

Greetings!

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Curious about how The Woodlands Institute for Health and Wellness can change YOUR life?

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, April 1, 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 8:30-9:30, 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!

APRIL 9th WELLNESS NIGHT OUT: Dr. Mary McMains

Supplement of the Month: Vitamin A



Vitamin A is a fat-soluble vitamin and plays essential roles in vision, growth, and development; the development and maintenance of healthy skin, hair, and mucous membranes; immune functions; and reproduction. Vitamin A promotes good vision, especially in low light. It is also known as retinol because it produces the pigments in the retina of the eye.

Retinol, an animal source of Vitamin A, is an active type of vitamin A and is found in animal liver, whole milk, and some fortified foods. Carotenoids are dark colored dyes found in plant foods that can turn into a form of vitamin A. One such carotenoid is beta-carotene. Beta-carotene is an antioxidant. Antioxidants protect cells

Speaking

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 will feature a different topic with guest speakers and/or screenings to offer.

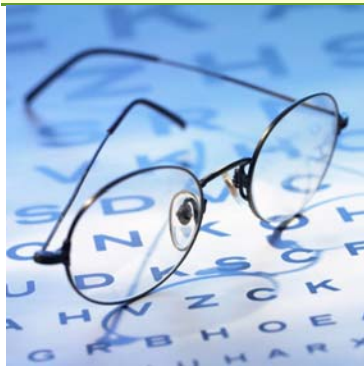
Our next Wellness Night Out will be April 9th, 6:00 pm - 8:00 pm, and this month we've invited Dr. Mary McMains, O.D., M.Ed., F.C.O.V.D. to speak about vision-related disorders. Dr. McMains received her Doctorate of Optometry at Pacific University and concurrently received her Master of Education in Visual Function in Learning in 2000. She is specially trained in vision related learning disabilities, pediatric optometry, sports vision, acquired brain injury, strabismus, amblyopia and vision-vestibular disorders.

Earning recognition for her expertise by being accepted into the Beta Sigma Kappa International Honor Society and receiving the College of Optometrists in Vision Development (COVD) Award for Excellence in Vision Therapy, Dr. McMains went on to earn her Fellowship by the College of Optometrists in Vision Development in 2006, board certifying her in vision therapy and vision development.

Dr. McMains has worked in her specialty for the past seven years in California, recently re-locating to Spring, Texas in 2007 with her husband and two children. She currently accepts patients at Child and Family Eye Care in Magnolia, Texas.

We look forward to seeing you there!

IS "20/20 VISION" REALLY ENOUGH?



*by Mary McMains, O.D., M.Ed.,
F.C.O.V.D.*

What does your optometrist mean when he or she says you are seeing "20/20"? It means that when standing at a distance of 20 feet from the eye chart, you can see the same row of letters that the average person can see at this distance. It is a measure of the sharpness of sight, but does not tell you anything about

how your brain is processing what you see. In fact, there are over 20 different visual skills that an eye chart does not detect. The visual system is so complicated, it utilizes 65% of ALL our brain pathways. "20/20" eyesight represents only a very small part of this process.

Behavioral optometrists differentiate between the terms "sight" and "vision". "Sight" is the ability to see and the eye's response to light

from damage caused by unstable substances called free radicals. Free radicals are believed to contribute to certain chronic diseases and play a role in the degenerative processes seen in aging.

If you don't get enough vitamin A, you are more susceptible to infectious diseases and vision problems, including night blindness, impaired vision in reduced light.

Eating a variety of foods that contain vitamin A (and carotene) is the best way to get an adequate amount. Select foods that contain excellent to good sources of vitamin A each day, including carrots, broccoli, sweet potatoes, leafy vegetables such as spinach, collard greens and kale, pumpkin and winter squash, eggs, peas and carrots, and orange-fleshed fruits such as cantaloupe, apricots, papaya and mango.

Vitamin A can be lost from foods during preparation, cooking, or storage. To prevent loss of vitamin A:

- Use raw fruits and vegetables whenever possible.
- Keep vegetables (except sweet potatoes and winter squash) and fruits covered and refrigerated during storage.
- Steam vegetables and braise, bake, or broil meats instead of frying. Some of the vitamin A is

shining into it. "Vision" is the ability to interpret and understand information that comes through the eyes. The visual system is a significant part of how we process information and a key factor in how we learn. 80% of what you perceive, comprehend and remember depends on the efficiency of the visual system.

Vision is a learned skill, just like walking and talking. If vision does not develop efficiently, even a bright child can have difficulties with reading, writing, spelling and math. One out of four children has a vision problem which interferes with their ability to learn efficiently and achieve in school. Most school screenings only check how clear a child sees. Unfortunately, most of the kids impacted by inefficient visual skills pass this type of school screening. The children who fail school screenings actually tend to be the high achievers in the classroom. Treatment for inefficient visual skills can be in the form of lenses, developmental guidance or an individualized vision therapy treatment program. Vision therapy re-organizes neural pathways by building new synapses, thereby affecting the patterning of the brain.

The best way to treat a problem is to prevent it before it occurs. A developmental vision problem can be diagnosed during the pre-school years and can often be corrected before the child enters school, though it is never too late to treat. Children do not grow out of vision problems. Children with vision problems become adults with vision problems. The Vision Council of America and the American Optometric Association recommends that children's vision be examined before the age of 1, again at age 3 and 5 or before starting school. Thereafter, everyone should receive an annual exam.

Visual signs and symptoms often mirror Attention Deficit Disorder (ADD). In fact, 15 out of the 18 signs and symptoms used to diagnose ADD are the same as visual inefficiency problems. It is suggested that if you suspect ADD, you should also get a comprehensive vision evaluation.

The following checklist can help determine if vision may be affecting performance. If three or more of the following symptoms are occurring, this is a strong indication that a vision problem may exist.

PHYSICAL CLUES:

- Red, sore or itching eyes
- Jerky eye movements
- One eye turning in or out
- Squinting, eye rubbing, or excessive blinking
- Blurred or double vision
- Headaches, dizziness, or nausea after reading
- Head tilting or closing one eye when reading
- Motion Sickness or Car Sickness

PERFORMANCE CLUES:

lost in the fat during frying.

Because Vitamin A is stored by the liver for up to two years, too much can be toxic. As vitamin A is fat-soluble, disposing of any excesses taken in through diet is much harder than with water-soluble vitamins such as B and C. As such, vitamin A toxicity can result. This can lead to nausea, jaundice, irritability, vomiting, blurry vision, headaches, muscle and abdominal pain and weakness, drowsiness and altered mental status.

Increased amounts of beta-carotene can turn the color of skin to yellow or orange. The skin color returns to normal once the increased intake of beta-carotene is reduced.

Before taking vitamin A, talk to your doctor, pharmacist, or health care professional if you have any other medical conditions, allergies, or if you take other medicines or other herbal/health supplements, or if you are pregnant or nursing.

Quick Links...

[Learn about Glyconutrients](#)

[Test Yourself for Hormonal Imbalance](#)

[JUICE PLUS](#)

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- Prolonged homework sessions
- Avoidance of "near" work
- Frequently loses place when reading
- Omits, inserts, or re-reads letters or words
- Confuses similar looking words
- Does not identify same word on the next line
- Poor reading comprehension
- Letter or word reversals after first grade
- Difficulty copying from the chalkboard
- Poor handwriting, misaligns numbers
- Book held too close to the eyes
- Inconsistent or poor sports performance

BEHAVIORAL SYMPTOMS can include the following: "Smart in everything" but at school, low self esteem, poor self image, temper flare ups, aggressiveness, frequent crying, short attention span, fatigue, frustration, stress, day dreaming and irritability. Your child may be labeled as lazy, dyslexic, ADD, ADHD, slow learner, having a behavior problem, underachiever or working below their potential.

A checklist does not take the place of a comprehensive vision examination by a behavioral optometrist, but can be useful in understanding how vision can affect performance. Remember, not all eye care professionals emphasize the function of vision. You want to be tested for both "eyesight" and "vision" to determine not only eye health, how clear you see and if you need glasses, but how efficient your visual system is working. Ask your eyecare professional if they evaluate at least the following visual skills:

- Eye tracking (eye movement control)
- Focusing near to far
- Sustaining clear focus up close
- Eye Teaming Ability
- Depth Perception
- Visual Motor Integration
- Visual Form Perception
- Visual Memory

If your eye care professional does not evaluate the above skills, find a behavioral optometrist in your area who does. You can visit the College of Optometrists in Vision Development's (COVD) website at www.covd.org and click on Find a Doctor or Parents Awareness for Vision Education's (PAVE) website at www.pavevision.org.

Fit Fact: Stretch for Success

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Before stretching, take a few minutes to warm up as stretching cold muscles can cause injury. Begin with a simple, low-intensity warm-up, such as easy walking while swinging the arms in a wide circle. Spend at least 5 to 10 minutes warming up prior to stretching.



When performing any stretch: Start each stretch slowly, exhaling as you gently stretch the muscle. Try to hold each stretch for at least 10 to 30 seconds.

Avoid these stretching mistakes:

- Don't bounce a stretch. Holding a stretch is more effective and there is less risk of injury.
- Don't stretch a muscle that is not warmed up.
- Don't strain or push a muscle too far; if a stretch hurts, ease up.
- Don't hold your breath.

From ACEfitness.org

RECIPE OF THE MONTH: Yeast Free Breakfast Ideas

Try a breakfast BLT! Wrap tomato and bacon in lettuce leaves for a quick, on-the-go breakfast. For a little more protein, wrap deli turkey meat around avocado slices. If you're in the mood to bake, try this recipe for dense, nutrient-rich muffins:



Carrot-Apple Power Muffins

- 1 cup oat flour
- 1 cup whole, rolled oats (Quaker Old Fashioned)
- ½ cup Xylitol
- 1/2 teaspoon baking powder
- 8 egg whites
- ¼ cup shredded carrots
- ¼ cup finely chopped tart apple (Granny Smith)
- 1 teaspoon vanilla
- ½ teaspoon cinnamon
- ½ cup chopped walnuts (optional)

Preheat oven to 375 degrees. Mix dry ingredients. Beat egg whites until fluffy. By hand, add dry ingredients and vanilla until blended, careful not to over mix. Then fold in carrots, apples and nuts. Prepare muffin pan with lined muffin papers or non-stick spray. Makes 12 small muffins. Enjoy!

Recipe by our own Kim Beale

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](#)

Super Suppers Yeast-Free Menu for March

We are happy that so many of you have discovered the convenience of choosing affordable, healthy and delicious entrees from the yeast-free menu at [Super Suppers](#) on College Park Drive. The menu changes every month, and the yeast-free entrees for March include:



- Asian Salmon
- Asian Flank Steak
- Almond Parmesan Tilapia
- Chicken Piccata
- Shanghi Pork Tenderloin
- Grilled Steak with Garlic Lemon Marinade
- Mediterranean Chicken & Vegetables
- Pecan-Manchego Chicken with Basil Pesto

Sides include:

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

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. Super Suppers is located at 3091 College Park Drive, across the street from Lowes / Wal-Mart. Stop in and see Cody, owner of Super Suppers, or give him a call at 936-321-4525, to ask for one of Dr. McManus' yeast-free recipes to put together today!

The monthly menu is also posted on our website www.TWIHW.com

A Closer Look at RDA REQUIREMENTS

The National Academy of Sciences proposed in 1941 that a guideline of minimum recommended daily dietary allowances be established for the express purpose of reducing the occurrence of diseases of malnutrition. These diseases of malnutrition include scurvy (caused by deficient levels of vitamin C), pellagra (caused by deficient levels of niacin), and beri- beri (caused by deficient levels of vitamin B-1). **The RDA guidelines fell under sharp criticism within ten years of their publication because they were based on brief studies of approximately nine months and established only nutrient level minimums.**

Maintaining one's health over the course of a lifetime likely requires the intake of daily nutrients at varying levels relating to conditions such as illness, habit, and stage of life. It is estimated that at least one chronic disease such as cancer, heart disease, diabetes or a degenerative disease of the bone or eye, will afflict 80% of the American population over the age of sixty. **This wide-spread suffering of chronic disease in the aging may be evidence that the RDAs do not provide the levels of nutrients needed to maintain high quality health over a lifetime. In fact, the RDA guidelines are likened by the researchers to minimum wage rates since they barely sustain life let alone contribute in any meaningful way to improving life quality.**

In addition to being established only as nutrient minimums, the RDAs fail to take into consideration the impact of lifestyle. Several studies have shown that behaviors such as regular consumption of alcohol, following special diets, and habitual smoking will lower blood levels of various nutrients. The National Academy of Sciences (NAS) stated in their own findings that the RDAs "vary greatly in disease" implying that there are circumstances of living that can and do influence and change RDA requirements.

To gain a better perspective of the inadequacy of the standards, consider the work of two doctors at the University of Alabama School of Medicine cited in the Nutrient Digest; Emanuel Cheraskin and W.M. Ringsdorf, Jr. Given the narrow scope of the RDA guidelines, they attempted to ascertain the actual ideal daily consumption levels for nutrients, carbohydrates, protein and fat that healthy people consume daily and thereby thrive. Cheraskin and Ringsdorf, Jr. hypothesized that people who are more

"symptom and sign-free of suffering" are healthier than people who present clinical symptoms and show signs of disease.

The Cheraskin and Ringsdorf, Jr. study consistently indicated that the healthiest people were those who had taken supplements and who had eaten a nutrient- rich diet in relation to the number of calories they ate. **By comparing the daily intake levels of vitamins in the healthiest subjects, researchers calculated the mean or average amount of each vitamin consumed.** Using these calculations, Alex Schauss, Ph.D. developed the Suggested Optimal Nutrient Allowances (SONA).

The SONA guidelines do not offer specific claims about nutrient abilities. They simply reflect what nutrient levels were consumed daily by healthy participants in the study and thus suggest that a diet including these nutrient levels each day is part of a healthy lifestyle. For example, the healthiest people in the study consumed approximately 410 mg of vitamin C each day. Analyzing the study data by age and gender determined SONA recommendations of 400mg of vitamin C for men and women aged 25-50, and 800-1000mg of vitamin C for men and women aged 51 and older. By contrasting these amounts to the RDA's recommendation of 60mg of vitamin C daily, it becomes clear that the RDA guidelines could only have been interpreted as the bare minimums.

The chart below shows a dramatic contrast between RDA and SONA measurements for daily nutrient intake. The USDA National Nutrient Database for Standard Reference was used to create the final column. **It specifies how much of a particular food a person would have to eat each day to obtain the RDA versus the SONA measurements for those nutrients. You will see that in fact, it is much more difficult to achieve optimal nutrition without supplementation.**

RDA versus SONA Food Amt:

- **Vitamin A: RDA 700-900mcg, SONA 2000mcg (1 medium carrot vs. 4 carrots)**
- **Beta Carotene: RDA None Established, SONA 80-100mg (8 cups cooked spinach)**
- **Vitamin C: RDA 75-90mg Smokers Add 35mg, SONA 800-1000mg (1-8oz cup OJ vs. 11 cups)**
- **Vitamin E : RDA 15mg, SONA 800mg (1oz. roasted almonds vs. 7 lbs. of almonds)**
- **Selenium: RDA 55mcg, SONA 200-250mcg (3 oz. canned tuna vs. 1 lb of canned tuna)**
- **Folic Acid: RDA 400mcg, SONA 2000mcg ("eat green vgs." vs. 12 cups of broccoli)**
- **Niacin: RDA 14mg-16mg, SONA 25-30mg (6 med. baked potatoes vs. 12 baked potatoes)**
- **Lycopene: RDA None Established, SONA Not Found (10 cherry tomatoes = 4mg)**
- **Iron: RDA 8-18mg, SONA 20mg ("eat red meat" vs. 2 lbs. cooked burger)**
- **Zinc: RDA 8-11mg, SONA 17-20mg ("eat poultry" vs.**

11 chicken breasts)

Excerpted from article published in Natural News, written by Carol L. Ohnesorge, who holds a Masters Degree in Counseling and Psychology with an emphasis in Holism.

Wellness Retreat July 24-27, 2008

Join Dr. Mila McManus and other health professionals for a Wellness Retreat July 24-27, 2008 at the beautiful El Dorado Resort & Spa in Riviera Maya, Mexico.



Spend four unforgettable days learning more about health and fitness, nutrition and much more, all in a fantastic, relaxing beachside setting. Yoga classes, beach and outdoor activities, tours and entertainment are all included!

Space is limited. Resort is for adults only. For more information, call Travel Lifestyles Corporation at (713) 621-5555 or (800) 801-9542. Price is \$1,599 per person for a GV Jr. Jacuzzi Suite based on double occupancy (includes airfare, transfers, lodging, meals, drinks, lectures and activities). Single occupancy is \$1,799. Upgrades available.

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