

## Greetings!

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## WELLNESS EXPO 2008

**The Woodlands Institute for Health & Wellness is proud to announce Wellness Expo 2008 on Saturday, February 2, 2008 at The Woodlands Waterway Marriott Hotel from 9am to 4pm.**

The Woodlands Institute for Health & Wellness is an innovative medical practice bridging the gap between traditional and holistic medicine. We believe in getting to the root causes



## Vitamin C-Tis the Season



VITAMIN C is a water-soluble vitamin that should be taken daily along with other essential vitamins. Vitamin C plays a significant role in a variety of metabolic functions. It is best known for strengthening the immune system and aiding in the synthesis of collagen, which supports a healthy cardiovascular system.

Vitamin C is useful in protecting against infectious diseases like the common cold or the flu. Taking a daily dose of 1000mg is suggested for prevention. But what happens if you get a cold? You should definitely increase your vitamin C. Below is our recommendation for how to take vitamin C when you have contracted a cold or flu:

- Take 2000mg, 2 to 4 times a day. (if you develop loose stools,

of our patients' problems and not just merely treating their symptoms. As the "wellness" industry has exploded, most of the general public is left feeling confused, overwhelmed, or simply left in the dark. The Wellness EXPO was born out of the idea to help educate the public about taking better care of themselves physically, mentally, financially and spiritually. Wellness goes beyond the walls of our medical practice and into every aspect of a person's life.

Our mission for the Wellness EXPO is to educate the public about the alternative and complimentary ways to improve health and overall quality of life.

The following speakers are booked:

9:30am Rodgers Stein Chiropractic Center  
10:00am Berkeley Eye Center  
10:30am Usana Health Science Distributor  
11:00am - 12noon Dr. Tom Reed - Health & Wellness Education Specialist  
12noon - 1:30pm Dr. Mila McManus  
2:00-3:00pm Dr. Tom & Evangeline Reed  
3:00pm Stacey Upchurch, co-owner of Avante Medispa

The following vendors are booked to date:

Stacey Rodgers, D.C  
Woodlands/Conroe Foot & Ankle Specialists  
Young Living Therapeutic Grade Essential Oils  
Sedona Fitness for Women  
Health Market  
Spectracell Laboratories  
Ky Carlson, DC (Healthy Beginnings)  
Berkeley Laser Center  
Roberds Pharmacy  
Avante Laser & Medispa  
Usana Health Sciences  
Super Suppers  
Mannatech  
Physicians Consulting Group Allergy Specialists  
Institute of Detoxication and Health  
The Wellness, Enhanced Water Filter  
Mark Chiropractic  
Visiting Angels  
Crabbydaddy's: Home of Louie's Bar & Grill  
Alliance for Affordable Services & Mega Health  
Travel Lifestyles  
Institute for Physical and Alternative Medicine  
Kroger Pharmacy  
Medical Aesthetics and Laser  
Clean Air Systems  
Wildtree Herbs  
Himalayan GoJi Juice  
Isofitness (now One30Minutes)

decrease intake by 1000-2000mg)

- Take zinc 50mg daily.
- Take ImmunoStart, up to 1 lozenge every hour.
- Colloidal Silver- 1 teaspoon twice daily.

Vitamin C has many benefits beyond supporting the immune system. As mentioned earlier, there has been extensive research on the benefits of vitamin C in preventing and even aiding in the treatment of cardiovascular disease. Vitamin C protects against cardiovascular disease in the following ways: It alters triglyceride metabolism, helps to strengthen arterial walls, prevents oxidation of low-density lipoproteins and may reduce blood pressure.

Immune support and cardiovascular support are not the only two benefits of taking Vitamin C. There are many other reasons to take Vitamin C: aids in wound healing, provides antitumor activity, provides relief from skeletal pain in various disorders, protects against periodontal disease, and is especially effective in helping regenerate vitamin E after it has

If you would like to join us for this FREE event please [Click Here to Register.](#)

For information on being a volunteer or an exhibitor for Wellness EXPO 2008, please contact Janice Swan at 281-298-6742 or email [jswan@TWIHW.com](mailto:jswan@TWIHW.com).

## Super Suppers Yeast-Free Menu for December



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 December include:

- Parmesan Baked Salmon
- Tandoori Chicken with Seasoned Quinoa
- Shanghai Pork Tenderloin
- Meatball Minestrone Soup
- Almond Crusted Tilapia
- Asian Flank Steak
- Asian Salmon

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 Suppers' 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](http://www.TWIHW.com)

## JANUARY 9th-WELLNESS NIGHT OUT: New Year, New You!

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

been attacked by oxygen radicals, improves iron absorption from the small intestine, is an effective antioxidant, is a cofactor (helper) in the metabolism of folic acid, some amino acids, and hormones, and protects against cancers of the oral cavity, esophagus, stomach, colon, and lung, based on epidemiological evidence.

You should consult your physician about the proper dosage depending on your current condition and other medicines you may be taking.

### Quick Links...

[Learn about Glyconutrients](#)

[Test Yourself for Hormonal Imbalance](#)

[JUICE PLUS](#)

[Visit Our Website](#)

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with guest speakers and/or screenings to offer.

Our next Wellness Night Out will be January 9th, 6:00 pm - 8:00 pm. Dr. Mila McManus and her staff will be discussing how to get back on track after the holidays, including information on wellness and the yeast-free diet, along with fun fitness tips. We hope you can join us!

Vino 100 will provide a variety of wines and there will be plenty of healthy appetizers and beverages on hand. Sedona Fitness representative will be there and will have a drawing for a FREE 90 day membership! RSVP (yeses only) to admin@TWIHW.com or call 281-298- 6742.

### Fit Fact: Rebounding

Rebounding involves aerobic movements performed on a bouncing device that looks like a small trampoline. Rebounding is an exercise that reduces your body fat; firms your legs, thighs, abdomen, arms, and hips; increases your agility; improves your sense of balance; strengthens your muscles over all; provides an aerobic effect for your heart; rejuvenates your body when it's tired, and generally puts you in a state of health and fitness.



You can easily perform this exercise in your living room, your office, and your yard. The traveler may wish to carry a portable rebounder aboard an airliner for use in a hotel room. It's one of the most convenient, metabolically effective forms of exercise around. It will have you jumping up and down for health and fitness!

### 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.

TWIHW offers testing for inhalent and food allergies. The best part is that we treat your allergies through the use of

[Women](#)

[Vino 100](#)

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Join

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](#)

## HOLIDAY OFFICE HOURS



Holiday Office Hours:

December 24th: Office open 9am - Noon

December 25th: Office CLOSED

December 26th: Office open 9am - Noon

December 27th: Office open 9am - Noon

December 28th: Office open 9am - Noon

December 31st: Office open 9am-Noon

January 1st: Office CLOSED

Office will resume normal hours on Wednesday, January 2nd

## Dr. Mila McManus speaking at Vogue, a Conference for Teenage Girls and Women at Fellowship of the Woodlands



Visit our booth at Vogue, an event sponsored at the Fellowship of the Woodlands January 25-26, 2008. Vogue is a two day conference for 7th grade girls all the way to 98 year old women, designed to bring girls and women together from every stage in life. Dr. Mila McManus has been invited to speak at the conference. Kim Beale, a TWIHW staff member, will also be speaking and giving tips on nutrition.

The theme is "The Masquerade" so they will be discussing some of the masks women hide behind and where our true identity lies. You will have a private concert by a top recording artist, Phil Wickham! There will be rows upon rows of vendors to fill your closets with the trendiest clothes and accessories. On Saturday, you will have a chance to attend intimate breakout groups that deal with relevant issues of today. Some examples for girls are: Dating 101, Modest is Hottest, Guys tell All, Personality Pop Quiz, and more. Examples for women are: What's Going on in My Body, What am I Supposed to Wear Now?,

How to be a Supermom without Super Powers, Single in the City and more. Donna Stuart is coming back this year along with her entire band and will lead the group in amazing worship. At the end of the day, there will be a fabulous fashion show with all the latest trends.

Tickets are \$35 in advance and can be purchased by logging onto [www.thestudentministry.com](http://www.thestudentministry.com), or can be purchased at the door for \$45 (includes snack on Friday, lunch Saturday, and a t-shirt).

## RECIPE OF THE MONTH: TEXAS CAVIAR



Here is a festive, versatile, yeast-free recipe you can serve at any holiday gathering that everyone will like!

1 can diced tomatoes with jalapeno peppers (drained)  
1 can field peas with snaps (drained)  
1 can black-eyed peas (drained)  
½ red onion (chopped)  
½ green pepper (chopped)  
1 bunch cilantro (chopped)  
¼ cup fresh lime juice  
¼ cup cold pressed olive oil

Marinate 3 to 4 hours. Can be served hot or cold, as a side on a vegetable tray or by itself.

*Recipe by Linda C.*

## TWIIHW NOW OFFERS SALIVA TESTING

Due to better technology in saliva testing and lower cost for our patients, The Woodlands Institute for Health & Wellness will now be offering saliva testing as a way to monitor hormone levels. In the past several years a number of research studies have validated saliva as a diagnostic medium to measure the unbound, biologically-active fraction of steroid hormones in the bloodstream. Steroids not bound by carrier proteins in the blood freely diffuse into saliva. The majority (90- 99%) of steroid hormones in the blood are bound tightly to carrier proteins (cortisol-binding globulin, sex- hormone binding globulin, albumin), rendering them unavailable to target tissues.

Steroids are very small lipophilic (fat-loving) molecules that, when released from the binding proteins in the blood, freely diffuse into tissues, which include the salivary glands. The steroid hormones most extensively studied in saliva are Estrogens, Progesterone, Androgens and Cortisol. Also, it's not just about absolute values, but also ratios of hormones which can be a valuable tool in optimizing hormonal balance.

ADVANTAGES of saliva testing include:

- Measures the free, "bioavailable" fraction of steroid hormones that have moved out of the bloodstream and into the tissues
- Saliva is the most reliable measurement of tissue uptake with topical hormone supplementation
- Painless, noninvasive and needle-free
- Private (home collection kit) and convenient for patients which allows for optimal collection time
- Transport of saliva samples to laboratory requires no special handling
- Less expensive than conventional blood testing
- Covered by many insurance plans
- Ease of collection allows for routine monitoring of hormone levels and adjustment of hormone supplementation as needed.

If you are interested in saliva testing, please call the office at 281-298-6742 for more information.

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

phone: 281-298-6742

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