

Greetings!

If you think you may have **LOW TESTOSTERONE**, whether you are a man or a woman, then you should read the article on testosterone in this issue. If you are already taking testosterone replacement, you, too, should read this article. Low testosterone levels are common, and frequently overlooked by most doctors due to 'normal' testosterone levels in the blood. Normal ranges for hormones are very large and can be quite deceiving. You might be told by your doctor that your levels are normal, but perhaps you were in the lower end of 'normal range', and perhaps that level is not YOUR normal. At TWIHW, we look at the whole picture. If it looks like a duck, and walks like a duck, it's probably a duck! Sincerely, Dr. Mila McManus

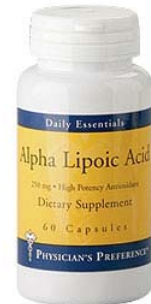
We would like to thank everyone who attended the Wellness EXPO, including our volunteers and exhibitors, for making this a successful event. The wellness revolution is upon us! If you missed the EXPO and would like to learn more about natural solutions to common health problems, [visit our website.](#)

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WE'VE MOVED!!!!

The Fountain of Youth



Is there a fountain of youth - some way to stay young forever? Oh how I wish! While we have yet to make that great discovery, there are certain anti-aging measures we can take to keep our bodies healthy and young.

One supplement, Alpha Lipoic Acid, has received attention for being an anti-aging supplement, as well as being able to help in the treatment of certain diseases and conditions. It is even used in many face products to help prevent aging and protect against free radical



The Woodlands Institute for Health & Wellness is excited to announce our move into a new office! We are in the same convenient location in the

building off Pinecroft, but in a new suite on the first floor.

It was important to us to provide the same warm and comfortable environment, making our patients feel at home when they are with us. The most exciting change is being able to better serve our patients' needs in the space. We look forward to your first, or your next, visit with us!

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New Year, New You

damage to the skin.

The reason Alpha Lipoic Acid is so highly recommended by physicians is because it is both water and fat soluble, lending it to be a very versatile nutrient. The primary function of Alpha Lipoic Acid (ALA) is to serve as a cofactor during the conversion of food to energy. This reaction is known as the Krebs Cycle and takes place within the mitochondria. During this reaction, ALA is required. It acts as a catalytic converter, and without it the Cycle would shut down and the cell would die.

Recent evidence points to another important role of ALA, which is to function as a potent antioxidant. Free radicals are a result of the occasional escape of an electron from the mitochondria machinery and the incorporation of that electron by molecular oxygen. This creates a molecule with an



Is your resolution to get healthy and feel better in 2007?

Let us help you keep that resolution with our Comprehensive Wellness program! Call us today toll-free (866) 680-WELL.

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Recipe of the Month - Pancakes with Berry Syrup



This is a yeast free Pancake recipe submitted by Mary Howes. You will need the following ingredients:

- 1 cup almond flour
- 2 eggs
- 1/4 cup water (for puffier pancakes, use sparkling water)
- 2 T of oil
- 1/4 Tsp of salt
- 1 T Xylitol
- 2 T flax seed (optional)

Mix ingredients together and cook just like you would regular pancakes. They don't bubble up on top as much as regular pancakes. This makes about six 4-

unpaired electron, or free radical, which is highly reactive. If this free radical is not neutralized, it will react with and damage critical cellular components, including proteins, lipids and DNA. Evidence indicates that ALA can neutralize these free radicals before they can cause damage.

The ability of ALA to neutralize free radicals derives from its chemical structure. ALA has a higher affinity for unpaired electrons than do other cellular components. It readily combines with the unpaired electron on a free radical, thus neutralizing it and sparing the cell from damage. Because of its aggressive propensity to combine with free radicals, ALA has been shown to have a sparing effect on other cellular antioxidants. If an aggressive ALA molecule gets to a free radical first, the vitamin C and other antioxidants are free to perform

inch pancakes. Mary usually triples it for her family and it works great.

What would pancakes be without syrup?! Mary has also created a yeast free Berry Syrup. For that you will need the following ingredients:

- 1 cup blueberries (fresh or frozen)
- 1 cup raspberries
- 1 cup blackberries
- OR you may use 3 cups from a mixed bag of all three
- 1/2 cup water
- 1/2 cup Xylitol
- pinch of salt

Put ingredients in saucepan and bring to a boil. The berries will begin to break down as soon as the boiling begins. After 5 minutes, turn off heat and mash with a potato masher or fork to help break down the larger berries. Boil for another 2 minutes to combine. Remove from heat. Mixture will thicken as it cools. This makes about 1-1/4 cup of syrup.

Fitness Factoid

If you want to help with the anti-aging process, along with your ALA, you should start an exercise program. It does not matter the age. In fact, research indicates that starting a program when you are older may combat the effects of aging.

"Exercise must be a lifelong health habit - like brushing your teeth or taking a shower - that can and should be sustained throughout life." (www.acefitness.org)

Testosterone Replacement

Testosterone. If a man is aggressive, then we say he has too much of it. If a man is too indecisive we say he needs more of it. Usually, we say this in jest. But did you know that testosterone imbalance is an important factor in the way we feel? Did you know it also affects women (and I don't mean because they have to deal with the men)? That's right! Women may also have deficiencies in testosterone.

So, man or woman, how do you know if you have a testosterone imbalance? If you have any of the following symptoms, you might want to get your testosterone levels checked (and remember, lab values are just one clue. Normal ranges for hormones are very large, so falling within normal range can be deceiving!):

- fatigue
- depressed and irritable moods
- loss of muscle mass and strength
- decline in sex drive and performance
- decline in mental sharpness

other functions. The net effect lowers the oxidative stress on our bodies.

ALA's ability to enter both lipid and water environments enables it to protect the total cell, both the fatty cellular environments such as membranes, and the water-soluble cellular environments that comprise the bulk of the cell.

So, how do you make sure you are getting ALA? The principle dietary source of ALA is plants, such as spinach. However, even though we can get it through food, recent studies indicate that we are not getting a sufficient amount through these sources. And studies showed an even greater deficiency in aged animals. Since it is known that the absorption of nutrients declines with age, and oxidative stress increases, supplemental sources of ALA may benefit people as they age.

- increased body fat around the waist
- lower sperm counts
- diminished stamina and endurance
- lack of motivation and goals
- loss of initiative and assertiveness

The following is a retrospective analysis by researchers at Beth Israel Deaconess Medical Center published in The New England Journal of Medicine finding NO causal relationship between testosterone replacement and prostate cancer or heart disease risk.

The comprehensive review of 72 studies, addresses the current controversy about testosterone replacement therapy and its potential health risks to men. "We reviewed decades of research and found no compelling evidence that testosterone replacement therapy increases the incidence of prostate cancer or cardiovascular disease," said Abraham Morgentaler, MD, a urologist at BIDMC and associate clinical professor at Harvard Medical School. "Although it would be helpful to have data from long-term, large-scale studies, it must also be recognized that there already exists a substantial body of research on the effects of testosterone in men."

Low levels of testosterone affect an estimated 2 to 4 million men in the United States, a condition termed hypogonadism, and the prevalence of this condition increases with age. The symptoms include diminished libido and sense of vitality, erectile dysfunction, reduced muscle mass and bone density, depression, and anemia.

The causes of hypogonadism may be classified as primary, meaning inadequate function of the testes; secondary, inadequate pituitary stimulation of the testes; or a combination of primary and secondary causes, which is common in older men. Testosterone supplementation, in the form of injections, patches, gels and a buccal tablet, is designed to elevate a hypogonadal man's testosterone levels into the normal physiologic range and alleviate symptoms. "Testosterone is only for men who have symptoms of low testosterone combined with a confirmatory blood test. Testosterone therapy can be beneficial and safe for these men as long as they are appropriately monitored by their physician," says Morgentaler.

It has been known since the 1940's that severe reductions of testosterone can cause shrinkage of metastatic prostate cancer, and therefore there has been a concern that raising testosterone levels might cause growth of any hidden prostate cancers. However, the study by Ernani L. Rhoden, M.D., and Morgentaler found no connection between higher testosterone levels and prostate cancer, nor did they find evidence that testosterone treatment causes prostate cancer. In fact, they note that prostate cancer becomes more prevalent exactly at the time of a man's life when testosterone levels decline. To date, prospective studies have demonstrated no difference in prostate cancer incidence among hypogonadal men using testosterone therapy compared to men in the general population.

Regarding benign prostatic hyperplasia (BPH), multiple studies have failed to demonstrate consistent exacerbation of voiding symptoms during testosterone supplementation. "The impact of testosterone therapy on benign prostate growth appears to be mild," says Rhoden, "and rarely of clinical significance. However, testosterone therapy should be used cautiously in men with severe

These studies demonstrate the capacity of ALA to convert old, inefficient mitochondria to ones with more youth-like appearance and activity. Additional studies have shown a significant improvement in activity level, as well as learning ability, in aged animals treated with ALA.

ALA is useful for many diseases and conditions. Particularly, some studies have shown that ALA can help to normalize blood sugar levels, and partially restore nerve function in diabetic neuropathy. Studies also suggest a neuroprotective role in Parkinson's. ALA also increases Glutathione levels, which detoxifies the liver. ALA may be helpful for weight loss by shunting blood sugar to muscle more than fat, thereby increasing lean body mass which burns more calories.

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urinary symptoms."

Monitoring the prostate during testosterone therapy is mandatory, given the *theoretical* concern that testosterone treatment may stimulate the growth of an occult cancer. Before and during treatment men should undergo regular evaluation, with a digital examination of the prostate, and a blood test called prostate-specific antigen (PSA). Patients with an abnormal prostate exam or an elevated PSA should undergo a prostate biopsy before initiating testosterone replacement to exclude the possibility that cancer is present. To monitor BPH, they recommend determining a base-line voiding history at the start of treatment and assessing urinary symptoms at follow-up.

The belief that testosterone may be a risk factor in cardiovascular disease is based on the observation that more men than women have cardiovascular events and men have higher testosterone levels than women. However, Rhoden and Morgentaler write that few, if any, data support a causal relation between higher testosterone levels and heart disease. Indeed, several studies suggest that higher testosterone levels may actually have a favorable effect on atherosclerosis and heart disease. Studies of testosterone replacement therapy have not demonstrated an increased incidence of cardiovascular disease, myocardial infarction, stroke, or angina, according to the retrospective analysis.

Rhoden and Morgentaler describe other potential risks or side effects from testosterone replacement therapy as infrequent (acne or oily skin, sleep apnea); rarely of clinical significance (fluid retention); or reversible with cessation of treatment (gynecomastia, testicular atrophy or infertility). Testosterone treatment should be used cautiously or not at all in men with advanced liver disease. Skin reactions are commonly encountered in men being treated with the patch with a low incidence observed with testosterone gel.

Beth Israel Deaconess Medical Center is a major patient care, teaching and research affiliate of Harvard Medical School, and ranks third in National Institutes of Health funding among independent hospitals nationwide. BIDMC is clinically affiliated with the Joslin Diabetes Center and is a founding member of the Dana-Farber/Harvard Cancer Center. BIDMC is the official hospital of the Boston Red Sox. "

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