is acceptable on a YEAST FREE eating plan because it does not feed intestinal yeast.

Xylitol has other benefits. It aids in preventing sinus and ear infections and tooth decay. Xylitol is one of bacteria's natural enemies. Bacteria attaches to the membranes of the nose and throat, causing infections. When xylitol is present, these bacteria are unable to adhere to these membranes. This prevents them from being able to grow and become infectious. Antibiotics can leave resistant bacteria behind, but xylitol merely flushes all bacteria away.

Xylitol is non-habit forming. Bacteria do not build up a resistance to it. A xylitol nasal wash is safe for infants to adults. There has been a high percentage of success in reducing ear infections in children by using xylitol, not only while the child is experiencing an ear infection, but also as a preventive measure.

Xylitol is increasingly being endorsed by dentists because of its ability to fight cavities and plaque. Xylitol

Asparagus Quiche

8 slices of bacon cooked and quartered
1 tsp salt (in water for cooking)
½ tsp mustard
¼ tsp nutmeg
4 eggs
1 ½ cup Silk creamer
1/8 teaspoon salt (or more to taste)
Dash of pepper
1 almond flour pie crust (recipe below)
½ pound fresh or 2 packages 10oz frozen spears
Wash asparagus; discard white portion. Scrape ends with a vegetable peeler. Save 12 spears for decorating. Cut the rest of the spears in ½ inch pieces. Cook asparagus in boiling salted water until tender. If using frozen spears use 1 cup water to 2 boxes of frozen spears. Simmer covered for 5 minutes or until done. Drain and rinse in water. Prepare pie crust for 11 inch pie plate. Flute edge. Refrigerate. Preheat oven to 375 degrees. Sprinkle bottom of pie shell with bacon and asparagus. Beat eggs with cream and spices until blended. Pour egg mixture into pie shell and arrange asparagus spears on top in a spoke fashion. Bake 40 minutes or until puffy and golden. Serve warm. *(Inspiration for this recipe comes from The Cotton Country Collection Cookbook.)*

Pecan Pie

1 ½ cups Xylitol
1/2 tsp sea salt
1/2 cup melted butter, unsalted
1 tsp vanilla
3 eggs, slightly beaten
1 cup crushed pecans
1 cup of pecan halves
Almond pie crust shell (recipe below)
Preheat the oven to 350 F. Combine the xylitol, salt, melted butter and vanilla; and mix well. Add the slightly beaten eggs and mix. Fold in the crushed pecans. Pour into a 9 inch almond pie crust shell. Cover with the pecan halves (arrange in a pretty design) and bake in a preheated oven at 350 F for 45- 55 minutes. Best if eaten same day. *Recipe submitted by Bernadette H.*

Pumpkin Pie

1 cup Xylitol
1 ½ -2 cups pumpkin
1 T almond flour
2 eggs (separated)
1 tsp cinnamon
½ tsp ginger
¼ tsp cloves
¼ tsp allspice
1 tsp salt

creates an unfriendly environment for bacteria, preventing them from sticking to teeth. In clinical studies, it has been shown to reduce instances of tooth decay by 80%. To see best results, you should use xylitol 3-5 times per day. You can use the sweetener, xylitol sweetened gum and candy, xylitol toothpaste and mouthwash. Chewing xylitol gum after a meal is an excellent way to reduce plaque build up.

Neither sugar nor artificial sweeteners can benefit you like xylitol can. In fact, those are detrimental to your health. The only potential side effect of using xylitol in the beginning is that it may have a laxative effect if you start with too much. If that happens, you simply reduce the amount and slowly build up a tolerance. When you weigh that against the potential hazards of using sugar or artificial sweeteners, the obvious choice is clear.

Wouldn't you love to have the taste of sugar while enhancing your healthy lifestyle? Put the sweet back in your life the right way, the xylitol way!

Xylitol can be found at some specialty grocers,

1 ½ cups soy creamer
2 T butter

Almond pie crust shell (recipe below) Mix all ingredients together well except the soy creamer, egg whites & butter. Beat egg whites until stiff and set aside. Heat the soy creamer and butter until the butter melts and then mix into the pumpkin mixture. Then, fold beaten egg whites into the pumpkin mixture. Pour into a half-baked pie crust shell. Bake at 450 F for 10 minutes, then at 350 F for 45 minutes. Serve with whipped cream (made from the soy creamer). *Recipe submitted by Bernadette H.*

Almond Pie Crust

2/3 cup coconut oil
¼ cup water
1 tsp. sea salt
2-2 ¼ cup almond flour

Mix above ingredients together and then roll out onto wax paper with a small amount of the almond flour to prevent sticking. Since the almond flour is not as porous as wheat flour, you may need to press it into the pie plate. Crimp edges. If needs to be half-baked, then bake it at 400 F for 6-8 minutes. *Recipe submitted by Bernadette H.*

Chewy Almond Cookies

2 cups almond flour *
1 cup Xylitol
½ cup chopped pecans
1 teaspoon baking soda
1 teaspoon baking powder
¼ teaspoon all spice, more or less to taste
¼ teaspoon cinnamon, more or less to taste
1 teaspoon vanilla
1/3 cup coconut oil
2 eggs

Mix all ingredients by hand or in a food processor. Spoon out on cooking sheet lined with parchment paper. Bake for 10-12 minutes at 375 degrees.

*Almond flour can be made by putting 3 cups blanched sliced almonds in a food processor and processed until smooth.

**WELLNESS EXPO
2008**

pharmacies, health food stores. We also carry it in bulk and in packets at our office.

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The Woodlands Institute for Health & Wellness is proud to announce Wellness Expo 2008 on Saturday, February 2, 2008 at The Woodlands Waterway Marriott Hotel from 9am to 4pm.



The Woodlands Institute for Health & Wellness is an innovative medical practice bridging the gap between traditional and

holistic medicine. We believe in getting to the root causes of our patients' problems and not just merely treating their symptoms. As the "wellness" industry has exploded, most of the general public is left feeling confused, overwhelmed, or simply left in the dark. The Wellness EXPO was born out of the idea to help educate the public about taking better care of themselves physically, mentally, financially and spiritually. Wellness goes beyond the walls of our medical practice and into every aspect of a person's life.

Our mission for the Wellness EXPO is to educate the public about the alternative and complimentary ways to improve health and overall quality of life.

If you would like to join us at the Wellness EXPO 2008 please [Click Here to Register.](#)

For information on being a volunteer or an exhibitor for Wellness EXPO 2008, please contact Janice Swan at 281-298-6742 or email jswan@TWIHW.com.

Super Suppers Yeast-Free Menu for November



We are happy that so many of you have discovered the convenience of choosing 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 November include:

- Asian Salmon
- Chicken with Capers & Thyme
- Flank Steak Carne Rojas
- New Orleans Meatloaf
- Almond Parmesan Crusted Tilapia
- Sauteed Lemon Chicken with Artichokes & Asparagus

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. Stop by and ask for one of Dr. McManus' recipes to put together today!

If you would like more information about the monthly menu made especially for Dr. McManus' clients, please come by the office and pick up a flyer, or stop by Super Suppers at 3091 College Park Drive, across the street from Lowes / Wal-Mart, and ask for Cody, owner of Super Suppers, or give him a call at 936-321-4525.

The monthly menu is also posted on our website www.TWIHW.com

NO WELLNESS NIGHT IN DECEMBER

We regret that we will not be having Wellness Night Out this December. We hope you have a wonderful holiday season!

For January Wellness Night Out, Dr. McManus and her staff will be discussing how to get back on track after the holiday! We hope you can join us.

Fitness Fact of the Month - Stay Active to Help Control Holiday Stress

During a busy holiday season, it is easy to neglect our normal exercise routine. While this is understandable, you should realize that **walking for only 20 minutes** can restore lost energy and lift the spirit.



Exercise enhances **feelings of well-being** and **reduces depression and anxiety**. It **improves our ability to handle stress**, which is why it is so important to work some exercise into a packed schedule. Exercise also promotes a **good night's sleep**, something we need at this time of year.

You don't need to engage in a strenuous fitness program to reap the benefits. **Moderate exercise is better for improving mood than excessively long, strenuous workouts**. Walking for 20 minutes three to five times a week can reap physical as well as mental benefits in a relatively short time. Begin at your own pace and eventually build up to 45 minutes of walking. The idea is not to overdo it, but to start slowly and go at a comfortable pace.

The new year is fast approaching. Vow to treat yourself right this holiday season and on into the new year. That's right -- get moving!

Excerpt from article by Tami Coyle from Colorado State University

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.

TWIIHW 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](#)

HOLIDAY OFFICE HOURS

In observance of the Thanksgiving Holiday:

Wednesday, November 21st: Office closes at 2:00 pm

Thursday, November 22nd - CLOSED

Friday, November 23rd - CLOSED

Office will re-open 9:00 am on Monday, November 26th

Holiday Office Hours:

December 24th: Office open 9am - Noon

December 25th: Office CLOSED

December 26th: Office open 9am - Noon

December 27th: Office open 9am - Noon

December 28th: Office open 9am - Noon

December 31st: Office open 9am-Noon

January 1st: Office CLOSED

Office will resume normal hours on Wednesday, January 2nd

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