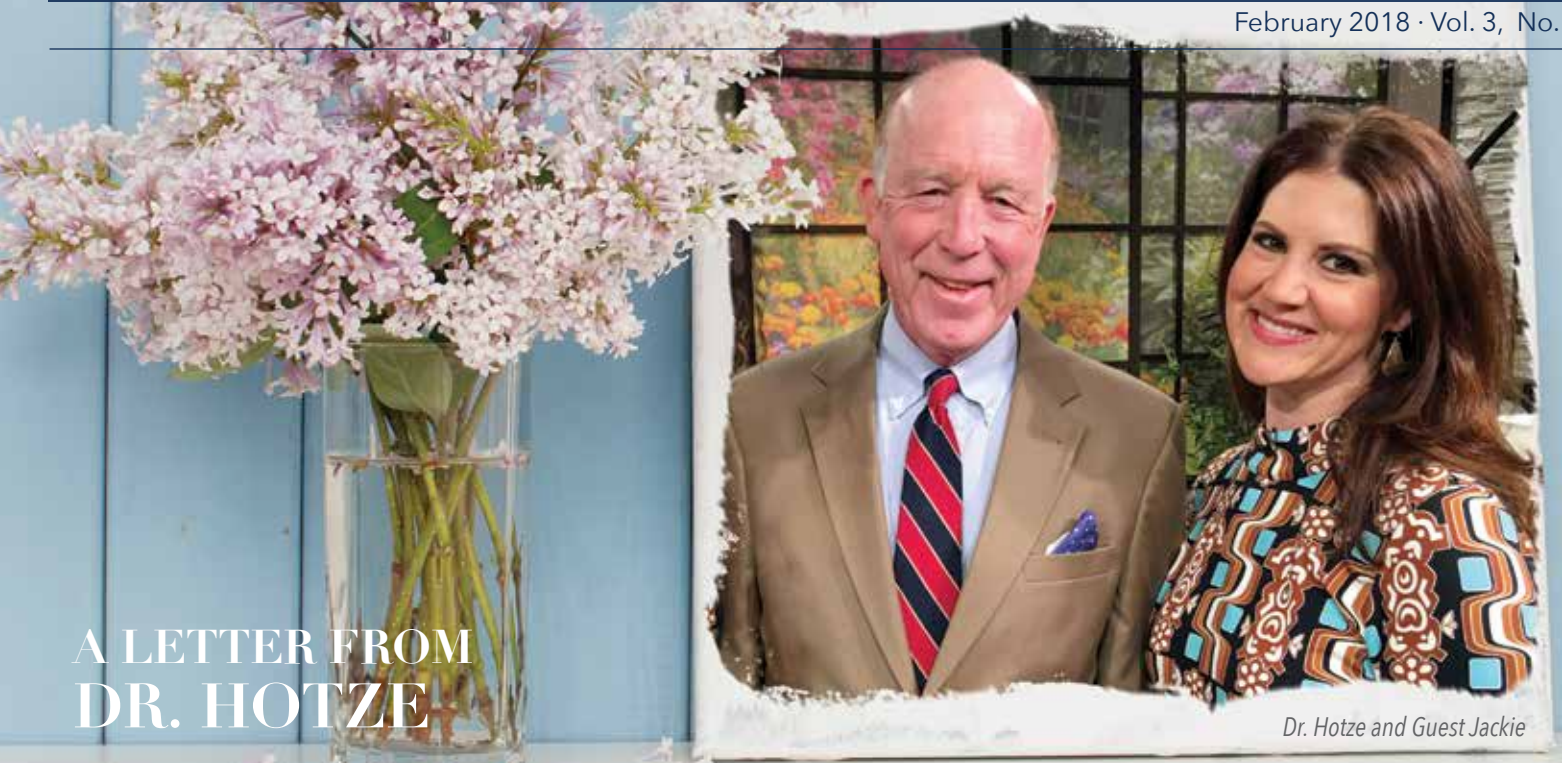


HOTZE on WELLNESS

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Dr. Hotze and Guest Jackie

A LETTER FROM DR. HOTZE


Greetings to you and your family! Over 600,000 Americans die of heart disease every year. The mortality rate from heart disease is equal for men and women. Half the people who experience their first heart attack die from it.

As you know, February is **Heart Health Month**. When you hear about someone who has had a sudden heart attack, open heart surgery or a stent placement due to a blocked artery, you probably wonder, “How does something like a heart attack sneak up on you?” I like to say that it takes about 20 years to cook a heart attack. You may wonder whether there is anything that you can do naturally to prevent this from happening. You are probably

aware that it is important to eat healthy and exercise, but there are other risk factors that you don’t hear about in the media or from conventional medicine. There is a condition that greatly increases one’s chances of having heart disease.

Ask the average person what they believe is the cause of heart attacks and you will likely hear the following typical answers: diet, obesity, high cholesterol, high blood pressure, diabetes, trans fatty acids found in margarine, heredity, or smoking. While these all may play a role in heart disease, it may be surprising to learn that an unrecognized cause of heart disease is hypothyroidism. **Yes, hypothyroidism increases your risk of a heart attack.**

What is behind hypothyroidism’s relationship with heart disease? The suspected culprit is mucin, a glue-like substance that is a normal part of your immune system and is present in your tissues. With hypothyroidism, high levels of mucin cause swelling which eventually spreads to all of your connective tissues, including the arteries and cells of your heart. As tissues become engorged with mucin, heart function slows, which leads to a weak and wounded heart, unable to pump blood efficiently.

The solution? Supplement with desiccated thyroid hormone. It has been documented that treatment of an enlarged heart, using natural thyroid supplementation, *continued on next page* 

can often improve heart function and reduce it to its normal size. Treatment with desiccated thyroid returns the tissues to normal, but if the treatment is halted, mucin again increases rapidly.

Everyone is fixated on lowering high cholesterol levels, but in truth high cholesterol is not the underlying cause. The cause of heart disease is inflammation and damage that causes weakness in the blood vessels, and hypothyroidism causes inflammation. Conventional doctors often recommend that patients with an increased risk for heart attack take a daily aspirin, a cholesterol-lowering drug such as Lipitor, and beta-blocker blood pressure medication to reduce their incidence of heart attacks. These drugs have negative and harmful side effects. Why not consider using daily, natural, desiccated

thyroid hormone supplementation, which reduces cholesterol and decreases the risk of heart attacks?

Additionally, high dose Vitamin C is essential for the production of collagen to heal your arteries that become inflamed when exposed to the petrochemical and metallic toxins in our air, food, drinks and lotions. Collagen is the protein glue that holds our cells together. The primary mechanism to repair inflamed arteries is the production of collagen. Inflamed arteries deteriorate, so the body must heal them. If Vitamin C levels are low and inadequate amounts of collagen are produced, then the body's backup mechanism is to band-aid the arteries with lipoprotein A, a form of cholesterol. This causes plaque buildup in the arteries. Calcium is absorbed into

the plaques to provide rigidity to the deteriorating arteries. This is the cause of atherosclerosis, hardening of the arteries. Over time, the arteries narrow and this can lead to a plaque or clot blocking the blood flow to the heart, leading to a heart attack or congestive heart disease.

All mammals make Vitamin C internally except for humans, monkeys and guinea pigs. These mammals produce approximately 1000 mg. of Vitamin C per 25 lbs. of body weight. Animals do not have heart attacks. Matthias Rath, M.D. has written the book entitled, *Why Animals Don't Get Heart Attacks...But People Do!* It is well worth reading and will help you understand the importance of Vitamin C. I have taken over 10,000 mg Vitamin C daily for over 25 years.

"Here are a few things you can start doing to help prevent and reverse heart disease:"



1. **Paleo Eating Lifestyle** - Eat a diet of meat, fish, fish oil and other healthy oils, green vegetables, nuts and seeds. Minimize sugar intake which creates inflammation in the arteries. Cut out simple carbohydrates, bread, pizza, pasta and other grain products, which are quickly converted to sugar.
2. **Natural Hormone Replacement** - Optimize your hormones with natural bio-identical hormones.
3. **Exercise Program** - Stay physically active. Set a goal and exercise at least 3 times a week.
4. **Take vitamins that promote heart health:** Vitamin C, CoQ10, Vitamin K2, magnesium, arginine, l-lysine, l-proline, vitamin D, garlic, and omega 3 essential fatty acids, such as found in fish oil.
5. **Detox regularly** to remove toxins from your body. Toxins increase your risk of atherosclerosis, high blood pressure and heart attack.
6. **Reduce stress** - Make time to relax and get a good night's sleep.
7. **Eliminate smoking**, because cigarettes raise blood pressure, reduce the amount of oxygen to the heart, increase risk of blood clots and cause inflammation in your arteries.
8. **Avoid excessive alcohol intake** which can increase risk of blood clots and weaken the heart. Limit alcohol consumption to 1 drink per day.
9. **Eliminate unnecessary prescription drugs.** Nearly all pharmaceutical drugs are toxins which must be detoxified by your liver. Many cause damage to the heart.

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Be sure to have your thyroid function properly evaluated. Thyroid hormones enable your cells to produce energy. They govern your metabolism. Thyroid production declines as you age, as do all your natural hormones. Some common symptoms of low thyroid within your cells are fatigue, difficulty with weight, cold body temperature, decreased mental sharpness, poor sleep, joint and muscle pains, poor bowel function, headaches, loss of libido, and recurrent infections. Elevated cholesterol levels can be a sign of low thyroid. Additionally, women can have irregular menstrual cycles, infertility and recurrent miscarriages. Physical signs of low thyroid can be loss of the lateral 1/3 of your eyebrows, enlarged tongue with scalloped borders, puffy face, dry skin and ridging of your fingernails. I believe that if you are experiencing symptoms of hypothyroidism, even in the face of so called "normal lab values,"

that you deserve a therapeutic trial of natural desiccated thyroid hormone. It saddens me to think of how many early deaths could have been prevented with proper assessment for and treatment of hypothyroidism.

Also make sure that you and your family and friends over the age of 40 get a **CT Heart Scan**. A heart scan is the only non-invasive way to determine if you have calcification of your coronary arteries. This is known as atherosclerosis, hardening of your arteries, and indicates coronary artery disease. A **CT Heart Scan** is a quick, non-invasive procedure that will let you know about your risk for having a heart attack. Coronary artery disease can be arrested and reversed with a healthy eating lifestyle, proper hormone replenishment, and vitamin and mineral supplementation. If your calcium score is zero, then you can have peace of mind, knowing that your heart

is healthy, and you can prevent coronary artery disease from developing. If you have mild, moderate or severe calcified arteries, then you can take charge of your heart health and reverse coronary artery disease.

Coronary artery disease can be prevented, naturally. You do not have to be a guest or member of the **Hotze Health & Wellness Center** to be scheduled for a **CT Heart Scan**. You owe it to your spouse and your family, as well as to yourself, to determine the status of your heart's health.

Thanking you for the privilege of serving you, for your friendship and support, I remain, as always,

Committed to your health success,



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

NEED A REASON TO GET YOUR HEART CHECKED?



In the US, there are about 1.2 deaths due to heart disease *every second*.

Enjoy **\$50 off** your heart scan performed in the month of February.

OFFER EXPIRES 2/28/18.

WE CAN THINK OF A FEW.





HEART HEALTH

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

Heart health begins with a healthy diet and stable blood sugar. We are what we eat. For many of us, our diet gets a bit off course during the holidays and we indulge in too many sweets and starchy carbohydrates. Then we step on the scale and oh my goodness, we know for sure how far our normally healthy diet has strayed. Some of us have a hard time getting “Sister Sugar” back under control because our brains like the taste and the easy energy source. Does this sound familiar? Cleaning up the diet by repeating Yeast-Free with Me every January helps us get back on track. Too much starchy carbohydrates and refined sugar not only sets us up for weight gain, but raises our blood sugar. Elevated blood sugar or glucose leads to inflammation. Inflammation is a main key to heart disease. The blood marker we check for inflammation is the C-reactive protein and a healthy level is less than 1. Other lab tests that show how our body is handling sugar and carbohydrates: the fasting glucose, which for real health should be below 75; the Hemoglobin A1c, which is a 90 day average of the blood sugar, should be less than 5.3; and fasting triglycerides should be less than 100. Lab ranges are much higher than healthy levels because we are a nation of insulin resistant individuals and many have progressed to Metabolic Syndrome or Type 2 Diabetes Mellitus. A broad range of people are used to make up the statistical norms for the lab ranges.

Inflammation can also occur if the animal protein source you are eating is corn fed. Corn fed protein sources increase the proportion of omega 6 to omega 3 fatty acids. This is why omega 3s from fish or fish oil, flaxseed, hemp

seeds or walnuts are recommended. Omega 3s block inflammation and also act as appetite suppressants.

To summarize heart health, we want a higher protein diet with healthy carbohydrates from richly colored vegetables and limited starch intake. We want a stable blood sugar and should strive for a fasting level less than 75. We should exercise at least 30 minutes most days of the week. We need vitamin C to prevent microfissures from forming in the endothelium of the arteries and to prevent cholesterol from starting plaque formation. Cholesterol thinks a microfissure is a fire and does its best to smother the fire. We need to take vitamin K2 to keep calcium in the bones and out of the vasculature. We need periodic carotid ultrasounds done to see if plaque is present, because if plaque is seen in the carotid arteries, it is also present in other arteries in the body. Lastly, get a heart scan done every 5 years to monitor for the beginning of calcification or more frequently to monitor calcium progression. If there is calcification, we have a supplement program to help slow progression.

Functional Medicine Facts

- Magnesium is necessary to metabolize sugar and starchy carbohydrates. This lab test, the RBC magnesium, is routinely checked at HHWC.
- Uric acid, which has a lab test, is considered to be an antioxidant. Elevated uric acid is a compensatory reaction to buffer oxidative stress. Elevated uric acid is a risk factor for the future development of Metabolic Syndrome.
- The body needs zinc to process insulin.
- Chromium is a mineral that optimizes

insulin signaling and limits the rise in insulin after meals.

- Low vitamin D level is associated with insulin resistance.
- Oxidative stress is an imbalance between the production of free radicals and the ability of the body to counteract or detoxify their harmful effects through neutralization with antioxidants. It occurs with sugar consumption and insufficient intake of antioxidants from richly colored foods or antioxidant supplements, and lessens the satiety signal sent to the brain.
- Saturated fats, usually from meats and butter, can stimulate the appetite and can actually raise blood sugar too.
- Monosaturated fats from olive oil, avocados, and fish oils act as appetite suppressants.
- Fructose from corn, which is being rebranded as “corn sugar”, metabolizes to triglycerides in the liver, and is associated with systolic hypertension.
- Table sugar increases endorphin levels in the brain as does nicotine and cocaine.
- Fat on the body is not just a storage unit for excess calories, but also functions as an organ creating inflammatory cytokines and causes inflammation.

The 8-Point Treatment Regimen that Dr. Hotze designed for the Hotze Health & Wellness Center is to address wellness through balanced hormone levels, healthy diet, exercise, detoxification, and vitamin and mineral supplementation to help you obtain and maintain the best version of a healthy you.



HORMONE REPLACEMENT THERAPY PROTECTS YOUR HEART

by Susan MacIvor, RPh, Hotze Pharmacy

Did you know that restoring and balancing hormones can help women prevent heart disease and live a longer life? A new imaging study by Cedars-Sinai suggests that women using hormone replacement therapy (HRT) to treat menopausal symptoms have a LOWER risk of death as well as lower levels of plaque buildup in the arteries (atherosclerosis), compared to women not using hormone therapy.¹

The research included the health records of more than 4,200 women who received a coronary calcium scan at Cedars-Sinai from 1998 to 2012. The CT scan measures the amount of calcium in the arteries. A higher level of calcium indicates plaque buildup, which increases the risk of heart attack and stroke.

In this latest study - after accounting for age, coronary calcium score, and cardiovascular risk factors (including diabetes, high blood pressure, and high cholesterol)—women using hormone replacement therapy were:

- 30 percent less likely to die than those not on hormone therapy
- 20 percent more likely to have a PERFECT calcium score of zero (indicating a low likelihood of plaque in arteries and low risk of heart attack)
- 36 percent less likely to have a coronary calcium score that indicated extensive atherosclerosis and a 10-fold increase in heart attack risk.

This means that replacing hormones, such as estrogen, can keep women's hearts healthier than if they were to just let their hormone levels naturally decline over time after menopause.

Estrogen has been shown in the scientific literature to:

- Improve total cholesterol by raising HDL ("good") cholesterol and lowering LDL ("bad") cholesterol, as well as apolipoprotein B, and lipoprotein(a)
- Diminish homocysteine, a risk factor for stroke

- Reduce levels of fibrinogen, a protein responsible for blood clotting
- Regulate plasminogen activator inhibitor-1 (PAI-1), another factor in blood clotting
- Increase insulin sensitivity (and thereby decrease insulin resistance, a risk factor for cardiovascular disease)
- Relax stiffness of the arterial wall, a predictor of coronary heart disease

By replenishing your hormones, you will not only resolve your symptoms of hormonal imbalance, you will also be protecting your heart.

▶ Don't forget to take your hormones and protect your heart. Call Hotze Pharmacy today for your bioidentical hormone prescription needs at **281-828-9088**.

RESEARCH

1. Study: *Hormone Replacement Therapy May Help Improve Women's Heart Health, Overall Survival* (Source: www.Cedars-Sinai.edu)

REPLACING HORMONES, SUCH AS ESTROGEN, CAN KEEP WOMEN'S HEARTS HEALTHIER THAN IF THEY WERE TO JUST LET THEIR HORMONE LEVELS NATURALLY DECLINE OVER TIME AFTER MENOPAUSE.





STRENGTHEN YOUR RELATIONSHIP WITH EXERCISE

by Leigh Ann Thomas, Certified Personal Trainer, Hotze Health & Wellness Center

Over the years, statistics have shown that individuals who work out with their significant other (S.O.) have a higher probability of reaching their personal fitness goals and building a stronger relationship. Think about it, who better to hold you accountable than the person who knows you best? Setting goals and encouraging healthy behavior not only propels your efforts in the gym, but it also leads to a healthier relationship outside of the gym. The benefits of working out with your S.O. will far outweigh the benefits of losing a few pounds, and here's why:

⌚ Guaranteed Quality Time

If you think date nights are the only times you can be alone and spend one-on-one quality time with your mate, then think again! Working out together is one of the best ways you can really get to know one another, physically and emotionally. Not only will you discover each other's strengths and weaknesses, but you will have an opportunity to help each other improve on them. With each gym visit, you're given an opportunity to encourage each other's efforts and push yourselves to reach your goals. This bond will strengthen with every workout, not to mention you're engaging in an activity you both enjoy.

⌚ Accountability

FACT: People who are held accountable for their workouts are more likely to succeed. When you and your S.O. make a commitment to do a new workout plan together, you'll feel more motivated to show up and crush your workout, than if you were to do it alone. Use this opportunity to not only push yourself, but to push your S.O. as well!

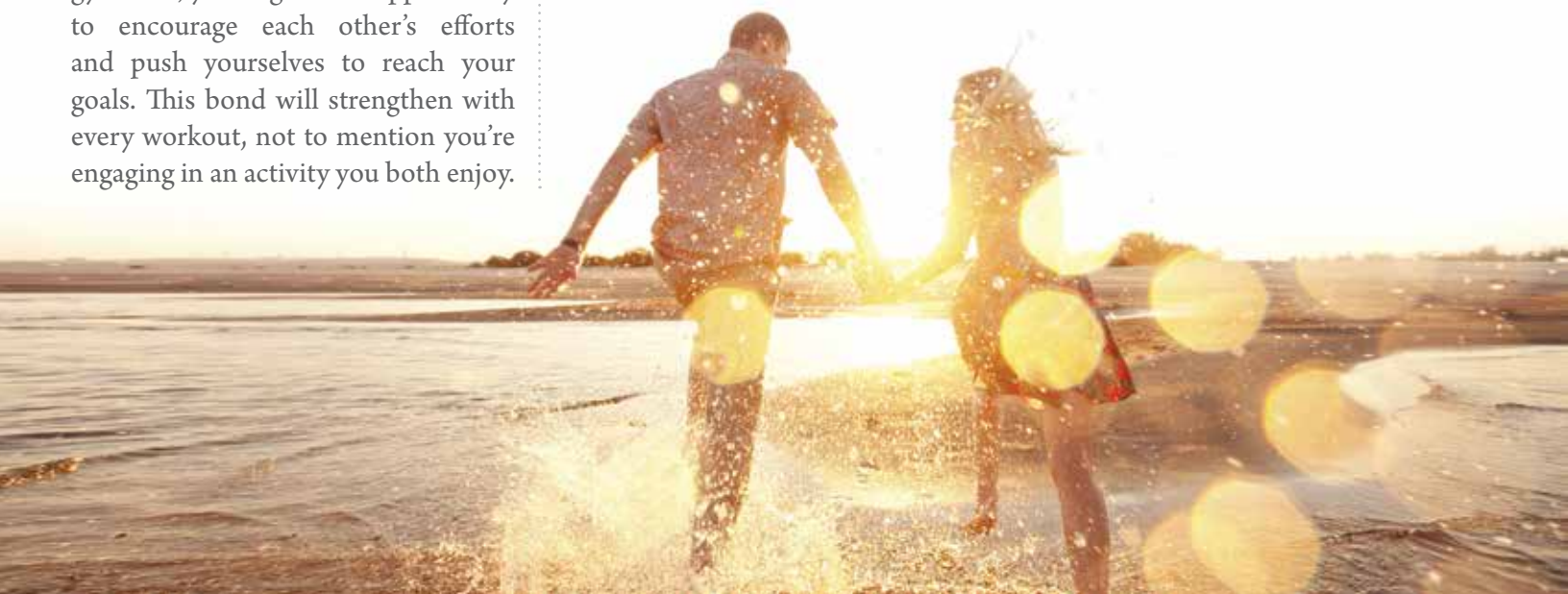
⌚ Healthy Competition

Do you ever feel like the flirty chemistry in your relationship has started to fizzle out? Well, a little healthy competition is always a fun way to put the playfulness back into motion. Challenge your partner to a mini race or see who can do the most burpees in one minute. This will not only keep your workouts interesting, but your relationship as well!

⌚ Brings Happiness to the Relationship

Feeling happy is a natural byproduct of exercise due to the feel-good hormones (endorphins) that it helps you release. When you exercise together, you will both experience that endorphin release which will boost your confidence, your mood and your desire for one another. The best part about working out with your significant other is accomplishing the goal you set out to do. You establish a common purpose and respect that physical activity is important for yourselves and for your relationship. Keep those endorphins flowing by exercising at least 30-60 minutes a day, 3-5 days a week and you will be living proof that 'couples who sweat together, stay together.'

WORKING OUT TOGETHER IS ONE OF THE BEST WAYS TO GET TO KNOW ONE ANOTHER.





THE IMPORTANCE OF NUTRITION FOR HEART HEALTH

by Tressa Knapp, Certified Holistic Nutritionist



February is American Heart Month and we are reminded of the importance of nutrition for heart health. About 25% of deaths in the US are caused by heart disease (that's about 600,000 deaths per year) and three of the five major risk factors of heart disease are nutrition related. The good news is that the healthier your eating plan, the lower your risk for heart disease. It's a proven fact!

3 Nutrition Tips for Better Heart Health:

① 1. Stop eating sugary foods.

Check food labels for added sugar, because sugar depletes magnesium which is critical for heart health. It takes 28 magnesium molecules to metabolize a single sugar molecule. If you go to the ER with a heart attack the first thing the doctor administers is magnesium chloride in an IV, because magnesium is essential to maintaining a steady heart beat. You also may need to supplement magnesium (go for 400-800 mg per day) for optimal heart health, even if you don't eat sugar. Do whatever you can to keep good magnesium levels

in your system. You can also take an Epsom salt bath 1-2 times per week if your schedule is stressful.

② 2. Eat 5-9 servings of antioxidant-rich foods every day,

like kale, spinach, dark chocolate and blue berries. These antioxidant foods and the fiber they contain will help reduce blood pressure. Also, the antioxidant compounds help detox harmful chemicals that can contribute to heart disease risk. Starting the day with a protein smoothie and adding spinach and blueberries is a great way to get ahead on your antioxidant intake.

③ 3. Incorporate heart healthy nutrients like Vitamin C and Vitamin K-2 into your vitamin plan.

Vitamin C is essential to heart health because it helps with the production of collagen to repair arteries. Dr. Hotze recommends at least 1,000 mg daily for every 25 pounds of body weight

for adults. Vitamin K-2 may help keep calcium out of arteries to prevent build up. Dr. Hotze's Heart Pak Plus is an excellent vitamin pak that contains these nutrients, plus several more like L-Lysine and L-Proline as co-factors for collagen production.

Heart disease can be a scary adversary, but with a few good daily habits you can significantly reduce your risk and set yourself at ease. Don't make the mistake of not taking action as soon as possible. Every 40 seconds someone in the US has a heart attack. ▶ **Don't be a statistic. Take action today and eat healthier. Also, call Hotze Vitamins today at 800-579-6545 for a special price on Dr. Hotze's Heart Pak Plus.**

REFERENCES:

www.cdc.gov/heartdisease/facts

JACKIE:

FROM PAIN & EXHAUSTION TO FEELING ENERGIZED EVERY DAY

Prior to coming to the Hotze Health & Wellness Center, Jackie had been diagnosed with Hashimoto's Thyroiditis, low iron, low vitamin D and was being treated with Nature-Throid. She started several supplements and altered her diet. Jackie's symptoms never really improved, and after a year of treatment she developed fibromyalgia and took herself off the thyroid medication. Little did she know that her dose was never titrated high enough to relieve her symptoms despite her blood work looking "perfect".

Jackie stopped doing the things she loved because she was in chronic pain. She was tired, irritable and felt like her reaction to stress was amplified. She did not feel like herself. Jackie started receiving acupuncture treatments, biweekly massages and even bought a new mattress hoping that something

"MY SKIN IS THE BEST IT'S BEEN MY WHOLE LIFE."

would provide relief. She felt like she had come to terms with the brain fog, but the chronic pain was unbearable. She had not exercised in a year and was at her highest weight ever. The most help she had ever received from a conventional physician was a diagnosis of low vitamin D and she was only given a prescription for D2.

Jackie was on a business flight to Houston and saw the Southwest inflight magazine. The advertisement for Hotze Health & Wellness Center was exactly what she needed. She called the next day and scheduled an appointment. Said Jackie, "I was so fortunate that

there was a cancellation that week and I started my Hotze journey that Friday. It was the best phone call I've ever made."

From the moment Jackie walked into our Center, she knew she was in the right place. Said Jackie, "Everyone you meet from the person scheduling your appointment through check out is kind and sympathetic. So often in mainstream healthcare we are made to feel like we are another number, another copay, another patient with a list of problems and no answers. I've been to doctors and paid a \$200 office visit only to have 5 minutes with the doctor where I felt like we were speed talking to maximize our moment together. You leave with a prescription, a bloodwork order and a request to come back. At Hotze, you leave with a comprehensive, customized plan and the staff make sure you know exactly what you need to do when you leave that day. Most importantly, you're given specific direction on nutrition and a diet that will reduce inflammation and get you on the road to better health."

Dr. Sheridan put Jackie on thyroid and several other hormones. She started on vitamin supplements along with the Hotze PowerPak. She said that what Dr. Sheridan recommended were less tablets than she had taken in previous years. "Dr. Sheridan assured me that it's not about the number of supplements, but rather taking what your symptoms are telling you that you need. He was absolutely right."

Today, Jackie feels great every day. Her symptoms have resolved almost



completely. When she starts to feel symptoms creeping back, she knows she needs to get back on

the yeast-free diet. "I no longer suffer from fibromyalgia. I sleep well almost every night and I'm back to feeling happy and energetic. My skin is the best it's been my whole life."

Now Jackie is able to enjoy outdoor cycling, skiing and fitness classes again. She loves spinning and HIT workouts and takes classes at Soul Cycle and Orange Theory Fitness. Said Jackie, "I actually look forward to the classes. I depend on my workouts now to expend all the extra energy I have. I completed a one-day ride across the state of Michigan last summer. Before Hotze, my pain and exhaustion would have never allowed me to ride 145 miles in a single day."



SHOW YOUR SKIN SOME LOVE!

THE 3 STRUCTURES OF OPTIMAL SKIN HEALTH

by Brittney Wranik, Hotze Aesthetics

Our largest organ, the skin, is one of the most important and underappreciated components of our body. It fulfills countless daily functions and is vital to the body's protection, regulation and sensation. Yet, we continuously neglect, damage and underappreciate its role.

No one of sound mind would argue against the importance of optimizing your brain, heart or lung health. Nor should anyone be willing to argue against or neglect to appreciate the necessity of optimizing your skin health. Your skin IS that important and it IS time to make it a priority. Show your skin some love in 2018 by ensuring you fulfill the 3 primary structures necessary for optimal skin health.

Ⓞ **1. Education** is the first and most important structure necessary for optimizing the health and appearance of your skin. It should be no surprise that you must first understand the basic functions, structures and needs of your skin before anything else. Luckily, we live in the age of technology and a multibillion dollar skincare industry! When educating yourself online make sure to choose credible, reliable sources. (look for websites ending in .edu or .gov) Is technology or research not your thing? Ask a professional! At the Hotze Health & Wellness Center (HHWC) we offer thorough and informative skin consultations personalized just for you!

Ⓞ **2. Enhancement** is the second structure necessary for optimal skin health. Like everything in life, your skin is not perfect. There is always room and opportunity for improvement. At

HHWC it is our belief that everyone can enhance and optimize the health and appearance of their skin without the use of harmful chemicals or invasive procedures. When enhancing your skin look for safe non-invasive techniques that help improve the natural components of your skin. Look for procedures that are thoroughly tested and clinically supported.

Ⓞ **3. Maintenance/prevention** is the third structure necessary for optimal skin health. This is probably the most investment-worthy structure because it can save and prevent expenditures long term. The best way to maintain your skin while preventing and slowing future signs of aging is through quality skin care products. Look for products that are paraben and chemical free!

▶ Are you missing one of these structures? Would you benefit from assistance or guidance regarding optimizing your skin health? If so, call **(281) 698-8770** to schedule your complimentary skin analysis TODAY. Let one of our Hotze Aesthetic professionals guide you to more healthy vibrant skin. Show your skin some love!





STRATEGIES TO GET YOUR RELATIONSHIP BACK ON TRACK

by Erica Torres-Dudziak, Director, Hotze Health Advantage

Ah...February, the month of LOVE! After reading that introduction, you either just agreed with me or thought “not for me”! If you were thinking “not for me”, I invite you to keep reading. I generally meet three kinds of couples. The first kind are the couples that show and express love, support, and commitment for one another. The second are the couples who don’t really talk much about their marriage or relationship because it is not top of mind; it is not a top priority. They live together, do activities together, and cohabitate like two people having to function together to manage a household but lack passion and focus in their relationship. The third kind of couple I meet are the couples that are struggling to stay together. There are one or both people in the relationship that are miserable and their misery is the focus of their relationship.

If you had to pick, which kind describes your relationship with your significant other?

The second kind of couple is in danger of becoming the last kind of couple because they have taken their relationship for granted. If you recognize that this might be you and care to do something about it, I want to share with you three strategies to help you get back on track!

🕒 **1. First and foremost is to get on the same page.** We start life as individuals but when we get into a relationship our decisions and behaviors now impact our partner. I love helping people to create a vision for their future that typically involves better health, a fulfilling career, better control over their lives, and a healthy and loving relationship. In this exercise, the person is sharing what they would love for their relationship but unfortunately, in our society this information is seldom discussed between couples. I recommend doing a Couple Vision exercise at least once a year. This is where you share with your partner your personal goals, professional goals, and the vision you have for your relationship together. Sitting down and having this conversation in a formalized way, can be extremely helpful in identifying how close or far apart your thinking, feelings, and behaviors are around your future goals and relationship. This can also eliminate assumptions, bad feelings, and resentment around expectations not being met.

🕒 **2. Once you have agreed on the priority level of your relationship through your Couples Vision, the second strategy is to set aside time each week to share what each of you have going on for the week.** Life these days can seem hectic, overwhelming, and sometimes it can feel like we are just trying to keep afloat! The first step is to have a discussion on your yearly vision, but that’s not enough. Every week there are many things to accomplish for some couples and families. I am not just talking about a chore board or activity calendar, I am referring to taking 15-20 minutes with each other once a week to let each other know what will be going on in your life. For example, I might have an important meeting or project that week that my spouse may be aware I am working on, but not really know what day it is and how I might be feeling about that event. Without him knowing, how can I expect him to show support. Men need direction and clear communication and most women appreciate this, too. By sharing with each other the important things going on that week, activities for the kids or with family, and the time we are going to reserve for each other, etc., we can help to support each other’s needs and clarify expectations.

③ 3. Last but not least is carving out time for each other that is around **FUN, enjoyment, and pleasure with each other.** YES, just the two of you! Scheduling either a weekly, bi-weekly, or monthly date helps to continue with a romantic relationship and not just a friend relationship, gives you both time to connect, and speaks volumes on the importance you put on each other and your relationship. I have been with my husband almost 20 years and letting this go to wayside can lead to feeling disconnected, isolated, and create a “friend zone” relationship.

If you are wanting to create more passion and connection with your partner, I encourage you to try creating a 2018 Couples Vision, discussing your weekly schedule, priorities, and commitments, and having a date night on the calendar on a consistent basis—no excuses!

Erica Torres-Dudziak, Hotze Health & Wellness Center’s Success Coach, is a certified professional coach and speaker on health, relationships, and helping people to find more joy and purpose in their life. She helps our guests and nonguests see results through her 8-week and 12-week coaching programs. If you are interested in learning about what a coaching program could do for your life, email her at erica@hotzehwc.com for more information.





Why water?

Everything begins with water. It's the foundation for all other levels of development. That means, for the millions of thirsty people throughout the developing world, safe water can ultimately transform:

➤ HEALTH

More than 840,000 are estimated to die each year from diarrhea as a result of unsafe drinking water, sanitation, and hand hygiene.

The simple behavior of handwashing with soap can save lives, cutting diarrhea by almost one-half and acute respiratory infections by nearly one-quarter.

➤ SANITATION & HYGIENE

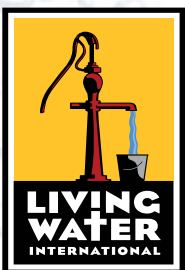
Even though more than 2 billion people have gained access to an improved sanitation facility since 1990, another 2.4 billion people still lack access to improved sanitation—technologies such as flush toilets, piped sewers, or even a ventilated pit latrine.

But when they have access, water sources can be kept safe and free of fecal contaminants.

➤ JUSTICE ISSUES

On average, globally, women and children spend 200 million hours every day collecting water, often for water that's already contaminated.

Too often the journey is not safe. Trails can be steep and rocky or muddy and slippery. And when women walk alone, they are often vulnerable to sexual assault. Women and their children suffer most without water, but they're also poised to make the biggest changes in their communities once they gain safe-water access.



Did you know that 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