

HOTZE

Healthy Living

Spring 2023



A Message From Dr. Hotze

How would you rate America's healthcare system? More than half of participants in a 2022 Gallup poll rated it as "only fair" or "poor." No surprise here, given the disastrous and deceitful response to the Covid "plandemic," which exposed its corruption and complicity with government, pharmaceutical companies, media and big tech.

There are other valid reasons for these low ratings, including difficulty finding good doctors, escalating costs and insurance hassles. Another often overlooked problem is that healthcare in the U.S. is terribly fragmented. If you have a health concern, you start with your primary care doctor, then you are then farmed out to specialists. This makes sense in theory but in practice, patients often end up with conflicting recommendations, duplicate tests, unnecessary treatments and multiple medications that do more harm than good.

What gets lost in this fragmented disease-care model is the understanding that we are more than a collection of body parts, that problems in one organ or system have far-reaching effects. It also shifts the focus away from modifiable risk factors and treatable conditions that influence whole-body health.

I believe the main reason Hotze Health & Wellness Center guests get such great results and entrust us with their healthcare is because we see the big picture. We would not hesitate to refer you to a specialist if needed, but to get to the root of your problem, we also explore underlying causes that

most doctors ignore. Equally important, we acknowledge the central role you play in your journey to health and wellness, and we work with you to help you get there.

In this newsletter, we are going to focus on brain health. Brain fog and cognitive problems affect tens of millions, and serious disorders such as Alzheimer's disease are on the rise. So are mental illnesses. In addition to the psychiatric disorders that have been diagnosed in 20% of adults, angry, impulsive, irrational, monomaniacal behaviors and thought patterns are increasingly common in today's society.

Brain health is related to whole-body health. Abdominal obesity, for example, is a risk factor for mood disorders, cognitive problems and dementia. High blood pressure during middle age increases the risk of cognitive decline and dementia later in life, and the links between diabetes and dementia are so strong that Alzheimer's has been referred to as "type 3 diabetes."

This is something that should be of concern to everyone, regardless of age. It would be our privilege to help you improve your mood, memory and cognition, reduce your risk of developing dementia and benefit from all the positive "side effects" that our natural treatments for brain health engender.

Committed to your health success, I remain, as always,

Steven F. Hotze, M.D.

Your Program for Better Brain Health

Steven F. Hotze, M.D.

The CDC reports that one in five adults and one in six adolescents experience depression, anxiety, bipolar disorder or another mental illness in any given year. The Alzheimer's Association estimates that one in seven Americans aged 60 and older have mild cognitive impairment (an early stage of memory problems) and one in three over age 80 have Alzheimer's disease. By 2050, 13 million Americans will be living with dementia.

The current approach to prevention and treatment is not working. There is no cure for Alzheimer's and none on the horizon. Drugs and psychotherapy help some patients with mental illnesses, but permanent resolution is elusive. So that leaves us with prevention. Of course, there are multiple contributors to these disorders. Genetic influences, societal problems, environmental toxins and family dynamics all play a role, but brain health is front and center.

You may not be able to tackle all these factors, but you can adopt strategies to enhance brain health and, in the process, promote optimal cognitive function, memory and mood, not just today but throughout your life.

Balance Your Hormones

One of the first things to consider if you are struggling with memory or mood problems is hormone imbalances. Hormones are chemical messengers that regulate many critical physiological functions. Hormone levels naturally fluctuate during various stages of life, and those changes can have a significant impact on your emotions, cognition and memory.

Thyroid hormones are particularly important because they govern metabolism, and your brain requires a lot of energy. Hypothyroidism, or low thyroid function, is a frequent and often undiagnosed cause of depression, anxiety and brain fog. Studies also suggest that untreated hypothyroidism doubles the risk of developing Alzheimer's-type dementia.

Testosterone levels slowly decline over the course of a man's life. Low levels, which are common in older men, are associated with reductions in motivation, self-esteem, sex drive, mood and cognitive function.

Estrogen and progesterone enhance brain function and protect against memory loss and dementia. Changes in these hormones during pregnancy, postpartum

and menopause can cause irritability, depression and concentration difficulties. A decline in the neuroprotective effects of these hormones is especially noticeable after menopause.

You can see why we place so much emphasis on testing and balancing hormones. Restoring levels with bioidentical hormones can make a world of difference in your mental and physical energy and vitality, how you think and feel and your risk of future problems. In short, it is one of the most powerful and important therapies for better brain health.

Adopt a Healthy Eating Program

A healthy eating program is as essential for brain function as it is for weight and blood sugar control. Research reveals that people who eat nutritious foods think more clearly and are less likely to be depressed or develop dementia. In one study, 30% of participants enrolled in a healthy eating program had complete remission of their depression.

Unfortunately, the bulk of the calories eaten by Americans come from "ultra-processed" foods like cereal, chips, packaged desserts and snacks, fast food, frozen pizza and white bread. Ultra-processed foods were shown in two recent studies to speed age-related cognitive decline and raise the risk of dementia.

Most ultra-processed foods are high in sugar, starches and/or refined carbohydrates. High-carbohydrate foods are rapidly converted into glucose and absorbed into the bloodstream. This provides a quick, energizing "sugar high," but it is followed by a dip in blood sugar that makes you irritable, moody and craving another sugar fix. It may seem bold to call sugar addictive, but some of its effects in the brain resemble those of cocaine. A high intake of sugars has been correlated with higher rates of depression and a significantly increased risk of Alzheimer's. Do not assume that artificial sweeteners are better. They, too, are bad for the brain.

So, what should you eat? A healthy eating program is based on whole, unprocessed foods with lots of non-starchy vegetables, high-quality protein, plenty of fats and oils and a little fruit. Foods with proven brain benefits include salmon and other omega-3-rich fish, olive oil, avocados, blueberries, leafy greens, nuts, tea and coffee.

The Mediterranean and modified ketogenic eating plans are good models to follow, but I am partial to my Optimal Eating Program, also referred to as [Dr. Hotze's Optimal Eating Program](#). This program has helped thousands of our guests achieve their health goals.

Support Gut Health, Tackle Food Allergies

Have you ever had a strong “gut feeling” or butterflies in your stomach? These are concrete examples of the “gut-brain axis,” the two-way communication pathways that link the emotional and cognitive areas of the brain with the gut.

There is increasing evidence that the gut microbiome, the vast collection of bacteria, yeast and other microbes in the intestinal tract, plays a significant role in brain health. In addition to facilitating communication with the brain, a diverse, well-balanced microbiome curbs inflammation and produces short-chain fatty acids that can be used as brain fuel.

Low-fiber, high-sugar foods, stress, antibiotics and other toxins disrupt the gut microbiome. All too often, this results in the overgrowth of yeast, which can lead to “leaky gut syndrome.” Leaky gut allows partially digested food, bacteria and toxins to cross the intestinal barrier, enter the bloodstream and wreak havoc in the body. This is a dominant cause of food allergies, which are another overlooked cause of brain fog and mood swings.

We have had great success eradicating yeast overgrowth, treating food allergies and restoring gut function with our optimal eating program. Guests report improvements in everything from memory and concentration to depression and anxiety. Supplemental probiotics, which reintroduce beneficial bacteria, are also recommended.

Make Physical Activity a Priority

Crosswords, Wordle, Sudoku, puzzles and other activities that challenge your brain help hone cognitive skills, memory and processing speed. But if you really want to give your brain a boost, you need to get physically active.

Thousands of studies have demonstrated the benefits of exercise for memory and mood. Some of these benefits can be attributed to improvements in blood flow, cardiovascular fitness, blood sugar, weight, etc., which are closely associated with brain health. But exercise also has more direct effects.

Physical activity triggers the release of mood-boosting endorphins, making it ideal for reducing symptoms of

depression and anxiety. It increases levels of BDNF, a growth factor that protects neurons and promotes neuroplasticity, which is essential for memory and learning. Perhaps the best news is that regular exercise also reduces the likelihood of developing Alzheimer's disease and mental health problems.

So, enjoy word games and puzzles but also get active!

Solve Your Sleep Problems

You know a lousy night's sleep can leave you feeling irritable, unfocused and forgetful the next day, but did you know that persistently poor sleep has serious long-term consequences for brain health?

While you sleep, your brain strengthens connections between neurons and consolidates memories. It also performs housekeeping chores such as flushing out toxins that have accumulated during the day. Interruptions in various stages of sleep have been linked with increases in beta-amyloid, a toxic protein that builds up in the brains of patients with Alzheimer's disease.

Harvard researchers conducted a study involving more than 2,800 men and women aged 65 and older to evaluate the links between sleep and risk of dementia. They found that the individuals who routinely slept fewer than five hours a night were twice as likely to develop dementia, compared to those who slept six to eight hours. Good sleepers also lived longer.

One in three Americans fail to get at least six hours a night. For peak brain function you must make rejuvenating sleep a priority. Many of our guests swear by our **Sleep Formula**, a unique supplement that contains melatonin along with herbs and other natural compounds that help you relax and turn off ruminating thoughts that can keep you awake at night.

Take Supplements for a Better Brain

I also recommend a basic nutritional supplement program. Although a healthy eating program provides an abundance of vitamins and minerals, it is still possible to have deficiencies in critical nutrients.

For example, the absorption of vitamin B12, a standout in brain health, declines with age. Deficiencies, which can cause depression and memory loss, are fairly common in older people, even if they eat plenty of B12-rich foods.

Vitamin D also supports mood and cognitive function and slows age-related decline, but the majority of people of all ages have insufficient vitamin D blood levels.

An easy way to ensure adequate levels of B-vitamins, antioxidants, and other vitamins and minerals is to take a good multivitamin. A 2022 study found that older men and women who took daily multivitamin-mineral supplementation for three years had improvements in overall cognition, memory and executive functions such as focus and planning.

Omega-3 fatty acids, especially DHA, should also be part of your basic supplement program. DHA is a key component of neural membrane and the myelin sheaths that insulate nerves, but few people get enough of it from food sources. Additional supplements with proven benefits for the brain include neurotransmitter precursors (choline, SAM-e, 5-HTP), natural anti-inflammatories (curcumin, quercetin, resveratrol) and brain energizers (coenzyme Q10, N-acetyl cysteine, alpha lipoic acid).

Brain Health = Whole Body Health

What you are going to love about this program for better brain health is that in addition to enhancing mental clarity, emotional stability and outlook on life, it will improve other aspects of your health. Good nutrition,

exercise, hormone balancing, sleep and gut health are essential for whole-body health. Embracing these suggestions will also help you lose weight, control your blood sugar and blood pressure, boost your immune function and more.

Only by addressing root causes with therapies that enhance overall health can we hope to stem the rising tide of dementia and mental illness. This program for brain health should give you peace of mind that you are doing what you can to prevent problems now and in the future.

It is never too early to get started. Contact us today and take a giant step on your quest for optimal health.

➔ To schedule an appointment or a free complimentary consultation, call us at **281-698-8698** or visit [HotzeHWC.com](https://www.HotzeHWC.com).

📦 To order Dr. Hotze's Sleep Formula, multivitamins, DHA, probiotics, other brain-boosting supplements and your copy of *Dr. Hotze's Optimal Eating Program*, contact **Physicians Preference Vitamins** at **281-646-1659** and speak to our Certified Holistic Nutritionists and Vitamin Consultants.

👉 To help you learn more about the important role of thyroid, testosterone, estrogen and other hormones, we would like to give you a **FREE copy of Dr. Hotze's book, *Hormones, Health, and Happiness***. To request your copy and find out how hormone balancing can help you achieve better brain and full-body health, call us at **281-698-8698**.

This Is Your Brain on Drugs

Steven F. Hotze, M.D.

Some of you remember the anti-drug abuse campaign ads of the 1980s featuring a man cracking eggs into a hot frying pan and saying, "This is your brain on drugs." Different versions of this ad have aired over the years, focusing on marijuana, heroin and other recreational drugs.

It's too bad this campaign never highlighted prescription drugs because several popular medications have serious adverse effects on the brain.

Statins Cause Memory Loss

Cholesterol-lowering statin drugs are among the most often prescribed drugs in the U.S. These drugs do indeed lower cholesterol, but as far as your brain is concerned, that is the problem. Research shows that older men and

women who have the lowest cholesterol levels have the highest risk of Alzheimer's.

About 25% of your body's cholesterol is in your brain. Depriving neurons of this essential fat has an adverse effect on memory and learning. Statins also block the production of coenzyme Q10, which is involved in energy production in brain cells.

Statin drugs are required to carry a label warning that they can cause forgetfulness, confusion, memory loss and amnesia. We have seen this adverse effect time and again in our clinic. The good news is that once the drugs are discontinued, these symptoms usually disappear.

Do not believe the hype about statin drugs. High cholesterol is NOT the true cause of heart disease;

inflammation is. There are plenty of safe natural therapies that protect both your heart and your brain.

Unintended Consequences of Psych Drugs

All psychoactive drugs are neurotoxins, and all of them have unintended effects on brain chemistry.

Antidepressants: One in 11 people in the U.S. over the age of 12 take antidepressants. These drugs are supposed to boost your mood, but what they really do is blunt your emotions. The FDA requires all antidepressants to include a label warning of an increased risk of suicidal thoughts and behaviors in young people. SSRIs such as Celexa, Lexapro and Zoloft are particularly dangerous and have been linked with agitation, aggression and violence.

Anti-anxiety drugs (benzodiazepines): Xanax, Valium, Klonopin and other “benzos” induce calmness by dampening activity in areas of the brain responsible for memory, reasoning and emotions. Common adverse effects include confusion, memory problems and, because they are sedating, unsteadiness and an increased risk of falls. These dangerous drugs are also highly addictive.

Sleeping pills: Ambien, Lunesta and Sonata are supposed to be safer alternatives to benzos, but they target similar areas of the brain and have some of the same side effects. They can also cause bizarre behaviors like sleepwalking, eating, talking and even driving while asleep. They too can lead to dependence.

All of these drugs are bad news, especially for older people. **However, you should NEVER quit or cut back on these drugs on your own.** Please work with your healthcare provider who can help you *safely* wean off these medications. If not, then you can develop all kinds of symptoms, including more severe depression, anxiety, insomnia and worse. The best advice? Never get started!

Little-Known Dangers of Common Drugs

Hundreds of prescription and over-the-counter drugs fall into the broad category of anticholinergics. They include over-the-counter sleeping pills, motion sickness remedies, older antihistamines like Benadryl (diphenhydramine) and many cold and allergy formulas. Several prescription drugs for urinary incontinence, asthma, COPD, Parkinson's and other conditions are also strong anticholinergics.

These medications are called anticholinergics because they inhibit the activity of acetylcholine, a neurotransmitter that affects muscle contractions throughout the body and learning and memory in the brain. For some conditions, this effect is therapeutic. However, anticholinergics have

a little-known but serious side effect. Because they inhibit acetylcholine in the brain, they can cause confusion and memory problems.

The greater the “anticholinergic drug burden” (the more of these drugs you take and the longer you take them), the greater the risk of cognitive decline and dementia. However, taking even one anticholinergic medication can cause memory loss and dizziness, especially in older people. Ask your healthcare provider and pharmacist if any of your medications have anticholinergic activity and discuss alternatives.

Beware of Polypharmacy

Each of the drugs we have discussed in and of itself has short- and/or long-term adverse effects on the brain, but problems really get out of hand when multiple medications are taken.

Polypharmacy, generally defined as the concurrent use of five or more drugs, is quite common in our fragmented healthcare system, when patients get multiple prescriptions from multiple specialists. The CDC reports that a third of people in their 60s and 70s fall into this category, and they are significantly more likely to experience adverse side effects and to develop mild cognitive impairment and dementia.

Take Charge of Your Drug Regimen

This is by no means a comprehensive list of drugs that adversely affect the brain. Stomach acid-reducing proton pump inhibitors and corticosteroids, used to reduce inflammation, cause mood disorders. Beta blockers, prescribed for heart conditions, are associated with depression and memory loss. Many women experience depression on birth control pills.

Medications can be essential, even lifesaving, but the benefits must be weighed against harms. Discuss your medications with a trusted doctor, review side effects and ask about safe, natural alternatives to problematic drugs. If you cannot get satisfaction from your current healthcare provider, give us a call at 281-698-8698. We believe that you deserve a doctor and a team of professionals to coach you onto a lifelong path of health and wellness so that you can enjoy a better quality of life, without the use of pharmaceutical drugs.

➔ If you cannot get satisfaction from your current healthcare provider, give us a call at **281-698-8698**.

Methylene blue is an old compound with a promising future. Originally developed as a dye, it has been used over the past 150 years to improve symptoms associated with malaria, rare blood disorders, chemical toxicity, infections, cancer, pain and psychiatric diseases.

In recent years, researchers have discovered methylene blue's potential for enhancing cellular function, increasing energy and slowing age-related decline. Some of the most compelling research involves protection against memory loss, neurodegenerative diseases and other conditions affecting the brain.

The key to methylene blue's benefits is its ability to enhance mitochondrial function and boost cellular energy (ATP). All cells require a steady supply of ATP, but this is particularly true of brain cells, which use 20% of your body's total energy. Compounded methylene blue has a high affinity for the mitochondria in brain cells, where it increases ATP production and provides aging or damaged cells with much-needed energy. It is also a potent antioxidant that protects against oxidative damage, neurotoxicity and inflammation.

Research reveals a role for methylene blue in the prevention and/or treatment of mild cognitive impairment, attention problems, depression, bipolar disorder, traumatic brain injury, autism and Alzheimer's, Parkinson's and Huntington's diseases. There is also growing interest in methylene blue as a brain booster for healthy people. Studies have shown that a single dose improves memory, concentration and focus on attention-related tasks!

Because of its broad protective effects on the brain and cells throughout the body, methylene blue has a well-deserved reputation for preventing or slowing age-related diseases. For all these reasons and more, compounded methylene blue, along with sirolimus (rapamycin), is a key component of Dr. Hotze's program for promoting healthy aging.

➔ To learn more about methylene blue and other compounded products that may protect your brain and increase your health span, visit PhysiciansPreferenceRX.com or call us at 281-828-9088.

Should You Bank Your Stem Cells?

Stem cells are the building blocks of all of your body's organs and tissues. They also serve as your internal repair system, homing in on areas of injury or degeneration and stimulating the healing process. As we get older, the number of stem cells we produce declines, as does our ability to recover from injuries, illnesses and degenerative diseases.

There is a solution! Adult stem cell extraction and banking provides unlimited access to your own rejuvenating stem cells. This therapy has been successfully used to treat arthritis, circulatory problems, neurological conditions such as Alzheimer's and Parkinson's, autoimmune diseases and more. You may not need stem cell treatment at this time, but banking them for future use just makes sense.

To learn more about stem cell extraction and banking, call us at **281-698-8698**.

BENEFITS OF STEM CELL THERAPY



Reduce pain or inflammation



Limit effects of aging



Improve overall wellness



Aid in injury recovery

THE
DR. HOTZE
REPORT

Tune in to Dr. Hotze's weekly television program on Brighteon TV, 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.

Alleviate the Effects of Stress with IASIS Neurofeedback Therapy

Steven F. Hotze, M.D.

Chronic stress has been implicated in the development of many diseases and disorders, from mood and memory problems to heart disease and immune dysfunction. But have you ever wondered why?

It is simple. Stress has adverse effects on the brain, and the brain controls the body. When you are under constant stress, your nervous system remains in “fight, flight or freeze” mode. Chronic stress causes changes in the brain that impact other systems, resulting in far-reaching ill effects.

Because stress has such a huge impact on your health and well-being, we have recently added an exciting new therapy to help alleviate the effects of stress: IASIS Micro Current Neurofeedback.



After your IASIS initial consultation, which lasts about 90 minutes, subsequent sessions take up to 45 minutes. The therapy is tailored for each guest, and self-evaluation forms between sessions help us modify protocols as treatment progresses. Ideally, sessions are done twice a week at first, then taper off as improvements accrue.

The number of treatments you may need depends on the duration and severity of your issues, but it works considerably faster than conventional neurofeedback, which often requires 40–60 sessions or more.

Guests typically notice benefits within the first five sessions, and many report a sense of calm after the very first one. Typical comments include, “I feel happy and light.” “I’m not as aggravated by traffic.” “I am more patient with my spouse.” “I was able to complete a project I’d been working on for months.” “I sleep like a baby.”

Who Can Benefit From IASIS?

If you are dealing with any of the above symptoms, or you are unable to muster up the energy and motivation to get started or stick with lifestyle changes, a course of IASIS therapy may be just what you need to overcome the inertia that has been holding you back.

Physician Assistant Jason Gourlas, who has several years of experience with IASIS, has found that individuals who derive the greatest benefit are those with depression, anxiety, sleep problems, and focus and concentration issues. However, he adds, “If you have a brain, you could benefit from this type of therapy. It’s not just for mental health challenges, but it’s also for mental health and cognitive optimization.”

IASIS is an ancient Greek word meaning “healing.” Learn how IASIS can help you on your journey to health and healing.

➔ Call **281-698-8680** to learn more about IASIS. For a limited time, we are offering a **50% discount on your IASIS initial consultation.** (Mention code Hotzeguest.)

ARE YOU DEALING WITH ANY OF THESE STRESS-RELATED SYMPTOMS?

- Sleep problems
- Feelings of fear, anger, sadness, worry, numbness or frustration
- Difficulty concentrating and making decisions
- Changes in appetite, energy, desire and motivation
- Physical symptoms such as headaches, impaired digestion, skin problems and aches and pains
- Triggering or worsening of physical and mental health challenges
- Increased use of tobacco, alcohol, sugar, etc.

What Is a Treatment Like?

People who struggle with sleep problems, poor focus, persistent and intrusive thoughts about past mistakes or future fears, or other stress-induced symptoms often get “stuck” in dysfunctional patterns. IASIS offers a safe, simple and drug-free way to reduce stress and improve brain function.

Sessions begin with the placement of electrodes on different parts of the head. Then you simply relax while very low-intensity EEG-guided electrical stimulation is delivered to specific areas of the brain, gently restoring healthier patterns and allowing the brain to reboot and function more effectively.

H O T Z E

HEALTH & WELLNESS CENTER INTL

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Your kind referrals of your friends and family do more than you may realize!

Our mission at the Hotze Health & Wellness Center is to help our guests regain and maintain optimal health, naturally. We are blessed by your loyalty and ongoing support, including the many friends and loved ones you have referred and continue to refer to us. One way we express our gratitude to you is through our Thanx Referral Program.

As an active guest of the Hotze Health & Wellness Center, when you refer a friend or family member, who completes their initial visit, we are not only partnering to help them get on their path to health and wellness, we are spreading love and joy to others as well. Here is what happens:

- Your friend or family takes charge of their health and begins to transform their life.
- We make a charitable donation to Living Water. This is our way of giving back to communities in need of clean water to share the blessing you provide to us, by allowing us the privilege to serve the people you care about the most. We are happy to report that as of March 2023, the donations we've made to Living Water on your behalf have funded 37 water wells!
- To show our gratitude for your kind referral, YOU also earn Thanx rewards. Thanx rewards can be redeemed at any of our Hotze businesses.

To learn more about Hotze Health & Wellness Center's Guest Referral Program and the Thanx app, which can be downloaded on your phone, give Rose a call at **281-698-8765**.



LIVING WATER SAVES LIVES

Living Water International demonstrates the love of God by helping communities acquire desperately needed clean water and sharing the "living water," the gospel of Jesus Christ. Based in Stafford, Texas, this nonprofit has completed thousands of water projects in countries around the world, including a recent project in the Santa Rosa community in northwestern Nicaragua.



"We only had water every 10 days, and even then, it was not constant. Now we have a new source of water within our reach. We can be healthy now." — Patricia Zeledon Raudales

Santa Rosa struggled with a water crisis for years. Piped water supplies were inconsistent and meager, and oftentimes residents were forced to rely on hand-dug wells, which were easily contaminated. Without a safe source of water, the community was trapped in a cycle of dysentery, cholera, and other water-borne illnesses. The Living Water Nicaragua staff installed a new well right outside their homes. Finally, Santa Rosa had safe water.