

Greetings!

The Woodlands Institute for Health and Wellness is a family focused medical practice bridging the gap between traditional and holistic medicine, offering personal plans for lifelong solutions to good health.

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WED OCT 8TH WELLNESS NIGHT OUT: Highway to Health, \$99 teeth whitening



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 feature a different topic with guest speakers and/or screenings to offer. Our next Wellness Night Out will be October 8th, 6:00 pm - 8:00 pm, and this month **Dr. Mila McManus, founder of The Woodlands Institute for Health and Wellness, will be speaking about our new nutrition program *Highway to***

Health.

- **Are you still trying to figure out how to eat right for life?**
- **Are you having trouble staying on track?**
- **Is it hard to navigate the grocery store today and know if you are making the right choices?**
- **Do you understand the magnitude of the impact your diet has on your health and well-being?**

We have a solution and we are excited to introduce *Highway to Health: A Nutritional Roadmap*, and the corresponding Highway to Health Nutrition Workshop.

We've had countless requests for such a program and it's finally

SUPPLEMENTS OF THE MONTH: Spices for arthritis pain



SPICE UP ARTHRITIS RELIEF: COMMON KITCHEN HERBS CAN EASE YOUR DISCOMFORT AND LOOSEN YOUR LIMBS.

For centuries spices were used as natural remedies for a long list of ailments. As prescription drugs became the norm, spices fell out of the mainstream. But research confirms the spice cabinet can often be as potent as a prescription bottle. "Spices are powerful sources of antioxidants, anti-inflammatories, and phytochemicals, which can relieve the pain, swelling, and discomfort of arthritis," says Laurie Steelsmith, a naturopathic physician in Honolulu and author of *Natural Choices for Women's Health*. Let's open the pantry and take a peek:

TURMERIC Culled from the curcumin plant, turmeric fights inflammation. "It helps to stop free radicals in their tracks," says Steelsmith. A study in the journal *Arthritis & Rheumatism* found turmeric halted cartilage destruction, blocked inflammation, and reduced

arrived. Some of the topics in the book and workshop include:

- **organic requirements**
- **genetically modified foods**
- **dangers of Soy**
- **lists of Carbohydrates, Fats and Proteins all identified as Ideal, Good, Limit or Avoid**
- **same thing with sweeteners, beverages, seasonings and other additives**
- **acid-alkaline balance**
- **inflammatory vs. anti-inflammatory foods**
- **allergies and food sensitivities**
- **digestive enzymes**
- **calorie counting**

Dr. McManus will touch on some of the topics listed above and will provide time for Q&A. We will also have dates of availability for you to schedule your Highway to Health workshop.

AND BACK BY POPULAR DEMAND!

We will also be offering Spa White teeth whitening during wellness night for only \$99 (regular price \$159) for all patients and non-patients. Get your teeth 2 to 8 shades whiter in just 15 minutes! Please call 281-298-6742 to schedule your session.

Upcoming Health Fairs

The Woodlands Institute for Health & Wellness will be participating in two upcoming Health Fairs. These events are free and open to the public. Please come join us!

- **What: Trinity Episcopal Church-Health Fair**
- **Where: 3901 S Panther Creek Dr - in Butler Hall**
- **When: Sunday October 5th 2008 8am-2pm**

Dr. McManus will be talking about nutrition as it relates to health problems at 10:00am, and will also be at the "Ask the Doctor" booth from 11am to noon.

- **What: Chamber of Commerce - Health Fair**
- **Where: The Woodlands Town Center (paved lot corner of Six Pines and Lake Robbins)**
- **When: Saturday October 25th 2008 11am-4pm**

We will be doing free pulmonary function testing (\$50 value), Free thyroid assessment (by questionnaire), and will be providing information on allergy testing and treatment, hormone imbalance and treatment, nutrition, and vitamins.

swelling. **How to use turmeric:** Eat dishes made with curry several times a week or supplement with 1,000 mg turmeric capsules two or three times per day, depending on symptom severity.

GINGER Common in traditional Chinese medicines, ginger inhibits inflammation to ease arthritis pain. Ginger is especially well-suited for people whose arthritis worsens in cold weather since it warms painful joints by helping increase blood flow. **How to use ginger:**

Drink a cup of ginger tea daily (add one teaspoon freshly grated ginger to hot water and let steep for 10-20 minutes, strain and drink). Or take a ginger supplement (500 mg capsules 3 or 4 times daily). Also try ginger essential oil (dilute three drops with a half teaspoon almond oil and rub into affected joints).

ROSEMARY A staple in Mediterranean cuisine, this herb contains antioxidants and phytochemicals that reduce inflammation and act as a pain reliever. **How to use**

rosemary: Add six drops of rosemary essential oil to bath water, or mix six drops with a half teaspoon almond oil and massage into sore joints. Don't use during pregnancy.

SAFFRON This fabled herb is handpicked for crocus blossoms and is a potent antioxidant, packing a powerful arthritis relieving punch with its woody scent and yellow color. It's pretty pricy-one ounce costs about \$45-because it's so labor intensive to grow and pick.

How to use saffron: Mix half teaspoon saffron into a glass of boiling water and drink as a tea. Don't overdo it: More than 2 grams per day can cause nausea. Mix several drops of saffron essential oil with a half-teaspoon of almond oil and rub

SPECIAL ENGAGEMENT at EGG & I TUES, Oct 21st

The Woodlands Institute for Health & Wellness cordially invites you to meet its founder, Dr. Mila McManus, and enjoy a complimentary healthy breakfast. Dr. McManus will be discussing safe, natural and effective solutions to many common health problems.

Tuesday, October 21st 2008

**Location: The Egg & I
1644 Research Forest Dr, St 100
The Woodlands, TX 77380**

Reception begins at 8:00 am. Dr. McManus will speak from 8:30-9:30, followed by a question and answer session.

Reserve your seat today by calling (281) 298-6742 or email admin@TWIHW.com. Seating is limited. If you are ready to get healthy and change your life, this is for you!

FIT FACT: Why Sitting Makes You Fat

You might want to stand up while you read this, especially when you find out what some scientists have discovered about sitting. We all know that sitting can contribute to weight problems and common sense tells us that's because sitting doesn't burn as many calories as, say, standing or walking. But, that isn't the only issue with sitting.



In a study published in Diabetes, scientists found that when we sit for long periods of time, the enzymes responsible for burning fat actually shut down. Not only that, but sitting too much can also lower HDL ('good' cholesterol) and lead to a slower metabolism. Even if you exercise later in the day, that won't necessarily undo the damage done by sitting.

The question these scientists are asking, and maybe the question some of us are wondering is: "Can the average adult who already does not follow the public health policy prescribing regular moderate-vigorous exercise become even more unhealthy in the coming years if they sit too much and do not maintain sufficient daily nonexercise physical activity?"

The answer to that is probably a yes, unless we do something about it. The good news is that just standing up can kick your fat-burning enzymes into gear. With a little creativity, you may find there are simple ways to get your behind out of the chair:

- Try software that reminds you to move. There are a number of applications available (like StretchWare) that offer break reminders and stretching exercises you can do right in your office.
- Set an alarm to get off every 45-60 minutes and stand up,

directly into joints.

CAYENNE Cayenne puts the zing in chili and other spicy dishes. It also blocks a substance that transmits pain signals. **How to use cayenne:** Nature's heating pad is best used topically since it can cause nausea when too much is taken internally. Find a prepared topical cayenne cream at most pharmacies and health food stores and rub in affected areas according to package directions. Article obtained from Better Homes and Gardens.

DISCLAIMER: The above article should not be construed as medical advice. Always consult with your health care provider before adding any supplements to your regimen.

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- stretch or take a short walk
- Stand up for certain tasks like talking on the phone or opening the mail
- Take the stairs to another floor to use the restroom or visit a friend

Article Obtained from About.com

RECIPE OF THE MONTH: Nancy's Butternut Squash & Carrot Puree

Wash, dry and grease a small to medium Butternut Squash. Poke it with one or two small holes for steam to escape. Preheat oven to 375° and bake for one hour or until tender or soft to the touch. Remove peel and seeds from center of squash, placing the meat of the squash in a food processor.



Steam one package of baby carrots over chicken broth until tender.

Combine the carrots and squash in a food processor and puree until smooth.

Put puree in a mixing bowl and add

- 2 tbsp of Butter or Olive Oil
- 2 tsp of dried orange peel
- 2 tsp of cinnamon or allspice
- 1 tsp of sea salt

Blend together and place in a casserole dish. Bake at 350° for 35 minutes or until bubbly and hot.

Can be frozen in casserole dish. Thaw completely prior to baking. ENJOY!

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, 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 281-298-6742 or [visit our website](#)

Join

Spa White Teeth Whitening

Brighten your smile in 15 minutes!

Spa White treatments combine a number of innovations to bring you fast, comfortable and effective smile rejuvenation without the hefty price tag associated with other professional whitening systems. Using narrow bandwidth light and a



number of patented technologies, Spa White is the ideal way to boost the brilliance of your smile in 15 to 30 minutes.

\$159 for 15 minute treatment \$259 for 30 minute treatment

Current patients now pay only \$99 for 15 minute treatment and \$189 for 30 minute treatment!

White Ice is specifically designed to keep teeth white, and get white teeth even brighter. It's packaged in a convenient, easy-to-use lipstick tube that has its own built-in mirror. \$59 (will last 1 to 3 months) **Current patients pay only \$49!**

Make your appointment today by calling (281) 298-6742 or email admin@TWIHW.com.

Toxic Chemicals in Household Products

Every day, we all try hard to do what is best for ourselves and our families, so it is very disconcerting and worrisome when we discover that everyday products such as laundry detergent, cleaning supplies, soaps and cosmetics, air sanitizers and sprays, etc. contain carcinogenic chemicals and harmful substances.

According to a study that was posted on the Environmental Impact Assessment Review and

reported by CBS, there are many different kinds of volatile organic compounds (VOCs) found in laundry detergents, air fresheners (in solid, spray and oil form), dryer sheets, and fabric softener. VOCs are small substances that evaporate into the air.

The study worked by isolating the products in a designated area in the laboratory at room temperature. By using mass spectrometry and gas chromatography, the investigator, Anne C. Steinemann -- who was prompted to conduct the study because of the 200 complaints she received about such common products -- was able



to evaluate the amount of VOCs in the air. With an arbitrarily selected ceiling number of 300 micrograms, Steinemann was able to detect 100 VOCs in the air at the ceiling number. This is important because the threshold that she set was selected because it is the level at which it is considered dangerous to have VOC levels in that high range. She was able to identify some of the VOCs, discovering that 10 of those that she found were considered toxic under the U.S. federal law. Furthermore, three out of ten of the VOCs were considered air pollutants: acetaldehyde, chloromethane, and 1,4 dioxane.

So what does this all mean? It means that there are chemicals in everyday household staples that could be harming your health and you may not even be aware of them. To combat this, consider switching to a more natural alternative to commercial laundry detergents. Good brands of laundry detergent include Bodhi Soap Nuts which come from a Chinese soapberry tree, found at (<http://www.betterlifegoods.com>) , or Dr. Bronner's Soap (can be found in local health food store). If these kinds of products are out of your price bracket, consider buying scentless detergent over their heavily fragranced, carcinogen-filled counter parts.

As for air fresheners and scents, consider using organic brands, or better yet, make your own. To add a nice citrus scent to any room, just get some pure water and add 50 drops of orange oil. Another good way to create a homemade scent is to get some baking soda (about 2 tbs. or as needed) and add any essential oil that you desire. These and many more recipes are great for freshening up any household and are safe, effective, and even healthy. Many recipes like this can be found in the book 500 Formulas for Aromatherapy by Carol & David Schiller. This book has a number of details on practical uses for aromatherapy, particularly for creating helpful and healthful scents.

The Fragrance Materials Association has basically dismissed the study; however, that lends no implication that we have to take that same approach. In these harsh times of a difficult economy and a daily- worsening environment, new actions need to be taken to protect ourselves from ingesting the harsh chemicals in our surroundings, whether it be in the form of food, or invisible particulate matter.

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