

HOTZE

Healthy Living

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A Letter From Dr. Hotze

This issue of Hotze Healthy Living is dedicated to women's health. Each of us owes a tremendous debt of gratitude to the women in our lives. I thank God for my mother, who when I was a young boy, taught me that I should "never follow the herd" because you could be stamped to death or run over a cliff. She taught me to "move away from the herd and provide leadership in the right direction." I thank God for my wife of 52 years, Janie, my 5 daughters, 2 daughters-in-law, and 14 granddaughters and the many women who play central roles here at the Hotze Health & Wellness Center, and all our female guests.

Interestingly, 70% of the over 33,000 guests we have evaluated and treated at the Hotze Health & Wellness Center since 1989, are women. In my experience, women tend to be more proactive in dealing with their health symptoms than men. This is because women are attuned to the changes that occur in their menstrual life as they mature. As their hormones decline and become imbalanced women inevitably experience changes in their monthly periods and in their premenstrual symptoms, such as weight gain, fluid retention, breast tenderness, mood swings, brain fog, among others. Women have two hormones that must balance out every month, estrogen hormones and progesterone. On a monthly basis, women experience hormonal changes. Add to that the hormonal changes women have when bearing children and then in menopause.

Men on the other hand only have one primary sex hormone, testosterone. This hormone declines in men gradually over their lifetime, but they do not experience the same type of fluctuations that women do monthly. Men do experience andropause and benefit from testosterone replenishment. It puts a tiger back in their tank.

The aging process is the inevitable decline in hormone levels, both of sex hormones and thyroid hormones. The

imbalance and decline in women's hormones that occur as they march through their menstrual lives and enter menopause, adversely affect their thyroid hormone function at the cellular level. The primary symptom of clinical hypothyroidism is fatigue. When I learned to treat female hormone imbalance using natural bioidentical progesterone and estrogen, as well as desiccated thyroid supplementation, this became a breakthrough in my ability to help women obtain and maintain health and wellness naturally. It enabled them to get their lives back and enjoy a better quality of life as they mature.

There is an old country adage, "If momma ain't happy, ain't nobody happy". It's music to my ears when a woman tells me, "Dr. Hotze, thank you for giving me my life back." Often, their husbands will make a follow up comment, "Thank you for giving me my wife back."

So, this Mother's Day, I want to thank all the "Mommas," who are now happy, for giving us the privilege of serving you. Happy "Mommas" make for happy homes, so, we are really in the happy home business.

Blessings to each of you and your families. May every mother have a wonderful and Happy Mother's Day.



Steven F. Hotze, M.D.



Women's Health Challenges, Decade by Decade

I am constantly amazed by the women in my life: their intelligence and intuition, their nurturing nature and devotion to others, and their ability to multitask and juggle many things at once.

This tendency to do it all puts a lot of pressure on women, and it takes a toll. Common complaints among our female guests include fatigue, low energy, trouble sleeping, anxiety, depression and weight gain, along with digestive disorders and a host of other “minor” issues.

These problems affect both sexes and all ages, but they are particularly prevalent in women during certain stages of life.

20s–30s

Finishing school, starting a career, enjoying a busy social life, marrying and having children... This is the general trend for women in their 20s and 30s. The past year aside, worrying about your health is probably the last thing on your mind. Until it isn't.

Infertility: One of the most frustrating and heartbreaking problems is infertility, and it affects about 12% of American women of childbearing age. Some of my most gratifying moments as a doctor are when a guest who has come to us after years of trying to conceive announces that she is pregnant. These moms, like Kathryn whose story is on page 3, call them miracle babies. But all we do is something most doctors ignore. We normalize their thyroid, progesterone, and other hormones that affect ovulation.

Postpartum depression: Despite the joy a new baby brings, one in nine new moms experience anxiety, sadness and other symptoms of the “baby blues.” So what do their doctors do? Prescribe an antidepressant, which is the last thing these women need. The placenta produces copious amounts of progesterone, a mood-boosting hormone, and levels plummet after giving birth. Estrogen, however, remains high, creating imbalances that can wreak havoc on your body and brain. Balancing levels with bioidentical hormones is, hands down, the best treatment.

PMS: Premenstrual syndrome is also caused by estrogen dominance. If you suffer with bloating, breast tenderness, acne, headaches, irritability or mood changes on a monthly basis, you may benefit from natural progesterone. Unfortunately, the go-to for many doctors is birth control pills or antidepressants. Correcting hormone imbalances not only improves PMS but also

helps with weight gain, fatigue and other problems that crop up during these busy years.

40s–50s

Midlife, the years between younger and older adulthood, is a time of transition. It is also the time to address problems like high blood sugar, blood pressure, etc. Testing and treatment today can prevent serious chronic diseases in the future. Other midlife issues include:

Menopause: Perimenopause begins in your 40s, and menopausal symptoms last an average of 7.4 years after the last period, which is usually around age 50. That's a long time to deal with hot flashes, mood swings, insomnia and vaginal dryness. Many women are leery of hormone replacement therapy and rightfully so, given the adverse effects of conventional hormones. Let me reassure you that the compounded bioidentical hormones we prescribe for our guests are safe, well tolerated and very effective at relieving all these symptoms.

Stress-related disorders: Changing family relationships, caring for children and aging parents, work and financial concerns can be exceptionally stressful. This may ultimately lead to adrenal fatigue, marked by low energy, brain fog, depression and anxiety. Identifying and treating this overlooked condition with natural cortisol and other supportive therapies boosts adrenal function and improves energy, mood and overall well-being.

Aging skin: This is the time of life when wrinkles and sagging skin become more noticeable. Aging skin may not be a health problem, but it matters. There are numerous skincare treatments such as Botox, fillers, phototherapy and peels that can make a noticeable difference in how you look and feel about yourself, without resorting to cosmetic surgery. (See page 7 for details.)

Weight gain: Loss of muscle mass speeds up, and it becomes harder to keep off extra pounds with each passing decade. Nearly 42% of women are obese, putting them at significant risk of diabetes, heart disease and other degenerative disorders. Our nutritionist can work with you to develop a personalized eating and exercise plan and help you stay on track to meet your weight loss goals.

60s–70s+

A 60-year-old woman can expect to live another 25 years. Now more than ever, it is essential to do everything

you can to ensure that you age gracefully and remain healthy, active and energetic.

Chronic diseases: Health problems catch up with us at this point in our lives. The CDC reports that 85% of people in this age group take at least one prescription drug, and nearly a quarter take five or more. Many chronic conditions can be effectively treated with lifestyle changes and natural therapies, which are far safer and better tolerated than dangerous drugs.

Hypothyroidism: One in five older women have hypothyroidism, and it often goes undiagnosed and untreated. A number of problems that are chalked up to aging, including fatigue, constipation, weight gain, dry skin and memory and concentration problems, are signs of hypothyroidism. Compounded thyroid therapy improves all these symptoms and dramatically enhances quality of life.

Put Yourself and Your Health First

You know the phrase, “Put your oxygen mask on first before you help others.” Women, take this to heart and tend to your own health needs as well as the needs of others. Optimal health at any age does not happen by accident. If you are not on a healthy eating and exercise regimen, nutritional supplement program and targeted therapies for your specific health challenges, find out how we can help.



Kathryn Ritchie: From “Infertility” to Six Children

“When I was 18 years old, my family was working as missionaries in Moscow, Russia. One morning my sister and I went out to buy soap for the orphanage where we were working. We were standing at a bus stop when a drunk driver plowed into us. My sister died immediately, and I woke up in intensive care in a trauma hospital. Over the next couple of years I learned to walk again, but I never felt well. I had no energy, I slept poorly, and I lost so much weight that people thought I had an eating disorder.

“I went to all kinds of doctors—I stopped counting at 50—including the Mayo Clinic. I was still in my 20s, but I hadn’t had a period in ages and the doctors told me I was in menopause and would never have children. They kept saying, ‘Take estrogen,’ or ‘You have a psychological problem.’ They thought I was crazy! I was so discouraged.

“In 2010, I was speaking at a conference in Oklahoma. Around that time, my dad told me he had read about a doctor in Houston he thought might help. By then, I had given up on doctors. I didn’t want to spend any more money being told I was in menopause, and we were

already looking at adopting a child from Poland. But at this conference I was so sick I almost passed out. My husband insisted I get on a plane, fly to Houston and see this Dr. Hotze.

“It was a totally different experience! For the first time, they didn’t seem to think I was crazy and actually had answers for me. They gave me a treatment plan and I started to feel better. I started gaining weight and sleeping better, and I had no more ovarian cysts. They even gave me a little hope that maybe someday I could have a baby.

“Hotze Health & Wellness Center really changed my life. After 12 years of being so sick, I not only got my life back but a year later I became pregnant! We now have six beautiful children. My husband and I thank you so much for all you’ve done for us. Thank you for being a tool God worked through to give us our family.”

Incredible Benefits of IV Vitamin



I have been an enthusiastic advocate of vitamin C for decades, since I first read Dr. Linus Pauling's book *Vitamin C and the Common Cold*. Since then, thousands of studies have supported this vitamin's essential role as a critical antioxidant, immune booster and much, much more.

Vitamin C is required for the production of collagen, the structural protein that supports your cartilage, skin, blood vessels and other connective tissues. Concentrated in the adrenal glands, it is involved in cortisol release and modulation of the stress response. It is also a natural antihistamine, detoxifier and anti-inflammatory. Plus, it reduces lipoprotein(a) and oxidized LDL cholesterol, which are the real culprits in heart disease.

You can get enough vitamin C in your diet to prevent scurvy. But you are probably more concerned about fewer infections and stress-related disorders, younger-looking skin, more stable joints and a lower risk of heart attack and stroke. If so, you need supplemental vitamin C, and in much higher doses than the measly RDA: take 1 g (1,000 mg) per 25 pounds of body weight, taken in divided doses several times a day.

Differences Between Oral and IV Vitamin C

Supplemental vitamin C is indispensable for optimal health, but when you are sick with an acute or chronic illness, intravenous (IV) is the way to go.

The human body limits the amount of oral vitamin C that can be absorbed at one time, and what is not absorbed is excreted in the urine. Therefore, your blood level will never exceed a certain concentration. Because IV administration bypasses the digestive tract, this limitation is overruled. Far larger doses can be administered (20, 50, 75 g and more) and blood levels 70 times higher can be achieved.

At high blood concentrations, vitamin C becomes a powerful weapon against viruses, bacteria and cancer cells.

It interacts with iron in the blood to produce hydrogen peroxide, which is what your immune system's white blood cells use to kill pathogens and malignant cells. But because healthy cells produce plenty of catalase, an enzyme that neutralizes hydrogen peroxide, there is no damage to normal cells, so it is very safe.

How You Can Benefit From IV Vitamin C

When you are sick or under a lot of stress, your body rapidly uses up its vitamin C stores to counter infection, oxidative stress, inflammation, etc., and your blood level plummets. That is why many of our guests come in for a vitamin C infusion at the first sign of a cold or flu. It can knock out a viral infection before it gets a foothold! Others schedule regular IVs as part of their health maintenance and disease prevention program.

IV vitamin C's antiviral and antibacterial effects make it an excellent treatment for most any acute or chronic infection, including bronchitis, Lyme disease and Epstein-Barr. It also has proven benefits for gout, allergies, fibromyalgia, chronic fatigue and heavy metal toxicity.

Treatments are simple, safe and painless, aside from the initial insertion of a needle into a vein in your arm or hand. You sit in a recliner while vitamin C, often mixed with magnesium and other supportive nutrients, is slowly infused over 30–90 minutes while you read, work on your computer or phone or simply relax.

Serious Help for Serious Diseases

Exciting research also supports IV vitamin C for the treatment of serious diseases. Sepsis is the leading cause of death in hospitalized patients, killing nearly 300,000 Americans per year. It starts with an infection that somehow triggers the immune system to release a flood of inflammatory chemicals called a cytokine storm that damages tissues and organs.

Join Us!

PHYSICIANS PREFERENCE PHARMACY

CELEBRATING 20 YEARS OF PHYSICIANS PREFERENCE PHARMACY

Join us for an open house, in appreciation of our guests, on **May 20** celebrating two decades as Texas's top compounding pharmacy.

Meet the team, see a virtual tour of our facility, enjoy champagne, wine and lite bites and learn more about bioidentical hormones, thyroid replacement and other specially compounded therapies.

R.S.V.P. BY MAY 17, 2021

Via the following link: [CLICK HERE >](#)

Or scan
this code:



If you have questions regarding the event, please don't hesitate to contact **Lisa Baba at 281.698.8765**

The Celebration Continues!
Our 20 Years of Physicians Preference Pharmacy
Celebration just got better.

RAFFLES: (Exceptions apply*)

First Prize: 1 Lucky Guest will receive 1 Full Year of Complimentary Prescriptions

Second Prize: 20% off Prescriptions for 1 Full Year

Third Prize: 15% off Prescriptions for 1 Full Year

Raffles will be drawn directly after our presentation.
MUST BE IN ATTENDANCE TO WIN

*EXCEPTIONS: Full year raffle concessions cannot be combined with any other offers throughout the year. Full year raffle concessions exclude Desiccated thyroid products. (Armor Thyroid, Nature Thyroid and compounded desiccated preparations). Full year concessions are not transferrable. Raffle complimentary and concession applies to current prescriptions ordered at PPPI as of 5/20/2021 only. Will not apply to new or added prescriptions post 5/20/2021.

Paul Marik, M.D., developed a protocol consisting of IV vitamin C, hydrocortisone and thiamine administered every six hours to patients with sepsis. Just 8.5% of those treated with this IV cocktail died compared to 40.4% in a control group. Other studies have found that IV vitamin C alone also reduces deaths, intensive care and hospital stays, and time on ventilators.

This has spurred interest in IV vitamin C as a treatment for severe COVID-19 infection. Many of the serious complications of COVID-19 are caused by excessive inflammation and cytokine release that overwhelm the lungs and other organs. Clinical trials are ongoing, but early studies show that IV vitamin C puts the brakes on cytokine activity, reduces the need for ventilation, speeds recovery and saves lives.

IV vitamin C is also a promising adjunct cancer therapy. In high doses, it kills cancer cells and increases the effectiveness of conventional treatments. But unlike those treatments, vitamin C does not harm healthy tissues. In fact, it reduces the adverse effects of conventional therapies and improves quality of life.

Why Doesn't Every Doctor Use It?

You may be wondering why, if IV vitamin C is so great, everyone isn't using it. Follow the money. There is little profit to be made from a natural compound that cannot be patented, so research is stifled and most doctors ignore it.

➡ If you are interested in IV vitamin C, you will have to consult an open-minded doctor who thinks outside the box. I invite you to learn more about the IV department here at the **Hotze Health & Wellness Center** and how you can benefit from vitamin C and other intravenous nutrients.

REFERENCES: Drisko J, et al. Treatment of pancreatic cancer with intravenous vitamin C: a case report. *Anticancer Drugs*. 2018 Apr;29(4):373-379.

Holford P, et al. Vitamin C—An Adjunctive Therapy for Respiratory Infection, Sepsis and COVID-19. *Nutrients*. 2020 Dec 7;12(12):3760. doi: 10.3390/nu12123760.

Marik PE, et al. Hydrocortisone, vitamin C, and thiamine for the treatment of severe sepsis and septic shock: a retrospective before-after study. *Chest*. 2017 Jun;151(6):1229-1238.

Natural Allergy Relief

Spring allergy season is here, and it hits our area hard. At one point last spring, Houston had the highest pollen count in the country! If you are among the millions of Americans with airborne allergies, exposure to pollen or other allergens triggers the release of histamine, which causes inflammation, sneezing, itching, congestion and nasal discharge.

Vitamin C is a natural antihistamine that helps stave off these symptoms by inhibiting histamine release. Fortifying your immune system with vitamins and minerals is also beneficial. **Vitamin D3** is particularly important because deficiencies, which are exceptionally common, have been linked with an increased risk of allergies. Healthy gut

bacteria play a role in the allergic response as well, and **probiotics** have been shown in clinical trials to reduce symptoms of allergic rhinitis (hay fever).

These and other nutrients such as **colostrum**, which also strengthens the immune system, and **curcumin**, a potent anti-inflammatory, are included in **My Hotze Allergy Relief Pak**. Other supportive products include **Xlear Nasal Spray**, which washes out allergens from your nasal passages.

➔ Visit hotzevitamins.com or call **800.579.6545** to order. For long-term relief, call us at **281.698.8698** or visit HotzeHWC.com to learn about low-dose immunotherapy (LDI).

▶ FROM THE PHARMACIST

Testosterone: The Hormone of Desire

Intimacy is an important part of marriage, but it's hard to muster up enthusiasm for romance when you are not in the mood. There are many reasons for this, including depression, anxiety, pain, chronic illness and drugs such as antidepressants that dampen libido. Fatigue and distractions also factor in, especially for younger couples who are juggling children, work, etc.

Testosterone may help. Although testosterone is thought of as a male hormone, women also produce it, albeit in minute amounts, and it drives desire in both sexes. Men's testosterone levels peak in their 20s and then begin a slow decline that continues throughout life. Some men report few changes, but most notice reductions

in both libido and erectile function as early as age 40. Women also have fluctuating levels, which affect their sex drive as well.

If you are looking to boost your libido, increasing your testosterone level to that of a healthy young man or woman with compounded bioidentical testosterone may be your answer. In addition to restoring your interest in sex, testosterone also improves energy, mood, vitality and overall well-being, as well as erectile function in men.

➔ To learn more or fill a prescription for compounded bioidentical testosterone, contact Physicians Preference Pharmacy at **281.828.9088**, or physicianspreferencex.com.



THE 28-DAY SLIM DOWN IS HERE!

4 WEEKS TO A SLIMMER YOU
Are you ready for the challenge?

Summertime is on its way and you may be feeling like you need to shed a few pounds before you make your swim debut. Not to fret—we've got you covered! Our 28-Day Slim Down is easy to follow and the perfect solution to jumpstart any weight loss goal.

WHAT IS THE 28-DAY SLIM DOWN?

The 28-Day Slim Down is a Nutritionist-designed and guided weight management program that teaches you how to make healthy lifestyle and eating choices that will help you look and feel your best, achieve your ideal body weight, and give you a boost in energy.

WHY YOU'LL LOVE IT:

- ✔ All-inclusive program, making it easy to follow
- ✔ Promotes weight loss and reduction in body fat
- ✔ May improve energy levels and your overall sense of well-being
- ✔ May encourage the absorption of vitamins, minerals and hormones
- ✔ May decrease your risk of developing heart disease, diabetes and obesity

Get Started On Your Slim Down Journey
hotzehwc.com/slimdown

Hotze Aesthetics Welcomes Mark Barlow, M.D.

Our main goal is to help you obtain optimal health, vitality and energy, but we all want to look our best. The 75 guests and friends who joined us for our recent aesthetics event, held at the Hotze Health & Wellness Center, learned about nonsurgical therapies that can make that happen.

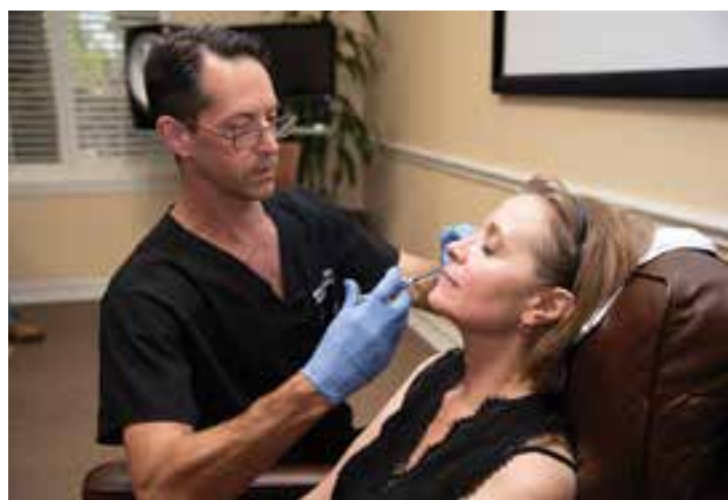
Board-certified plastic surgeon Mark Barlow, M.D., whom we are honored to welcome to the Hotze Aesthetics team, gave a fascinating presentation on the new minimally invasive treatments we now offer. Dr. Barlow discussed how Botox smooths out frown lines between the eyes and across the forehead and crow's feet around the eyes. Fillers with bioidentical hyaluronic acid plump up cheeks, jowls and lips and reduce fine lines around the mouth. Blepharoplasty "lifts" the eyes by removing excess skin from the upper eyelids and bags from under the eyes.

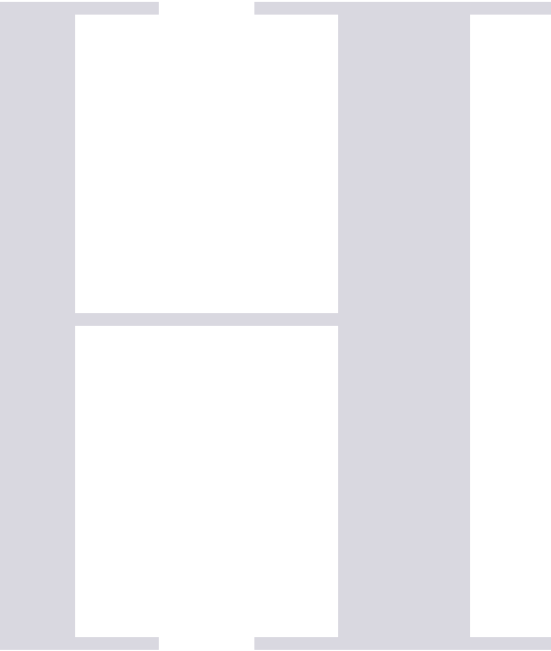
He demonstrated, with a full-face filler treatment on our own Becky Diaz, how injectable therapies require only local anesthesia. Best of all, after a relatively short recovery period, these treatments achieve a natural look that can take years off your appearance. It was an educational and entertaining presentation that received an enthusiastic response, and many guests have already scheduled appointments.

Dr. Barlow's expertise and therapies are a welcomed and powerful addition to our BroadBand Light photofacials and lasers, peels and other aesthetic treatments many of you have already benefited from.

➔ Visit [HotzeBeauty.com](https://www.HotzeBeauty.com) or call **281.698.8770** to schedule your 3D Visia Skin Analysis and treatments.

To learn more, watch my interview with Dr. Barlow on the Hotze Health & Wellness Center YouTube channel or search "Reverse Skin Aging and Look Great with Dr. Mark Barlow" on YouTube.





Is **JOINT PAIN** or **INFLAMMATION** preventing you from living your best life?

- Do you have chronic joint pain/inflammation in your knees, shoulders or hips?
- Do you suffer from arthritis?
- Have you had a sports injury causing chronic pain?
- Are you tired of medicating with pain relievers?
- Do you want to avoid invasive surgery?



We may have the answer: **REGENERATIVE MEDICINE.**

Regenerative medicine may assist your body's regenerative capacity to heal itself. It can improve your quality of life without prescription drugs or invasive surgery. **At Hotze Health & Wellness Center, we utilize injections and IV treatments which can provide remarkable results.** These natural therapies may help to reduce inflammation by improving communication between cells to stimulate healing, naturally.

Check our events page soon, hotzehwc.com/events, for upcoming details on our Exosome Event in June, where we will discuss the benefits of Exosomes and have a live injection demonstration of the treatment.

Call us at 281-698-8698 to schedule a complimentary consultation.