

Greetings!

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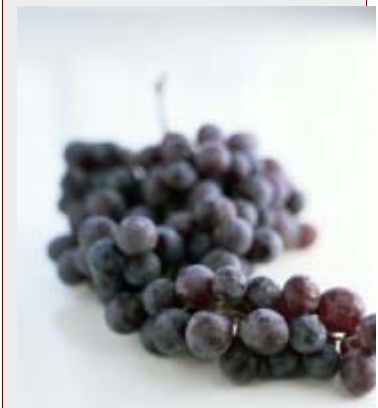
## Wellness Night Out/ VINO 101



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 that will be taking 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 July 11th 6:00 pm - 8:00 pm.** The theme will be The Benefits of Red Wine. Staff from [Vino 100](#) will bring samples of different wines to taste and will be giving away a door prize. We will also discuss wine-alternatives for those who abstain from alcohol and those of you who are currently on the yeast cleansing program. We will discuss specific fruits and juices

## Supplement of the Month: RESVERATROL



Resveratrol is a type of polyphenol (antioxidant) called a phytoalexin, a class of compounds produced as part of a plant's defense system against disease. It is produced in the plant in response to an invading fungus, stress, injury, infection, or ultraviolet irradiation. Red wine contains high levels of resveratrol, as do grapes, raspberries, peanuts, and other plants. Red wine contains more polyphenols than white wine because the making of white wine requires the removal of the skins

that are the highest in antioxidants.

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 toll-free (866) 680-9355.**

## Next special event at the Egg and I



**We cordially invite you to meet Dr. Mila McManus, founder of The Woodlands Institute for Health & Wellness, and enjoy a complimentary healthy breakfast. Dr. McManus will be discussing safe, natural, and effective solutions to many common health problems, such as fatigue, depression, obesity, headaches, IBS, PMS, hot flashes, acid reflux, allergies, insomnia, ADD and more. Reception starts at 8:00am, and discussion starts at 8:30am. Dr. McManus will speak for approximately one hour, followed by a**

after the grapes are crushed

Resveratrol has been shown to reduce tumor incidence in animals by affecting one or more stages of cancer development. It has been shown to inhibit growth of many types of cancer cells in culture. Evidence also exists that it can reduce inflammation. It also reduces activation of NF kappa B, a protein produced by the body's immune system when it is under attack. This protein affects cancer cell growth and metastasis

The cell and animal studies of red wine have examined effects in several cancers including leukemia, skin, breast, and prostate cancers. Scientists are studying resveratrol to learn more about its cancer preventive activities. Recent evidence from animal studies suggests this anti-inflammatory compound may be an effective chemopreventive agent in three stages of the cancer process: initiation, promotion, and progression.

More interesting facts about Resveratrol:

- Adding resveratrol to the diet of yeast, fruit flies, worms, and

**question and answer session. We will also have consultants to answer questions regarding our program.**

If you are ready to get healthy and change your life, Reserve your seat today (space is limited) by calling toll-free 866-680-WELL (9355).

- Tuesday, July 17, 2007
- 8:00am- 11:00am
- Location: The Egg & I
- 1644 Research Forest Dr., Suite 100
- The Woodlands, TX 77380

[Contact Us](#)

## HEB Yeast Free Cooking Connection Nights



**The Woodlands Institute for Health & Wellness and HEB Market Street had another fun "Yeast Free at HEB" Cooking Connection night.** Catherine Russell, manager of the

Cooking Connection at HEB Market Street, and Kim Beale, our own nutritional consultant, prepared delicious yeast free snacks and a main course.

Many of the products used were HEB specialty products that are approved for the Yeast Detox Program. All of the products and ingredients needed for the snacks and main dish are available at the Cooking Connection at HEB. For a yeast free recipe, see Recipe of the Month section below.

The Yeast Free Cooking Connection will be **THE THIRD TUESDAY OF EVERY MONTH.** It will last approximately one hour, from 6pm to 7pm. This is open to the public, but we ask that you RSVP for food preparation

a species of fish increased their life spans up to 70%, 29%, 24%, & 50% respectively.

- Resveratrol made fat related deaths drop 31% in obese mice. The resveratrol fed obese mice also performed much better in movement and agility tests than obese mice not fed resveratrol.
- Mice fed resveratrol had 100% more endurance than mice not fed resveratrol (i.e. they were able to run twice as far on a treadmill).
- Resveratrol inhibits blood platelet aggregation that can lead to dangerous clots that can cause heart attacks and strokes.

The Bottom Line:

You probably have noticed a recurring theme that most beneficial compounds can be found in.....you guessed it! Fruits and vegetables and nuts! It's not rocket science. You've heard it all before. You are what you eat folks!

purposes. Please RSVP for the **July 17th** Yeast Free at HEB night by emailing Kim at [kbeale@TWIHW.com](mailto:kbeale@TWIHW.com) or calling our office toll-free at 866-680-WELL (9355)

We are so grateful to HEB Market Street for making it possible for us to be able to offer this unique opportunity to you.

## Recipe of the Month - Basa Filet with Creamy Romesco Sauce

Ingredients:

- 4 basa filets
- 1 cup almond flour\*
- 4 eggs, beaten
- Adam's Reserve Classic Steak Rub\*\*
- 1 small carton Silk Soy Creamer
- 1 jar Canyon Romesco Sauce
- 1/4 cup coconut oil



Mix Adam's Rub with almond flour. Dip filets in beaten eggs then in almond flour mixture. Preheat skillet, then add coconut oil. Cook filets for 3-4 minutes per side. In a separate sauce pan, bring creamer to a low boil and allow to boil for 3-4 minutes avoiding scorching. Lower heat and whisk in the jar of Romesco sauce, 1 tablespoon Adam's Steak Rub, and 2 tablespoons almond flour. Spoon sauce over filets. Enjoy!

\*Almond flour can be purchased at some specialty grocers, or can be made by placing 3 cups of blanched, sliced almonds in a food processor and processing until smooth. Yields approximately 2 cups of flour

\*\*Adam's Reserve spices are exclusive to HEB. If unavailable locally, substitute any herb blend according to preferred taste.

Romesco sauce is a classic sauce from the Catalonia region of Spain. The combination of sweet, smokey

One last comment:

What I'm about to say really deserves a separate, dedicated article, but I must reiterate the importance of vitamin and mineral supplementation, along with your healthy diet. Even if you DO eat the recommended 12 servings of fruits and vegetables a day, you aren't likely getting all of the nutrients you need.

Two peaches would have supplied the current RDA of vitamin A for adult women in 1951. Today, a woman would have to eat almost 53 peaches to meet her daily requirements! Another study compared data collected in 1930 and 1980 for 8 minerals in 40 fruits and vegetables. The author reported significant losses of calcium, magnesium, copper and sodium in vegetables, and magnesium, iron, copper and potassium in fruits. The foods were also significantly higher in water and lower in dry matter (e.g., fiber) content. (information obtained from [Glycoscience](#))

### Quick Links...

[Learn about Glyconutrients](#)

[Test Yourself for](#)

roasted peppers, roasted garlic and almonds is excellent when added to pasta for a quick meal. This pungent sauce is thick enough to spread on crostini, but also can be added to rice or polenta. It's marvelous with grilled or steamed vegetables, seafood and chicken.

If you can't find Romesco sauce at your local grocer, [CLICK HERE](#) to order online.

## REJUVINATE AND LOSE WEIGHT IN FAR-INFRARED SAUNA

**You can now benefit your body by just sitting back and relaxing in A FAR-INFRARED sauna. The benefits of the Far- Infrared Sauna include:**

- **Weight Loss- Burns up to 600 calories in a 30-minute session!**
- **Skin Purification- Firms and improves skin tone and elasticity. Helps acne, eczema, psoriasis and other skin conditions.**
- **Detoxification- Cleanses by releasing toxins, heavy metals and other impurities from you system.**
- **Healing Benefits- Provides relief and reduces symptoms for fibromyalgia, chronic fatigue, arthritis and heart disease.**
- **FDA Approved for Pain Management**



What is Far Infrared Heat?

Infrared (IR) radiation is electromagnetic radiation of a wavelength longer than that of visible light, but shorter

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than that of radio waves. The name means "below red" (from the Latin *infra*, "below"), red being the color of visible light with the longest wavelength. It is not harmful. Due to its wavelength, infrared heat penetrates deeper into body tissues than traditional hot air saunas.

#### The FACTS:

- the body responds to the deep-heating effect of infrared heat by increasing heart rate, which provides the body with a cardiovascular conditioning effect.
- Medical research confirms the use of sauna provides cardiovascular conditioning as the body works to cool itself and involves substantial increase in heart rate, cardiac output, and metabolic rate.
- in Guyton's Textbook of Medical Physiology, we find that producing one gram of sweat requires 0.586 kcal.
- A moderately conditioned person can easily sweat off 500 grams in a sauna, consuming nearly 300 kcal (equivalent of running 2-3 miles)
- A heat-conditioned individual can easily sweat off 600-800 kcal with no adverse effects. Since the FAR-INFRARED sauna helps generate 2-3 times the sweat produced in a hot-air sauna, the implications for increased caloric consumption are quite impressive.
- Tissues heated to 110 degrees F and then stretched exhibit a non-elastic residual elongation of 0.5-0.9% that persists
- One study showed a 20% decrease in stiffness at 110 degrees F as compared to 90 degrees F in rheumatoid finger joints
- Muscle spasms have long been observed to be reduced though the use of heat, be they secondary to underlying skeletal, joint, or neuropathological conditions.
- heat has been shown to reduce pain sensation by direct action on both free-nerve endings in tissues and on peripheral nerves.
- Heat increases blood circulation.

Need more reasons to try a far infrared sauna?

In one study performed by American researchers, the sweat of people using a conventional sauna was found to be 95-97% water while the sweat of those using a Far infrared thermal system was 80-85% water

with the non-water portion principally cholesterol, fat-soluble toxins, toxic heavy metals (e.g., mercury, aluminum), sulfuric acid, sodium, ammonia, and uric acid. This unusually high concentration of heavy metals and other fat-soluble toxins is NOT found in the sweat from normal exercise.

The information contained in this article was provided by [SEDONA FITNESS FOR WOMEN](#)

Sedona Fitness for Women would like for you to experience the benefits. Call (281) 681-9992 Now for a Free Trial! Sorry guys, Sedona is for women only. You'll have to search for a provider near you.

## Allergy Treatment

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.

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 us toll-free at (866) 680-WELL or [visit our website](#)

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

phone: (866)680-WELL

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