

HOTZE on WELLNESS

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*Welcome
Spring!*

A LETTER FROM DR. HOTZE

Dr. Hotze and his wife Janie

Greetings to you and your family! As an honored member of **Hotze Health & Wellness Center**, I want to congratulate you again for taking charge of your health! 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 that you can enjoy a better quality of life.

Our commitment to you doesn't end after your first visit. We consider it a privilege to coach you along your health journey. As you are aware, it is natural for hormone levels to change as we mature. For example, if you started our program when you were in

your thirties, and now you are in your fifties, then you will most likely have experienced changes and will need us to help you adjust your hormones.

If you begin to experience even one symptom, then that is one too many. We want to hear from you and are available to answer your questions and help you find the best solution for your needs. Our goal is that you are in a state of optimal health. After all, we were created by God and are fearfully and wonderfully made. You deserve to live your best life possible!

It has been a blessing to have helped thousands of individuals who have shared their testimonials with us, and

we feel privileged every time you refer your family and friends. You may not be aware that you are also participating in a wonderful mission.

When you refer a friend or family member to us who decides to restore their health, we donate a portion of their visit to **Living Water International**. This Houston-based charity demonstrates the love of God by first providing impoverished communities and villages around the world access to clean water. Then they are invited to experience "living water"—the gospel of Jesus Christ—which satisfies the deepest thirst.

If you have *continued on page 10* 



TAKE CONTROL OF YOUR ALLERGY SYMPTOMS

by Ron Parker, PA, Hotze Health & Wellness Center

Hello to you and your families! The trees feel differently this year since they started pollination in late January and have not stopped. Mountain Cedar has also continued and is still in the air, and if that is not bad enough, it is likely to continue until May. If you are having nasal or eye symptoms or just feeling badly, it could be tree pollen. Tree pollens cause various hay fever symptoms and may be causing you problems now. Itchy nose and eyes, sneezing, and congested runny nose are common symptoms of tree pollen exposure. Tree pollens also cause more serious problems like asthma, eczema and fatigue. You do not have to put up with these problems, at Hotze Health & Wellness Center we have a comprehensive allergy program to treat the symptoms of hay fever without the use of pharmaceutical drugs. We feel you have the right to a better quality of life without the use of pharmaceutical drugs.

Frequently, dietary changes and environmental controls are enough to control symptoms. Some foods cross react with pollens and if you avoid the foods that cross react with the pollens you are sensitive to, your symptoms will clear. If you are allergic to a lot of pollens, you will have trouble avoiding all the foods associated with multiple pollens. Ask us for a copy of concomitant foods which will tell you which inhalant allergens are cross-reactive with foods. Be sure to change the HVAC filters often and do not air out the house this spring on those clear cool days we love so much. If you just can't resist, be sure to change those air filters once you are done. Oh, don't forget about the dog. When going outdoors several times a day, they bring in pollen and mold on their fur and shake it all around the house for you. A quick wipe with a damp hand towel helps tremendously. Also, keep Fido out of your sleeping room.

If these things are not enough to control your symptoms, you may need to take the natural approach to allergy control that we provide at the Hotze Health & Wellness Center. Immunotherapy is a consideration— allergy drops that you put under your tongue for the offending allergens that are causing your symptoms. Treatment is easy and painless. You do not have to go to the doctor to be treated and refills of the drops can be mailed to you for your convenience.

Allergy drops are taken daily and are well tolerated by all age groups. You are not too old to take allergy drop immunotherapy. Children can usually start at about age 4 or 5 years old. This is not a quick fix for an immediate problem, but works well for chronic symptoms, like that cough from post nasal drip you have been putting up with for years. Most people will take allergy drops daily for 3-5 years, then less frequently to maintain control of their symptoms. Very few are cured, but about ninety percent become symptom free during treatment. There are no drugs in the drops, only purified proteins of the things you are allergic to. This is a natural treatment to strengthen your immune system and increase your energy level.



Tree pollen

Do not forget about natural antihistamines. Vitamin C and Quercetin are both very helpful when taken at therapeutic levels during allergy season. Check with your health care provider for the correct dose. Once you make it through the spring, there will be less problems in the summer for about three months and the whole thing starts over in the fall usually just before Thanksgiving. For most people, allergy symptoms are a full time problem. If that is you, then it is time to think about full time treatment. We look forward to seeing you at Hotze Health & Wellness Center.



pet dander

concomitant foods



These foods are cross-reactive with airborne/inhalant allergens during tree season, which is from mid-February through June:

» **ELM TREE**

Avoid:

Milk
Lettuce
Mint
Chocolate

» **OAK TREE**

Avoid:

Apples
Egg
Chestnut
Pears



SPRING CLEAN YOUR MEDICINE CABINET

by Kim Bennett, RPh, Hotze Pharmacy

Springtime is here and it usually motivates us to do some spring cleaning of our home, bedroom, closet or pantry. Nothing feels better than having a fresh start! However, you may not realize that spring cleaning your medicine cabinet is much needed, too. Not only is it important to clean out and get rid of expired, unused or unwanted medications, it's equally if not more important to dispose of them properly.

Some medications may be especially harmful and, in some cases, fatal with just one dose if they are used by someone other than the person for whom the medicine was prescribed. To prevent accidental exposure to, including ingestion of, these potentially dangerous medicines by children and others, including pets, it is recommended that these medicines be disposed of quickly.

Another problem today is that pharmaceutical drugs that are improperly disposed of are being detected in our water supply, and this can have a negative health impact on not only aquatic life, but people. Did you know that antidepressants have been found in fish? Antidepressants are the highest documented drugs contaminating our waterways.

Here are some ways to safely dispose of medications:

There are local drop-offs to dispose of old or unused pharmaceutical drugs. Medicine take-back programs are a good way to safely dispose of most

types of unneeded medicines. The U.S. Drug Enforcement Administration (DEA) periodically hosts National Prescription Drug Take-Back events where collection sites are set up in communities nationwide for safe disposal of prescription drugs. Local law enforcement agencies may also sponsor medicine take-back programs in your community. You can also contact your local waste management authorities to learn about medication disposal options and guidelines for your area.

Disposal in Household Trash

If no medicine take-back programs are available in your area, and there are no specific disposal instructions on the label, such as flushing, you can follow these simple steps to dispose of most medicines in the household trash:

- Mix medicines (do not crush tablets or capsules) with dirt, kitty litter, or used coffee grounds.
- Place the mixture in a container such as a sealed plastic bag.
- Throw the container in your household trash.
- Scratch out all personal information on the prescription label of your empty pill bottle or empty medicine packaging to make it unreadable, then dispose of the container.

Make a plan to spring clean your medicine cabinet so that you can ensure the safety of your family and environment. Happy spring cleaning!

Source: U.S. Department of Health and Human Services

Spring
is a time
of renewal—
even for
your skin!



Save 10%
on a new
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during April.

OFFER EXPIRES APRIL 30, 2018.



GLUTATHIONE FOR DAILY DETOX

by Tressa Knapp, Certified Holistic Nutritionist

Toxins and chemicals are all around us, no matter where we live. If you live near a city, then you are exposed to them in even more dangerous amounts. For most of us, there is no question of whether or not we need to detox regularly, but you may be thinking, “what’s the best daily detox?” Here’s your answer.

Your multivitamin, magnesium, vitamin C, and other supplements, help your body facilitate daily detox, but there’s also the “Master Antioxidant” to consider. The Master Antioxidant is none other than **glutathione**, which, when taken in a liposomal form helps “*facilitate the plasma membrane transport of toxins by at least 4 different mechanisms*” (IMCJ Feb 2014). So, it’s not just an antioxidant that helps with detoxification, it’s the MOST helpful and strongest antioxidant.

As long as your body has a good amount of it in each cell, you

can manage daily detoxification, keep cells clean, and avoid age and toxicity related diseases. However, due to the daily onslaught of toxins and chemicals we are exposed to, many of us may be deficient in glutathione and not even know it. *Every exposure to toxicity requires our cells to draw on our glutathione reservoir to successfully detox.*

Taking over the counter pain relievers like acetaminophen would be one of the worst offenders, but mercury amalgams, aluminum exposure, printer ink fumes, plastics, new carpet, or pesticides can all do their part to deplete glutathione. Deficiencies of cellular glutathione are linked to Parkinson’s, Alzheimer’s, HIV, heart disease, hearing impairment, glaucoma, liver disease, and the

aging process itself. Proper amounts of glutathione in cells is linked to higher levels of physical health, fewer illnesses, and higher levels of self-rated health. Glutathione status is also an accurate predictor of telomere length, which predicts lifespan.

Ready to get started? Hotze Vitamins carries **Liposomal Glutathione softgels** which are the best way to take glutathione. The liposomal form is required for proper absorption, or else the glutathione won’t make it to the bloodstream.

Save 10%

on your order of
Liposomal Glutathione
during the month of April!

Visit hotzevitamins.com or
call (281) 646-1659 to order.

Use code GLUT10
at checkout.



SWEAT OUT TOXINS WITH EXERCISE

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

Cleansing your body doesn't necessarily mean you need to go on a juice fast or give up everything you enjoy. You can simply detoxify your body through exercise. A detox is meant to cleanse your body of inevitable environmental pollutants, food waste, and harmful bacteria and toxins that you come in contact with every day. Fortunately, our bodies were designed to naturally detoxify itself through our internal organs. These organs include the skin, colon, liver, kidneys, lymph glands and the lungs. However, in order for these organs to perform at their most optimal levels, our bodies need to be active in order to keep things moving as they should.

How Does Exercise Help?

The human body was designed to move. The more active we are, the better our bodies will be able to cleanse and detoxify our system from the inside out. Toxins tend to store themselves in our fat cells, causing fatigue, inflammation, sluggish metabolism, constipation, and even adverse skin reactions. Exercise promotes the detox process by stimulating circulation, filtration

and elimination within our systems. This allows the digestive, lymphatic and circulatory systems to thrive and be more productive. When we exercise, we breathe deeply with our lungs, transferring oxygen through the blood to our muscles, brain and heart. This circulation process helps the liver and lymph glands to filter and cleanse the blood and lymph, burn excess fat, and rid our body of carbon dioxide, which is a waste product of aerobic exercise.

What Kind of Exercise is Best for Detox?

First, you want to find an activity you enjoy doing and one that will get your heart pumping, increase your breathing and promote perspiration. This will speed up the detoxification process as well as improve your cardiovascular health. High Intensity Interval Training (HIIT) is one of the most effective ways to sweat out toxins and shed excess fat. Running, cycling, swimming and dancing are also examples of aerobic activity. Yoga is also a very powerful activity for detox. Certain yoga poses, such as the sage twist pose, squeeze the abdominal organs and

stimulate the kidney and liver, promoting digestion and eliminating waste. Inversion poses, such as head stands, can drain lymph from the lower extremities and flush the toxins towards the heart where they are cleansed and flushed out through our lymphatic system.

Drink A Lot Of Water

During a detox, you want to make sure you consume enough water to replace the water lost when you sweat. Your skin, your body's largest organ, eliminates toxic waste as well as water. Your body also requires water to survive. Staying hydrated is so important for the function of your kidneys and liver to filter through waste during detoxification.

Almost any type of exercise will support the detoxification process and benefit your body in more ways than one. It's the most natural way to prolong our longevity, strength and overall health. For the best results, exercise for at least 30 minutes at a time, four to five days a week. Start slowly and remember to also pair your exercise program with a healthy, clean diet and vitamin regimen.





SPRING CLEAN YOUR SKIN CARE PRODUCTS TO THROW OUT BASED ON SKIN TYPE

by Brittney Wranik, Hotze Aesthetics

In this natural wellness revolution, the need to eliminate harmful additives, parabens and preservatives from our skin care has become pretty obvious. However, did you know that there are also healthy ingredients to avoid based on your skin type? Ingredients that are natural, healthy and beneficial for some skin types might be completely counterproductive for others. In March, we learned what general allergens and additives to avoid. This month we will spring clean your remaining products to best suit your skin.

Below are 3 basic skin types in which most people can be categorized. Spring is the time to clean the clutter and simplify your life, so, let's do just that. Find your skin type, learn what products are counterproductive for your skin, throw out the products that don't serve you well, and keep the products that do.

Oily Skin typically has a shiny, glossy appearance and is prone to having enlarged pores, blackheads, pimples and other blemishes.

⊖ **AVOID** oil-based products and high percentage retinol. These kinds of products can drastically dry out your skin and though this may seem helpful for oily skin, it is actually counterproductive. Drying out oily skin will only exaggerate oil production.

⊕ **INCLUDE** water based products and replace standard retinol with microencapsulated retinol (i.e. plant based vitamin A). These products will prioritize the balance and hydration of your skin cells, therefore, keeping oil production at a minimum.

Normal/Combination Skin often has an oily t-zone, a mixture of dry patches,

a few imperfections, small pores and an even complexion.

⊖ **AVOID** harsh scrubs and oil-based moisturizers. Aggressive scrubs and harsh exfoliants will leave your dry areas irritated and raw. Meanwhile, oil-based moisturizers will accelerate oil production in the contrasting oily areas.

⊕ **INCLUDE** Alpha Hydroxy Acid (AHA) exfoliants and water-based moisturizers. AHA will provide a thorough yet tolerable exfoliant for both your oily and dry areas, while water based moisturizers will maintain the hydration throughout your skin without exaggerating your oil production.

Dry Skin is often flaky and rough with nearly invisible pores, little elasticity, slight redness and more visible lines.

⊖ **AVOID** cleansers with Salicylic Acid and exfoliating brushes with synthetic stiff bristles. These types of products are far too harsh for your dry flaky skin. They will most likely leave you raw, sensitive and even drier.

⊕ **INCLUDE** hydrating cleansers (with aloe or HA) paired with medical grade silicon exfoliating brushes instead. Pairing hydrating cleansers with a silicon exfoliating brush (i.e. Foreo) will keep your skin clean, clear and blemish-free without the harsh drying effects of Salicylic Acid and bristle brushes.

Remember, all skin care and skin types are not created equal. It is important to choose products based on what will best suit your skin. 📍 **If you have specific questions regarding options best suited for you, call us at (281) 698-8770 to schedule a complimentary skin analysis today!**



Schedule a facial during the month of April with **Hotze Aesthetics** and receive a *complimentary* **dermaplaning session**

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REBECCA RENAUD: HOW TO BEAT FIBROMYALGIA NATURALLY

Prior to her visit at the Hotze Health & Wellness Center, Rebecca had the following symptoms: muscle and joint pain, fatigue, weight gain, severe depression, brain fog, lethargy, low libido and insomnia. As her symptoms worsened over the years, she had to quit her job (which she so loved) after 13 years because her body could no longer function properly. She also withdrew from social events with friends and family, and even stopped traveling. Rebecca would ask herself everyday “What is wrong with my body? I am too young to be feeling this old.”

She had been to 10 mainstream doctors prior to her visit to the Hotze Health & Wellness Center, because she never gave up and needed some answers. Finally, she was diagnosed with fibromyalgia. Said Rebecca, “Okay we have a diagnosis, but what does that mean? To mainstream doctors it means ‘you have overactive nerves, so I will put you on pain meds, antidepressants and sleeping pills’, REALLY? I said no thank you, and moved on to the next doctor, only to hear the same thing over and over—more drugs!”

After seeing more than 10 doctors, including an endocrinologist, she broke down crying on her way out of the last doctor’s office because she was up against another brick wall with the same recommendations as the other mainstream doctors. Needless to say, Rebecca was an emotional wreck. As she was driving home, she remembered seeing Dr. Hotze on Good Morning Texas, discussing fibromyalgia and unbalanced hormones, and she was wondering why she had not called his wellness center. So Rebecca called when she got home and went to the center 2 weeks later. Said Rebecca, “it turned out to be the best decision I ever made.”

After arriving to her appointment, the staff and Dr. Ellsworth were very welcoming and made her feel at home. Said Rebecca, “I was very impressed with their service and they took their time explaining what was really going on with my body, and by the end of the day they came up with a plan for me that actually made sense. I left there feeling very hopeful for the first time in years.”

Dr. Ellsworth prescribed her natural progesterone, estrogen, thyroid and cortisol. In addition, he recommended that she do a Candida cleanse, which she felt turned out to be very necessary.

Said Rebecca, “Two weeks after I started taking my bioidentical hormones, I woke up one morning and realized that my pain was gone, the brain fog was lifted and my energy was back to normal. After three months I had lost 25 lbs. and kept it off, and it has been 10 years now! Finally, I got my life back! Thanks to the wellness center, I am now working again (I got my old job back), traveling and spending quality time with my friends and family. Life is good!”

“If you’re suffering with hormone imbalance, and are tired of being sick and tired, then please seek help at HHWC, because mainstream doctors are not the answer, and I am living proof of that. God Bless!”

"TWO WEEKS AFTER I STARTED TAKING MY BIOIDENTICAL HORMONES, I WOKE UP ONE MORNING AND REALIZED THAT MY PAIN WAS GONE, THE BRAIN FOG WAS LIFTED AND MY ENERGY WAS BACK TO NORMAL."





NOT YOUR TYPICAL SPRING CLEANING

by Erica Torres-Dudziak, Certified Life Mastery Consultant & Success Coach

When you hear the term “spring cleaning”, what do you think of? I have to admit, when I was little, that phrase scared me because it meant that I had to help my mom clean above the cupboards and in places I forgot collected dirt during the rest of the year. For those of you who love to clean, this phrase might bring a smile to your face.

Springtime is the time for cleansing, clearing out, and preparing for the new. New “what,” you ask? Well, the new body, the new career opportunity, the new relationship, the new finances, the new peace in our minds. Who couldn't use more of that! As you enter into spring this year, I invite you to consider spring cleaning from maybe a different perspective than usual.

Everything in our environment has the potential to either give us energy or drain our energy. **Everything!** Yes, I am talking about your closet, your car, your junk drawer in the kitchen, your bedroom, your bathroom cupboard, your office space, your purse, your gym bag, I could keep going. You may not realize it, but external clutter means internal clutter. When I first learned that the way I keep my desk, car, or closet says a lot about how overwhelmed I feel, I balked. That's not true, I thought, I am a free spirited woman who doesn't get excited with a checklist or a to-do list. I am creative and am not supposed to value structure and order. Well, this was definitely a belief system that wasn't serving me and my goals! And then, I took an inventory of my spaces and noticed how I felt. When I cleaned up, I felt

better. When I keep my desk clean, it is true, my mind was clearer, I felt in balance and in control of my workload. When my desk was cluttered...I felt overwhelmed and lacked focus. Even though we don't realize it consciously, these cluttered areas are taking up space in our mind. They can contribute to brain fog, lack of focus, lack of ideas, and feeling overwhelmed.

In addition to our physical space, when is the last time you took inventory of with who and how you are choosing to spend your time? I know that you know that there are people in your life right now that give you energy and then there are people who are draining your energy. We actually have a lot more control than we realize on how much of those interactions we get to have with people. If you have a weight loss goal, are you choosing to

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

a friend or family member who needs our help, then encourage them to call us at 281-698-8698 for their complimentary health consultation or send them to www.hotzehwc.com/ referrals where they can receive a free copy of my best-selling book, *Hormones, Health, and Happiness*.

Janie and I wish you and your family a healthy and a joyous Easter! Thank you for giving us the privilege of serving 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

spend time with people who are active, healthy, and enjoy eating healthier or are you spending most of your free time with people who believe they earned the right to overeat, overdrink, and indulge in sugar and carbs every time you get together because they had a tough week? If you are looking to take your business or career to the next level, have you surrounded yourself with successful people or people who are always complaining?

This springtime, I want you to consider which of parts of your life could use the most “cleaning up”

because it will have biggest impact on your goals or your peace of mind. If you are feeling overwhelmed by the many places to start, just pick one and set an action step to get started working on that one area within the next 3-5 days. Make some room for something AMAZING to come in your life this year!

Erica Torres-Dudziak,

Certified Life Mastery Consultant & Success Coach, believes that people want to be happy and feel successful in all areas of life and not have to sacrifice any of their core values to have both. Join her on **April 19th**, at **12:00 p.m. CST** for a **webinar** where she will teach you how to gain more clarity on this next chapter in your life, what causes us to get stuck and procrastinate, and how you can move forward!



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If you are interested in learning more about her coaching programs, email her at Erica@hotzehwc.com.



Fellowship & freedom FROM THE WATER CRISIS

NOMBRE DE JESUS BARIO ABAJO, HONDURAS

Between the banks of the swirling, brown Jesusita River and the stalks of vibrant, green banana fields, stands the community of Nombre de Jesus Barrio Abajo, Honduras. One of the most foundational needs of the community was a 15-minute journey away and only sold by the Standard Fruit Company—safe water. The only alternative water source was the Jesusita River. Exposure to that unprotected source had caused dysentery and respiratory infections. However, for those unable to make the journey or unable to afford Standard Fruit Company's price, it was the only option. Community leaders knew they needed help.

Living Water came to the community of Nombre de Jesus Barrio Abajo with a drill rig and a Living Water Trips team and set to work on the new water well. The community members dedicated themselves to helping the Living Water team's efforts, providing generous hospitality and fast friendships along with meals and labor. The staff and Trips team drilled until they reached an aquifer 48 meters beneath the surface. They flushed the borehole to remove any remaining debris, treated the well with shock chlorination, then installed PVC casing and a gravel pack. A sanitary seal was placed 39 meters deep, and the borehole was capped with an Afridev pump. Finally, Living Water staff helped the community form a water committee of seven men and three women that will oversee the care and maintenance of the well to ensure this historic innovation for Nombre de Jesus Barrio Abajo stays safe and operational in the years to come.

Paula Martinez Soto, a 52-year-old housewife, said "Thank you for blessing us with water. [Now,] we will not have to bother with transporting water." The lives of these community members have been transformed. They send their love, thanks, and blessings.

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

