

# HOTZE

# Healthy Living

Fall 2022



## A Thanksgiving Message From Dr. Hotze

*“O give thanks unto the Lord; for He is good; for His mercy endureth forever.”* —1 CHRONICLES:16:34

Let's always be thankful to God for His grace and mercy toward us in Jesus Christ our Lord. While we should be thankful to God every day for His bountiful provisions, Thanksgiving Day is a special time of the year for families to come together to express the gratitude in their hearts toward God.

As we prepare to celebrate Thanksgiving, let's reflect on the first Thanksgiving in 1621, over 400 years ago, at Plymouth Plantation in Massachusetts. The Pilgrims were Bible-believing Christians who came to America to practice their religious freedom, having been oppressed by the Anglican Church in England. After arriving at Plymouth Rock on November 11, 1620, they wrote in the **Mayflower Compact**, that their voyage was undertaken to the glory of God and to advance the Christian faith. This is the founding principle upon which America was established.

This Thanksgiving, we should recommit ourselves to restoring our nation's Godly heritage, following the strategy that our Pilgrim forefathers gave us, which is to love God, and to place our hope and faith in the God of the Bible and our Lord Jesus Christ. This faith gives us wisdom and instructs us on how to live our lives. This wisdom from God

builds our character and transforms our hearts.

Civil law should be derived from God's law found in the Ten Commandments, and its purpose is to provide society with order and a foundation for our freedom, providing mercy, justice and equity under the law. Civil government's purpose is to protect our God-given, unalienable rights and liberties.

As parents and grandparents, we should educate our children and grandchildren to follow these beliefs and principles to ensure liberty for future generations. Liberty under the law is the result of this strategy which will ultimately defeat tyranny and result in a strong, peaceful and prosperous nation.

**Washington's 1789 Thanksgiving Proclamation**, on the next page, reflects the Biblical worldview of our Founding Fathers. More than ever, this worldview needs to be kept alive. This can be achieved by reading this proclamation with your family members on Thanksgiving Day. Our nation's Christian heritage must be passed on to our children and grandchildren.

My prayer is that you and your family have a blessed Thanksgiving Day and weekend.

As always, I remain, sincerely yours,

Steven F. Hotze, M.D.

# GEORGE WASHINGTON'S 1789 Thanksgiving Proclamation



WHEREAS it is the duty of all Nations to acknowledge the providence of Almighty God, to obey his will, to be grateful for his benefits, and humbly to implore his protection and favor—and whereas both Houses of Congress have by their joint Committee requested me to recommend to the People of the United States a DAY of PUBLIC THANKSGIVING and PRAYER to be observed by acknowledging with grateful hearts the many signal favors of Almighty God especially by affording them an opportunity peaceably to establish a form of government for their safety and happiness.

NOW THEREFORE I do recommend and assign Thursday the 26th day of November next to be devoted by the People of these States to the service of that great and glorious Being, who is the beneficent Author of all the good that was, that is, or that will be—That we may then all unite in rendering unto him our sincere and humble thanks—for his kind care and protection of the People of this Country previous to their becoming a Nation—for the signal and manifold mercies, and the favorable interpositions of his Providence which we experienced in the course and conclusion of the late war—for the great degree of tranquility, union, and plenty, which we have since enjoyed—for the peaceable and rational manner, in which we have been

enabled to establish constitutions of government for our safety and happiness, and particularly the national One now lately instituted—for the civil and religious liberty with which we are blessed; and the means we have of acquiring and diffusing useful knowledge; and in general for all the great and various favors which he hath been pleased to confer upon us.

AND ALSO that we may then unite in most humbly offering our prayers and supplications to the great Lord and Ruler of Nations and beseech him to pardon our national and other transgressions—to enable us all, whether in public or private stations, to perform our several and relative duties properly and punctually—to render our national government a blessing to all the people, by constantly being a Government of wise, just, and constitutional laws, discreetly and faithfully executed and obeyed—to protect and guide all Sovereigns and Nations, especially such as have shewn kindness unto us, and to bless them with good government, peace, and concord—to promote the knowledge and practice of true religion and virtue, and the encrease of science among them and us—and generally to grant unto all Mankind such a degree of temporal prosperity as he alone knows to be best.

## ▶ MEET OUR STAFF

### Physician Assistant **Jason Gourlas**, MPAS, PA-C

We are happy to welcome Jason Gourlas, our new Physician Assistant, to the **Hotze Health & Wellness** team.

For as long as he can remember, Jason wanted to be a detective. While serving as an Army medic, he realized that medicine combined detective work with his other love, science. While serving in the Texas Army National Guard, Jason attended the U.S. Army Physician Assistant Program at Fort Sam Houston, graduating summa cum laude in 1996. Later he obtained his master's degree in physician assistant studies through the University of Texas.

During his more than 26 years in clinical practice, Jason has had a wide range of experience in military medicine, family practice, emergency medicine, neurology (a hearing and balance subspecialty of ENT) and surgical critical care.

In 2006, Jason suffered his own health challenges for which his conventional medical training and experience provided few treatment options and no cures. He began

to investigate alternative, integrative and functional medicine. It was there that he found the answers that he needed. With dietary and lifestyle modification, his health issues were resolved. Since then he has obtained additional formal training through the **Institute of Functional Medicine**, as well as board certification through the **American Academy of Anti-Aging Medicine**.

Jason's passion is researching alternative, integrative, functional medicine and implementing the best solutions into his medical care. His other hobbies include hiking, biking and being outdoors, enjoying God's creation with his beautiful wife, Val.



Jason Gourlas and his wife Val

# LDI: A Game Changer in Allergy Treatment

Steven F. Hotze, M.D.

Most people think of spring as allergy season. That is the time of year when trees and grasses release pollen, which can cause sneezing, itchy eyes, a runny nose, congestion and other symptoms of allergic rhinitis, or hay fever. So why is there a resurgence of allergy symptoms in autumn?

Welcome to weed allergy season. Most weeds, including ragweed, the most common hay fever trigger, pollinate in the late summer and fall. Ragweed is a prolific pollinator, producing millions of grains of pollen a day. These plants are wind-pollinated, and when their pollen is released into the air, it can travel hundreds of miles. Even if there is no ragweed in your area, you may be among the one in five Americans who are sensitive to ragweed pollen.

If your allergies are acting up, now you know why. But did you know there is a revolutionary allergy treatment that has the potential to permanently desensitize you to all allergens?

## A Major Advance in Immunotherapy

Low dose immunotherapy (LDI) is a form of allergy immunotherapy, a preventive treatment for reducing allergy symptoms. By exposing you to gradually increasing amounts of allergens, immunotherapy promotes the production of antibodies that block the allergic response and, over time, make you less sensitive to pollen and other allergy triggers.

Allergy shots, the most common type of immunotherapy, require intensive testing to identify allergy triggers, followed by frequent visits to a doctor's office for injections of targeted allergens. Sublingual tablets or drops placed under the tongue are a newer and more convenient option to shots. During the more than 30 years that we have been treating allergies at the **Hotze Health & Wellness Center**, we have used both approaches with excellent results.

LDI, however, is a game changer in allergy treatment. Unlike conventional immunotherapy treatments, which include 20 to 40 allergens, LDI contains more than 300 common allergens, and they are not limited to pollen, mold and other airborne allergens. LDI also desensitizes you to food and chemical allergy triggers.

LDI works much faster than conventional immunotherapy, which often requires years of painful shots. LDI's effectiveness is enhanced by the addition of an enzyme, beta-glucuronidase. This enzyme activates T-regulatory cells (Tregs), which reduce immune hyperactivity and inflammation. Improvements are usually noticed within the first three treatments, and many of our guests report a

reduction in symptoms after their very first dose.

LDI has an excellent safety record. The allergen doses are much lower than in conventional allergy shots and drops, and there has never been a report of anaphylaxis or other serious adverse reactions. It is even used to treat children younger than one year of age. LDI is also convenient, taken in sublingual drops that can be delivered to your home. Initial dosing is once every seven to eight weeks, with decreasing frequency as symptoms improve.

## Treats a Broad Range of Conditions

Ronald Parker, PA, Director of **Hotze Health & Wellness Center's** Allergy Department, has been particularly impressed with the broad coverage of LDI, as it addresses inhalant, food and chemical allergies all at the same time. He is impressed by the results our guests are experiencing. Here are a few examples.

- **Hay fever/allergic rhinitis:** A gentleman who had chronic allergic rhinitis for as long as he can remember had to use an allergy nasal spray daily, plus pills during allergy season flare-ups. He had good relief after his first sublingual dose of LDI, and since his fourth treatment, he has been off all allergy medications. He now considers himself to be allergy free.
- **Asthma:** A guest with a lifelong history of asthma had complete resolution of her symptoms after three LDI treatments.
- **Food allergies:** A preschooler with multiple food allergies, painful eczema, digestive problems and failure to gain weight since infancy was treated with LDI. Within months of beginning treatment, his eczema improved, he was able to tolerate more foods and he was back to his normal weight. Periodic checkups reveal ongoing improvements.

## Why Allergy Treatment Matters

You are probably aware that allergies have an adverse impact on your health. Besides impacting the quality of your life, allergies stress your immune system and increase your vulnerability to viral, bacterial and fungal infections. Recurrent sinus infections, bronchitis and asthma are caused by allergies and are linked with inflammation throughout the body. Allergies are the sixth leading cause of chronic illness.

Approximately 40% of individuals in our country have allergic disorders. If you are one of them, then you should consider being evaluated as a candidate for LDI. Safe, convenient and cost-effective, with a 90% success rate, LDI may well be your ticket back to health.

➔ To schedule an appointment or learn more about LDI, visit [Hotzehwc.com](http://Hotzehwc.com) or call the **Hotze Health & Wellness Center** at 281-698-8698.

# The Dangers of Root Canals

Steven F. Hotze, M.D.

More than 22 million root canals are performed in the U.S. every year. When you're given the choice of losing a tooth or having a root canal, most people choose the latter.

A root canal procedure involves removing a tooth's infected pulp, sterilizing the canal, and filling and sealing it off to prevent future infection. However, it is virtually impossible to completely and permanently shut out bacteria. As a result, root canals and the surrounding areas are a haven for bacteria.

Many studies have shown that bacteria that originate in the mouth can travel via the bloodstream to tissues throughout the body. This activates the immune system, resulting in systemic inflammation that has been linked with many health problems, including heart disease, diabetes, chronic fatigue, autoimmune disorders, pregnancy complications and more.

More than a century ago, Canadian dentist Dr. Weston A. Price demonstrated clear links between root canals and systemic diseases. In his 1923 textbook *Dental Infections and the Degenerative Diseases*, which summarized his ground-breaking research, Dr. Price wrote, "I see no escape from the conclusion that many of the degenerative diseases ... have as one of their important, and in many cases their chief causative factor, dental infections." Dentists embraced this research, and up until the 1940s, tooth extraction was the preferred treatment for infected teeth.

## Why Are Root Canals So Common?

In 1943, a group of dentists formed the **American Association of Endodontists** to promote root canals. Dr. Price's work was discounted and ignored, while the popularity of root canals surged. To this day, most dentists insist that root canals are safe and dismiss the idea that they harbor bacteria that can cause problems elsewhere in the body.

It's easy to see why many dentists promote root canals. Just follow the money. An entire industry has been built around root canals. Endodontic procedures make up the largest single market share of dental services, more than \$32 billion a year. Professional dental associations often censure dentists who speak out against root canals. They promote root canals as safe, despite evidence to the contrary.

## Root Canals Are Bacteria Havens

Not all dentists agreed with this practice. Dr. Hal Huggins, a dentist in Colorado, who was instrumental in

increasing awareness of the dangers of mercury amalgam fillings, picked up on Dr. Price's work and conducted his own research on root canals.

Using DNA testing, Dr. Huggins identified 83 different anaerobic bacterial species, many of them disease-causing, in teeth with root canals and in adjacent bone, tissue and blood. Additional studies revealed that patients who had teeth with root canals also had bacteremia, which is bacteria circulating in the blood. These bacteria were identical to bacteria found in the teeth with root canals.

During a root canal procedure, the nerves, blood vessels and pulp are removed from the main canals, which kills the tooth. Yet, every tooth in your mouth has miles of microscopic channels or tubules in addition to the main canals, and these are left untouched. Anaerobic bacteria, which flourish in the absence of oxygen, thrive on the dead tissue in these channels and spread throughout the tooth.

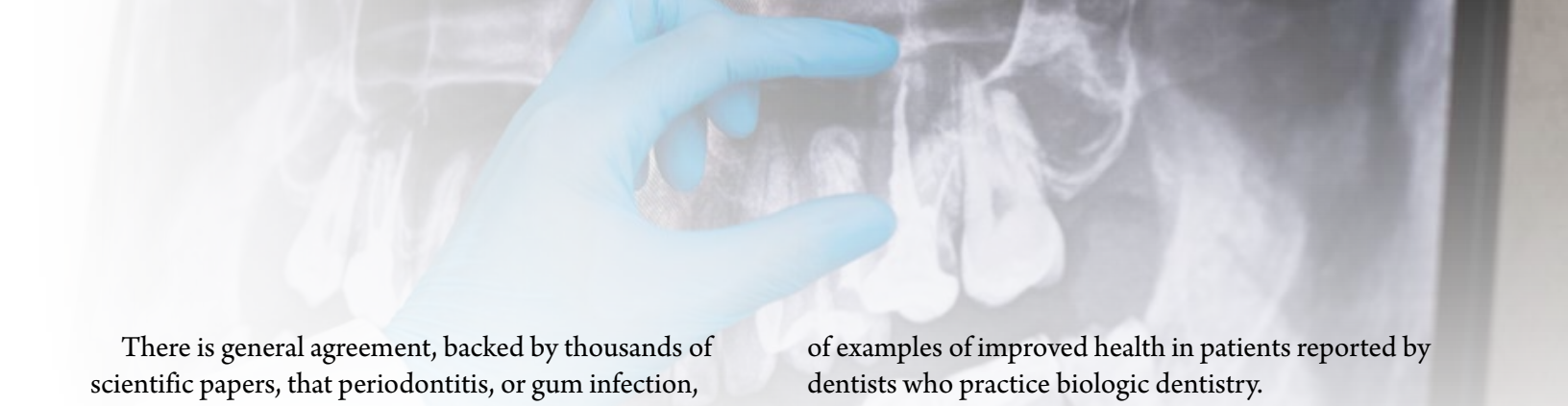
This can lead to chronic low-grade infection, primarily at the tip of the root canal where the dead tooth attaches to bone. Apical periodontitis, as this is called, may not cause pain or other symptoms, but it allows bacteria to enter the bloodstream, triggering an immune response that increases chronic inflammation and sets the stage for all manner of disease.

## Emerging Research Questions Safety

For years, dentists who spoke out about the dangers and toxicity of root canals were labeled as unorthodox, radical, unscientific and worse. Thanks to the strong financial bias in favor of root canals, research pointing out potential harms was ignored, if not suppressed for decades. Fortunately, this is beginning to change.

A 2022 review of all the medical literature on the association between apical periodontitis, root canal treatment and systemic health concluded, "There is emerging evidence that bacteremia and low-grade systemic inflammation associated with apical periodontitis may negatively impact systemic health..."

Diseases linked to root canals include diabetes, rheumatoid arthritis, dementia, neurological disorders, hypertension, coronary artery disease, autoimmune diseases, and infertility and miscarriages. There exists strong evidence that a major cause of heart disease is the bacteria from the teeth with root canals that cause inflammation of the coronary arteries.



There is general agreement, backed by thousands of scientific papers, that periodontitis, or gum infection, is a risk factor for cardiovascular disease and that the underlying link is systemic inflammation. So why would infection and inflammation stemming from root canals be any different? It isn't.

### If Not a Root Canal, Then What?

If you are recommended to have a root canal, then ask about alternatives. In most cases, extraction is preferable, followed if needed by a dental bridge or partial denture.

Several years ago, I was having pain in a molar tooth and was advised that a root canal was my best option, so I had the procedure performed. Shortly thereafter, I attended a medical conference and, for the first time, learned about the health dangers caused by root canals. After further research, I decided to have that tooth pulled.

Pulling a tooth after a root canal may seem extreme, but it is a sensible option. If you decide to go this route, then consult a biological dentist who is experienced in this field, because the bone cavity should be properly cleaned out to remove the remaining bacteria.

There are many reports of significant improvements in various conditions after the removal of infected root canals. For example, Dr. Price reported on a patient whose severe arthritis had confined her to a wheelchair for six years. She had had a root canal, and although the tooth looked fine, Dr. Price suggested extraction. The patient's recovery was so remarkable that she was able to walk without assistance. This is one of tens of thousands

of examples of improved health in patients reported by dentists who practice biologic dentistry.

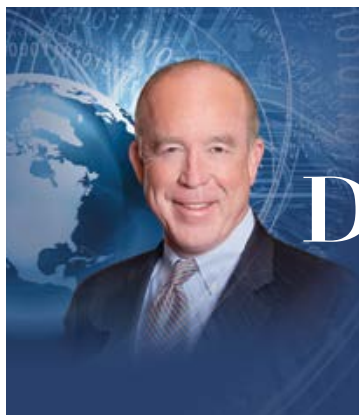
### To Learn More

Blanche Grube, DDS, has written an excellent book, *Chew on This... But Don't Swallow*, describing the connection between dental health and systemic disease. It will enlighten you on how dental disease may be the cause of any systemic illness that you may be experiencing. Visit Dr. Grube's website, [drblanchegrube.com](http://drblanchegrube.com), or view her recent podcast appearances with Dr. Hotze at [youtube.com/user/HotzeHealth](https://youtube.com/user/HotzeHealth). Another good source of information is [hugginsappliedhealing.com](http://hugginsappliedhealing.com).

If you are looking for a biological dentist in the Houston area, then I recommend Marilyn Jones, DDS. Dr. Jones has treated me and several members of my staff, removing teeth with root canals, as well as mercury amalgams. She is an excellent dentist. Her office number is 713-785-7767 and her website is [houstonbiologicaldentist.com](http://houstonbiologicaldentist.com). Another good biological dentist is Dr. Krupa George, in Sugarland. For more information, call 713-489-3790 or visit [pureholisticdentist.com](http://pureholisticdentist.com). Mention that you are a guest of the Hotze Health & Wellness Center for a \$50 concession.

### REFERENCES

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## THE DR. HOTZE REPORT

Tune in to Dr. Hotze's weekly television program on Brighteon TV, [www.brighteon.tv](http://www.brighteon.tv) every Monday and Saturday from 4:00-5:00 p.m. CST.

Join Dr. Hotze as he discusses timely issues on liberty and freedom, interviews knowledgeable and provocative guests and offers medical recommendations for improving your health and wellness, naturally.

# Could It Be Sleep Apnea?

Steven F. Hotze, M.D.

America has a sleep problem, and it is impacting our health. Surveys reveal that about 40% of U.S. adults do not get enough sleep, and half say they feel sleepy three or more days a week.

It is important to realize that poor sleep is almost always a symptom of an underlying problem, which in most cases can be successfully treated. Our goal at the **Hotze Health & Wellness Center** is to get to the root cause of your problem and help you solve it.

Hormone imbalances are a common culprit. Just ask any woman who has gone through menopause! Low levels of estrogen, progesterone, testosterone and thyroid hormones can disrupt sleep cycles. Restoring balance with bioidentical hormones is the solution for many of our guests.

Other health challenges that can keep you awake at night include anxiety, depression, chronic pain, gastroesophageal reflux disorder (**GERD**) and other digestive disorders, prostate problems that necessitate nighttime trips to the bathroom, nasal congestion and allergies. All these conditions can be treated with natural therapies that will not only help you sleep better, but improve your overall health.

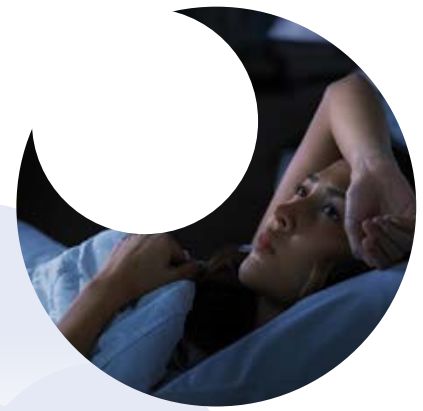
## Sleep Apnea Is a Serious Problem

Obstructive sleep apnea is another common sleep disorder that affects about 30 million Americans, although only one in five have been diagnosed. It occurs when the tissues in the back of the throat relax and block the airway during sleep. Your brain, sensing oxygen deprivation, sends alarm signals that arouse you just enough to take a breath.

When this happens repeatedly throughout the night, it is impossible to cycle through all the stages of restorative sleep, even if you think you are sleeping a full eight hours. Sleep apnea causes more than daytime sleepiness. It increases your risk of weight gain, hypertension, heart disease, diabetes, mood disturbances and memory loss.

The primary treatment for sleep apnea is continuous positive airway pressure (CPAP), a device that gently blows a stream of air through a small mask to prevent the tissues in the throat from collapsing. For some of our guests, CPAP has been a Godsend. Recently a guest came to us after being told that “everything was normal,” despite her muscle and joint aches, weight gain, low energy, frequent napping and morning headaches.

Based on these symptoms, Dr. Ellsworth ordered an in-home sleep study, which revealed that she had severe sleep apnea. She started using a CPAP machine, along with a healthy eating plan, supplement program and bioidentical hormones. Six months later, she is 30 pounds lighter, brimming with energy and pain-free. “I feel like I’m bulletproof!”



## An Innovative Solution for Sleep Apnea

I recently came across an innovative therapy that, unlike other sleep apnea treatments, is used during the day. It is a small handheld device called eXciteOSA® that applies neuromuscular stimulation to the tongue to improve muscle tone. Strengthening the tongue helps it stay in position, preventing it from collapsing and blocking the airway during sleep.

In a 2021 clinical trial involving patients with sleep apnea, 90% of those who used eXciteOSA 20 minutes day for six weeks, had an average reduction in snoring of 39%, as confirmed by their spouses. Not surprisingly, both study participants and their spouses reported better sleep and less daytime sleepiness.

This FDA-approved therapy is ideal for mild sleep apnea and snoring. It is also great for anyone who cannot adjust to CPAP and other nighttime devices.

## Should You Get Tested and Treated?

Signs that you might have sleep apnea include loud snoring, gasping for air or snorting during sleep and awakening with headaches. Daytime sleepiness, irritability and poor focus are additional clues, as is excess weight, especially in the neck and throat area.

If you suspect you might have sleep apnea, then we can order an in-home sleep study for you.

Restful, restorative sleep is an essential element of optimal health. Let us help you get to the bottom of your sleep problems. Your health depends on it!

➔ To learn more about sleep apnea testing and treatment, including eXciteOSA®, call the **Hotze Health & Wellness Center** at **281-698-8698**.

## Sleep Formula: Proprietary Supplement for Sound Sleep

Melatonin is the best-known sleep supplement and for a good reason. Levels of this hormone naturally rise in the evening as darkness falls, signaling your brain and body it is time to sleep. Nighttime exposure to light disrupts natural melatonin production. Levels also decline with age. Supplemental melatonin at bedtime helps you fall asleep faster, sleep longer and have better quality of sleep.

What if you are taking melatonin but still having sleep problems? Melatonin isn't always the issue. Stress and anxiety are also common causes of insomnia. Some people cannot turn off intrusive thoughts and worries, while others have a hard time relaxing, both mentally and physically.

In response to these concerns, Dr. Hotze has formulated a supplement that not only boosts melatonin levels but also targets other issues that rob you of sleep. Natural ingredients in **Sleep Formula** include:

- **Valerian** is a popular herbal sleep aid known for its calming effects and its ability to curb anxiety and slow down an overactive mind.
- **Chamomile** contains a flavonoid called apigenin that binds to GABA

receptors in the brain, which inhibits excessive neural activity and promotes calmness and relaxation.

- **Inositol** is a natural compound that is particularly effective for reducing symptoms of anxiety and depression, which keep many people tossing and turning at night.
- **L-tryptophan** is one of the most important ingredients. When you take this amino acid, it is converted to serotonin, a neurotransmitter involved in sleep and mood, and to melatonin. Therefore, L-tryptophan promotes sleep by both increasing melatonin production and reducing anxiety and depression.
- **Melatonin** plus the active form of **vitamin B6**, an essential coenzyme in melatonin production, and **niacin**, which supports tryptophan metabolism, are also included.

Take one capsule Dr. Hotze's Sleep Formula at bedtime. Sweet dreams!

➔ Visit [PhysiciansPreferenceVitamins.com/sleep](https://www.PhysiciansPreferenceVitamins.com/sleep) to order Sleep Formula. Call **281-646-1659** and speak to our Certified Holistic Nutritionists and Vitamin Consultants to learn more about Dr. Hotze's specially formulated nutritional supplements.

## ▶ FROM THE PHARMACIST

### Methylene Blue for Healthy Aging

Long life and healthy aging are universal goals, and advancements in medicine are helping more and more people achieve them. One of these advances is new discoveries about a very old drug, methylene blue. First used as a dye 150 years ago, methylene blue was found over the years to have a wide range of clinical uses, including the treatment of malaria and a rare blood disorder and as an antidote for chemical poisoning.

We now know that methylene blue is a potent antioxidant that is particularly active in the mitochondria, the energy-producing factories in your cells. Mitochondrial damage and dysfunction are major contributors to aging and disease. By supporting the mitochondria, methylene blue enhances energy production. This compound also inhibits nitric oxide toxicity, which is a factor in serious conditions such as neurodegeneration, cancer and cardiovascular disease.

Methylene blue has emerged as an excellent treatment for conditions characterized by mitochondrial dysfunction and nitric oxide toxicity. These include depression, autism, microbial infections, pain, cancer, memory problems, Alzheimer's and other age-related diseases.

Compounded methylene blue, along with sirolimus (rapamycin), are recommended by Dr. Hotze for healthy aging. It will soon be available from **Physicians Preference Pharmacy**.

➔ To learn more and preorder, please visit [PhysiciansPreferenceRX.com](https://www.PhysiciansPreferenceRX.com) or call us at **281-828-9088**.

# H O T Z E

HEALTH & WELLNESS CENTER INTL

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## The Holidays ARE COMING!

At the **Hotze Health & Wellness Center**, it's our goal to ensure you are feeling and looking great both inside and out! **Aesthetics Gift Cards** make a wonderful gift! Perfect for women and men of all ages.

Winter, Spring and Fall are the best times for Broadband Light treatments, and they are sure to please. We offer so many treatments for everything from acne to anti-aging!

**Call Bailie Muñoz, our Aesthetician, today to learn more. Ask about our Holiday Package pricing too! Call 281-698-8770.**



## Give the Gift of HEALTH

Dr. Hotze's books are a great gift idea for your friends and family. Get a jump-start on your gift giving and stop by our center to pick up these beautifully Christmas gift-wrapped books.

Wrapped book sets will be displayed and available at our center as of November 14th.

Need wrapped books set aside or shipped? Just give us a call at **281-698-8698.**

