

## Greetings!

I hope you find this newsletter informative and enjoyable. This is for you, so tell us what you want to see. We always welcome ideas, questions, and comments. If you would like to read about a particular topic, please let us know so we can include it in future newsletters. Thank you for giving us the opportunity to help you live happily and healthy!

## in this issue

- NEW PEDIATRIC PROGRAM FOR ADD, DEPRESSION, ALLERGIES, OBESITY...
- MEET THE STAFF
- VITAMIN OF THE MONTH: VITAMIN D
- FITNESS FACTOID OF THE MONTH
- TESTIMONIAL OF THE MONTH
- RECIPE OF THE MONTH

## MEET THE STAFF



From Left to Right, Melissa (fitness expert), Pam (medical assistant), Mila McManus MD, Amy (administrative asst), and Kim (Nutritional consultant). Melissa

joined our team a few months ago and takes personal training to the next level. For those of you who started the program before she arrived, you may not realize that you, too, are entitled to a free consultation with her. She will come to your home and customize a fitness plan to meet your needs. Pam started out as a poster child wellness patient and has recently joined our team. She is a retired RN and totally overqualified for the position, and we are so thankful to have her! Amy is enjoying her position as our now-behind-the-scenes administrative goddess. Kim wears many hats, but most of you likely know her best when she's wearing her chef hat. If you haven't taken advantage of your nutritional consultation with her, you are missing out! We are all happy to be here together and to fulfill all of your needs:)

[See full BIOS](#)

## NEW PEDIATRIC PROGRAM FOR ADD, DEPRESSION, ALLERGIES, OBESITY...

We are so excited to announce the launch of our new program for children. Attention Deficit Disorder, Depression, Anger, and other behavior problems are epidemics in this country, not to mention obesity and childhood-onset diabetes. Seasonal and food ALLERGIES are also an ever-increasing problem which result in misery for the child and the parent, high costs for doctor visits and prescriptions, and missed school due to recurrent sinus and ear infections. Imagine the vicious cycle of your child taking antibiotics for an ear or sinus infection, leading to yeast overgrowth, which in turn suppresses your immune system, which makes your child further susceptible to infection, then your child needs more antibiotics, and the cycle perpetuates. Whew! Yeast causes a host of problems, such as heartburn, diarrhea, abdominal pain, malabsorption of nutrients leading to vitamin deficiencies, trouble concentrating, fatigue, joint and

## VITAMIN OF THE MONTH: VITAMIN D

This month we're featuring Vitamin D, which is a fat-soluble vitamin that has many functions. It serves as an immunomodulator, meaning it affects how the immune system works by mobilizing important immune cells. These immune cells fight infection as well as cancer. Vitamin D also facilitates absorption of calcium in the GI tract and mineralization of bone. Sun light provides 90% of your vitamin D requirements by converting the stored form of Vitamin D into its active form. Vitamin D deficiency is on the rise and is underdiagnosed because of the sunscreens we wear. Also, darker skinned people require more sun exposure than lighter-skinned people. The typical person needs 5 minutes of direct sunlight on the face and arms 3 days a week to satisfy the body's daily requirement. Vitamin D deficiency causes bone loss. It's also been linked to some cancers. The bottom line: It wouldn't hurt to take a vitamin D supplement once a day!

## FITNESS FACTOID OF THE MONTH

To calculate how much water your body needs every day, divide your weight in pounds by 2. This is the number of ounces you should drink every day.

ex: for a 150 lb woman.  $150/2=75\text{oz}$  a day of water!!!  
Many of us walk around in a state of chronic dehydration.

## TESTIMONIAL OF THE MONTH

I FEEL GREAT!!!! Looking back-I don't think any doctor I have ever had has treated my thyroid problem correctly. They throw synthroid at me and tell me I'm fine because my blood tests are normal. I am learning-likely for the first time in a long time-what it feels like to feel in balance like this-and it shocked me at first. I found myself waking up with no headaches, great energy, able to concentrate, sleep soundly, etc.... and had to tell myself that it was okay to feel good and to restructure my day like I had energy. I FEEL AMAZING. The program is simple, too. I organize my pill box at the start of the week and go! (DID I MENTION I FEEL GREAT?) I think people just accept how awful they feel-not knowing what natural hormones and thyroid medicine can do for them-and they don't have to. You are giving people their lives back! I am so lucky to have found you!

Sincerely, Kellie

muscle aches, headaches, rashes, exacerbation of allergies.... you get the drift. Call us for more information at (866) 680-WELL.

## Quick Links...

[Test yourself for hormonal imbalance](#)

[Victims of Katrina need your help!](#)

[More About Us](#)

[JUICE PLUS](#)

**Join our mailing list!**

## RECIPE OF THE MONTH

### Grilled Chicken Salad

Place 4 boneless, skinless chicken breasts and marinade (1/2 cup olive oil, 1/4 cup lemon juice, 2T of your favorite herbs, 1 tsp minced garlic) in a Ziploc bag and refrigerate overnight. \*\* When ready to cook, preheat grill on high. Place chicken on rack and turn after one minute. Reduce heat setting to medium and cover. Cook for 7-8 minutes until chicken juices run clear when pierced. Immediately wrap in aluminum foil and refrigerate. This will seal in moisture.

Remaining ingredients: 1 cup diced Granny Smith apples, 1/2 cup chopped walnuts, 1/4 cup dried cranberries, 1 cup Homemade Mayo \* or Hellmann's Real Mayo. \*\*\*Mix and enjoy!\*\*\*

\*(You can look forward to my homemade mayo recipe next month! If you just cannot wait, you may contact me via email at [kim.beale@woodlandswellnessMD.com](mailto:kim.beale@woodlandswellnessMD.com))

email: [mmcmanus@twihw.com](mailto:mmcmanus@twihw.com)

phone: (866)680-WELL

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