

HOTZE on WELLNESS

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A LETTER FROM DR. HOTZE

Greetings! Do you have difficulty remembering things? Are you finding it hard to think and to concentrate? Have you been told by your healthcare provider that you are just getting old, or that you may even have the onset of Alzheimer's disease? Are you concerned that your lack of concentration and mental sharpness is negatively affecting your relationships or holding you back from being promoted? If any of these symptoms sound familiar then you may have hypothyroidism that has been overlooked.


Memory loss and difficulty concentrating are common symptoms of hypothyroidism. Traditional physicians use only the TSH blood test, which is an inaccurate measure of thyroid function, and do not listen to the patient's symptoms. They will routinely prescribe antidepressants, anti-anxiety medications, and other psychotropic drugs which may further exacerbate the problem, rather than addressing the underlying cause.

Nobody suffers from loss of mental capacity because they have low levels of pharmaceutical drugs in their body. There is a physical cause for this problem which can be determined and

addressed, naturally.

If you are experiencing brain fog, difficulty concentrating and memory loss, it is possible that these are symptoms of hypothyroidism that can be treated naturally.

Brain fog may be described as a state of confusion or lack of clarity. It can feel like a cloud that reduces your visibility or clarity of mind. It can cause you to become forgetful, detached and often discouraged and depressed.

Brain fog is very common. It affects children, as well as adults. It contributes to school and work problems, low self-esteem, accidents, unhappy relationships and *continued on page 6* 



POWER UP YOUR BRAIN

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

The summer break is ending, and it is almost time to go back to school. So how do you make sure you have all the brain power you need? What helps get rid of brain fog and sharpen memory?

Brain fog is a common complaint among those whose thyroid function is not optimal. Be sure to keep this in check by discussing your symptoms with your healthcare provider. Another culprit for brain fog is food sensitivity, which leads to inflammation in the brain. By following an avoidance diet and having a healthy gut, you are also preventing brain fog; your diet has a huge impact on your memory and brain fog.

As menopause approaches, estrogen and progesterone are imbalanced and start to decline. Estrogen is involved in the brain's signaling system. It contributes to language skills, attention, mood, memory, and other brain processes. The drop in estrogen and

progesterone causes lack of deep sleep that leads to memory impairment.

THE FOLLOWING NUTRIENTS CAN INCREASE BRAIN POWER:

► **Amino acids:**

These are building blocks of protein found in meats, eggs, poultry, fish, etc. Protein helps curb your appetite, promotes energy and supports neurotransmitters that have an impact on your mood and memory function. Further, vitamins B6, C, and magnesium are necessary for proper utilization of these essential amino acids.

Some examples of amino acids for brain power are:

SHTP (5-hydroxytryptophan) is known to help enhance serotonin levels in the brain, promoting better mood and improved sense of well-being. Tryptophan is found in turkey, chicken, milk, potatoes, pumpkin, sunflower seeds, turnips, collard greens, and seaweed.

Phosphatidyl Serine has been shown to improve cognitive gains compared to baseline measurements. This is found in soy lecithin, bovine brain, Atlantic mackerel, chicken heart, Atlantic herring, tuna, chicken leg with skin, and chicken liver.

► **Antioxidants:**

PQQ (Pyrroloquinoline Quinone) is a powerful stimulant for the mitochondria in aging cells. Studies show that only 20mg of PQQ daily improves cognition in middle-aged adults and elderly.

The benefits are even greater when combined with CoQ10. PQQ is found in parsley, kiwi fruit, papaya, green peppers, tofu and green tea (4oz). These foods contain about 2-3 mcg per 100 grams. CoQ10 is found in organ meats (liver, kidney, and heart), beef, sardines, mackerel, spinach, broccoli, and cauliflower.

► **Omega 3 Fish Oil:**

60% of our brain is made of DHA and essential fatty acids. These are found in meat, fish, eggs, poultry, sardines and fish oil.


► **B Vitamins** promote proper methylation/detoxification; promote energy; aid in hair, skin and nail health; and are found in green, leafy vegetables, meats, eggs, and poultry.

► **Meditation** is another powerful tool to keep your brain sharp. Practice mindfulness often!

► **Move, go outside and be sure to get 5,000 -10,000 steps daily.** Exercise increases brain activity in the bilateral frontal cortex which is linked with concentration and decision making; it also promotes the growth of new neuropathways for learning.

Lastly, remember to take breaks when studying and reading. Add fun to the schedule! Go outside for some sunshine for about 15 minutes daily without sunscreen or sunblock to make some vitamin D. Studies show that vitamin D promotes brain health and prevents Alzheimer's disease.

What will you do to empower your brain today?



To encourage better sleep, use the blue light blocker on your phone, tablets, and iPads when reading at night. You can also purchase blue light blocking glasses for use in the house in the evenings. This will promote proper production and release of melatonin that promotes good sleep.



A COMMON "MISSING LINK" TO MEMORY HEALTH

by Angela Foley, PharmD, Hotze Pharmacy™

By now, you are probably well aware of the main hormones for men and women; estrogen, progesterone, thyroid and testosterone to name a few. While all hormones can make significant improvements in overall health and memory, there is one hormone (also known as the “mother of all hormones”) that is most effective with memory: Pregnenolone.

Just like the other hormones, pregnenolone declines as we age. This decline will cause you to have moments where you can't remember where you put your keys, when your anniversary is or what you walked into a room for. Seeing as it is also the precursor to many other hormones, you may start to experience other symptoms such as poor moods, inability to sleep well, a loss in sex drive, and more.

WONDERING HOW IT ALL WORKS? WELL, PREGNENOLONE HELPS TO:

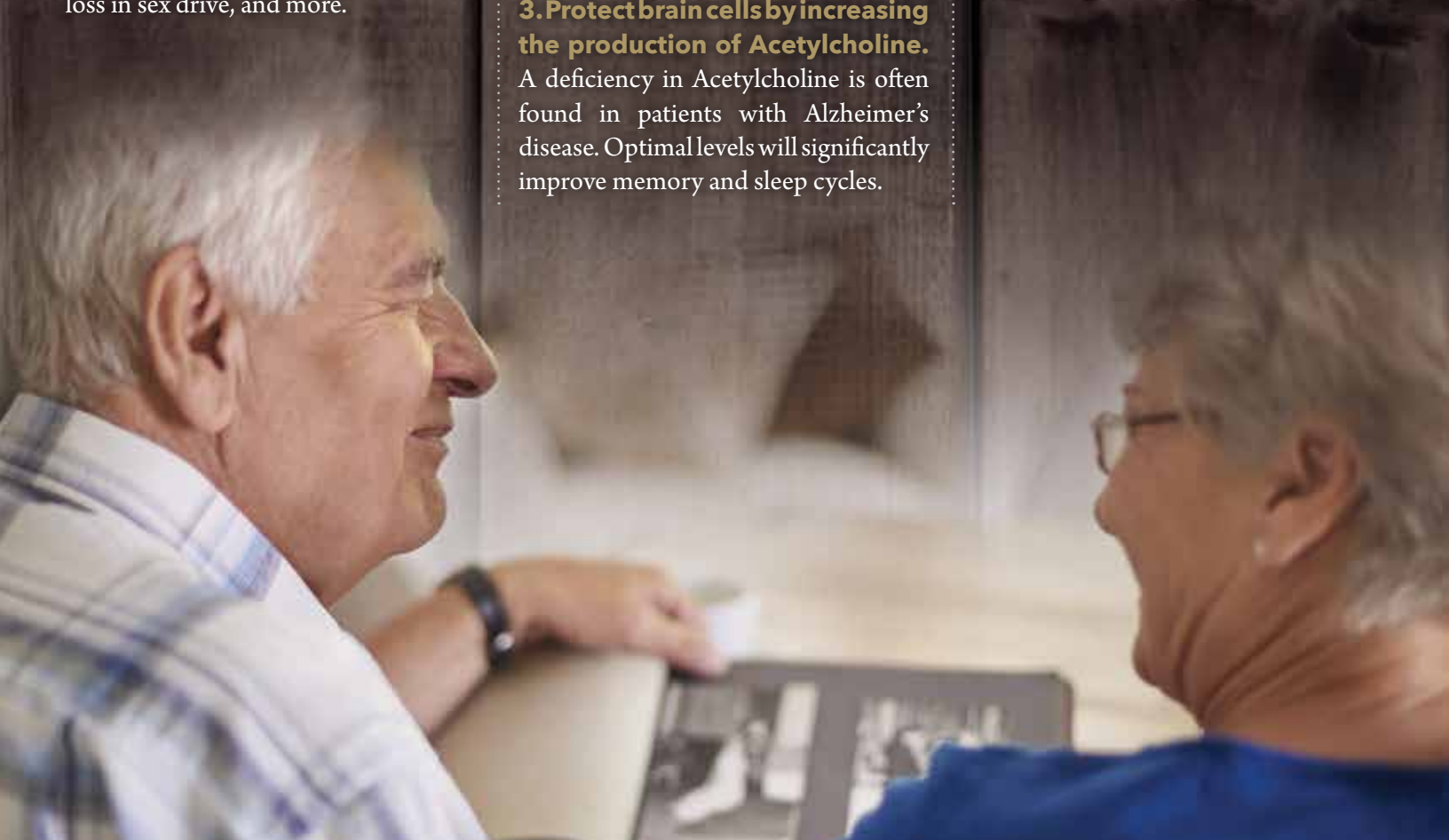
1. Stimulate the formation of new brain cells. Because of its ability to increase brain cell growth, it has proven to be effective in treating memory loss, mental health disorders, spinal cord injuries and more.

2. Block an over production of GABA. This non-essential amino acid is great for individuals with insomnia, migraines or seizures, as it keeps the brain calm and prevents neurons in the brain from firing, however an over-production can cause the brain to become sluggish.

3. Protect brain cells by increasing the production of Acetylcholine. A deficiency in Acetylcholine is often found in patients with Alzheimer's disease. Optimal levels will significantly improve memory and sleep cycles.

If you've noticed that you haven't been able to completely alleviate symptoms of depression or short-term memory loss with thyroid supplementation, pregnenolone is worth considering and speaking to your physician about. It may just be the missing link to your balance!

Because we want your memory to be top-notch this summer, and always, we're offering **\$10 off your new prescription of pregnenolone in the month of August.** If you have questions about pregnenolone or wish to contact your provider, you can call one of our friendly pharmacy staff members at **281-828-9088** and we'll be happy to assist you.



SANDEE BERRY: FROM COUCH TO MARATHON

Sandee's symptoms were awful. She had brain fog, forgetfulness, weight gain, and complete exhaustion. She felt like a lead weight in bed trying to get up in mornings, and she was just so tired all the time.

"I wasn't really able to have a life," said Sandee. It affected her job so much that she had to go on a reduced work schedule temporarily until her treatment started helping. She would need a nap just after going to buy groceries. Sandee would do things like forget to lock the door at night, scrape her car in the garage, and even put things in the fridge that didn't belong there.

Sandee saw a therapist and primary care doctor. She was put on antidepressants and given a synthetic thyroid medication, which only made her feel worse.

Sandee found out about Hotze Health & Wellness Center from a friend who had heard about us on the

my entire experience was."

Sandee was offered a multi-faceted approach to healing and balancing her body. It turned out that in addition to being hypothyroid, her other hormones were out of balance. She was given Armour Thyroid, bioidentical hormones and a vitamin regimen specifically for her. She also did the yeast-free eating program to get her body on the right track. It took some time and diligence on both sides to get all the dosages just right for her, but her life was turning around, and she was starting to have more energy, focus, and weight loss.

Sandee has been a guest now for 11 years and says "I've felt great!" Her symptoms were resolved. As years have passed, her body has continued to change, so she is working with our doctors on adjustments to her thyroid levels. "Now that I am facing that challenge, I am again reminded how

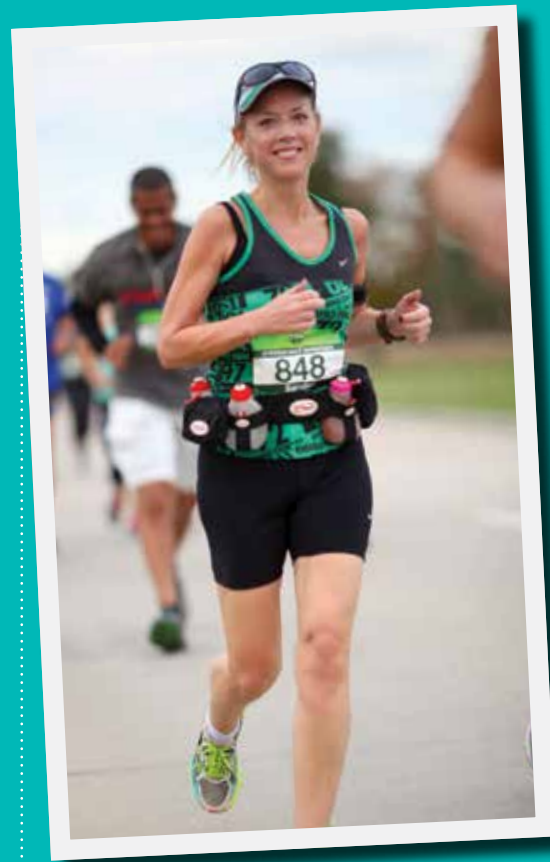
"How blessed I am that as I notice changes, I have Hotze to help me."

radio. She was really at her wits' end, so thought she had to give us a try. She was so glad she did.

Sandee said her experience with our doctors was amazing! Upon seeing Dr. Ellsworth, she immediately had hope. "The time, compassion and thoroughness he showed me was incredible. He really listened! I even followed up with a personal letter to Dr. Hotze telling him how wonderful

diligent, thorough and attentive the team at Hotze is in making sure I am treated properly for the best health. How blessed I am that as I notice changes or symptoms, I have Hotze to help me fix the issues."

"The person who once couldn't even grocery shop without being completely exhausted now lives a very active life. I am part of a running group and went from barely being able to walk a mile to



running a full marathon! I am active in volunteering, being out with friends and most importantly, am planning my wedding to marry my wonderful fiancé in October!"

"If you are suffering from any of these symptoms, don't put off getting treatment. Don't let yourself think, 'this is just the way it is as I age,' or have someone convince you it's depression or your blood levels are 'normal' so it might just be in your head. There is hope and a solution. Hotze will work with you to help you take charge of your health and feel better! Make yourself the priority – feeling good is way more important than a new TV or that vacation! What fun are those things if you feel terrible?"



FORGETTING SOMETHING? GET BACK YOUR MENTAL CLARITY, NATURALLY

by Tressa Knapp, Certified Holistic Nutritionist

Do you ever walk into a room and forget why, or lose your train of thought in a conversation? Age-related memory loss and brain fog can be scary, and living in a world of toxicity and fast food, we are especially at risk for declining memory. The great news is you can slow down the decline, and even improve your memory and brain health naturally with just a few simple lifestyle changes. Many people who incorporate these changes say that their brain function and learning ability is better than ever.

HERE ARE A FEW TIPS TO GET YOU STARTED:

1. Work up a sweat. In a study done at the University of British Columbia, researchers found that

regular aerobic exercise, the kind that gets your heart and your sweat glands pumping, appears to boost the size of the hippocampus, the brain area involved in verbal memory and learning. Resistance training, balance and muscle toning exercises did not have the same results.

2. Add acetyl-L-carnitine to your vitamin regimen. Clinical research suggests that taking two grams of acetyl-L-carnitine twice daily for 180 days reduces physical fatigue by 52% and mental fatigue by 43%. Acetyl L-carnitine can also enhance memory and improve brain energy and focus.

3. Do a detox program. A quality detox program is helpful for more than

supporting your liver. It's great for improving brain health and clearing brain fog, too. Hotze Vitamins® 14-Day Detox Kit makes detoxing simpler than ever by including everything you need in one package – detox powder, protein powder, daily vitamin packets and a guide that walk you through step by step. Our guests have also experienced more energy and enhanced hormone balance.

These are just a few of the changes can boost memory, focus, and clarity so that you feel more positive about life and better equipped to succeed. Make it a goal to progressively incorporate new habits into your health plan for increased memory and brain health. In 10 years, you'll be glad you did.

5 SIGNS YOU MIGHT NEED TO DETOX:

1. Fatigue
2. Weight Gain or Difficulty Losing Weight
3. Acne and Other Skin Problems
4. Hormonal Imbalance
5. Red Eyes and Allergies

You're just 14 days away from a cleaner, leaner you.



Save \$15 when you purchase the 14-Day Detox Kit this August. Use code BRAINY at checkout.

even crime and delinquency. Although it is common, it is not a recognized diagnosis, either in medicine or psychology. Some people have been this way for most of their life and think this is normal. Brain fog can have many causes—physical, biochemical, emotional and even spiritual.

Poor diet can also have a disastrous effect on memory, coordination, concentration, powers of reason, behavior and mood although this is very rarely recognized or looked into by medical professionals. When you eat processed foods containing additives and artificial colors, you are introducing toxic chemicals into your bloodstream. These chemicals find their way into the brain and alter brain function, and in the case of children who have been diagnosed with ADHD, it alters their behavior to make them restless or have a shortened attention span.

With 50% of Americans on prescription drugs and 20% of children

taking mind-altering drugs, we are facing a decline of mental capabilities throughout the population. Except for a small percentage of people who follow natural, healthy lifestyles, the population at large can no longer think clearly. Most people suffer from drug-induced brain fog, a common side effect of many of the top prescription drugs now being promoted on television in the United States. This widespread brain fog makes it extremely difficult for these people to function.

At the Hotze Health & Wellness Center, we recognize that a lack of mental clarity, difficulty concentrating, and short-term memory loss can leave people feeling “foggy.” It is our clinical experience that “brain fog” can be resolved through treatment for hypothyroidism, hormonal balance and decline, adrenal fatigue, yeast overgrowth and allergies, when indicated. Detoxification using vitamin and mineral supplementation is also

beneficial. Wouldn't you agree that having mental clarity is something that would improve your quality of life?

Brain fog is a legitimate complaint that affects many people as they age or as their hormones decline. Determining and treating the underlying root cause is key to regaining one's ability to focus and retain information. Band-Aid approaches such as antidepressants, anti-anxiety medication and other pharmaceutical drugs are not a viable solution.

In this newsletter, you will discover several ways to protect your brain from aging prematurely, the effect that stress has on your mental function, and what you can do to obtain and maintain optimal brain health, naturally.

Committed to you and your family's health success, I remain, as always,
Sincerely yours,



Steven F. Hotze, M.D.
CEO, Hotze Enterprises

IMPACT STORY: *The Common Well*

In June, a group of women from The Common Well (a sub-brand of Living Water International) traveled to Guatemala to drill a well, teach hygiene and sanitation and share the love of Jesus to a community in need. As the burden of the water crisis falls on women, The Common Well was formed to bring together a community of women to empower the women of the water crisis. In Guatemala, they did just that!

As the ladies of The Common Well were covered in mud from drilling, the women of the community looked on with hope and inspiration in their eyes. One 10-year-old girl even proclaimed that she now wants to be an engineer when she grows up. The Common Well truly made a difference in the lives of the community they were serving and even more so, they gave hope and opportunity to the women! Thank you for your continued support in providing clean water, the love of Jesus and hope to women, men and children around the world through Living Water!



www.water.cc/thecommonwell





FIVE FACTS YOU FORGOT OR NEVER KNEW ABOUT SKIN

by Brittney Wranik, Hotze Aesthetics

In the age of the internet, it feels like we are bombarded with unlimited facts, figures and data accessible at the touch of a button. This unrestricted access has birthed a number of 'experts' on every topic imaginable. In pursuit of helping you become your own expert in everything health, hormones, happiness, and skin, here are a few fun facts you forgot or never knew about skin.

1 In a single minute, you shed 30,000-50,000 dead skin cells.

As a result, you lose about 9 pounds of dead skin yearly, and we have roughly one billion tons of dead skin cell dust floating in our atmosphere at all times.

2 Caucasian skin only appeared as recently as 20,000-50,000 years ago.

As humans migrated to northern climates, we began to lose melanin or pigment in our skin that was vital for sun protection while living nearer the equator.

3 Taking long hot showers can be harmful to your skin.

While calming and luxurious, long exposure to hot water softens your skin's natural oils, which makes them susceptible to being easily rinsed away. This can cause dryness and irritation.

4 Skin acts as your body's thermostat and helps to maintain your temperature control.

In cold weather when your skin produces goose bumps, it is actually trapping a layer of warm air around you. In hot weather when sweating to cool you, your skin can produce up to 3 gallons of sweat in a single day.

5 Too much sun exposure damages the DNA in your skin cells.

Sunburn is your cells' way of killing themselves, so the damaged DNA doesn't turn into cancer.

There you have it. Now you're five steps closer to becoming a skin expert! To learn more personalized facts about your skin call your Hotze Aesthetics team at **(281) 698-8770** to schedule your very own VISIA Skin Analysis. This 3D complexion analysis takes just minutes and will uncover both hidden and visible truths about the current health and potential future of your skin.



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Photos courtesy of: Dr. Christy Bunyan; North Texas Dermatology, Plano, TX

