

HOTZE

Healthy Living

Winter 2022/2023

Joyous CHRISTMAS



A Message From Dr. Hotze

Christmas is the time we celebrate the first coming of our Savior and Lord, Jesus Christ, the King of kings.

"The angel of the Lord appeared to Joseph in a dream and said to him, 'Joseph, son of David, do not be afraid to take Mary as your wife; for the Child who has been conceived in her is of the Holy Spirit. She will bear a Son; and you shall call His name Jesus, for He will save His people from their sins.' Now all this took place to fulfill what was spoken by the Lord through the prophet: 'Behold, the virgin shall be with child and shall bear a Son, and they shall call His name Immanuel,' which translated means, 'God with us.'" —Matthew 1:20-23

This is the greatest news ever given in the history of the world. God, in His grace, reached down to redeem lost souls like you and me, separated from Him by our sins. God the Father sent His Son, Jesus Christ, to pay for the penalty of our sins by dying on Calvary's Cross. God declared Jesus to be His Son by raising Him from the dead.

Jesus Christ is now seated at the right hand of God the Father, where He makes intercession on our behalf. He is our advocate with the Father. Jesus proclaimed, *"I am the way, the truth, and the life. No man can come to the Father but through Me."* (John 14:6) Jesus also said that *"I came that you may have life, and have it abundantly."* (John 10:10) Jesus said, *"I am the*

bread of life. He who comes to Me shall not hunger, and he who believes in Me shall never thirst." (John 6:35) The apostle John gives a wonderful promise in his gospel. *"Jesus came to His own, and those who were His own did not receive Him. But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name."* (John 1:11-12)

For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace. (Isaiah 9:6)

Joy to the world, the Lord is come! Joy to the world, the Savior reigns! Let earth receive her King. Let every heart prepare Him room, and heaven and nature sing! This Christmas, and every day, may Jesus Christ fill your life with joy and His courage to stand and defend our liberties and freedom.

"The righteous are as bold as a lion." (Proverbs 28:1)

Thank you for giving our staff and me the privilege of serving you and your family. Have a most joyous Christmas season! Sincerely yours,

A handwritten signature in black ink that reads "Steven F. Hotze, M.D." with a stylized flourish at the end.

Steven F. Hotze, M.D.

The Dangers of Mercury Amalgam Fillings

Steven F. Hotze, M.D.

How many fillings do you have? Most adolescents and adults in the U.S. have at least one, and more than half of them are “silver” dental amalgam fillings. Dental amalgam does contain some silver along with tin, copper and a trace of zinc, but the primary component is mercury.

Mercury is the most toxic non-radioactive element on the planet. The World Health Organization warns, “Exposure to mercury – even small amounts – may cause serious health problems, and is a threat to the development of the child in utero and early in life. Mercury may have toxic effects on the nervous, digestive, and immune systems, and on lungs, kidneys, skin, and eyes.”

The Environmental Protection Agency (EPA) classifies mercury as a dangerous and enduring pollutant that harms ecosystems, wildlife and humans. There are strict regulations concerning its use, and mercury-contaminated materials are treated as hazardous waste.

So why in the world do dentists fill teeth with mercury amalgam?

Fillings Release Mercury Vapor

Mercury amalgam has been used in dentistry for more than 150 years. The FDA and most dentists claim that it is strong, durable and the least expensive material for filling teeth.

It is also the most dangerous. Mercury vapor is released from amalgam fillings during cleanings and other dental procedures, and low levels are continuously released when you brush, clench or grind your teeth, chew food or drink hot liquids. This toxic vapor is absorbed into the lungs, passes into the bloodstream and is delivered to tissues and organs throughout the body.

How much mercury vapor is released depends on how much amalgam is in your mouth. Urine and blood concentrations of mercury are considerably higher in people who have any mercury amalgam fillings compared to those who have none, and the more fillings, the higher the mercury burden. Experts report that more than five amalgam fillings could be “a significant source of mercury exposure.”

The National Health and Nutrition Examination Survey (NHANES), an ongoing study of the health of the U.S. population, found that over 91 million adults have mercury amalgam fillings, with an average of four fillings per person. By measuring levels of mercury excreted in the urine, researchers concluded that the daily exposure

to mercury vapor for about 86 million Americans exceeds the most stringent safe upper limit.

In reality, there is no safe upper limit. Any and all mercury exposure is toxic.

Health Problems Caused by Mercury

Mercury vapor damages the lungs, kidneys and the nervous, immune and digestive systems. It accumulates in various organs, especially the kidneys, liver and brain, and it can remain in the body for years after exposure.

A 2022 journal article by pioneering biological dentist Dr. Blanche Grube and colleagues titled “Alarming Findings on Mercury Dental Amalgam” lists documented health effects caused by exposure to mercury amalgam. These conditions, which they describe as “the tip of the iceberg,” include:

- Depression
- Schizophrenia and bipolar disorders
- Anger and irritability
- Alzheimer’s disease
- Hypertension and heart rate abnormalities
- Multiple sclerosis, ALS and other autoimmune diseases
- Infertility
- Asthma
- Arthritis

The FDA recommends that mercury amalgam be avoided by “high-risk” populations: children, particularly those under age six, women who are pregnant or plan to become pregnant, nursing mothers and people with nerve or kidney damage. Also included in this group are individuals who are “sensitive” to mercury.

All humans are “sensitive” to the toxic effects of mercury. Mercury dental amalgam should be avoided by everyone.

Say No to Mercury Amalgam Fillings

If you or a loved one needs to have a tooth filled, make sure to have it done by a professional who practices mercury-free dentistry. Many dentists have switched to much safer biocompatible materials. If yours is still using mercury, it’s time to look for a new dentist.

What if you already have mercury amalgam fillings? I advise having them removed, but it is essential that it is done right. Large amounts of mercury vapor are released during amalgam removal, which could endanger patients

as well as dentists and their staff unless strict protective measures are taken. This is why many dentists and the FDA recommend against amalgam removal.

The solution is to work with a biological dentist, one who has received special training and is certified in the safe removal of mercury amalgam fillings and replacement with nontoxic biocompatible materials. Essential protective measures include rubber dams and other barriers, copious water irrigation, high-volume suction, adequate ventilation and oxygen delivered through a nasal mask or cannula. Precautions must also be taken to protect the dental staff, clean equipment and treatment rooms and properly dispose of toxic amalgam and mercury-contaminated materials.

Not all dentists are trained in this, but it is worth finding one who is. Studies reveal that the majority of patients report improvements in their overall health following amalgam removal.

“Make Mercury History”

The Minamata Convention on Mercury is an international treaty adopted by 132 countries, including the United States, that went into effect in 2017. Goals include reducing or banning mercury in mining, industrial emissions, products and processes, and increasing safety regulations regarding hazardous mercury waste.

When it comes to mercury dental amalgam, however, the treaty recommends a “phase-down” rather than an outright ban. This makes no sense. The toxicity and long-term adverse effect of mercury amalgam fillings on patients, dentists and the environment are well established. It has been banned in many countries, and safe, reliable dental materials are readily available. Yet there is pushback from the American Dental Association and the FDA against a total ban of mercury amalgam.

Many dentists have switched to much safer biocompatible materials.

There is a movement afoot to “Make Mercury History.” You can do your part, and improve your health at the same time, by spreading the word and just saying no to mercury amalgam fillings.

- To find a biological dentist who is trained and certified in the safe removal of mercury amalgam fillings, visit the **International Academy of Biological Dentistry and Medicine** (iabdm.org).
- ➔ An excellent biological dentist in the Houston area, who has treated me and several of my staff members, is Dr. Marilyn Jones. She can be reached at **713-785-7767** and houstonbiologicaldentist.com.
- To learn more about the dangers of mercury amalgam, read Dr. Grube’s book, *Chew on This...But Don’t Swallow*. You can also find good information about the safe removal of mercury fillings at hugginsappliedhealing.com.

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Preventing and Treating Type 2 Diabetes

Steven F. Hotze, M.D.



What if there were one common condition that, by preventing or controlling it, you could dramatically reduce your risk of heart disease, Alzheimer's, serious infections, kidney failure, neuropathy, amputations, blindness, erectile dysfunction, some types of cancer and premature death?

There is. It's type 2 diabetes, and it is affecting Americans in record numbers.

The CDC reports that 37.3 million people in this country have diabetes. Another 97 million have prediabetes, meaning they have above-normal blood sugar and are at risk of developing full-blown type 2 diabetes. Altogether, about half of U.S. adults have diabetes or prediabetes.

To make matters worse, 23% of people who have type 2 diabetes and 80% of those with prediabetes have not been diagnosed. This is unfortunate because, left untreated, elevated blood sugar and related metabolic abnormalities slowly damage your blood vessels, nerves and other tissues and organs, which can lead to all manner of complications.

That is why it is important to learn as much as you can about diabetes: risk factors, preventive strategies and natural therapies for controlling blood sugar.

Preventable, Treatable and Reversible

Before we go on, I want to clarify that we are focusing on type 2 diabetes. Type 1, which affects fewer than 10% of people with diabetes, is caused by destruction of the beta cells in the pancreas that produce insulin, the hormone that allows glucose to enter the cells. This type used to be called juvenile diabetes because it often develops early in life. Type 1 requires lifelong treatment with insulin injections, but a healthy lifestyle enhances glucose control and protects against diabetic complications.

Type 2 diabetes usually comes on later in life, although diagnoses in children have nearly doubled in the past 20 years. The underlying problem is not a lack of insulin but insulin resistance. The pancreas produces plenty of insulin, at least in the early stages, but the cells are resistant to its signals to let glucose in, so blood sugar remains elevated.

You can inherit a predisposition for developing either type of diabetes, but for type 2, environmental influences play the largest role. Your daily habits, such as what you eat and how active you are, are closely linked with your risk of type 2 diabetes.

The good news is that type 2 diabetes can be prevented, treated and even reversed with lifestyle changes and the

natural therapies we specialize in at the Hotze Health & Wellness Center.

Treat Diabetes With Lifestyle Changes

The primary factor spurring our skyrocketing rates of type 2 diabetes is our epidemic of obesity. Most Americans are overweight, and more than 42% of adults and nearly 20% of children and adolescents are obese.

Excess fat in the abdominal area is particularly problematic. If you have a large waist circumference (35/40 inches or greater for women/men), odds are you have diabetes or prediabetes. Losing as little as 5% of your total weight is often enough to stop prediabetes in its tracks, and more significant weight loss can put type 2 diabetes in remission.

What you eat has a major influence on your weight and your blood sugar. First and foremost, cut out sugar, refined grains and other carbohydrate-dense foods. Bread, cereal, juice, sodas, potatoes, etc., have a high glycemic index. This means they are rapidly converted into glucose, resulting in a spike in blood sugar. When your cells are resistant to insulin's signals, blood sugar levels remain high.

Adopting a healthy low-carbohydrate eating plan is challenging, which is why I encourage you to sign up for our **Yeast-Free With Me Challenge**, which kicks off on January 2. Although it is not specifically designed for diabetes and prediabetes, many of our guests who have risen to this challenge report significant improvements in their blood sugar. (Details are on the next page.)

Physical activity is another cornerstone of diabetes prevention and treatment. If you are not a regular exerciser, start walking. Short brisk walks after meals have been shown in clinical trials to reduce the blood sugar surge that occurs after eating.

More Risk Factors You Can Control

Research over the past 30 years has revealed additional contributors to type 2 diabetes that are within your control:

Hormones: Everyone knows that insulin plays a starring role, but it is not the only hormone involved in blood sugar metabolism. Imbalances in testosterone, estrogen, cortisol and thyroid hormones also increase your risk of weight gain, insulin resistance and type 2 diabetes.

Sleep: Poor sleep disrupts insulin signaling and increases insulin resistance. Sleep apnea, which is

especially common in people who are overweight, is closely linked with diabetes. Approximately two-thirds of individuals with type 2 diabetes have sleep apnea, and it makes blood sugar control even more challenging.

Toxins: Some experts believe that the rise in type 2 diabetes is due in part to our ever-increasing exposure to toxins. Several chemicals, heavy metals and other pollutants present in our environment have endocrine and metabolic disrupting effects, which can increase the risk of diabetes and other health problems.

Get Serious About Diabetes

Given that diabetes or prediabetes affects one in two U.S. adults, everyone should get serious about prevention and treatment.

Make a point of engaging in some sort of physical activity every day, even if it's a walk around the block after meals. Avoid sugars and starches and maintain a healthy weight. Have your hormone levels tested and balanced with bioidentical compounded hormones. Get a handle on your sleep, and if you snore, get tested for sleep apnea. Do your best to avoid environmental toxins, including mercury dental amalgams.

If any of the risk factors we have discussed pertain to you, give us a call. Your healthcare team at the **Hotze Health & Wellness Center** can help you reverse or treat them. Your health, quality of life and longevity may depend on it.

➔ To schedule an appointment or learn more, visit HotzeHWC.com or call us at **281-698-8698**.

Join Our Yeast-Free With Me 2023 New Year Challenge!

If you are ready to make 2023 the year to get your health back on track, commit to our **Yeast-Free With Me Challenge**. This free program provides 30 days of step-by-step support and guidance that will change the way you think about food, help you stay on track and turn your health around.

Who can benefit? Obviously, anyone with yeast overgrowth, which can cause bloating, indigestion and other digestive issues as well as brain fog, fatigue, depression and weight gain. Yeast-Free With Me is also ideal for those with diabetes or prediabetes because the sugars, starches and carbohydrates that "feed" yeast overgrowth also drive up blood sugar.

The 2023 Challenge kicks off on January 2. Sign up on Monday, January 2, 2023, at www.yeastfreewithme.com and get your free copy of *Dr. Hotze's Optimal Eating Program* cookbook. In addition to shopping lists, weekly menus and delicious recipes, you will receive ongoing encouragement and advice.

Commit to this Challenge for 30 days, and you may be well on your way to accomplishing your health goals.

➔ There is no charge for this challenge, but the supplements in our **Yeast-Free Starter Kit** will enhance your success. To order call **281-646-1659** in advance of the January 2 start date. Established guests can also get a prescription for the recommended **antifungal medications** (Nystatin or Fluconazole) by contacting Physicians Preference Pharmacy at **281-828-9088**.



"Yeast-Free With Me TURNED MY LIFE AROUND"

Ten years ago, Julie was at a low point. She had no energy, she was depressed, her weight kept creeping up and all she wanted to do was sleep. She knew she needed help, and after reading Suzanne Somers' book, she thought the Hotze Health & Wellness Center might be her answer.

A central part of Julie's treatment program was the 30-Day Yeast-Free With Me Challenge. She realized it wouldn't be easy. Sugar, bread and other starchy, high-carbohydrate foods were her staples, and dinner was often takeout from fast food restaurants. But she wanted to get better, and she was willing to do whatever it took.

Julie reported that the first few days were rough. This is not unusual. Sugar, believe it or not, is more addictive than cocaine, and going cold turkey can cause headaches, anxiety and other detox symptoms. But by day five or six, she no longer craved sweets and starches, and she embraced the Challenge and the positive changes in her health.

By the end of the month, Julie had lost more than 35 pounds. Her energy rebounded, and most of her other symptoms disappeared. Ten years later, she still maintains her optimal weight and reports feeling better and more energetic than she did in her 20s and 30s.

How to Beat Winter Health Challenges

Steven F. Hotze, M.D.

Winter ushers in more than its fair share of health challenges. Cold weather exacerbates arthritis aches and pains. Depression rates increase, and many people gain weight over the winter months. Asthma and autoimmune diseases tend to flare up, and skin conditions often worsen.

Cardiovascular problems also peak during the winter. Blood pressure is typically higher as cold weather causes the blood vessels to narrow, and cholesterol and triglyceride levels rise. The tendency to form blood clots increases, and studies reveal a 31% increase in heart attacks compared to the warmest months.

Most notably, winter is flu season. Viruses thrive in cold, dry air, and there is a marked increase in colds, influenza and other viral infections.

Immune Support = Overall Protection

The usual advice for protecting yourself includes staying warm and, for those with heart disease, avoiding strenuous outdoor activities. Most “experts” also spout absurd recommendations for social distancing, masks and vaccines, which in reality do far more harm than good.

What they fail to mention is the single most important measure you can take to stay healthy all winter long: support your immune system. A robust immune system not only staves off colds, flu and other respiratory infections, but also helps protect against other winter health challenges.

Viral infections put a lot of stress on your body. People with heart disease, for example, are 10 times more likely to have a heart attack in the first week after getting the flu. Serious infections are also associated with an increased risk of stroke, arrhythmias and myocarditis (inflammation of the heart muscle).

Even mild infections trigger systemic inflammation, which aggravates inflammatory arthritis, autoimmune diseases, asthma, depression and other chronic diseases.

Proactive Prevention

Staying healthy and brimming with energy, regardless of the season, weather and prevailing “bug,” isn’t rocket science, but it does require some effort on your part.

Eating **nutrient-rich food** is a foundation of good health. A great way to get started on a healthy food plan is to sign up for our **Yeast-Free With Me Challenge**, which begins on January 2, 2023. (See page 5 for details.) **Restorative sleep** and **physical activity** increase your

resistance to infections, so make sleep a priority, and don’t use cold weather as an excuse to avoid exercise.

Addressing **underlying health issues** is also critical. Hormone imbalances, allergies, diabetes, heart disease, etc., make you more susceptible and worsen outcomes if you do get sick. Another overlooked but indispensable factor in your health and well-being is a **positive attitude**. Enthusiasm, gratitude, courtesy and kindness to others not only gives you a boost, but also lifts those around you.

Nutrients for Immune Support

Last but not least, you need to take **supplements that bolster your immune system**.

It is easy to pin winter health woes on cold weather, close contact with others and seasonal viruses, but there is another, perhaps more important contributor. During the short, darker days of winter, your body’s production of vitamin D plummets.

Thousands of scientific studies have linked vitamin D deficiency with a higher risk of infectious diseases. Low vitamin D levels are also associated with chronic conditions such as heart disease, autoimmune disorders, depression and diabetes.

Restoring optimal vitamin D status with supplements has been shown to reduce the risk and severity of respiratory infections and chronic diseases. The suggested daily dose is a minimum of 5,000 IU. For best results, have your vitamin D blood level tested and take enough to keep it in the 70–100 ng/ml range.

Vitamin D is just one of my recommended nutrients for immune support. **Vitamins A, B complex and C, zinc, magnesium and probiotics** are also essential. My Immune Paks include therapeutic doses of all these nutrients in convenient packets, taken once a day. **Teen Paks** and **Kids Paks** with appropriate doses are also available.

➔ To learn more about **Dr. Hotze’s Immune, Teen and Kids Paks**, visit [PhysiciansPreferenceVitamins.com](https://www.PhysiciansPreferenceVitamins.com) or call 281-646-1659. Our Certified Holistic Nutritionists and Vitamin Consultants are also happy to discuss natural solutions for sleep, mood and more.

📖 For even more robust protection, **Physicians Preference Pharmacy** has compounded Ivermectin and other proven immune boosters. If you are dealing with a chronic disease, your immune system is compromised in any way or you are simply interested in the best preventive strategies, call 281-828-9088 to learn more.

Happy, Healthy New Year

Steven F. Hotze, M.D.

This is a time of new beginnings and new opportunities to reflect on the past and plan for the future. If you are ready to make changes in your life, start by putting your goals in writing. There is power in taking the time to think through and write down what you want to accomplish, the benefits you expect to achieve, the obstacles you will have to overcome and your plan for realizing your goals. Then take action immediately!

If your goals include improving your health, here's how we can help:

- **Screening and Prevention:** Are you interested in determining your current health status and how to improve it? Our screening tests include heart scans, bone density testing, virtual colonoscopy, at-home sleep apnea testing and comprehensive blood and hormone analysis.
- **Wellness Programs:** Good health doesn't happen by accident. An in-depth exam and review of your health risks, plus a personalized food plan, supplement program and support will assist you on your journey to optimal health.
- **Bioidentical Hormone Replacement:** For men and women of all ages, we specialize in testing for hormone imbalances and treatment with compounded bioidentical estrogen, progesterone, testosterone, thyroid and cortisol.
- **Low-Dose Immunotherapy (LDI):** LDI, the cutting edge in allergy treatment, addresses more than 300 inhalant, food and chemical allergens. Sublingual drops delivered to your home means no need for allergy shots!
- **Treatment Protocols:** Whether you are dealing with fatigue, digestive problems, blood sugar issues, joint pain or other chronic conditions, our treatment protocols can help you achieve better health naturally.
- **Yeast-Free With Me 2023 New Year Challenge:** This free program, which includes shopping lists, recipes and support, is a great way to make changes that will improve your digestion, weight and overall health.

It would be our privilege to help you make 2023 your healthiest year ever. Call the **Hotze Health & Wellness Center** at **281-698-8698** for a complimentary consultation and schedule an appointment today!



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.

Holiday
**OFFICE
HOURS**

Hotze Health & Wellness Center, Physicians Preference Vitamins and Physicians Preference Pharmacy will be **CLOSED** on Friday, December 23 through Monday, December 26 in honor of Christmas, and on January 2 for New Year's. **We will resume our normal office hours on Tuesday, January 3, 2023.**

We wish you and your loved ones
*a blessed Christmas and a
wonderful New Year.*

H O T Z E

HEALTH & WELLNESS CENTER INTL

20214 Braidwood Drive, Suite 215
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Look radiant
on your special day.

From acne to anti-aging, Hotze Beauty offers treatments for women of all ages to have your skin looking flawless:

- BBL™ (BroadBand Light) PhotoFacial by Sciton
- Halo™ Hybrid Fractional Laser
- SkinTyte™ Skin Tightening by Sciton
- Hydrafacial
- VI Peels and Epionce Peels
- Plasma Pen
- SkinPen®
- Visia Complexion Analysis
- BOTOX®
- JUVÉDERM®
- Sculptra®

Call **281-698-8770** or visit **HotzeBeauty.com** today to book your 15-minute Hydrafacial at the Houston Bridal Extravaganza in advance, or to schedule a complimentary aesthetics bridal consultation.

Aesthetics Bridal Parties

Host your personal Bridal Party event prior to the BIG DAY. This will ensure you, your family and bridal party are camera ready for your wedding day!

- Brighten your complexion
- Remove unwanted browns and reds in the skin
- Reveal your bright, youthful glow
- Perfect your skin for your make-up application

Get a **15-minute Hydrafacial treatment at our booth for only \$50 at the Bridal Extravaganza** in Houston, January 21-22! Find us on the red carpet. Appointments are limited. Call in advance to reserve your time.

HOTZE BEAUTY



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