

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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**SUPPLEMENT
OF THE
MONTH:
Quercetin**

Quercetin has been found to powerfully stabilize mast cells, helping to prevent stress-induced anxiety and allergic reactions. A chain of recent discoveries helps to place the significance of these discoveries into context, with far ranging implications for human health and improved nerve tolerance for managing stress.

One study shows that stress itself is adequate to begin the migration of immune cells towards your skin, as if preparing to deal with a wound or infection - clearly an evolutionary strategy wherein stress typically implied injury of some type. Another new study shows that stress turns up the volume knob on mast cells, priming them to release inflammatory chemicals that are typically involved with allergies, asthma, skin

NEXT WELLNESS NIGHT OUT WED JAN 14, 2009: Fitness, Start The New Year Off Right!



No Wellness Night for December.

The Woodlands Institute for Health & Wellness will be hosting Wellness Night Out. This event is free and open to the public (RSVP requested). We are excited about this monthly event which takes place the 2nd Wednesday of every month. Each month we feature a different topic with guest speakers and/or screenings to offer.

Our next Wellness Night Out will be Wed. January 14th, 2009, 6:00 pm - 8:00 pm. Core Fitness and Sedona Fitness for Women will be speaking on fitness. Not sure how you want to get in shape for the

new year? Come to Wellness Night and get inspired! Hear about various ways you can incorporate fitness into your business schedule. More details to come...

HAVE A WHITE CHRISTMAS!



Have a White Christmas!

Brighten your smile in 15 minutes with our holiday special for only \$99 (reg. \$159)!

Spa White treatments combine a number of innovations to bring you fast, comfortable and effective smile rejuvenation without the hefty price tag associated with other professional whitening systems. Using

conditions, and digestive problems. Furthermore, the communication coming from mast cells feeds back to nerves and modulates behavior through a sense of anxiety. Mice bred with no mast cells have no fear, and thus boldly venture out and are easy prey.

It should also be pointed out that irritants besides stress can also activate immune cells, causing skin problems or other allergy reactions on mucosal surfaces (like your lungs or sinuses). A case in point is an overgrowth of Candida in your digestive tract, whose allergic by-products are now associated with asthma and skin problems. Such issues invariably involve excessive mast cell activation.

This data paints the clear picture that stress, behavior, skin problems, and other allergy issues are linked with mast cells sitting as a modulator. Problems occur when the mast cells are primed and set in an over-reactive mode. This means that a common stimulus, such as a moderate amount of stress, could trigger anxiety, allergic reactions, sneezing, or in more advanced situations could lock in chronic skin or breathing problems.

A natural way to help stabilize mast cells can help them calm down and behave more appropriately, rather than having a subconscious saber-tooth tiger at the door. While many nutrients found

narrow bandwidth light and a number of patented technologies, Spa White is the ideal way to boost the brilliance of your smile in 15 to 30 minutes.

White Ice is specifically designed to keep teeth white, and get white teeth even brighter. It's packaged in a convenient, easy-to-use lipstick tube that has its own built-in mirror. Holiday special is \$49 (reg. \$59)

Make your appointment today by calling (281) 298-6742 or email admin@TWIHW.com.

CHILDREN GIVE "WINGS" TO A HOPEFUL CHARITY



Life's Images Photography is excited to announce the arrival of the Hope Calendar for 2009! Inspiring all of us to hope, this year's calendar is themed "Wings of Hope", and ALL profits from calendar sales are being donated to Montgomery County Women's Center!



A great (and affordable) gift item for the holiday and new year... adorable children from the greater Houston area are featured each month wearing wings to make up a stunning and truly inspiring calendar. There is likely a child from your neighborhood featured in one of the months!

Local families volunteered to share their little inspirations with us for a good cause... let these little faces inspire you every day! With all proceeds benefiting the women's center, calendars can be purchased for \$10 each at The Woodlands Institute for Health and Wellness or at www.hopecalendar.com or by contacting admin@hopecalendar.com directly. The website www.hopecalendar.com also has information about the calendar project and charity.

Many area businesses were generous in their support of the calendar, both with their time and their resources, and that support has allowed us to donate 100% of the profits to the women's center! Please find the listed on the website as well as the calendar and thank them for what they do!

typically in fresh fruits and vegetables are likely to help, quercetin stands out as the top nutrient to help stabilize mast cells. Of course, reducing the trigger that is punching mast cells in the nose, such as stress or Candida, will also be of help.

One study with mice showed that pre-treating them with quercetin prevented the anxiety response to experimental stress via mast cell stabilization. The researchers found that quercetin was highly protective to the nervous system. The dose used translates to 1500 mg - 3000 mg per day for a 150 pound adult. Quercetin not only prevents mast cells from inappropriately releasing irritant chemicals like histamine it also reduces the inflammatory immune system signals like IL-6 that come from mast cells and are known to talk to nerve cells (glial cells).

It is also worth noting that quercetin helps improve the overall efficiency of your immune response to combat infection. One recent study showed that quercetin simultaneously offset the effects of stress while reducing susceptibility to the flu.

Quercetin has a stabilizing effect of your nervous system and immune system primarily by modulating mast cell function. It is a great nutrient for any person prone to allergy issues, sinus problems, breathing problems, skin

FIT FACT: How To Stay Fit During The Holidays

During the holiday season, it is hard to stay in shape and keep off the extra pounds. That is probably why so many people head to the gym as part of their New Year's resolutions! With holiday parties to attend and special goodies lying around the office, it is hard for even the most dedicated health nut to avoid the extra calories that tend to rack up during this time of year. However, you can stay a step ahead of the crowd if you just follow these simple tips.



1. Stay hydrated. During the holidays, it is easy to consume more alcohol and other caloric beverages than usual. According to "Hungry Girl" Lisa Lillien, "Getting enough H2O during your meals and throughout the day is key to keeping full. Plus staying hydrated helps keep you focused, so you're less likely to make a food flub."
2. Keep track of what you are putting in your mouth. A great way to do this is by keeping snack packs in your desk drawer to snack on throughout the day. Many companies are now offering snack packs of 100 calories or less and little or no fat grams. From cookies to snack mix, there are a wide variety of snacks to choose from to give you options when your coworker offers you a sample of fudge
3. Keep walking. The holiday season is a great time to get in your extra walking miles. While many people have started shopping online, many are still heading to the mall to find the perfect present. Instead of trying to find the closest parking space, head to the back of the parking lot and use that as an opportunity to walk away some of those extra pounds! Walking while shopping also helps to burn calories, though definitely not as many as working out at the gym!
4. Eat well. I am sure that you are not spending every evening and afternoon at a holiday party! Remember to eat a healthy breakfast before heading off to work or shopping. Also, be sure to eat a healthy lunch that will give you the necessary protein you need to help stave off holiday munchies. Finally, be sure to eat a well- balanced supper. You probably would not usually eat green bean casserole for dinner, so why do it now? Steam some greens and carrots and add them to your meal of lean meat.
5. Keep your stress level down. According to the Mayo Clinic, "Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do." By allowing yourself time to relax, you will be able to focus more on the food you are eating and

problems, or digestive problems - especially when stress is an aggravator to these issues.

Article by Byron Richards, CCN

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your physical well-being.

Article obtained from eHow.com

RECIPE OF THE MONTH: Thanksgiving Pumpkin Pie

- 1 Cup Xylitol
- 1 1/2 - 2 Cups of Pumpkin
- 1 T Almond Flour
- 2 Eggs (seperated)
- 1 tsp Cinnamon
- 1/2 tsp Ginger

- 1/4 tsp Cloves
- 1/4 tsp Allspice
- 1 tsp Salt
- 1 Cup Almond Milk
- 2 T Butter



Mix all ingredients together except for the milk, egg whites, and butter. Beat egg whites until stiff and set aside. Heat the milk 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.

Delish!

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](#)

Holiday SHOPPING Extravaganza

TWIHW will be hosting a designer trunk show on December 4th from 11 am - 7 pm in our upstairs suite (Ste 280). Come, relax and buy yourself and your loved ones some unique gifts for the holidays!



We will have Amy Thedinger of **La Feu Frog**

Showcasing A distinctive collection of one of a kind signature jewelry, comprised of handcrafted pearls, semi-precious and natural stones.

And Port Merlionas

Presenting a unique and exclusive items from Argentina. **Bolu bags**, one of a kind Designer bags and **Trosman**, an upscale clothing line.

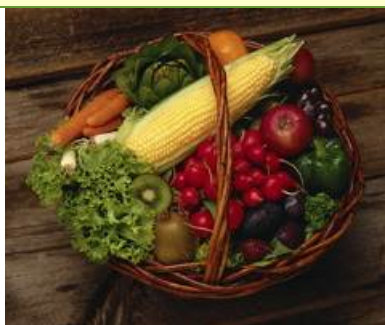
You can preview some items at the following websites

- www.lafeufrog.com
- www.bolu.us
- www.trosman.com

Happy Shopping! Please call us at 281-298-6742 if you need more information on this event.

Hot Flashes and Diet

Women can help combat hot flashes by eating more calcium-rich foods, magnesium-rich foods and foods rich in vitamin E -- like cold-pressed oils, green leafy vegetables, nuts and almonds, as well as plenty of mineral- and fiber-rich foods, like whole grains and fresh vegetables. Janet Zand, Allan N. Spreen and James B. LaValle -- authors of "Smart Medicine for Healthier Living" -- suggest women who suffer from hot flashes add sea



vegetables to their diets. "The minerals in these foods replenish

necessary electrolytes lost through perspiration," they write.

During menopause, it is also important for women to get plenty of water. "One of the best things you can do during this time is to be sure to drink plenty of quality water -- at least 2 quarts daily," writes Phyllis A. Balch, author of "Prescription for Dietary Wellness." "Drinking water replaces fluids lost to perspiration during hot flashes and can even prevent or minimize the hot flashes themselves."

Foods to avoid to prevent hot flashes

Perhaps as important as which foods women should eat to prevent hot flashes are those foods they should avoid. Many foods are thought to contribute to or worsen discomfort from hot flashes. Alcohol, caffeine, excess sugar, dairy products, meat products and spicy foods rank among the top aggravators of severe hot flashes as well as mood swings.

In Prevention Magazine's "New Choices in Natural Healing," Eve Campanelli, a holistic family practitioner in Beverly Hills, Calif., says, "Hot flashes often flare up when women drink wine or coffee, which acidifies the blood and strains the liver. One way to avoid this acidification is to cut down on these beverages and to drink more fresh vegetable juices, which counteract the effect by alkalizing the system."

Certain lifestyle changes can also help ease hot flashes. For example, regular exercise can help alleviate some women's discomfort. Also, it pays to quit smoking. According to "Natural Cures and Gentle Medicines" by the editors of FC&A Medical Publishing, "A recent study at the Baltimore Veterans Affairs Medical Center found that women who smoke have significantly more hot flashes than nonsmokers."

The good news here is that if you are a woman going through menopause, hot flashes are within your control. It may take some diet and lifestyle changes on your part, but you don't have to suffer through hot flashes and accept them as a "normal" part of that time in your life. You can fight back with food, and, best of all, the foods you eat to help curb hot flashes will benefit your overall health as well.

Article obtained from Natural News

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