

HOTZE on WELLNESS

September 2019

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FALL ALLERGY SEASON IS HERE

A LETTER FROM DR. HOTZE

Dr. Hotze with giant ragweed

Weed pollen season began in late July and will continue until the first freeze, which usually occurs sometime in December. The giant ragweed, which you can see in the picture above, gets most of the blame, but there are numerous different weeds that pollinate and cause airborne allergy symptoms as well.

The weed pollens are airborne pollens, and can travel 400-600 miles in the wind. When cool fronts begin to arrive in late September and early October, they carry weed pollens from as far away as southern Kansas.

Forty percent (40%) of Americans have a genetic predisposition toward allergy, and 20% are severe enough to need allergy desensitization.

Allergy is an abnormal reaction by the body's immune system to normally occurring substances in the environment. Common symptoms are sneezing, red, itchy and watery eyes, stuffy nose, nasal congestion, post nasal drainage, sinus congestion and headaches, sinus infections, sore throat, ear infections, chronic cough, bronchitis, asthma, eczema and fatigue.

There are airborne allergens, specifically weed pollen,

late summer and fall, tree pollens in the spring, and grass pollens late spring and summer. In Houston, because of our wet, humid climate, we have mold spores year-round. Dust mites, in bedding, and animal dander from cats and dogs also contribute to airborne allergy. Food allergies can occur to common foods, such as wheat, corn, egg, yeast, milk, and soybean, although, in an allergic individual, other foods can cause allergic reactions as well. These common food allergies are cyclical in nature and add to the allergy load, leading to the allergy reactions and symptoms listed above. Children with recurrent ear infections commonly have a milk allergy. Eczema in children is commonly caused by food allergy.

You can greatly reduce and even eliminate your allergy and asthma symptoms naturally through allergy desensitization treatment. By giving the allergic individual diluted extracts of the very substances that cause the problem, the immune system will build blocking antibodies to the airborne allergens. You will be glad to know that we desensitize you to allergens, using sublingual allergy drops, *continued on page 5* ■

10 TIPS to Fight **FALL ALLERGIES**



1. Neti Pot or Nasal Wash

Rinse your sinuses of pollen daily with a Neti Pot or nasal wash spray.



2. Air Filters

Change air filters regularly. Consider using a HEPA air filter for your home.



3. Air Vents

Clean all air vents of dust and mold.



4. Vitamin C

Take vitamin C which is a natural antihistamine.



5. Immune-Boosting Supplements

Take Vitamin D, Zinc, Colostrum, Garlic, and Curcumin.



6. Dust Mite Covers

Use dust mite covers for pillows, mattress and box spring.



7. Foods to Avoid

Avoid milk, melons and bananas in the fall. These foods are concomitant with ragweed pollen and will make your allergy symptoms worse.



8. Limit Time Outdoors

This will only make allergy symptoms worse. If you do go outside, late afternoon is best since the pollen counts are highest mid-morning.



9. Pets

Be sure to wipe the pollen off their fur with a damp cloth when pets come indoors. This will decrease your pollen exposure.



10. Paper Masks

Paper masks are helpful, but they do not filter all the air and you will still get some exposure through and around the edges of the mask.



KID'S BACK TO SCHOOL VITAMINS

by Jackie Martinez, Certified Holistic Nutritionist, Hotze Vitamins®

Now that the kids are back in school, you want to help boost their immune system and keep them healthy for the upcoming year. Did you know that Hotze Vitamins carries healthy children's vitamins with no artificial coloring, preservatives or flavoring?

Smarty Pants

This yummy, gummy multivitamin contains omega-3s for brain health, fiber for digestion, D3 for immunity and vitamin K for healthy bones. It comes in delicious fruity flavors.

Probiotic

Blend For Kids

Probiotic blend helps support gastrointestinal health. It also may help boost the immune system and improve allergies.

Nutri-Kids

Nutri-Kids is a great-tasting, chewable multivitamin designed for children ages 4 and up. Its delicious sugar-free grape flavor, sweetened only with xylitol and stevia, will have your kids begging for their vitamins daily! It provides important antioxidants, a full B complex, calcium and magnesium. It supports focus and concentration. It contains vitamin D, promoting bone, heart and brain health.

DHA Junior by Nordic Naturals

DHA Junior is a delicious way for children over 2 years of age to supplement their diet with the essential nutrient DHA. It is critical for brain, nerve and optical health in children, as well as brain development in the early stages of life. It has a great-tasting strawberry flavor. These tiny pearl-sized softgels can be chewed or swallowed, making taking vitamins easier than ever.

Visit HotzeVitamins.com today or call our Certified Holistic Nutritionist and Vitamin Consultants at **800-579-6545**.



FIGHT ALLERGIES, INFECTIONS AND INFLAMMATION WITH CORTISOL

by Ivy Garza, PharmD, RPH, Physicians Preference Pharmacy

With the start of the new school year, it's time to think about making sure your immune system is healthy and strong. The fall allergy season is here, in particular ragweed season, and cold and flu season is right around the corner.

Today we want to focus on cortisol, a strong anti-inflammatory hormone that plays an important role in helping you boost your immune system to fight infections, allergies and inflammation.

Cortisol is a steroid hormone produced by your adrenal glands. People with food and environmental allergies commonly have weak adrenal function, also known as adrenal fatigue. Most allergies involve the release of histamine and other pro-inflammatory substances. The more histamine that is released, the more cortisol it takes to counteract the inflammation.

The adrenal glands become tired from trying to produce enough cortisol to meet your body's demands. With adrenal

fatigue, you are likely to be more vulnerable to infections and to heal more slowly than those with healthy adrenal glands.

BIOIDENTICAL CORTISOL TO THE RESCUE

When your adrenal glands become exhausted, your natural cortisol levels drop significantly. The natural solution is to supplement with bioidentical cortisol to give the adrenal glands the support they need under this time of stress.

Call Physicians Preference Pharmacy for your bioidentical hormone needs today at **281-828-9088** or visit www.PhysiciansPreferenceRX.com.

SEPTEMBER SPECIAL:

Transfer your prescription to Physicians Preference Pharmacy today & **receive \$50 off!**

COACH MICHEAL & NATALIE BURT: REACHING HIGH LEVELS OF ENERGY AND SUCCESS

Coach Micheal Burt and his wife Natalie found The Hotze Health & Wellness Center by accident. Coach Burt, one of America's top performance coaches, was hired by Dr. Hotze to come to Texas and refine the organization, specifically in sales and referrals. After many long dinners with Dr. Hotze, Coach Burt came to a realization that both he and his wife needed to get their health to another level, specifically in energy levels.

For many years Coach Burt had been coaching successful people but noticed that they did not have a fire and enthusiasm about life. Although successful, they seemed static. At first, Coach Burt believed them to just be "lazy" or "complacent" in life, but after time with Dr. Hotze, he had this revelation:

As we age our bodies begin to naturally decline and quit producing the things it needs to be successful.

Coach Burt's mind pushed him hard, but he didn't want to serve up crumbs to his six year old daughter or his wife Natalie at the end of a long hard day of coaching. He was noticing that he was exerting so much energy into his coaching business that he had none left over for the people he loved the most. This was a problem. Dr. Hotze is in the business of helping people find another gear by showing them how to get their energy to all new levels.

Coach Burt became a guest at HHWC only to learn that he was deficient in almost every major category. Getting him on a regime to get his levels to accurate levels, Coach Burt began to see an uptick in his energy and also began to see how much other men needed to experience this energy. Coach Burt would go on to start the "**Double Your Energy, Double Your Income**" series with Dr. Hotze to help enlighten other people around the country about the power of getting your health on a path to health and wellness minus the use of pharmaceutical



drugs. This is now a tour that will be coming to Texas over the next year. Coach Burt believes there is a direct correlation between your energy levels and your earning potential.

Not long after Coach Burt became a member, his wife Natalie would join as a guest and begin to experience the same uptick in energy. Natalie, the author of "**Living with a Monster**," is now hosting her own women's retreats and runs the real estate division of The Revolution Group, a second company the Burt's own. She helps to run all of the hospitality for each retreat and redesigns the properties making them incredibly more valuable. Coach and Natalie believe in a concept called "Intentional Congruence" where all parts of one's life feeds all parts of their life.

"...THERE IS A DIRECT CORRELATION BETWEEN YOUR ENERGY LEVELS AND YOUR EARNING POTENTIAL."

The Burt's believe this: Doing big things in the world requires enormous amounts of energy. When your body is low on energy, you are low on confidence and the prey drive you need to attack goals and aspirations with vim and vigor. The Hotze Health & Wellness Center has been a tremendous new addition to the Burt's life. Not to mention the healthcare and guidance, the relationships that have stemmed from a relationship with the Center has been tremendous for the Burt's as **Coach Burt is now coming to Houston, Texas monthly to coach many other people on how to double their income.**

▀ Visit www.CoachBurt.com today!



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

which are drops taken under the tongue. This is a safe, effective and convenient allergy desensitization treatment which can be done in your home. There are no injections, and instead of driving to the doctor's office for weekly allergy shots, you can simply put a few drops under your tongue daily in the comfort of your home.

Food allergies can be treated through an elimination and rotation diet. It is also possible to neutralize the symptoms of food allergy using sublingual food drops.

We also offer LDA (Low Dose Allergen Immunotherapy) at the Hotze Health & Wellness Center. With LDA, you will be able to treat for inhalant allergy, food allergy and chemical sensitivity, with one very small injection every 10-12 weeks. This treatment is beneficial for both children and adults.

LDA involves using a wide variety of allergens (over 300) for desensitization. Also, it is enzyme potentiated which increases the immunizing effects of the allergens. The treatment is convenient and only takes a few minutes. One to three small intradermal injections are given on the inside of the forearm like a small allergy test.

Vitamin C is a natural antihistamine and can be used to control allergy symptoms instead of pharmaceutical drugs. Vitamin C boosts the immune system and supports the adrenal glands. I recommend that you take 1,000 mg. per 25 pounds of body weight in divided doses, morning and evening. If you weigh 150 pounds, then you would take Vitamin C, 6,000 mg. per day. If you have an allergy attack, then you can increase

the dose until you can control your symptoms or have stool intolerance. Xlear Nasal Spray soothes and moisturizes the sinus and nasal passages, and Xylitol helps kill bacteria in the sinus cavity. Argentyn 23 is a hydrosol silver product that works as a natural antibiotic to help kill infections. It is very effective as a nasal spray for sinus infections.

Optimal thyroid function is key for a healthy immune system and helps improve resistance to infection. Optimal adrenal function is needed to ensure adequate cortisol production. Cortisol is your body's naturally occurring anti-inflammatory hormone. Chronic allergies can lead to adrenal fatigue and low production of cortisol. When this occurs, supplemental cortisol is a safe, effective and natural way to relieve the inflammation caused by allergies.

I believe that you deserve a doctor and a team of professionals to coach you onto a path of health and wellness naturally, without the use of pharmaceutical drugs, so you can enjoy a better quality of life. If you're ready to conquer your allergies and regain your energy so that you can feel your best, contact us today at 281-579-3600.

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.

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

Become a part of the LEGACY REFERRAL PROGRAM

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

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For questions or information please contact the New Guest Department at **(281) 698-8698**.

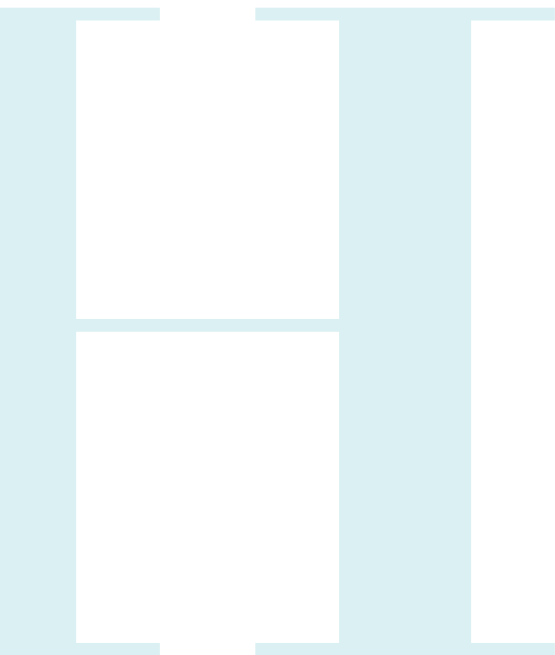
Whenever you refer a friend to Hotze Health & Wellness Center, we make a donation to Living Water. **To learn more, visit www.hotzehwc.com/referralprogram**

<p>1-3 REFERRED GUESTS</p> <p>\$300</p> <p>GIFT CERTIFICATE FOR EACH NEW GUEST THAT YOU REFERRED</p> <p>3 REFERRALS Enjoy dinner with Dr. Hotze at Capital Grille</p>	<p>4-6 REFERRED GUESTS</p> <p>\$400</p> <p>GIFT CERTIFICATE FOR EACH NEW GUEST THAT YOU REFERRED</p> <p>5 REFERRALS Enjoy a spa package at the Houstonian Hotel</p>	<p>7+ REFERRED GUESTS</p> <p>\$500</p> <p>GIFT CERTIFICATE FOR EACH NEW GUEST THAT YOU REFERRED</p> <p>THE INNER CIRCLE</p> <p>10 REFERRALS Enjoy a 2-night stay at the Houstonian Hotel with spa package!</p>
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