

Greetings!

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## What is Yeast?

You are probably thinking this is a no-brainer. But we are not talking about the yeast used to make bread and other baked goods. We are talking about yeast in your body that can cause a host of problems. Yeast is a single-celled living organism capable of causing infection or disease. Yeast is a fungus and requires a specific environment in which to grow. A moist, dark place, with a constant food supply allows yeast cells to thrive and flourish. Yeast cells feed on any form of sugar and multiply in the presence of vinegar or other fermented products such as alcohol, soy sauce, store-bought salad dressings, etc. The only way to rid the body of yeast is to remove its food source and actively destroy it. One treatment without the other will not be effective. Diet alone may help to prevent proliferation of yeast, but will not destroy what's already present. Certain prescription medications, as well as some over-the-counter supplements are fungicidal, and are used in conjunction with a yeast-free eating regimen to rid the body of disease-causing yeast.



Yeast is normally controlled by the immune system and by beneficial bacteria in the GI tract. However, if the normal flora in the colon is altered, yeast can overgrow. When antibiotics are taken to kill harmful bacteria, they also kill beneficial bacteria in the GI tract, as antibiotics do not discriminate. Therefore, use of

## Supplement of the Month - Probiotics



An important step in combating yeast overgrowth is integrating a good probiotic supplement into your nutritional regimen.

Probiotics are beneficial bacteria essential to colon health. Regular intake of beneficial probiotics helps maintain healthy intestinal flora. This not only helps with problems like diarrhea, bloating, reflux, but also supports a healthy immune system.

If you go to any health food store or vitamin shop, you are going to see probiotics and plenty of them. So how do you pick out the right one?

antibiotics is enough to disrupt the delicate balance of the body's normal flora. This balance can also be disrupted by the use of birth control pills, steroids, alcohol, environmental factors, and high carbohydrate diets that include simple sugars such as breads, pasta, cereal, and candy.

### **Yeast is harmful to the body in the following ways:**

- Taxes the adrenal glands and immune system, leading to adrenal fatigue and immune dysfunction
- Often results in the body developing an allergy to yeast, thereby causing the person to be allergic to foods containing yeast, such as beer, wine, and bread.
- Yeast produces a toxin that absorbs into the body from the gut and may cause a host of symptoms, including fatigue, joint pains, behavior changes, rashes, allergy symptoms, and decreased mental sharpness.
- Coats the lining of the gut, leading to malabsorption of important nutrients, and leading to irritable bowel symptoms such as heartburn, gas, bloating, stomach cramps, and diarrhea.

The presence of yeast is best determined by symptoms, the patient's history of antibiotic use and other factors, as well as by testing for blood levels of yeast (candida) antibodies. The presence of yeast antibodies is helpful, but absence of them does NOT rule out a yeast problem.

To remain free of yeast, it's important to continue with healthy eating habits. In addition, we recommend taking Nystatin and a probiotic while taking any antibiotics, and for a week thereafter.

Once you have successfully eliminated yeast, you can safely add certain foods back into the diet (milk products, salad dressing etc.) Overall, resolution of symptoms is the best indicator that yeast has been successfully eradicated.

For a delicious yeast free recipe see our [Recipe of the Month](#).

### [TEST YOURSELF FOR YEAST OVERGROWTH](#)

## **Is Yeast Taking Over Your Body?**

We recommend Megadophilus by Physician's Preference. Here are a few tips to selecting the right probiotic:

1) The most common strains of probiotics are Lactobacillus acidophilus for the small intestine and Bifidobacterium bifidum for the large intestine. Make sure the one you choose has both of those in it.

2) A prebiotic should be added, such as FOS (fructo-oligosaccharides) to promote the growth of certain strains of good bacteria. This is not digested in the small intestine. It is fermented in the colon. The amount of FOS consumed has been correlated to the count of bifidobacteria in the intestine. You should not have more than 2000-3000mg of FOS per day as this may cause excess gas, abdominal cramps and bloating. Most probiotics contain a very small amount of FOS.



## TEST YOURSELF FOR YEAST OVERGROWTH

To learn more about our Yeast Detox Program call us toll-free (866) 680-WELL or visit [www.TWIHW.com](http://www.TWIHW.com).

[Contact Us](#)

## **HEB Yeast Free Cooking Connection Nights**



**The Woodlands Institute for Health & Wellness and HEB Market Street kicked off their first "Yeast Free at HEB" Cooking Connection night last 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.

3) Each capsule of probiotic should contain more than 1 billion viable bacteria. This is important because the bacteria must survive during shelf life, after ingestion and the acidic conditions of the stomach, and the hydrolytic enzymes and bile salts in the small intestine. Megadophilus has a 4 billion potency.

4) Probiotics should have ingredients that improve the viability of the bacteria and improve the survival and multiplication of the bacteria. Such ingredients are vitamin c, whey protein, casein, or cysteine. Casein may not be listed under the ingredients, as on Megadophilus, but separately listed as a minute amount for those that are sensitive to this ingredient as it is a milk protein.

5) The probiotic should contain several strains of bacteria so as not to allow predominance of

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 using one of these specialty products, see Recipe of the Month - Lemon Stuffed Chicken.

The Yeast Free Cooking Connection will be **THE THIRD TUESDAY OF EVERY MONTH**. It will last approximately one hour. This is open to the public, but we ask that you RSVP for food preparation purposes. Please RSVP for the **May 15th** 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 grateful to HEB Market Street for making it possible for us to be able to offer this unique opportunity to you.

## Recipe of Month - Lemon Stuffed Chicken



*This is a delicious yeast free recipe prepared and demonstrated at the Yeast Free Cooking Connection night at HEB using a specialty product*

*available at HEB.*

You will need:

- 4 chicken breast halves
- 1 jar Canyon Artichoke and Lemon Pesto
- 1 Tsp Adam's Reserve Roast Garlic
- 2 Tbsp Adam's Reserve Citrus Rub
- 2 Lemons - sliced

**Directions:** Preheat oven to 375 degrees. Make a pocket in each of the chicken breasts (slice each in a horizontal cut). Mix together artichoke lemon pesto, garlic, and citrus rub. Stuff 1/4 of mixture into each chicken breasts' pockets. Lay chicken breast on a piece of foil, top with lemon slices. Wrap each tightly. Bake 30 minutes.

any one type, leading to an imbalance of the flora. Megadophilus is a good example of this, containing 6 different strains of probiotics.

After you have made your selection, it is important to remember to refrigerate it after opening it. Storage temperature should be 3 - 4 degrees Celsius or lower. This maintains the potency (as probiotics are living organisms).

To order Megadophilus, [CLICK HERE](#)

### Quick Links...

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[JUICE PLUS](#)

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## Fitness Fact - Watering the Lawn

**The warmer weather brings with it dried out lawns. Give your sprinkler system a break and give yourself a work out.**

According to Beachbody.com, watering the lawn with a hose burns 144 calories per hour. But if you water plants by hand with a watering can, you can knock that up to 240 calories per hour.



## 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.



TWIIHW offers testing for inhalent and food allergies. The best part is that we treat your allergies through the use of sublingual drop therapy, a safe, natural, effective solution.

If you are interested in more information, please call us toll-free at (866) 680-WELL or visit our website by [clicking here](#).

## New Yeast Detox Book!!!

**The Woodlands Institute for Health & Wellness is excited to announce our new Yeast Detox Program book for our patients.**

This book is full of step by step guidelines to eating yeast free and has over 30 pages of delicious yeast free recipes, including desserts.

This book is regularly \$15, but we are offering it at \$9.95 for our patients through the end of April. Call us at (866)

[Woodlands Mailing & Fulfillment](#)

[Roger Sutter Photography](#)

Join our mailing list!

Join

680-WELL to order your copy.

### **Come See Us at the Business EXPO**

**Come out tomorrow to the Woodlands Waterway Marriott for the Business EXPO. The EXPO is from 2:00 pm - 7:00 pm.**

Visit our booth at this event for your chance to win a great door prize and to talk one-on-one with one of our consultants. We hope to see you there!

### **SPECIAL ENGAGEMENT TUESDAY MAY 15TH**

- Tuesday, May 15th, 8am to 11am
- Location: The Egg & I Restaurant
- 1644 Research Forest Dr, Suite 100
- The Woodlands, TX 77380

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 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, this is for you!

**Reserve your seat today by calling 866-680-WELL (space is limited) We look forward to seeing you there!**

[For More Info...](#)

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