

## 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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### Wellness Night Out: Wed Jan 14, 2009: Fitness, Start The New Year Off Right!



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.**

**Sedona** Shari Roberts has been a resident of The Woodlands, Texas for 22 years. Prior to owning Sedona Fitness for Women and Spa, Shari Spent 20 years in the Healthcare industry in sales and marketing with AmerisourceBergen Corporation. Shari has a passion for a healthy lifestyle and superior customer service which she now pours into

## Supplement of the month: Zinc

**Zinc** is a mineral that is vital to many biological functions such as immune resistance, wound healing, digestion, reproduction, physical growth, diabetes control, taste and smell. The main biochemicals in which zinc has been found to be necessary include: enzymes and enzymatic function, carbohydrate metabolism and protein synthesis. More than 300 enzymes in the human body require zinc for proper functioning. It is estimated that 3000 of the 100,000 or so proteins involved in human life contain zinc. Many cells secrete zinc, including the pancreas (which also secretes insulin), the salivary gland, and the prostate gland. Immune cells also secrete zinc. Zinc is an important mineral which is essential for protein synthesis and which helps to regulate the production of cells in the body's immune system. Zinc is a constituent of insulin and male reproductive fluid. Stored primarily in muscle, zinc is also found in high concentrations in red and white blood cells, the retina of the eye, bones, skin, kidneys, liver, and pancreas. In men, the prostate gland stores high amounts of zinc.

**Biological functions and health benefits of zinc** Zinc has a range of functions. Zinc functions as

Sedona Fitness for Women. Shari is also a certified group fitness instructor. Sedona Fitness for Women is a full service women's only fitness club and spa that features a wide variety of fitness programs such as classes, boot camps, personal training and a wide variety of spa services. Shari will be going over all services Sedona offers.

**Core Fitness** Will discuss in depth the following aspects of Core Fitness. Who they are and why Core Fitness was created. What the Paul Chek philosophy is and how they incorporate it into each client's program. They will cover the concepts of a holistic lifestyle and how they implement it in order for you to achieve your individual health and fitness goals. They will also go over services that Core Fitness offers and how it separates them from other facilities. They will be available after their presentation to answer any questions you may have.

**Core Fitness representatives will be performing FREE weight shift testing, overhead squat assessment, and some basic core tests during wellness night.**

## **Special Engagement at Egg & I Tues, Jan 20th**

The Woodlands Institute for Health & Wellness cordially invites you to meet its founder, Dr. Mila McManus, and enjoy a complimentary healthy breakfast. Dr. McManus will be discussing safe, natural and effective solutions to many common health problems.

- **When: Tuesday, Jan 20th 2009**
- **Location: The Egg & I**

1644 Research Forest Dr, St 100 The Woodlands, TX 77380

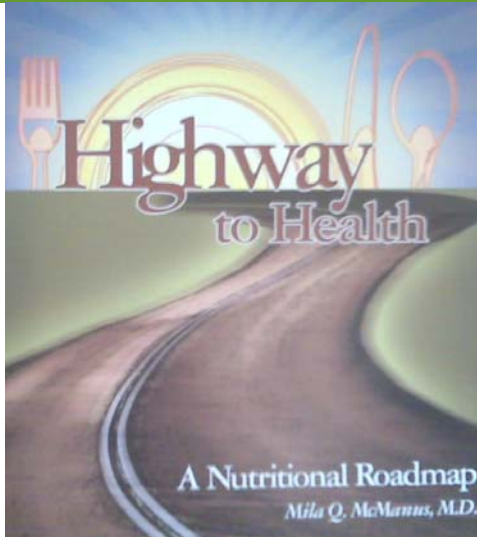
Reception begins at 8:00 am. Dr. McManus will speak from 8:30-9:30, followed by a question and answer session.

Reserve your seat today by calling (281) 298-6742 or email [admin@TWIHW.com](mailto:admin@TWIHW.com). Seating is limited. If you are ready to get healthy and change your life, this is for you!

an antioxidant and is involved in many critical biochemical reactions. Zinc plays an important role as a component of many enzymes and the catalysts of enzyme systems regulating cell growth, DNA and protein synthesis, energy metabolism, regulation of gene transcription, hormone levels, and growth factor metabolism. For many years, zinc has been used as an astringent, an antiseptic and a skin protectant. Zinc is an important mineral which helps to regulate the production of cells in the body's immune system. By boosting the immune system, zinc may also protect against fungal infections and various infectious disorders, such as conjunctivitis and pneumonia. As a component of many enzymes, zinc is involved in the metabolism of proteins, carbohydrates, lipids and energy. Zinc is important in the metabolism of vitamin A and collagen, cellular immunity, maintenance of taste acuity, and the development of reproductive organs. Zinc assists in maintaining the proper concentration of vitamin E in the blood. Zinc also plays a role in the regulation of appetite, stress level, taste, and smell. It is essential for normal growth and development, and for most aspects of reproduction in both males and females.

**Zinc deficiency** Zinc deficiency most often occurs when zinc intake is inadequate or poorly absorbed, when there are

## **SPECIAL ANNOUNCEMENT: HIGHWAY TO HEALTH!**



Are you still trying to figure out how to eat right for life? Are you having trouble staying on track? Is it hard to navigate the grocery store today and know if you are making the right choices? Do you understand the magnitude of the impact your diet has on your health and well-being?

Highway to Health: A Nutritional Roadmap will be available for purchase at our office early next week. We can also take orders for shipping.

**Get your copy for our Introductory offer of \$19.99 (regular price \$24.99)**

Highway to Health workshops are being scheduled starting in January. The workshop HIGHLY complements the manual and will take your knowledge to the next level.

Take care of yourself and your family. Start eating to love the way you feel instead of simply eating what you love. Get on a solid foundation for a lifetime of good nutrition and good health.

**Need any last minute gifts? Give your loved ones the gift of good health!**

increased losses of zinc from the body, or when the body's requirement for zinc increases. Zinc is lost via the feces, urine, hair, skin, sweat, semen and also menstruation. Liver and pancreatic disorders, alcoholism, diabetes mellitus, and disorders that impair absorption can cause zinc deficiency. Signs of zinc deficiency include hair loss, skin lesions, diarrhea, wasting of body tissues, and, eventually, death. Eyesight, taste, smell and memory are also connected with zinc and a deficiency in zinc can cause malfunctions of these organs and functions. Lack of zinc may lead to poor night vision and wound-healing, a decrease in sense of taste and smell, a reduced ability to fight infections, and poor development of reproductive organs. Zinc deficiency can lead to immune dysfunction and impairments in growth, cognitive function, and hormonal function. People who are zinc deficient tend to be more susceptible to a variety of infections. Zinc deficiency is common in people with HIV (even before symptoms appear) or AIDS. Zinc levels tend to be low in people with diabetes, particularly type 2 diabetes. People with anorexia and bulimia are often deficient in zinc. Deficiency in this mineral may reduce the sensation of taste and contribute to a loss of appetite. Low levels of zinc can contribute to impaired male fertility. Children with ADHD tend to have lower blood zinc levels than children without

## Fit Fact: How to Stay Fit in the Coldest Months

With the temperatures plummeting this time of year, many of us tend to hibernate inside our homes. But, hibernating is for bears. As humans it's important to stay active through all four seasons. Yet, a poll of 5,000 people found that 30 percent get no exercise at all during the winter months



Just because it is cold outside doesn't make it open season for an excuse not to exercise. There are multiple exercise options one can choose to participate in regardless of what the outdoor thermometer reads. Depending on your location and likes, you can choose to workout inside or outside.

All that is required for Winter workouts is some planning and employing all safety precautions. If you prefer to workout outside, keep the following tips in mind.

- **Get warm first.** A proper warm-up is critical. Cold temperatures can make your muscles tight and therefore they are more prone to injuries. So, it's important to get them warmed-up prior to engaging in intense physical activity.
- **Insulate your body.** The best approach to dressing for outdoor exercise is with layers. Layering provides the most effective heating method, plus it allows you to remove the top layer if you get too hot. The layer closest to your skin should allow moisture to be wicked away. The top layer should be both wind and water resistant.
- **No sweat.** Don't assume that you have to sweat in order to get a good workout. You should avoid sweating that causes the clothing layer closest to your skin to get wet and cause you to be chilled. Instead monitor your intensity through a heart rate monitor or the Rating of Perceived Exertion.
- **Don't strip when you get inside.** While you may be tempted to immediately remove your layers when returning inside, give your body time to adjust. Post exercise hypothermia is possible. This happens when your body rapidly loses its heating stores.
- **Drink up.** It's just as important to stay hydrated when exercising in winter as it is in summer, even though you might not feel as thirsty.
- **Lighten up.** If possible, it's best to exercise outdoors during daylight hours. If you exercise outdoors when it is dark, wear reflective materials to ensure that you can be seen.

If the thought of getting outside to exercise makes you dive under the

ADHD. Because of its role in immune system function, deficiencies in zinc make infants susceptible to acute diarrhea

### Dietary sources of zinc

Good sources for vegetarians include dairy products, beans and lentils, nuts, seeds and wholegrain cereals. Pumpkin seeds provide one of the most concentrated vegetarian food sources of zinc.

Dietary fiber, particularly phytates, can interfere with the body's ability to absorb zinc. Zinc is best absorbed when taken with a meal that contains protein. A number of zinc supplements are available, including zinc acetate, zinc gluconate, zinc picolinate, and zinc sulfate. Zinc sulfate is the most frequently used supplement. This is the least expensive form, but it is the least easily absorbed and may cause stomach upset. The more easily absorbed forms of zinc are zinc picolinate, zinc citrate, zinc acetate, zinc glycerate, and zinc monomethionine. Zinc lozenges, used for treating colds, are available in most drugstores.

### Dosage, intake, recommended daily allowance (RDA)

General intake of zinc, approximately 15 mg daily, is adequate to prevent deficiencies. However, the amount of zinc needed to meet normal daily recommended intakes will be different for different individuals.

### Side effects,

covers, instead choose one of the many indoor workout options. Below are just a few of the many choices.

- **Walk at an indoor location, like a mall.** If you need extra motivation to get yourself to the mall, join a walking group. This will help you stay accountable to someone other than yourself.
- **Join a health club.** This will allow you a large variety of physical activities to choose from every week.
- **Create a home gym.** This doesn't have to be expensive. You can easily set-up a great workout routine with just a set of dumbbells, an exercise ball and a jump rope. Get all of this for around \$50.
- **If you have stairs** where you live or close by, spend as little as 20 minutes at a time climbing up and down the stairs for a very intense and efficient workout.
- **Get wet.** Find a local indoor pool you can use. Try swimming, water aerobics, or even just walking or running laps in the water.
- **Visit a library.** Usually local libraries offer exercise videos you can check-out for free. Pick-up a new one to try out every time you return the previous video.

By staying fit during winter you'll be able to avoid gaining weight, have a head start on swimsuit season, and avoid losing strength and stamina caused from inactivity. Just as tulips need winter nourishment from the Earth to strongly bloom in spring, humans need to continue to nourish their bodies during winter so they too can bloom come spring.

[www.sideroad.com](http://www.sideroad.com)

## Recipe of the Month: Christmas Pecan Pie (Yeast-Free!)

- 1 1/2 cups of xylitol
- 1/2 tsp sea salt
- 1/2 cup melted butter, unsalted
- 1 tsp vanilla
- 3 eggs, slightly beaten
- 1 cup of crushed pecans
- 1 cups of pecan halves



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 the mixture with the pecan halves (arrange in a pretty design) and bake for 45-55 minutes. Best if eaten the same day.

For Almond Pie Crust

- 2/3 cup of almond or coconut oil
- 1/4 cup of water

## precautions, toxicity, and drug interactions

Even though zinc is an essential requirement for a healthy body, too much zinc can be harmful to the human body. Excessive absorption of zinc into the human body can lead to reduced iron function, and impair the immune system. Experiments have also been conducted where the excessive intake of zinc led to nausea and vomiting within 30 minutes of ingestion. Zinc toxicity has been seen in both acute and chronic forms. The major consequence of long-term consumption of excessive zinc is copper deficiency. Zinc lozenges may lead to stomach ache, nausea, mouth irritation, and a bad taste. Marginal zinc deficiency may be a contributing factor in some cases of anemia. Zinc may decrease the absorption of oral quinolones, including ciprofloxacin, norfloxacin, ofloxacin, and levofloxacin. Zinc interacts with NSAIDs and could reduce the absorption and effectiveness of these medications. Do not take zinc supplements and copper, iron, or phosphorus supplements at the same time. It is best to space doses of these products 2 hours apart, to get the full benefit from each dietary supplement.

Article obtained from [www.vitamins-supplements.org](http://www.vitamins-supplements.org)

Quick Links...

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- 1 tsp of sea salt
- 2 to 2 1/4 cups 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, then add your pecan pie filling.

Recipe submitted by Bernadette H.

## 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](#)

## 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 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)

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

## Physical Therapy Treatment Resolves Symptoms of Urinary Incontinence in Women

Recent research has demonstrated physical therapy's effectiveness at treating the symptoms of urinary incontinence. A study published in the *Annals of Internal Medicine* (March 18, 2008) reports that pelvic floor muscle training, in conjunction with bladder training, resolved the symptoms of urinary incontinence in women. According to APTA, proper preventive measures and treatment by a physical therapist can help patients manage, if not alleviate, this often debilitating condition.

The study, which included 96 randomized controlled trials and 3 systematic reviews from 1990 through 2007, concluded that pelvic floor muscles training and bladder training resolved urinary incontinence in women, as compared to drug therapy, electrostimulation, medical devices, injectable bulking agents, and local estrogen therapy.

"The *Annals of Internal Medicine* is significant for many reasons, none more so than because it provides the highest levels of evidence to support the importance of intervention by a physical therapist who specializes in treating urinary incontinence," says Cynthia E Neville, PT, BCIA-PMDB, director of Women's Health Rehabilitation at the Rehabilitation Institute of Chicago.

Urinary incontinence, or involuntary loss of bladder control, isn't something that just happens to older patients. In fact, the condition affects men and women alike, young and old. More than 25 million\* Americans have urinary incontinence, and the experience can leave them feeling ashamed, socially isolated, and depressed.

Patricia J Jenkyns, a physical therapist at the Department of Rehabilitation Services at Boston's Brigham and Women's Hospital, says that physical therapists are crucial in treating urinary incontinence because of their role in both assessing and treating musculoskeletal conditions. "Patients often think that because of age or medical history, incontinence is something they have to learn to live with, but in reality that couldn't be further from the truth," she says. "Health care professionals need to be aware of the role that physical therapists play in treating incontinence so that their patients know about alternatives to diapers, medication, or surgery."

Jenkyns notes that physical therapists use a variety of methods to help patients correct pelvic floor dysfunction. The initial patient evaluation requires determining the type of incontinence (stress, urge, or both), the extent of incontinence, assessing the strength, motor control and endurance of pelvic floor muscles, and screening for any other musculoskeletal issues, then developing an individualized exercise treatment program, and making sure patients understand their role in

the treatment program.

In a case study published in the New England Journal of Medicine (March 6, 2008) regarding urinary incontinence in women, it is noted that "first-line treatment for stress incontinence includes pelvic floor muscle training." Affirming the Annals of Internal Medicine results, this second study points out that women unable to identify their pelvic floor muscles "may benefit from seeing a physical therapist trained in pelvic floor therapy."

Kegel exercises, or pelvic floor muscle exercises that involve contracting, holding, and releasing pelvic floor muscles, are the most effective weapon in the fight against stress incontinence. "Once patients have correctly identified these muscles, a physical therapist will train how to enhance pelvic floor muscle function, coordinate with abdominal muscle exercises and bring these exercises and awareness into functional activities," says Jenkyns. She notes that these exercises need to be brought into daily activities, and can be done when sitting at your desk or on the toilet, while driving, or at the gym. For those with very weak muscles, she recommends starting the exercises while lying down.

Jenkyns always reminds her patients who experience stress incontinence to "squeeze as you sneeze," or to coordinate pelvic floor and abdominal muscles before doing the activity that causes leakage, (eg, sneezing, coughing, laughing, lifting, etc). Physical therapists can also offer tips on lifestyle changes that will help make the bladder less irritable: avoiding common bladder irritants, retraining the bladder, keeping a bladder diary and lifting, moving, and exercising correctly, particularly by avoiding improper sit-up techniques.

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