

# HOTZE on WELLNESS

October 2018 · Vol. 3, No. 10



*Congratulations*  
to Meredith King!

WINNER OF THE *HOW I GOT MY LIFE BACK* CONTEST

Dr. Hotze and Guest Meredith King

## A LETTER FROM DR. HOTZE

Greetings to you and your family!

This October, I would like to focus on a very important aspect of women's health—heart health. Did you know that heart disease is not only the leading cause of death for men, *but also for women*? The good news is that there are many steps you can take to be proactive in preventing heart disease so that you can live a long, healthy life. Coronary artery disease can be arrested and reversed with a healthy eating lifestyle, proper hormone replenishment and vitamin and mineral supplementation.

### Menopause and Your Heart

Women with healthy estrogen levels have a decreased risk of heart disease. There is an increase in heart disease

in postmenopausal women when they have a drop in their key hormones, estrogen and progesterone, and the inflammation in their body increases. Inflammation injures the coronary arteries, causing atherosclerosis. Women who have had their ovaries removed also have an increased risk for premature heart disease.

### Hypothyroidism: Risk Factor for Heart Disease

There are two ways that hypothyroidism leads to heart disease: mucin deposition and inflammation.

**Mucin** is a glue-like substance that is a normal part of your immune system and is present in your tissues. However, hypothyroidism causes an abnormal

accumulation of mucin which causes swelling that spreads to all your tissues, including your heart, leading to injury of the arteries. As tissues become engorged with mucin, heart function slows and becomes weak, unable to pump blood efficiently, which is known as congestive heart failure. Excess mucin also leads to atrial fibrillation, palpitations, and an increase or decrease in heart rate.

**Inflammation** – Individuals with low thyroid function have an increased incidence of infection and inflammation. Coronary artery disease begins with an inflammatory process that damages the coronary arteries.

*continued on page 4* 



# SIX TIPS FOR BREAST HEALTH

by Angelica Clark, PA-C, Hotze Health & Wellness Center



HEALTHY LIFESTYLE  
LYMPHATIC DRAINAGE  
HORMONE BALANCE  
REGULAR EXAMS  
IMMUNE SYSTEM

While many of our guests are already working to balance the sex, adrenal and thyroid hormones, I think it is important to discuss breast health. This can be the elephant in the room since everyone avoids the “C” word, cancer. In 2017, it was estimated that there were 253,000 new cases of invasive breast cancer in women, and 2,500 in men.

A healthy female breast has several sections called lobes that are made of smaller sections called lobules. These lobules produce breast milk and that’s usually where cancer can begin to form. Within the breast, there is a lymphatic system that sits inside the adipose “fatty”

tissue. This lymphatic system is part of a network that is part of the immune system and distributes particles from the breast to the lymph that helps drain excess of fluids, toxins and waste elements. The breast network involves nerves, lymph nodes, blood vessels and some fatty and connective tissue. The male breast is identical to the female breast with the exception that the lobules in males are not specific and cannot produce milk. The breast does not contain muscles, but it sits on the top of the chest wall muscle, called pectoris.

Most breast cancers are detected during a screening or physical

examination. We recommend staying up to date on your professional breast exam yearly and doing a self-breast exam monthly. The self-breast exam is best done 7 days after menstruation or the same day every month for consistency. Be sure to start the examination under your arms where the tail of your breast is. The most common sign is a painless lump, but when it spreads to the lymph nodes, it can cause swelling, a lump, or pain. Always look for asymmetry, discharge or skin changes when examining your breasts.

***Here are some other things you can do to promote breast health:***

**1. Having a healthy lifestyle** can help promote breast and overall health for any individual. This is a difficult task, as we have become a fast-past society. We don’t always make time to cook at home or to shop a variety of organic fruits and vegetables, and we are often too busy to commit to a daily routine of exercise. Aim for 30 minutes of moderate physical exercise daily and to get more fiber-rich foods and cruciferous vegetables in your diet, such as broccoli and Brussels sprouts, that help promote healthy pathways of estrogen metabolism.

**2. Proper lymphatic drainage and detox:** Drinking plenty of water, avoiding pesticides and eating plenty of

fiber help promote elimination of toxins. However, we also recommend a routine of dry skin brushing and FAR infrared sauna use regularly to help drain and eliminate toxins.

**3. Achieve hormone balance,** and avoid exposure to xenoestrogens or hormone disruptors such as plastics, parabens, pesticides, synthetic fragrances, etc.

**4. Have a regular breast exam and screening yearly.**

**5. Support your immune system** by eating more antioxidant-rich foods such as berries, cacao, kale, etc. Drink green tea daily.

If you are sick often, consider addressing airborne and food allergies and rule out possible mold exposure. The more colorful the diet, the more nutritious it is.

**6. Avoid breast implants.** Consider this and discuss with your provider if you have breast implants or you are contemplating getting them. Some experts speculate that this may cause immune suppression, trigger autoimmune conditions, and be a focus for mold growth. It may be worth considering removal of breast implants if your health is declining after insertion of breast implants and it is not improving despite your efforts.

# Hotze Pharmacy is now compounding these additional **PEPTIDES**

## ⌘ HOTZE BRAIN

This is a cognitive-enhancing peptide that has both neuroprotective and neurorestorative properties. It increases brain-derived neurotrophic factor (BDNF), and by doing so, may help with anxiety and depression. It may also improve memory and focus, as well as assist the body in better coping with stress. Compounded in sublingual tablets.

## ⌘ HOTZE REJUVENATION

This peptide has been shown to stimulate the production of melatonin, leading to better sleep patterns and increased deep sleep. It may also reactivate the production of telomerase, which in turn strengthens and elongates the telomeres in our cell's DNA strands. When telomerase production is reactivated, cells can continue to divide in a healthy manner, allowing us to live longer. Compounded in sublingual tablets.

## ⌘ HOTZE IMMUNE

This peptide plays a key role in controlling immunity and inflammation. Compounded in sublingual tablets.

## ⌘ MATRIXYL 3000

(now in our Hotze Skin Renewal and Hotze Eye Renewal Cream)

Matrixyl 3000 contains 2 matrikines. A matrikine is a term for fragmented matrix peptides able to regulate cell activity. Acting as messengers of skin reconstruction and repair, these two peptides work synergistically to restore and maintain the skin's youthful appearance. These peptides may help to increase collagen and elastin production, thereby improving fine lines and wrinkles, making the skin look smoother and firmer.

Call Hotze Pharmacy for a prescription today. [www.hotzepharmacy.com](http://www.hotzepharmacy.com) 281-828-9088

# Share the health!

## REFER A FRIEND TO HOTZE PHARMACY AND GET REWARDED.

### HERE'S HOW IT WORKS:

- 1. Tell your friends** about Hotze Pharmacy. Your friends can take advantage of the great quality and service at Hotze Pharmacy even if they're not guests of the Wellness Center.
- 2. Make sure your friend mentions** that you referred them when they place their first order. They will receive **\$50 off** their first order.
- 3. You will receive a \$50 gift certificate** for Hotze Pharmacy for each new friend who starts filling their prescriptions with us!

# H O T Z E

P H A R M A C Y™

[www.hotzepharmacy.com](http://www.hotzepharmacy.com)





# CURCUMIN FOR BREAST HEALTH

by Evelyn Perez, Vitamin Consultant, Hotze Vitamins®

October is Breast Cancer Awareness Month, and it's a great time to focus on natural ways to prevent breast cancer. As an advocate of natural wellness, you already know that there is hope beyond statistics. In this case, it's really quite exciting because there are natural, safe, and effective therapies to reduce breast cancer risk. This will help many women live a healthier, happier life and avoid the scary diagnosis of breast cancer. The important thing to remember is that your daily lifestyle habits either increase or decrease your cancer risk, so you have a good amount of control over your risk, aside from genetics. Generally, the more you do on a daily basis to lower inflammation and detoxify your system, the lower your cancer risk. For example, if you smoke, you greatly increase the risk of several different types of cancers. Alternately, if you do not smoke and avoid secondhand smoke, you decrease your risk substantially.

**Curcumin Ultimate** is an antioxidant that supports breast health. It has been shown to support a process called *apoptosis*, which is a function of your own immune system that searches out abnormal cells and targets them for destruction. This is a normal, healthy function of your immune system, and optimal health promotes it. Progesterone also supports this process, as well as vitamin D.

**Curcumin Ultimate** supports reducing oxidative stress, which has been shown to increase cancer risk. It's a high quality, proven supplement that really packs a punch. If you are trying to support breast health to "win the war" against breast cancer, this is one supplement I'd definitely add to your fight plan.

**Hotze Vitamins' Curcumin Ultimate** is formulated without black pepper, so it doesn't hurt your stomach, but it's still absorbable. It contains turmeric oil which works even better

for absorption. It will also help relieve any daily aches or pains from an active lifestyle, because it's been shown to work just as well as over-the-counter pain relievers to lower pain. In this case, it's just one more reason to give **Curcumin Ultimate** a try today.

**GET 15% OFF** your purchase of **Curcumin Ultimate** during the month of October!

Use promo Code CUR15. Visit [HotzeVitamins.com](http://HotzeVitamins.com) or call **281-646-1659** to order.



## A LETTER FROM DR. HOTZE *continued from front page*

### Lifestyle Tips

Here are some effective measures you can take to prevent heart disease: Eat a healthy diet that includes healthy fats and oils, leafy greens, vegetables, fruit, 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. Optimize your hormones, exercise regularly, and reduce stress in your life. Eliminate smoking and limit alcohol intake. Also, be sure to detox

regularly. Finally, there are several vitamins that are key to a healthy heart: vitamins C, D and K2, CoQ10, magnesium, L-lysine, L-proline, garlic and fish oil.

### Heart Scan

If you are over the age of 40, then please get a CT heart scan. A heart scan is the only noninvasive way to determine if you have calcification of your coronary arteries and are at risk of having a heart attack. You owe it to your spouse and your family, as well as to yourself, to

determine the status of your heart's health. Contact us today at 281-579-3600 to schedule your heart scan. It would be our privilege to serve you!

With much appreciation for your support and friendship, I remain, as always,

Committed to your health success,

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



## SURPRISING WAYS TO BEAT PMS

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

PMS, also known as premenstrual syndrome, affects millions of women every month. This misery manifests itself up to two weeks prior to your period and can last as long as a few days to a week. Symptoms may include cramping, headaches, bloating, breast tenderness, mood swings, fatigue and acne, just to name a few. While some women only experience mild symptoms, calling for a heating pad, some ibuprofen and a pint of Ben and Jerry's, other women suffer from symptoms so life-altering that medical intervention is necessary. But what if I told you there is a natural way to relieve those obnoxious side effects and lessen the blow prior to your period without the use of pharmaceutical drugs or junk food? Would you be interested?

### What causes PMS?

During a normal 28 day cycle, a woman's ovaries secrete increasing levels of estrogen in the first 14 days. Around this time, ovulation takes place, estrogen begins to taper off and progesterone is secreted. Over the next 2 weeks, while your hormones are fluctuating and prepping your body for either a baby or your period, you may begin to feel those unwanted symptoms we previously mentioned (no need for a reminder). Although PMS may cause some uncomfortable disruptions, there is a solution that can provide relief and even eliminate most symptoms—exercise!

### How does exercise help?

Physical activity has been a suggested treatment for PMS for years. Cardiovascular exercise and resistance training can successfully combat

stress and fatigue, improve mood and depression, decrease headaches, eliminate bloating, and even relieve cramping. The best exercises to do throughout your period will be dependent upon how you feel and how far along you are in your cycle. Energy levels, strength, stamina, likelihood of injury and how your body responds to exercise can all fluctuate due to your hormones. Prior to starting your period, light to moderate cardio such as walking, jogging, biking or swimming for at least 30 minutes a day can significantly help improve your energy and mood. Getting in a good sweat session can also help reduce bloating and excess water retention. Yoga is also another great option to help relieve stress and cramping during the PMS phase. Positions such as "cobra," "cat" and "fish" gently massage the belly area, reducing muscle tension.

After your period, your estrogen levels return to baseline and testosterone begins to increase. This is the perfect opportunity to hit the weights so you can build lean muscle mass, burn fat and increase your stamina. Don't ignore this surge of energy. Put it to good use and try that spin class, boot camp or kick boxing class you've always wanted to do!

Regardless of exercise preference, give it your all and be consistent. You'll have better results and less symptom severity if you commit to exercise on a regular basis. In addition, remember to eat whole foods, drink plenty of water and supplement with quality vitamins.

## PHYSICAL ACTIVITY

HAS BEEN A SUGGESTED TREATMENT FOR PMS FOR YEARS.





# MEREDITH KING: ENJOYING EACH DAY BY ACTUALLY LIVING IT!

Meredith King has dedicated her life to helping people get unstuck personally, professionally, and in their faith journeys. She is a wife, mother, and sought-after speaker and Bible teacher.

However, years ago, Meredith began experiencing severe brain fog, short-term memory loss, extreme fatigue, hair loss, anxiety, and weight gain. She was exhausted all the time and some days she couldn't even get out of bed. Said Meredith, "I was desperate and I didn't know what to do." Her health complications also made it difficult for her to conceive, which added more stress onto what she was already dealing with.

Meredith struggled to be "present" with the people she loved and in doing the work she loved. She missed out on time with friends and family simply because she felt too poorly to participate.

Meredith had been under the care of a traditional endocrinologist since she was first diagnosed with thyroid disease at the age of eighteen. It

had already been a really long road for her, but in

her mid-twenties, everything escalated quickly and every doctor she saw told her that her blood work looked "fine." "I was far from fine," said Meredith. Conventional doctors just recommended standard thyroid medication and that she manage her stress better. But, Meredith just kept getting worse.

"When I first went to Hotze, my husband and I were right in the middle of starting a nonprofit, and I needed energy and mental clarity more than ever," said Meredith. "I finally found a team of health care providers who would listen to me and believe me. In recent years, I've been seeing Angelica, and through her thorough care and incredible knowledge, she has helped me find the right combination of diet, supplements, and bioidentical hormones to stay healthy. I so appreciate the availability of the nurses—it's reassuring to know that help with questions or needs are just a phone call away."

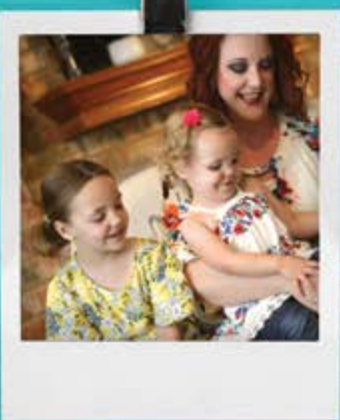
"Today, I feel like a new person. I truly feel like I got my life back. I still experience struggles from

time to time, but I know I'm not alone in addressing them. I'm forever grateful for the investment my parents made in my health by taking me to the Hotze Health & Wellness Center," said Meredith.

Today, Meredith has two energetic daughters, ages 3 and 7. She has so much more energy to laugh and play with them. She is able to share meaningful moments and conversations with her husband. Said Meredith, "I recently accomplished a lifelong goal of publishing my first book, *IMMOVEABLE: Reflections to Build your Life and Faith on Solid Ground*, and it's been 9 years since my husband David and I started True To Life Ministries dedicated to helping youth and adults transition out of poverty. Simply put: I'm able to enjoy each day by actually living it."

Says Meredith to anyone seeking help, "Don't lose heart! You aren't alone."

[www.meredithkingblog.com](http://www.meredithkingblog.com)  
[www.immoveablebook.com](http://www.immoveablebook.com)  
Instagram: [@meredith a king](https://www.instagram.com/meredith_a_king)



"TODAY, I  
FEEL LIKE  
A NEW  
PERSON."



# THE SCARY SIDE OF SKINCARE

by Brittney Wranik, Hotze Med Spa

The father of internal skincare, Dr. Howard Murad, said it best: "Aging is a fact of life. Looking your age is not." This could not be any truer today. In an age of celebrities, socialites and skincare advocates pushing the boundaries of aging, we are continuing to see more examples of people looking younger as they get older. It's frustrating, encouraging and demoralizing all at the same time. Of course we want the chance to age like the celebrities (Ahem...Christie Brinkley), but what if we try one of their skincare treatments and it doesn't turn out right? Is it really worth the risk of looking like the Joker? The natural, youthful look is cute, but the plastic, stretched out look is not.

It's certainly no secret that the skincare industry is not all beauty and modelesque looks. It is also full of distorted outcomes and scary side effects. What are the real risks of these age-defying treatments? When heading down the rabbit hole of skincare complications, you'll find it all. These treatments can cause burns, permanent pigmentation changes,

toxicity, drooping eyelids, asymmetry, scarring, crooked smiles, anesthesia complications, nerve damage, and unnatural results.

The risks can be scary to consider, but the good news is that they are avoidable. So how do we do it? How do we take advantage of the incredible treatments that will allow us to look healthy and young without the scary side effects? Start with three simple steps.

**1. Do your research.** The most important way to avoid risk is to be informed. When doing research on a treatment, find out what the specific risks are, how likely they are to occur, and how to avoid them.

🕒 **EXAMPLE:** With laser treatments, you have a risk of getting burned. To avoid this risk, you must avoid extended sun exposure, lightening products and photosensitizing medications.

**2. Choose the right professional.** The professional you entrust to treat your skin can make or break your results. It is essential to find the right person

who is properly experienced and trained for the specific treatment you choose. Ask for their credentials, inquire about their experience, and look at reviews.

🕒 **BONUS:** To go the extra mile, ask to speak with one of the patients that has had the treatment you're interested in to learn about their experience.

**3. Go natural.** When there is a more natural option, always choose it! Choosing natural options automatically eliminates the risk of unnatural outcomes and decreases your risk for complications. This is because natural treatments encourage your body to renew and transform itself.

🕒 **TIP:** Choose microneedling instead of Botox, and laser tightening treatments instead of a facelift.

The risks of skincare treatments shouldn't be a secret, but they shouldn't be paralyzing, either. As long as you are aware, informed, and strategic about your choices, you, too, can age like the celebrities.



OCTOBER SPECIAL  
New Med Spa  
guests receive  
**\$100 off** their  
first purchase!

offer expires October 31, 2018

# EARLY DETECTION SAVES LIVES, MAYBE EVEN YOURS!

Coronary Calcium Scoring is a non-invasive test that measures calcium buildup within the arteries of the heart. The higher the calcium score, the greater the risk of heart disease.

Early detection and proper treatment of heart disease saves lives. Dr. Hotze recommends that all guests, over the age of 40, schedule a Calcium Scoring exam.

**If you have not already completed a Calcium Scan, it's time. The life you save may be your own.**



## Come in for your CT heart scan and you could win a **MY HOTZEPAK™ HEART PAK PLUS!**

(valued at \$520)

**This month, Hotze Health & Wellness Center guests that receive a heart scan will be automatically entered to win!**

The Heart Pak Plus, which is Dr. Hotze's proprietary blend of heart healthy vitamins and amino acids. The Heart Pak Plus is individually packaged, which makes taking your vitamins easier than ever, and is also a great add-on to any vitamin regimen!

**Each packet of the Heart Pak Plus contains:**

- Vitamin C
- L-Proline
- L-Lysine
- Vitamin K2
- Ubiquinol
- Modified Citrus Pectin
- European Alpha Lipoic
- Liposomal Glutathione



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





# Safe Water

## TRANSFORMS LIVES

### BUSINGIRO II COMMUNITY, UGANDA

In the community of Busingiro II, there were 54 households, a school, and a church that were all relying upon three water sources. There was one hand-dug well, one unprotected spring, and a pond. Women were the ones



primarily responsible for the task of collecting water from the three sources. There were always mosquitoes that carried malaria nesting there, making water collection more dangerous. Also, the sources were exposed to the elements and therefore full of dangerous contagions. Typhoid, respiratory illnesses, parasites, and worms were all rampant due to the unsafe water. Thankfully, a local leader named Daria Bamutanga was familiar with Living Water International, and he requested their help for his community. The Living Water Uganda staff were glad to come visit the community to survey the situation, and once they had seen the circumstances, agreed that a water project was essential. The community decided that the

ideal spot for the new borehole was the grounds of the local church. The Living Water drilling team returned to the community with the rig and equipment to begin the project and set to work. They drilled until they reached a safe aquifer at 52 meters deep, and water poured from the ground as they flushed the borehole to remove debris. The community members were filled with hope as they watched water overflow from the mouth of the well. They knew that this was a turning point in their way of life.

Kiconco Boniconcila, a 33 year old farmer, shared her point of view. She said: "I have lived in this community for over 15 years, and we have been fetching water from a swamp down there when there is not enough water in the [hand-dug] well. During the rainy season, the water would turn brown and would sometimes be filled with mud. We would not wash white clothes because they would turn brown. This is how dirty it was. We suffered from typhoid because the



water was contaminated with feces from uphill. During the dry season, our hand-dug well and the pond would dry up. When the pond and swamp dried up, our only option was a spring two kilometers away. When we used this spring, it would take over two hours to fill a 20 liter jerry can, because the yield was so poor. The safe water well we have received will save us from diseases. Additionally, having a source so close will help us women to cook for our families."

There is no longer a sense of dread associated with water access.



The fear of harmful, long-term effects is replaced by a hope that their well will be a long-lasting source of life. The water will cleanse them, sustain them, and remind them of the living water they receive through Christ.

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

