

Greetings!

IN THIS ISSUE

- L-Arginine (NATURAL VIAGRA?)
- Wellness Night Out, November 14th (ANDROPAUSE)
- Dr. McManus Speaking at the Total Health and Recovery Expo October 20th
- Super Suppers Yeast-Free Menu for October
- Recipe of the Month: Apple Pecan Crisp (Yeast-free)
- Fitness Fact of the Month-Change it up to prevent plateau
- Got Allergies?
- Is Your Game Up To Par? (A WORD ON LOW TESTOSTERONE)
- Sedona Fitness Celebrates One Year Anniversary!

Wellness Night Out, November 14th (ANDROPAUSE)



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

Our next Wellness Night Out will be November 14th, 6:00 pm - 8:00 pm. Dr. Mila McManus will be speaking on **ANDROPAUSE**, the male equivalent to menopause. Yes, it's true, men lose their hormones, too. Symptoms include:

- Fatigue
- Depression
- Decreased mental sharpness
- Anxiety
- Weight gain
- Loss of muscle strength and tone
- Loss of stamina
- Loss of self-confidence and assertiveness
- Decreased libido
- Erectile dysfunction

L-Arginine (NATURAL VIAGRA?)



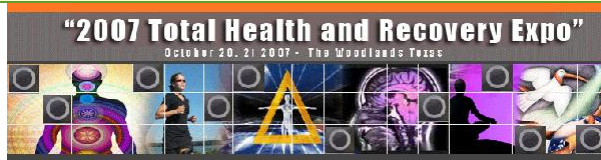
The amino acid **L-arginine** is considered the most potent Nutraceutical ever discovered, due to its powerful healing properties, and is referred to by scientists as the **Miracle Molecule**. The remarkable properties of **L-arginine** were **validated by the 1998 Nobel Prize in Medicine**, and since then have created a frenzy of interest in the Pharmaceutical and Nutraceutical fields.

Medical researchers have gathered enough clinical evidence to bring L-arginine to the forefront of modern medicine as an accepted treatment for a variety of human ailments. The L-arginine phenomenon is changing standard treatment methodologies in heart

Bio-identical hormone replacement is not just for women. [CLICK HERE TO TEST YOURSELF FOR LOW TESTOSTERONE.](#)

Vino 100 will provide a variety of wines and there will be plenty of appetizers and beverages on hand. We look forward to seeing you there. **Please let us know if you plan on attending by RSVPing to admin@TWIHW.com or calling 281-298-6742.**

Dr. McManus Speaking at the Total Health and Recovery Expo October 20th



On Saturday, October 20th, Dr. Mila McManus will be a guest speaker for the Total Health and Recovery Expo sponsored by a non-profit organization, Hear Me Now, at the Hilton Garden Inn, 9301 Six Pines Drive, The Woodlands. This event features nationally and internationally recognized experts in the Alternative Medicine field such as Dr. Garth Nicolson on Autoimmune Diseases, Dr. Stanislaw Burznski on Personalized Cancer Treatment, well-known Veteran's Advocate Joyce Riley and many more.

Dr. McManus will speak from 5pm to 6pm and the title of her talk is "ARE YOU WHAT YOU EAT?" She will discuss how nutrition relates to disease, how food allergies are a hidden epidemic, and how you can improve your health naturally.

For more information on topics and speakers or to register, call Polly Keller at (281)351-0038 or visit www.hearmenow.biz

Super Suppers Yeast-Free Menu for October



We are happy that so many of you have discovered the convenience of choosing healthy and delicious entrees from the

disease, immune function, adiposity-generated diseases, genetic growth deficiencies, high blood pressure, sexual dysfunction, and human aging.

Columbia University refers to L-arginine as the "magic bullet" for the cardiovascular system. Over 10,000 L- arginine citations were compiled by Columbia University researchers in their quest to document the clinical benefits of this simple amino acid. It is now taught to medical students at Columbia University College of Physicians and Surgeons.

The Nobel Prize landmark discovery of the functions of Nitric Oxide (NO) elucidated the fact that without NO, human life would be impossible. Even more revolutionary was the irrefutable evidence that L- arginine is the body's chief source for creating Nitric Oxide.

Twenty years ago, the idea that a simple and humble amino acid could change the face of medicine would have been dismissed. Now, physicians, researchers, and scientists are embracing the effectiveness of L- arginine and its use has

yeast-free menu at [Super Suppers](#) on College Park Drive. The menu changes every month, and the yeast-free entrees for October include:

- Asian Flank Steak
- Chicken & White Bean Chili
- Chicken Posole
- Shrimp Scampi
- Tuscan Chicken
- Pork Tenderloin with Mustard Sauce
- BBQ Meatloaf
- Baked Manchego Fish Filets

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.

Recipe of the Month: Apple Pecan Crisp (Yeast-free)

Here's a simple recipe that bakes up warm and delicious for these cooler fall days!

Ingredients:

- 5 cups of cubed apples (approx. 3 apples)
- 1/2 cup Xylitol
- 1/2 cup oats
- 1/4 cup oat flour
- 1/4 cup chopped pecans
- 1 tsp. cinnamon
- 1/4 cup grape seed oil (butter-flavored optional)



Spray a square baking dish with Pam. Mix the following ingredients together in a large bowl, then spoon into the dish and bake at 350 degrees for 40 minutes (or until the apples are soft).

Recipe submitted by Kathy S.

become mainstream.

BENEFITS & FUNCTIONS

The efficacy of L-arginine as a therapeutic agent has been validated by thousands of clinical studies.

The benefits and functions attributed to oral ingestion of L-arginine include:

- Precursor for the synthesis of Nitric Oxide (NO)
- Stimulation of the release of the most important anti-aging hormone in the body, growth hormone
- Improves immune function
- Reduces healing time of injuries (particularly bone)
- Reduces risk of heart disease
- Natural Alternative to Viagra
- Increases muscle mass
- Reduces adipose tissue body fat
- Helps improve insulin sensitivity
- Helps decrease blood pressure
- Alleviates male infertility, improving sperm production and motility

OBESITY, GH, & L-

(Yes, oats in small amounts are acceptable while on the yeast cleanse. Eating a bowl of oatmeal is not!)

Fitness Fact of the Month-Change it up to prevent plateau

Lately, no matter how hard or how often you work out; you just can't seem to progress any further. You're stuck on a plateau. It turns out that the exercise you've been doing has worked so well that your body has adapted to it. You need to "shock" or "surprise" your body a bit. You need to give it a new challenge periodically if you're going to continue to make gains.

That goes for both strength and cardiovascular training. "Periodizing" your training is the key. Instead of doing the same routine month after month, you change your training program at regular intervals or "periods" to keep your body working harder, while still giving it adequate rest. For example, you can alter your strength-training program by adjusting the following variables:

- The number of repetitions per set, or number of sets of each exercise
- The amount of resistance used
- The rest period between sets, exercises or training sessions
- The order of the exercises, or the type of exercises
- The speed at which you complete each exercise

There are many different types of periodized strength-training programs, and many are geared to the strength, power and demands of specific sports. The most commonly used program is one that will move you from low resistance and a high number of repetitions to high resistance and a lower number of repetitions. Such a program will allow your muscles to strengthen gradually and is appropriate for anyone interested in general fitness.

Research from the Human Performance Laboratory at Ball State University has shown that a periodized strength-training program can produce better results than a non-periodized program. The purpose of the study, published in the journal *Medicine & Science in Sports & Exercise* in 2001, was to determine the long-term training adaptations associated with low-volume, circuit-type training vs. periodized, high-volume resistance training in women (volume = total amount of weight lifted during each session). The 34 women in the study were divided into those two groups, as well as a nonexercising control group. Group 1 performed one set of eight to 12

ARGININE

Obesity is characterized by increased levels of insulin (high glycemic foods and drinks) and by subnormal growth hormone (GH) release. Insulin promotes fat and carbohydrate storage while GH stimulates lipolysis (fat-burning). The insulin/growth hormone ratio is significantly higher in obese humans than in lean humans. The combination of high insulin and low GH exacerbates the obese condition. L-arginine is the main oral agent responsible for restoration of GH in humans, and administration of 8 to 12 grams of free form L-arginine taken at bedtime on an empty stomach 30 minutes prior to Delta sleep reinstates normal GH levels.

Pharmacology, 1988, 36:2, 106-11

Above information taken from [Arginine Research](#) website

Necessary disclaimer: Consult with your physician or other health care provider before taking any new supplements.

Quick Links...

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repetitions to muscle failure three days per week for 12 weeks. Group 2 performed two to four sets of three to 15 repetitions, with periodized volume and intensity, four days per week during the 12- week period. As the chart shows, the periodized group showed more substantial gains in lean muscle, greater reductions in body fat, and more substantial strength gains than the non-periodized group after 12 weeks.

- Lean muscle + 4.6 lb vs + 2.2 lb
- Body fat% -4% vs -1.8%
- Leg press + 44 lb vs +18 lb
- Bench press +11.2 lb vs +6 lb

The above information taken from [ACE FitnessMatters® magazine](#)

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](#)

Is Your Game Up To Par? (A WORD ON LOW TESTOSTERONE)

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By Mila McManus MD

Have you ever been to the doctor, feeling certain that you have low testosterone, and your doctor later reports that your level is normal? Blood tests can be deceiving. The 'normal' reference range for testosterone is 250-1100. Does this seem reasonable to you? Perhaps your level returned in the 300s-400s range which IS within normal limits. However, perhaps your normal should be 850, also within normal range, but 2 to 3 times what your current level is. I often tell my patients that, as long as your hormone levels are within normal range, they are open to interpretation. This is why it is so important to listen to patients and hear their symptoms, and not simply look at lab values as black and white.



There are several methods for replacing testosterone in men, and 2 common ones are injection and cream. Many physicians prescribe testosterone as a once a month injection, however this creates a very high blood level initially that decreases over time. We have found it to be more effective as a lower dose given more frequently. Topical creams are an option, however, they are messy and cumbersome, and absorption varies from person to person. Local skin reactions may also be a problem.

If you are already taking a form of testosterone and you are not feeling well, it may be that you are on an inadequate dose, or perhaps you are internally converting your testosterone into estrogen. Metabolites can cause problems such as hair loss, prostate enlargement, and growth of breast tissue, so it's important to be under close supervision and to have blood work done at regular intervals to prevent and address these potential problems.

With regard to your prostate: taking testosterone does NOT cause prostate cancer. However, if you have a microscopic cancer in the prostate that has yet to be diagnosed, taking additional testosterone can feed that cancer. For this reason, it is important to follow PSA levels and have an annual prostate exam. We recommend that our patients take supplements such as Saw Palmetto and Zinc to help prevent conversion to troublesome metabolites. Please be sure to talk to your doctor before starting any new supplements, especially if you take other medications.

If you are tired of feeling the way you do, call our office and speak to a wellness consultant, or email us at

contact@woodlandswellnessMD.com.

Sedona Fitness Celebrates One Year Anniversary!

Join Sedona Fitness for their three-day anniversary celebration on October 18th, 19th and 20th and enjoy complimentary

workouts, tanning and Far-Infrared Sauna sessions. Take advantage of their "roll back the clock" promotion and enjoy pre-opening prices.

For more information, call Sedona Fitness for Women at 281-681-9992. 1644 Research Forest Drive, The Woodlands.



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