

WHAT'S  
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HOTZE:

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Thursday, April 18, 2019  
4:30 p.m.—Presentation at 5:30 p.m.  
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libido, muscle mass, skin elasticity, and  
body weight. Learn about our immune and  
rejuvenation peptides!  
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# HOTZE on WELLNESS

April 2019

Vol. 4, No. 4

HAPPY  
*Easter*

A LETTER FROM  
DR. HOTZE

Greetings to you and your family!

You may not be aware that 70% of the average American's daily calorie intake comes from wheat and other grains, corn, potato and rice products. These are common ingredients in most processed foods. Conventional doctors and health organizations have been preaching a diet founded on "healthy whole grains" for decades. This high, whole grain, simple carbohydrate diet is quickly converted to sugar and elevates the blood glucose. This is highly pro-inflammatory. This high, simple carbohydrate diet has led to an epidemic of obesity, adult onset (Type 2) diabetes, high blood pressure, heart disease, strokes, Alzheimer's, degenerative arthritis, and cancer.

Wheat and grains contain gliadin and gluten proteins, and amylopectin, all of which trigger inflammatory effects in our bodies. Modern agricultural genetic research has changed the wheat protein structure. Wheat and grains are grasses. They contain multiple indigestible or only partially digestible proteins, such as germ agglutinin and gliadin. Both of these proteins disrupt bowel health and digestion,

and change the bacterial flora in the large bowel.

The gliadin and gluten proteins can provoke an immune response that inflames both the large and small intestine. This can lead to abdominal cramping and diarrhea. It can also cause leaky gut syndrome, which deteriorates the lining of the intestines. This allows for grain proteins, bacteria, fungus and yeast to enter the bloodstream. The immune system develops antibodies to these proteins and organisms that may cross react with our own tissue, causing autoimmune diseases, such as Hashimoto's thyroiditis, arthritis, and neurological disorders.

Wheat can cause negative effects in your bowels, such as inflammation, diarrhea, cramping, bloating, constipation, abdominal pain, acid reflux, heartburn, leaky gut syndrome, ulcerative colitis, gastrointestinal distress and irritable bowel syndrome (IBS).

The gliadin protein in wheat binds to receptors in the brain that stimulate the appetite. Wheat and the other simple carbohydrates are quickly converted to sugar which binds to the opiate receptors in the brain. In animal *continued on page 5*



# GI HEALTH: 31 FACTS ABOUT YOUR GI TRACT

by Debbie Janak, RN, FNP-C, Hotze Health & Wellness Center

Information about our wonderful microbiome is exploding with current research. As far back as Hippocrates, he said, “All diseases begin in the gut.” So I am sharing with you interesting gastrointestinal (GI), aka gut, health facts.

- 1. Our microbiome is as unique to all of us as is our fingerprint.
- 2.  $\frac{2}{3}$  to  $\frac{3}{4}$  of the human immune system begins in the gut.
- 3. Human cells do not produce gas, but the bugs in our gut do.

4. 10% of our cells are human.

5. 50% of our cells are microbial.

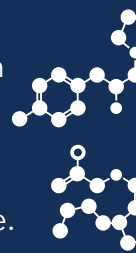
- 6. Microbial DNA outnumbers human DNA 150:1.
- 7. 3–6 pounds of microbes live on our skin surfaces. Ladies don’t think about losing the microbes to move the scale, they are important.
- 8. So, who hosts who? Another way to look at it, so you think you are human? The microflora in your gut outnumbers your human cells by a factor of 10:1.
- 9. Constipation is a magnesium deficiency, not a laxative deficiency.

10. Americans are overfed and undernourished because of poor diet and lack of supplements.



- 11. Mastication, or chewing food, is the first line of defense against “bad” food. Slow down, don’t gulp your food and enjoy your meals.
- 12. Most people with bloating or belching after a meal have a hydrochloric acid (HCl) deficiency, not an antacid deficiency.
- 13. The body puts a lot of energy into making HCl, which means it has to be important.

14. Our body makes Lipase to break down fat, Protease to break down proteins and Amylase to break down carbohydrates. We have nothing to break down cellulose, since humans are not part termite.



- 15. Leaky gut is associated with all autoimmune diseases.
- 16. There are many natural things to heal a leaky gut, just ask us.

17. The majority of information in the body flows from the gut to the brain, not the other way.



- 18. Our microbiome changes over our lifetime. The young and elderly need the most protection, but we all need help.
- 19. The more antibiotics a young child has, the greater the risk of inflammatory bowel disease later in life.

20. The first 4 years of life set up immunity for life.



- 21. Give babies probiotics for the first 3 months of life.
- 22. Change up the type or brand of probiotic every 2-3 months.
- 23. Probiotics do not recolonize the colon, but boost the good bacteria balance.
- 24. Stop taking probiotics and the benefit is lost within a few days.
- 25. The mouth and gut have different microbes; the colon is the site of action.
- 26. In the future, we will take a specific type of probiotic for healing – very exciting!
- 27. There are dead and live probiotics. Even dead probiotics will modulate the immune system.
- 28. Look to diet first to support and modify your microbiome.

29. “The food you eat can be either the safest and most powerful form of medicine or THE SLOWEST FORM OF POISON.”

–Ann Wigmore

- 30. Your microbiome drives your eating patterns and metabolism.
- 31. There is new research on the horizon looking at obesity, types of microbes and which type of probiotic will turn the situation around in favor of the human vs. microbes – very exciting news for those that struggle with weight.





## HELPFUL TIPS FOR YEAST-FREE EATING

by Jackie Martinez, Certified Holistic Nutritionist, and Jessica Ingram, Vitamin Consultant, Hotze Vitamins®

Are you on the Yeast-Free Eating Program? Congratulations, you are about to feel GREAT (if you don't already)! We know eating yeast-free can be challenging, however with a few insider tips, we can make your life a lot easier.

**Tasty Yeast-Free Coffee Creamers:** Use Nut Pods (at HEB or Amazon.com) or a teaspoon or two of the Pure Pea Vanilla Protein Powder from Hotze Vitamins.

**Still hungry too soon after a meal?** Protein helps curb hunger. Keep protein bars on hand for something sweet. You can also eat a handful of nuts or a few slices of lunch meat.

**Looking for a soda substitute?** Zevia is a natural soda. Stevia is used for its sweetener so it's perfectly safe and tastes wonderful. You can get regular soda with caffeine or other flavors like root beer or grape soda. You can even have a root beer float! Use *So Delicious No Sugar Added Vanilla Ice Cream* (at Sprouts or Kroger).

**Plans to eat out tonight?** Eating out yeast-free isn't as bad as it sounds. If you can convince your friends to skip the bread basket, then you've won half the battle. Ask for a small side salad to munch

on instead. Try to stick to fresh green vegetables and lean meat for your meal.

Whatever challenges you are facing, just remember that if you stick to this eating plan, then *you'll be the one that feels great very, very soon*. Hang in there! As always, we are here to help. **Call us with your questions about eating yeast-free at 800-579-6545 and we will be happy to guide you along the way!**

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your purchase of **Colostrum Complete powder or capsules** during the month of April.

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## LEAKY GUT? THERE'S A PEPTIDE FOR THAT

by Bryana Gregory, PharmD, RPh, Physicians Preference Pharmacy

**Do you suffer from any or all of the following symptoms?**

- fatigue
- bloating
- abdominal cramping
- unsatisfied hunger
- irregular bowel movements
- depressed moods

These symptoms are often related to the consequences of prolonged inflammation of the gastrointestinal (GI) tract. The GI tract is lined with epithelial cells, which play an important role in digestion, absorption of nutrients and protection against microbial infections. Small gaps exist between epithelial cells allowing passage of only necessary contents across the GI lining. However, these gaps widen due to persistent inflammation caused by factors such as stress, a diet high in processed foods and changes in gut bacteria, leading to the leakage of GI contents into the blood – also known as **Leaky Gut Syndrome**.

When GI contents such as nutrient particles leak out of the gut and gain access to the blood stream, the body

identifies them as “foreign” and attacks them, leading to *food sensitivities, allergies* and further *inflammation*. In order to restore a healthy gut environment allowing for proper nutrient absorption and increased energy, these loose gaps must be repaired.

Our pharmacy compounds a **Repair Peptide** to specifically restore healthy gut function and eliminate the symptoms of *Leaky Gut*. Peptides are short chains of linked amino acids which are crucial in regulating the function of epithelial cells in the GI tract. Our **Repair Peptide** is taken once daily and is available as both a capsule and a sublingual tablet for convenient dosing. Since peptides are already present within the body, no side effects have been reported with this medication.

**SAVE 20% off** a prescription of Repair Peptide during the month of April.

# LISA RUSSELL: ENJOYING LIFE FOR THE FIRST TIME IN ALMOST 20 YEARS

Lisa had crushing fatigue, extremely dry skin, weight gain, heart palpitations, hair loss, and depressive mood swings. This negatively affected her quality of life. At her lowest point, she found herself having to use her work breaks to take naps just to be able to make it through the day. Her mood swings affected her ability to handle even routine tasks without feeling overwhelmed. Lisa slept all of the time but never felt rested. She said "I was living in a fog and slogging through my days, barely able to function. It impacted my ability to be a good parent to my young daughters."

Lisa was originally diagnosed by a primary care doctor many years ago, and she attempted to manage her illness through three different conventional doctors with little success. She was originally prescribed synthetic T4 medication and given the recommendation to eat better and exercise more. She did have one conventional doctor who agreed to try Armour Thyroid, but without the knowledge of proper dosing, her symptoms were only slightly mitigated for a short period of time.

She heard about us on radio spots in the past, and had considered making an appointment, but it was her sister who finally convinced her to seek out treatment at our Wellness Center. Lisa said her experience with our doctors was

"fantastic!" "My initial appointment with Dr. Sheridan was very detailed and thorough. He was the first doctor to really understand my symptoms as a result of the disease, rather than in my head."

Dr. Sheridan prescribed Lisa a regimen of bioidentical hormones, including natural desiccated thyroid, progesterone, testosterone and cortisol. He also recommended several supplements, and was very diligent in explaining how each one would be beneficial to her.

Today, Lisa says "I feel terrific. My symptoms abated almost completely, and I was able to resume a much more normal life. My excess weight dropped off and my moods stabilized. The fog lifted and I was able to enjoy life for the first time in almost 20 years. One of the first things I did when I began to feel better was begin a 5K training program. I later ran the first of many 5K races. I also joined several social groups and have traveled extensively."

Lisa's advice for women and men who are experiencing what she did and still looking for help: "The right answers are out there. You can partner with the right provider and take control of your health in a way that you never thought was possible. The Hotze Health & Wellness Center is an investment that you will not regret."



"I WAS **LIVING IN A FOG**...BARELY ABLE TO FUNCTION."

studies, sugar has proven to be more addictive than cocaine. Is it any wonder that over 70% of Americans are overweight?

Elevated blood sugar causes glycation, which occurs when blood glucose binds to proteins. Glycation can cause a host of diseases including arthritis, kidney disease, retinal disease, chronic inflammation and premature aging.

It is not enough to eat gluten-free food. Most gluten-free food products contain substitute flours from simple carbohydrates derived from corn, potatoes and rice.

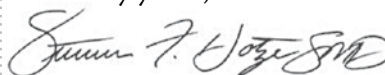
I recommend that you adopt the Hotze Optimal Eating Plan which is ketogenic. It's very simple. If you want to improve your health, then you must eliminate all simple carbohydrates and sugars. Eat plenty of oils and fats, such as eggs, butter, avocado, hard cheeses, nuts, olive oil, fish oil and coconut oil. I take a tablespoon of cod liver oil daily. Healthy fats and oils stimulate the production of oleoylethanolamide (OEA) in the small intestine which decreases appetite.

One of my favorite meals is a chopped salad with spinach, pecans and broccoli, topped with a few raspberries and dressed with olive oil and balsamic vinegar, paired with a 4 ounce serving of meat, and fresh steamed vegetables smothered with butter.

Hippocrates, the father of medicine, said, "Let food be your medicine and medicine be your food." The Hotze Optimal Eating Plan will keep you satisfied and satiated. It will also help you get down to an ideal body weight. You will reap numerous benefits including increased energy, vitality, and enthusiasm for life.

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

Sincerely yours,



Steven F. Hotze, M.D., Chief Executive Officer

# Become a part of the **LEGACY** REFERRAL PROGRAM



★Download the Thanx app to get your rewards!

When you refer a friend or family member who becomes a guest, you will receive the following:



<b>1-3</b> REFERRED GUESTS <b>\$300</b> GIFT CERTIFICATE FOR EACH NEW GUEST THAT YOU REFERRED <b>3 REFERRALS</b> Enjoy dinner with Dr. Hotze at Capital Grille	<b>4-6</b> REFERRED GUESTS <b>\$400</b> GIFT CERTIFICATE FOR EACH NEW GUEST THAT YOU REFERRED <b>5 REFERRALS</b> Enjoy a spa package at the Houstonian Hotel	<b>7+</b> REFERRED GUESTS <b>\$500</b> GIFT CERTIFICATE FOR EACH NEW GUEST THAT YOU REFERRED <b>THE INNER CIRCLE</b> <b>10 REFERRALS</b> Enjoy a 2-night stay at the Houstonian Hotel with spa package!
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For any questions or more information please contact the New Guest Department at **(281) 698-8698**.

**H O T Z E**  
HEALTH & WELLNESS CENTER INTL

Whenever you refer a friend to Hotze Health & Wellness Center, we make a donation to Living Water.

To learn more, visit [www.hotzehwc.com/referralprogram](http://www.hotzehwc.com/referralprogram)



# H O T Z E

HEALTH & WELLNESS CENTER INTL

20214 Braidwood Drive, Suite 215  
Houston, Texas 77450

# SAFE WATER

## Safe Water PREVENTS CHOLERA SPREAD



We've raised  
**\$78,500** for  
Living Water  
which helped  
build 15 wells!

For the Soloboni Primary School, the water crisis was a perpetual affliction. Over 650 students who attended the school once drew water from a pump on the premises, however this source had broken down. Desperate to provide alternative water sources, administrators made two unprotected hand-dug wells to drink from. They were rife with contaminants and mosquito nests. Those who collected and drank from the hand-dug wells contracted water-related illnesses as a result: dysentery, diarrhea, malaria, and respiratory problems.

Fear seized everyone's heart when a cholera epidemic swept through the Lusaka area. A local community leader named Mwadila Michael Kasimba was familiar with Living Water International's cholera relief efforts in the region and reached out to request their help. Living Water Zambia arrived at the school and affirmed that they could complete a rehabilitation project to restore functionality of the existing water pump. The 700 water users now have safe water! The provision of safe water for Soloboni Primary School not only protects the students against disease but also safeguards their future.



Did you know that whenever you refer a friend to Hotze Health & Wellness Center, we make a donation to Living Water?

[www.hotzehwc.com/referralprogram](http://www.hotzehwc.com/referralprogram)



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