



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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WED NOV 12TH WELLNESS NIGHT OUT: Acupuncture



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.

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SUPPLEMENT OF THE MONTH: CoQ10



The evidence and use of coenzyme Q10 as a complementary or alternative treatment for cancer.

Coenzyme Q10 was first identified in 1957. Its chemical structure was determined in 1958. Interest in coenzyme Q10 as a potential treatment for cancer began in 1961, when a deficiency of the enzyme was noted in the blood of cancer patients. Low blood levels of coenzyme Q10 have been found in patients with myeloma, lymphoma, and cancers of the **breast**, lung, prostate, pancreas, colon,

Our next Wellness Night Out will be Wednesday November 12th, 6:00 pm - 8:00 pm, This month we have invited Dr. Sherry Durrett a Wellness and Alternative Health Care Specialist. She will be speaking on acupuncture.

Acupuncture 101 and the AcuGraph: See Your Chi!

Acupuncture is a component of traditional Chinese medicine that originated in China over 5,000 years ago. It is based on the belief that living beings have a vital energy, called "chi" or "qi", that circulates through twelve invisible energy lines known as meridians on the body. Each meridian is associated with a different organ system. An imbalance in the flow of chi throughout a meridian can be a factor of how disease begins. Treatment consists of using pressure, laser, or hair-thin needles on specified points along meridian lines to influence the restore balance to the flow of chi. In our practice we use Evidence-based Acupuncture by using a computerized AcuGraph instrument to allow us to "see the chi" and graph out any imbalances that exist so that treatment can be exact and very precise.

As time permits, brief and limited AcuGraph Screenings will be offered at this event. And, as a special benefit, a certificate will be issued to everyone in attendance, which can be used for a complete and detailed AcuGraph and consultation in Dr. Durrett's office. (over \$100 value)

Dr. Durrett established her private practice in the FM 1960 area of Houston, in March of 1985. Her practice specialties include caring for the entire family with services ranging from Chiropractic, Acupuncture, Applied Kinesiology, Nutrition, Allergy and Chemical Desensitization, Body Restoration Technique, Natural Approaches for ADD/ADHD, and helping patients who have not responded favorably to other types of care.

Also at Wellness Night Out in November we will be doing bone density screening for only \$75! Please call 281-298-6742 to schedule your appointment, limited availability.

The Chamber's 2nd Annual Health Fair

The Woodlands Institute for Health & Wellness will be participating in The Chamber's 2nd Annual Health Fair. This event is free and open

kidney, and head and neck.

Studies have yielded information about how coenzyme Q10 works in the body to produce energy and act as an antioxidant. Some studies have suggested that coenzyme Q10 stimulates the immune system and increases resistance to disease. In part because of this, researchers have theorized that coenzyme Q10 may be useful as an adjuvant therapy for cancer. (Adjuvant therapy is treatment given following the primary treatment to enhance the effectiveness of the primary treatment.)

What is Coenzyme Q10?

Coenzyme Q10 (also known as CoQ10, Q10, vitamin Q10, ubiquinone, or ubidecarenone) is a compound that is made naturally in the body. A coenzyme is a substance needed for the proper functioning of an enzyme, a protein that speeds up the rate at which chemical reactions take place in the body. The Q and the 10 in coenzyme Q10 refer to parts of the compound's chemical structure.

Coenzyme Q10 is used by cells to produce energy needed for cell growth and maintenance. It is also used by the body as an antioxidant. An antioxidant is a substance that protects cells from chemicals called free radicals. Free radicals are highly reactive chemicals that can damage important parts of cells, including deoxyribonucleic acid (DNA). (DNA is a molecule inside cells that carries genetic information and passes it from one generation to the next.)

to the public.

- **Where: The Woodlands Town Center (paved lot corner of Six Pines and Lake Robbins, former ice rink site)**
- **When: Saturday October 25th 2008 11am-4pm**

There will be various participants offering FREE Screenings.

- Bone and Joint Clinic of Houston, The Woodlands - Knee, Shoulder & Scoliosis Screening
- Memorial Hermann Prevention and Recovery Center - Simulating Drunk Driving with Fatal Vision Goggles
- The Center for Cosmetic & Functional Dentistry - Answers about Dental Implants, Snoring, Daytime Sleepiness and Dental Esthetic Enhancement Evaluations will be provided
- Crime Stoppers - Child ID & Finger Print Cards
- Learning Rx - Provide attendees a chance to participate in procedures that strengthen cognitive skills (memory, logic and reasoning, visual processing)
- Sedona Fitness for Women & Spa - Body fat analysis, Bronze Biologic Botanical Spray Tan (Demo on face & neck)
- Sweet Tomatoes - Provide Nutritional Information
- Sadler Clinic - Health Screenings
- And Many More...

We ([TWIHW](#)) will be doing free pulmonary function testing (\$50 value), Free thyroid assessment (by questionnaire), and will be providing information on allergy testing and treatment, hormone imbalance and treatment, nutrition, and vitamins.

Please come out and join us!

SPECIAL ENGAGEMENT at EGG & I TUES, Oct 21st

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.

Tuesday, October 21st 2008
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-

This damage may play a role in the development of cancer.

Coenzyme Q10 is found in most body tissues. The highest amounts are found in the heart, liver, kidneys, and pancreas. The lowest amounts are found in the lungs. Tissue levels of coenzyme Q10 decrease as people get older.

Studies of coenzyme Q10 that have been conducted in people.

Three small studies were conducted using coenzyme Q10 as a dietary supplement in patients undergoing conventional cancer treatment. In these studies, the researchers explored the potential use of coenzyme Q10 as an adjuvant therapy for cancer.

The first study, which was conducted in Denmark, involved 32 breast cancer patients. All of the participants received coenzyme Q10 and several other dietary supplements, in addition to their standard treatment. Six of the patients were reported to show some signs of remission (disappearance of the signs and symptoms of cancer). However, the data were not complete, and information that suggested remission was presented for only three of the six patients. All of the participants reported decreased use of painkillers, improved quality of life, and absence of weight loss during treatment.

In a followup study, one new patient and one of the patients who had a reported remission were treated with high doses of coenzyme Q10 for 3 to 4

9:30, followed by a question and answer session.

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

FIT FACT: Interval Training Can Slow the Aging Process

Retain Your Youth!

Now there's some evidence that interval training can actually slow down aging. Scientists know that regular aerobic exercise can decrease biological age by 10 years. The reason is that exercise improves mitochondrial function - if you've forgotten your biology lessons, mitochondria live in your cells and are responsible for producing energy. Improved mitochondria means that your cells function at a higher level for a longer period of time.



The harder you exercise, the better your cells work, but working at a high enough intensity (or going all out) to improve cells and slow the aging process for every workout isn't feasible (or recommended) for most of us. That's where interval training comes in, allowing you to work at high levels of intensity for long enough that you get the benefits, but short enough that you don't hurt yourself or start hating exercise.

There are a number of ways to set up interval workouts. You can add short bursts of high intensity exercise to your regular workouts like speedwalking, sprints, hills, higher resistance or incline, plyometric exercises or anything that speeds up your heart rate. You then slow down and recover completely before going into another interval. You'll find a sample workout below.

Interval Training for Beginners - Level 1

The following workout is a beginner interval workout lasting 21 minutes. Interval workouts involve alternating higher intensity exercise with low intensity recovery periods. Interval workouts involve alternating higher intensity exercise with low intensity recovery periods. By adding higher intensity intervals, you can build endurance and burn more calories. The workout is shown using a

months. Both of the patients had breast cancer remaining after surgery. After the period of high-dose coenzyme Q10 supplementation, both patients appeared to experience complete regression (decrease in the size or extent) of their remaining cancer. However, it is not known which of the six patients with a reported remission in the first study took part in the followup study.

In a third study conducted by the same researchers, three breast cancer patients were given high-dose coenzyme Q10 and followed for 3 to 5 years. One patient had complete remission of cancer that had spread to the liver, another had remission of cancer that had spread to the chest wall, and the third had no evidence of breast cancer remaining after surgery.

It is important to note that problems with the design of these studies may have influenced their results. For example, the studies did not have control groups (all patients received coenzyme Q10), and there may have been differences in the characteristics of patients who were selected for the followup study and those who were not. Other factors that may have affected the results include the following: the participants received a variety of supplements in addition to coenzyme Q10, and they received standard treatment either during or just before coenzyme Q10 supplementation. Therefore, it is impossible to determine whether any of the beneficial results was directly related to

treadmill with changes in speed and incline, but you can use any machine of your choice or take the workout outside.

- For each 'work set', use the settings on your machine (incline, speed, resistance, ramps, etc.) to increase intensity. You should be working out of your comfort zone, but not so hard that you feel dizzy or lightheaded.
- For each 'rest set', lower those same settings until you're back to a moderate pace. You should be completely recovered before the next work set.
- Modify according to your fitness level.
- The RPE levels listed (Rate of Perceived Exertion) help you keep track of your intensity on a scale of 1 - 10. During rest sets, stay around 4-5 RPE. During work sets, stay around 5-6 RPE. There isn't a huge difference between the work and rest sets, you simply want to work a little harder during the work sets.
- See your doctor if you have any injuries or conditions.

You can also use a Target Heart Rate Calculator to monitor your exercise intensity.

Ready, Set, Exercise!

- Warm up 5 Minutes: RPE 3-4: Warm Up at an easy pace
- Rest Set 3 Minutes: RPE 5: Increase speed from warm up and increase incline 1%. Keep a moderate pace
- Work Set 1 Minute: RPE 6 - Increase incline 1-3% to raise the intensity level. You should be working harder!
- Rest Set 3 Minutes: RPE 5 - Decrease speed and incline to lower your heart rate back to a comfortable level
- Work Set 1 Minute: RPE 6 - Increase speed 3-5 increments and increase incline 1-2% to raise intensity
- Rest Set 3 Minutes: RPE 5 - Decrease speed and incline to lower your heart rate back to a comfortable level
- Cool down 5 Minutes: RPE 3-5 - Decrease speed/incline to lower your heart rate back to a comfortable level and cool down

Please remember to always consult your doctor when making changes to your exercise program.

Article obtained from about.com

RECIPE OF THE MONTH:
Mulligan Stew

coenzyme Q10 therapy.

There have also been anecdotal reports that coenzyme Q10 has increased the survival of patients with cancers of the pancreas, lung, colon, rectum, and prostate. (Anecdotal reports are incomplete descriptions of the medical and treatment history of one or more patients.) The patients described in these reports also received treatments other than coenzyme Q10, including chemotherapy, radiation therapy, and surgery.

If you feel CoQ10 therapy is right for you, please discuss this with your doctor. Article obtain from www.cancer.gov

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- 1 lb beef, cut into small pieces
- 2 cups of water
- 1 T cold pressed olive oil
- 3 carrots
- 1 tsp salt
- 1 can (10.5 oz) tomato puree
- 2 onions, each cut into 4 pieces



In a skillet, brown beef with olive oil over medium heat. Add salt, tomato puree, and water; cover tightly; cook slowly until tender. Add carrots, onions; cover and continue cooking about 30 minutes. Add water; if needed. If stew is too thin, remove lid and cook until thickened.

Voila! Enjoy!

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](#)

Spa White Teeth Whitening

Brighten your smile in 15 minutes!

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



[Vino 100](#)
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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.

\$159 for 15 minute treatment \$259 for 30 minute treatment

Current patients now pay only \$99 for 15 minute treatment and \$189 for 30 minute treatment!

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. \$59 (will last 1 to 3 months) **Current patients pay only \$49!**

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

Super Suppers Menu for November

Super Suppers has re-opened at a new location!

27326 Robinson Rd. Oak Ridge North, Tx Behind Flips Gymnastics

Phone 936-321-4525

WWW.SUPERSUPPERS.THEWOODLANDS.COM



Yeast Free Menu:

Entrees

- Asian Flank steak
- Almond Parmesan Tilapia
- Tuscan Rosemary Chicken & White Beans
- Feta Chicken Bake
- Pesto Chicken
- Shanghai Pork Tenderloin
- Vegetarian Chili
- Braised Chicken with Mediterranean Bean Salad

Sides

- Mediterranean Bean Salad
- Cowboy Caviar
- Asparagus with Dill Sauce

- Ratatouille
- Homestyle Green Beans

Please call and order your items ahead of time to ensure availability.

LOWER CHOLESTEROL CAUSES CANCER

In a major shot fired across the bow of the statin marketing machine, the levels of LDL cholesterol that are the artificial targets of "health" promoted by the American Heart Association (AHA) are now found to be associated with a significant increased risk of cancer and death.

The AHA recommends an LDL level of 100 for prevention and 70 for high risk patients. In the new study an LDL level of 107 was associated with a 33% increased risk of cancer and death, an LDL level of 87 was associated with a 50% increased risk. As the LDL goes lower the risk keeps getting worse. These arbitrary AHA levels for LDL cholesterol were established by "experts" with direct financial ties to the statin industry, who knew full well that reaching their artificially low target levels for LDL would require double and triple doses of statin drugs, thus dramatically increasing sales (which has indeed happened).

The Vytorin fraud has pointed out quite clearly that lowering LDL cholesterol to very low levels does not reduce cardiovascular disease. Another Vytorin study also shows doing so increases cancer risk by 64%. The new study paints the clear picture that lowering LDL too low actually increases the rate of death from any cause. This new study also points out the statistical shenanigans that the statin industry uses to hide the actual risks of these drugs in the studies that have been published.

The data was so alarming that the researchers called for a statistical reanalysis of the data from all existing cholesterol studies, using better statistical models that actually reflect true risk. The results of this new research led the authors to conclude "A low LDL cholesterol level is not necessarily associated with optimal clinical outcomes but is a predictor of cancer and death."

We have known for many years that individuals who maintain an LDL cholesterol level of 130 as they enter their 40s and 50s have much less heart disease as they grow older. This is because they are healthy and have maintained fitness in their cholesterol function and metabolism. There is no credible data to show that lowering LDL numbers with statins actually produces a similar level of health, especially to artificially low numbers. There is a huge difference between having good cholesterol numbers because you are healthy and drugging your body's synthesis of cholesterol with statins.

In the current study the ideal LDL cholesterol level was 126. The researchers were able to identify a bell shaped curve, in terms of a departure in either direction from this ideal number. LDL over 146 or less than 107 was associated with 33% increased risk of cancer. LDL over 164 or less than 87 was associated with a 50% increased risk. The risk keeps getting worse the higher or lower the number progresses

There have been a number of studies in the past that link low cholesterol and cancer risk. However, these studies could not prove that the cancer was not already there prior to the start of the study - which has been the main argument used (besides statistical manipulation) by the statin industry to deny the association. In the new study this issue was taken into account by eliminating participants with less than 2.5 years follow up after the start of the study, thus demonstrating that the results were not due to pre-existing cancer.

Needless to say, this study was not part of the marketing machine propaganda that is rampant in universities and "scientific" journals that have been used to promote the statin scam around the world, while actively blackmailing and blacklisting any authors, institutions, or journals that dare to step on Big Pharma's statin toes. This study was published on August 26, 2008 in the Canadian Medical Association.

It is quite clear that scientific knowledge and advanced statistical analysis are no longer under the control of Big Pharma and its legions of scientists, universities, and medical journals that are on the take, misrepresenting data, and actively suppressing negative findings. The truth is coming out because Big Pharma is targeting the citizens of the world as a new market for statin sales.

The insanity must stop. Americans have been conned. Big Pharma and the American Heart Association should be held responsible for past crimes and future intended crimes against the health of our citizens under the false pretense of improved cardiovascular health.

Article by Byron Richards. Board-Certified Clinical Nutritionist, nationally-renowned nutrition expert, and founder of Wellness Resources, he is a leader in advocating the value of dietary supplements as a vital tool to maintain health.

Army of Women for Breast Cancer

Featured on the Today Show. This is a site where willing volunteers are matched with research studies to accelerate breast cancer research. If you sign up, you may be



contacted in the future about a particular study that needs your blood, or a questionnaire filled out, or they might need a urine sample, etc... There's no obligation! Just sign up! You can pass up any offers. It's time to do something more!

Join us in the fight for the cure!

[Army of Women](#)

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