

Greetings!

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WELLNESS EXPO



Location: Woodlands Waterway Marriott

- **Date: Saturday, January 13, 2007**
- **Time: 10:00 am - 4:00 pm**
- **Cost: FREE**

This is a great way to start the New Year off right! This event is full of reasons you should make it a New Year's resolution to attend!

Screenings will be available to attendees and will include:

- Bone Density
- Blood Pressure
- Cholesterol Screening
- Diabetes Screening
- Hair Analysis
- Visia Skin Analysis
- Iridology
- Antioxidant Screening
- Body Fat Analysis

Sweet Temptations



It is hard to stick to a healthy eating plan with visions of sugar plums dancing in your head or tables full of Christmas sweets. It is hard to avoid being around "bad" food during Christmas, but there are a few simple ways to stay healthy and keep that yeast from taking over your body during the holidays.

The easy solution is not to go to any Christmas parties or any relatives houses. But since most of us want to actually enjoy the holiday season, we have to find a way to stick to our program when faced with sweet temptations.

The first 50 people to register will receive free health checks including blood pressure, diabetes and cholesterol screenings and body fat analysis.

There will be **DOOR PRIZES** given away throughout the event.

From **12:30pm to 1:30pm**, Dr. Mila McManus, founder of The Woodlands Institute for Health & Wellness, will be discussing safe, natural, and effective solutions to many common health problems.

There will be over 40 Exhibitors specializing in wellness include: Avante Laser & Medispa • The Endermologie Center of The Woodlands • Faithfully Fit • Bikram Yoga • Glenn E. Helton D.C., C.C.S.P. • James W. Kutchback D.P.M. • Kingwood Travel • Sedona Fitness for Women • PCG Allergy • Isofitness • Anne Penman Laser Therapy • Health Market • Personal Defense Solution International • achievebalance.org • Mark Johnson M.D., F.A.C.S. with Surgical Specialists • Arbonne International • Susanna's Massage Therapy • Acupuncture & Health Center Herbal Therapy • Juice PLUS • Physician's Preference Vitamins • Craig Wear CFP • Wildtree Herbs (see article Grape Seed Oil) • Dr. Robert Sones • Freezable Gourmet • Natural Pawz • The Woodlands Lifestyle & Homes • Lukes Locker • Roberds Pharmacy • The Woodlands Institute for Health & Wellness • rhealthyproducts4U.com • Center for Facial Pain & Dental Sleep Management • Piney Point Pharmacy • Preventive Health & Wellness • Pharmanex • Mannatech • OPAm Breastcare Boutique • Mona-Vie Crabbydaddy's Seafood Complex • and MORE!

What about your kids? Well, they are welcome to come with you OR [PLAYTIME FOR KIDS](#) is offering ALL attendees a special buy one hour, get one hour free child care for up to four hours. If you are interested in this, please mark that on your EXPO registration. If you would like more information on Playtime for Kids please visit their website at www.playtimeforkids.com or call (281) 465-8080.

[CLICK HERE TO REGISTER](#) or call

At the Christmas party as the wine is being poured, feel free to have one glass.....the rest of the night use that cute little wine glass to drink water out of. You will find that water is a lot more tasty when consumed in a fancy glass. If wine isn't your weakness, chances are its chocolate.

If you are invited to a party, offer to bring an extra dessert or just show up with one as a nice gesture. Make the dessert yeast free. Most likely no one will be able to tell, especially if you make the yeast free Hot Fudge dipping sauce. Bring that along with some fruit for dipping. Then when you are staring down a table full of sweets, there is something you can actually eat.

If sweets aren't your thing, perhaps it is just the need to "graze" at parties on all the cheese and crackers. Survey the whole table. Find the meats and go with

toll free (866) 680-WELL.

[REGISTER FOR THE EXPO....](#)

Bah Humbug?



Not feeling the joy of Christmas?

You may not be a scrooge. Let us try to help put the "Merry" back in Christmas for you or your loved ones.

[Contact Us](#)

Grape Seed Oil



Did you happen to see the Oprah show not too long ago when the doctor made a tiny mention about Grapeseed Oil? Well, today I would like to make a big mention about it, because this delicate, delicious oil deserves a little more attention.

Grapeseed Oil is made from grape seeds after wine production. Have you ever taken notice of a grape seed? Boy, are they tiny!! It takes a ton, literally a ton,

those first. If there is a little cheese or some kind of spread, it is okay to partake as long as you add some protein and keep it minimal.

The biggest problem over the Christmas season is overeating. Be wise. Eat in moderation. And if Christmas Eve or Day you find yourself unable to resist the temptation, eat what you want. Just don't overdue it. Try eating yeast free the whole week leading up to Christmas....then if you cheat on Christmas day it won't be hard to start over yeast free the next day.

Most importantly, try to relax and have a very Merry Christmas!

Quick Links...

[Achieve Balance](#)

[Test Yourself for Hormonal Imbalance](#)

[JUICE PLUS](#)

[Visit Our Website](#)

of grapes to create just one bottle of Grapeseed Oil. It is truly worth it though. The end result is light, delicate tasting oil which is ideal for sautéing, salad dressings, bread dipping, and yes even baking. Versatile, delicious, and good for you, Grapeseed Oil allows the pure flavor of fresh food to come through.

Let's talk more about the "good for you" part!! We hear so much about the benefits of EVOO (that's Extra Virgin Olive Oil to all of you who haven't caught on to the lingo). I think you will see the benefits of Grapeseed Oil are worth a look too. Check out this comparison chart, which speaks volumes on its own. I will throw in butter (because it is so yummy), and Canola Oil (because of its accessibility and popularity).

In the following, SF = saturated fat, MU = monounsaturated fat, PU = polyunsaturated fat and TFA = trans fatty acid.

- Butter: 63% SF, 26% MU, 4% PU and 3% TFA
- Canola Oil: 7% SF, 59% MU, 30% PU and 0% TFA
- Olive Oil: 14% SF, 77% MU, 9% PU and 0% TFA
- Grape Seed Oil: 8% SF, 16% MU, 76% PU and 0% TFA

Take note especially of the Saturated Fat column; the Grapeseed Oil has almost half of the fat content of EVOO. That is a big deal if you are watching what you eat!! Hey, it gets even better. Check out these facts

- Grapeseed Oil is cholesterol free. In fact, studies have shown that a diet including just 1½ Tablespoons of this oil per day can lower your bad cholesterol and raise your good cholesterol.
- It is a good source of Vitamin E Alpha (an important anti-oxidant).
- It contains linoleic acid, also known as Omega-6. This is essential to our diets, yet not produced by our bodies.
- The flashpoint is 419 degrees. The flashpoint of oil is the point at which it begins to burn, and lose all of its good qualities.
- It has the highest concentrations of mono (16%) and poly (76%) unsaturated fats of any other oil. Unsaturated fatty acids help to lower total blood cholesterol.

There you have it! A closer look at the health benefits of Grapeseed Oil. I have completely converted to Grapeseed Oil in my home kitchen. The only reason we keep canola oil around is for homemade playdoh!! I hope you will consider the benefits for yourself and your family as well.

Stop by and see me at this years' Wellness EXPO. I will have several oils on hand for you to sample; from Natural Butter Flavor to Roasted Garlic, and even Zesty Lemon!

By *Jennifer Watrous* Wildtree Herbs Representative

New Additions

The Woodlands Institute for Health & Wellness is happy to introduce our two newest team members. Our registered nurse, Renee, has already been with us for several months and has been a great asset to further better our patient care. Rachel Cushing PA-C, our new

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Join our mailing list!

Physician Assistant just joined the team in December and is already helping serve our patients.

Renee Devine R.N. graduated from WCTC College in Pewaukee, WI in December of 1997. She has been married for 19 years and is the mother of three wonderful teenagers. Renee and her family attend Saint Simon and Jude Catholic Church. Renee has helped over the years with chaperoning many church functions, orchestra field trips, band field trips, football and many other school functions here in The Woodlands community.

Rachel Cushing PA-C graduated from Rosalind Franklin University of Medicine and Science located in North Chicago, IL in 2006 with her Masters Degree in Physician Assistant Studies. She is also a 2003 graduate from the University of Nebraska-Lincoln and holds a Bachelor of Science degree in English and Biological Science. After graduating from PA school, Mrs. Cushing and her husband relocated to The Woodlands area. She has a special interest in the study of hormone imbalance and the effects that nutrition and exercise play on overall health. Mrs. Cushing is a Board Certified Physician Assistant and a member of the American Academy of Physician Assistants, Texas Academy of Physician Assistants, and Texas Gulf Coast Physician Assistant Association.

We are excited to have both of these ladies. We know all of our patients will be better served by having them. You can meet them and all of the staff of The Woodlands Institute for Health & Wellness at the Wellness EXPO, Sat, Jan 13th, 2007.

[For More Info.....](#)

RADIO SHOW-HEAR DR. MCMANUS ON FM 100.7 KKHT

Dr. McManus and one of her patients, Mary T., were interviewed on the show "Fountain of Youth-Healthy Living into your 100s" on FM 100.7 KKHT. It will be aired this Saturday, December 23rd, from noon until 12:30pm.

If you can't listen to the show live, you can visit www.KKHT.com

TWIHW Closed for the Holidays

TWIHW will be closed from Monday, Dec 25th, through Monday, Jan 1, 2007. We will resume normal business hours on Tuesday, Jan 2, 2007. We apologize for any inconvenience this may cause. If you have an urgent matter, the answering service will try to reach one of the staff members.

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