

HOTZE on WELLNESS

December 2017 · Vol. 2, No. 12

A LETTER FROM DR. HOTZE

Christmas greetings to you & your family!

December is one of my favorite times of the year. I treasure the fellowship with family and friends and the feeling of joy that the Christmas season brings. Most importantly, it is the time when we celebrate the first coming of our Lord and Savior Jesus Christ who came to take away the sins of the world.

Despite the festivities and fun, the Christmas season can be a stressful time. All of the “hustle and bustle” can wear you down. If that’s the case for you, here are some simple tips for taking care of yourself at this time of year.

1. **Get enough sleep.**

2. **Eat healthy.**

Stay off simple carbohydrates and

processed foods as much as possible.

3. **Take a good multivitamin and several thousand milligrams of vitamin C.**

4. **Take magnesium.**

This will help with stress, calm your nerves and keep your blood pressure down.


5. **Make sure your hormones are in balance with bioidentical hormones.**

6. **Write down all the things that you are grateful for in your life.**

Christmas can also be difficult because it is a sad time for some people. It may be a time that makes you miss loved

ones you’ve lost, and it’s natural to feel that way. However, if you’re feeling discouraged and sad for no apparent reason, there might be more to the story.

At Hotze Health & Wellness Center, we believe that depressed moods are the result of an underlying cause, often a hormonal imbalance or low thyroid condition, which can be easily remedied by replenishing your hormones and supplementing with the right vitamins and minerals. No one is depressed because of

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FEELING BLUE?

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

Depression is a negative feeling that may present itself to anyone, and no one is immune to it. It is often described as low mood, loneliness, overwhelming despair, lack of hope, unhappiness, lack of satisfaction, feeling “blah,” worthlessness, guilt, disturbed sleep, fatigue, or difficulty concentrating.

Depression is a result of a physical, emotional and spiritual imbalance or a combination of the three. To combat depression, it is important to identify the triggers and avoid them and seek help. The negativity that it presents itself with can be overwhelming at times, life-consuming and eventually, a person will feel helpless. There is always hope, and we are here to help you.

At the Hotze Health & Wellness Center, we will help you get physically balanced to have a good quality of life. Our goal is to restore your body to its full capacity by providing adrenal, thyroid and sex hormone support, stress management, lifestyle changes and promoting nutritional balance.

COMMON CAUSES OF DEPRESSION AND WHAT YOU CAN DO ABOUT IT

1: Stress:

This causes a response by the adrenal glands to a perceived stressor, the well-known “fight or flight response.” Stress increases the susceptibility to neuronal damage, impairs the process to which neurons are born, and alters the brain’s response to serotonin. Therefore, it is essential to learn to manage stress. Here

at Hotze Health & Wellness Center, we have a technique called Brain Renew that uses guided imagery to help with stress management. Meditation has also been a proven technique.

2: Hormone imbalance:

A common cause of low moods in females is due to the drop of estrogen mid-cycle. When Estrogen drops, so does serotonin. Therefore, a typical time for low moods is mid-cycle after ovulation. Also, as a woman approaches 35 years old, progesterone hormone starts to decline steadily, and the mood swings start to increase. Hormones can also be disrupted when there is a triggering stressful event that causes the adrenals to overwork. This compromises the hormone utilization at the cell level due to suboptimal cortisol production. Low thyroid function, low testosterone, and low DHEA are common triggers of depressive symptoms such as lack of energy, low motivation, poor self-esteem, etc.

3: Suboptimal nutrition:

Poor dietary intake of nutrients or malabsorption of nutrients will compromise the neurotransmitters and hormones. For example, the brain is mainly made of fat (fatty acids); therefore, suboptimal levels of omega 3 fatty acids lead to reduced cognitive function, mood variances, and impaired neuronal communication. The reason people experience low moods more often in the winter than in the summer is mainly from low vitamin D levels since we make vitamin D in the skin by exposing it to sunlight. Many other

nutrient deficiencies are associated with depression such as zinc, B vitamins, chromium, etc. Eat fresh, organic, whole foods daily and with a variety of colors, as this promotes optimal health.

4: Lack of physical activity:

Exercise helps you release endorphins (feel-good substances) that help counteract the low moods and symptoms of depression. Schedule daily walks. Identify a hobby that keeps you active.

5: Neurotransmitter imbalance:

Serotonin is primarily produced in the digestive tract. Therefore a healthy GI tract is necessary for the optimization and utilization of serotonin. Depression is not an antidepressant deficiency. Our long-term focus is providing the body with the tools that it needs to heal. Light therapy in the morning has been proven to help with low moods in those with seasonal depression.

Depression can have many causes, and it is vital to recognize it and seek help as soon as possible. No matter how low it makes you feel, there is always hope! We are here to help you regain balance.

Surround yourself with a good support system, learn your limitations, say no when needed and seek help immediately. We recommend that you have a support system in place, but if this is not possible, please seek counseling.

Remember, we are here to help. If you’re struggling, we can make recommendations to help you get back on track. Give us a call at **(281) 579-3600**.



HOTZE VITAMINS GIFT GUIDE

Something for everyone


Gifts
 for
Outdoor Lovers




Gifts
 for the
Fitness Junkie



Gift yourself and the ones you love.
Save 10% on your next order!*
 Use code GIFTIT at checkout.
 Valid through 12/31/17.


Gifts
 for the
Sleep-Deprived




Gifts
 for the
Coffee-Obsessed




Gifts
 for the
Resolution Lovers



Rx MYTHS VS. REALITY

1 MYTH: The board of pharmacy regulates pharmacies, so they all have to meet the same standards.

Reality: While it's true that the state boards of pharmacy require certain standards, Hotze Pharmacy™ has taken it a step further. In 2007, Hotze Pharmacy™ was among the first in the nation to receive accreditation from the Pharmacy Compounding Accreditation Board (PCAB) and maintain accreditation to date. This seal of approval is the gold standard in compounding and ranks Hotze Pharmacy™ as one of the nation's best in quality and safety.

3 MYTH: Hotze Pharmacy is expensive.

Reality: If you compare Hotze Pharmacy™ pricing, you'll find that we are not the lowest. However, you will likely be surprised at just how competitive we are. Add to that special pricing through programs like our autofill option or online ordering, and the difference is negligible. Considering how much extra care is taken to ensure that you feel your best, month after month, we believe you'll find Hotze Pharmacy™ is worth every penny.

2 MYTH: But, my pharmacy takes my insurance...

Reality: It's widely known that compounded prescriptions are generally not covered by insurance. Of the pharmacies we surveyed, even the ones that claim to accept insurance admitted that it was highly unlikely that the compounds would be covered. Ultimately, guests end up paying the full cash price whether the pharmacy files their insurance or not.

4 MYTH: My pharmacy is right around the corner.

Reality: Hotze Pharmacy's standard turnaround time is to ship all prescriptions within 24 - 48 hours. If you live in Houston, you'll typically receive your order the day after it's shipped. All but one of the surveyed pharmacies took 5 - 10 days to deliver the order. Yes, there are a lot of local compounding pharmacies that may be close to your home or office. But does that really beat the convenience of having the package delivered right to your doorstep?

At Hotze Pharmacy™, we believe that the quality of your compounded hormones directly affects the way you feel and respond to those hormones. We also believe that we have some of the strictest quality standards in compounding, so we put it to the test. Recently, we conducted a market analysis of five local pharmacies to address some of the issues we most commonly hear. **You may be surprised by what we found.**

5

MYTH: All hormones are basically the same.

Reality: This couldn't be further from the truth. Do you get your prescriptions from Hotze Pharmacy™? If not, do you find yourself calling the phone nurse every month to make adjustments? The problem may lie in the quality of your hormones. Hotze Pharmacy™ goes above and beyond state requirements to ensure that you are getting just what you are prescribed - nothing more, nothing less - but not all pharmacies do. As one of our standards, we send hormone samples to an outside lab for potency testing to verify that the accurate amount of active ingredient, i.e. progesterone, estrogen, thyroid, etc., is present in the capsule.

A variance of 10% is accepted practice. **Of six pharmacies surveyed, Hotze Pharmacy™ averaged a 5% variance, while other results ranged from NO active ingredient up to 400%!**

WHAT DOES THIS MEAN TO YOU?

It means the difference between feeling poorly or feeling like yourself again.

"I choose Hotze Pharmacy because of the consistent quality of the medicines produced by the pharmacy, the courteous, friendly, & knowledgeable staff and the knowledgeable advisors within the Hotze organization. I have had more than a few doctors take me off the Hotze compounded formula and have done very poorly on the "Big Pharma" options. Dr Hotze has made it possible for many Thyroid patients to fight for what works for them through his advocacy of natural medicines and compounding solutions in the political arena. I am proud to be associated with Hotze products and will be a lifelong customer."

Kathy S., Tomball, TX

Invest in your health. Invest in yourself.

Start feeling your best today. **Save \$50** when you transfer your prescriptions to Hotze Pharmacy™ by 12/31/17.

H O T Z E

P H A R M A C Y™

281.828.9088 • toll free 877.640.5248
www.hotzepharmacy.com

KATHY SCHMIDT: FINALLY LIVING INSTEAD OF JUST EXISTING

Every day felt like a stage act to Kathy. She experienced emotional instability, crying, and depression. She couldn't sleep and was exhausted. She had weight gain, hair loss, lack of libido, endometriosis and was cold all the time. She couldn't remember her students' names. She also craved sugar. Kathy was not able to function normally. She was so heavy that she was unable to exercise, nor did she want to because of the exhaustion. She had previously been very active and competitive with sports, but that was all gone. She was unable to have a stable conversation about emotional issues or even any controversial issue for that matter. She cried at the drop of a hat. She always had sinus infections and tonsillitis and was sick a lot of the time when she was young. She was unable to be effective at work and used all her sick days and some unpaid leave. She did not want to get out of bed and sometimes didn't.

Conventional doctors tested Kathy's TSH and said it was normal and that

"All my symptoms have disappeared."

she was depressed. She spent 10 years on different antidepressants, and it was always the same result: lots of crying, fatigue, and lack of intimacy. She knew something was wrong with her hormones and advocated for that. After a hysterectomy in 2004, she was placed on estrogen-only therapy, and she knew that was not good. They also offered antibiotics for the sinus infections, sinus surgery, and sleeping pills.

After much prayer and fasting for Heavenly help, Kathy was on a Southwest Airlines flight and saw our advertisement. She couldn't believe the testimonials. "It was like me talking to myself!" Her husband saw the look on her face, read the ad and said, "as soon as we get off this plane you call them, I don't care the cost."

She was offered a complete whole-body approach with natural hormones, vitamins, and yeast elimination with new eating habits. Kathy said, "Dr. Ellsworth was kind, reassuring, informative, thorough and RIGHT!"

Today Katherine says she feels "**Absolutely freaking fantastically amazing!** I feel 25 again! All my symptoms have disappeared. I fall asleep quickly, sleep peacefully, and wake on my own around 6 am. I *desire*

to exercise; I run five days a week. I have lost 33 pounds, and I have even thought about adding Yoga

and Pilates! I feel like being intimate with my husband. My daughter told me that she could not believe the change. She said, 'to be honest mom, growing up we never really knew what to expect. You were so emotional about everything that we just quit talking to you.' But now I am calm, cool and collected, objective and emotionally able to process



BEFORE

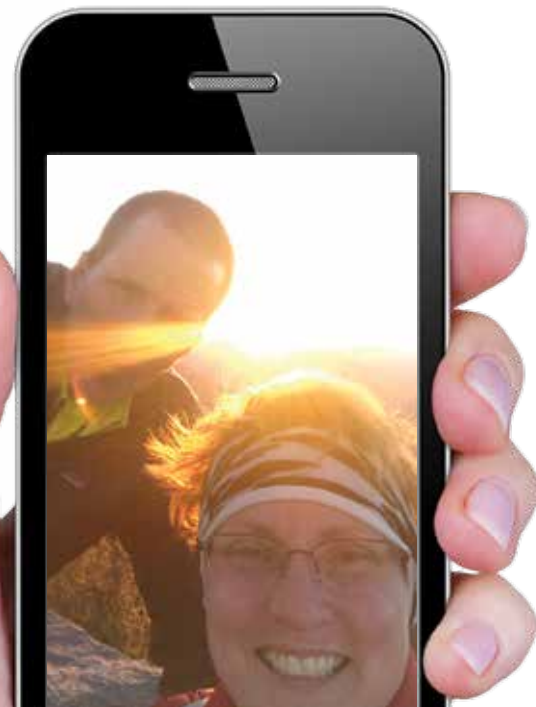


AFTER

things without it tipping me over. When people say, 'how are you doing?' I

absolutely cannot even help myself but to smile, laugh and say I am fantastic!"

"My husband hugs me and every single day, says, 'I cannot believe the change. My wife is back.' I get out of bed *every day* excited for what the day will bring! And that has not happened for a long, long, long time! Visiting the Hotze clinic is life changing, literally! **Praise the Lord for the Hotze clinic!!** I am finally living instead of just existing!"





MEET TAMMY NAPOLI, CLT, CMA, CAC MEDICAL AESTHETICIAN

The team at Hotze Health & Wellness Center is excited to welcome a new medical aesthetician, Tammy Napoli, to our team!

After receiving a degree in business in 1998, Tammy decided to become a licensed real estate agent for many years before realizing her true passion. Stemming from a desire to integrate wellness and skincare, Tammy pursued a career in aesthetics and now has over 5 years of aesthetic experience in dermatology and plastic surgery. She completed her esthetics training at Aveda Institute and then onto National Laser Institute in Dallas. During which time, she gained knowledge and experience in all aspects of skin and has a depth of laser experience

on numerous lasers in this rapidly developing field.

Since then she has attended The Aesthetic Academy and earned her Aesthetic Consultant Certification. She also has Allergan injectable training, advanced chemical peel training and pharmaceutical grade product training from LeReve Skin Institute, ZO Skin Health, Obagi, Revision, Neocutis Biopelle, SkinMedica and SkinCeuticals and understands the power of scientific skin care.

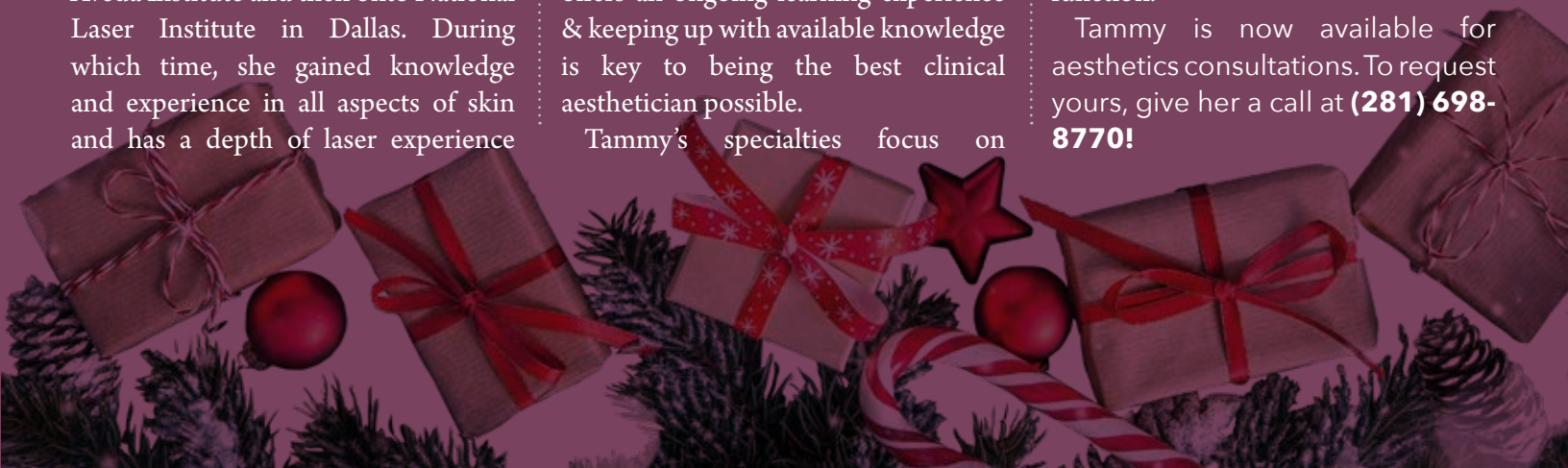
She believes the aesthetics industry offers an ongoing learning experience & keeping up with available knowledge is key to being the best clinical aesthetician possible.

Tammy's specialties focus on

improving cosmetic appearance with treatments including scars, skin laxity, wrinkles, moles, liver spots, excess fat, cellulite, unwanted hair, skin discoloration, and spider veins.

As a Certified Aesthetic Consultant, Medical Aesthetician and Certified Laser Technician, she can help each individual client reach their skin care goal by providing them with the knowledge and tools to correct the situation and to significantly improve the skin's quality of life, as well as psychological wellbeing and social function.

Tammy is now available for aesthetics consultations. To request yours, give her a call at **(281) 698-8770!**



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

a lack of antidepressants in their body. Countless individuals have expressed this as one of their chief complaints when coming to see us.

I have discussed this and other health issues on my podcast, **Dr. Hotze's Wellness Revolution**. If you haven't subscribed yet, you can do so at HotzePodcast.com. Not only have I been talking about health, but I have

also been interviewing a variety of experts on how to be successful in all aspects of life. Once you have your health back, you should make the most of it!

It is my hope and prayer that you enjoy this wonderful season and remember why we celebrate Christmas. God loves you and sent His son, Jesus Christ, to redeem you.

Thank you for giving us the privilege of serving you.

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

Sincerely yours,

Steven F. Hotze, M.D.

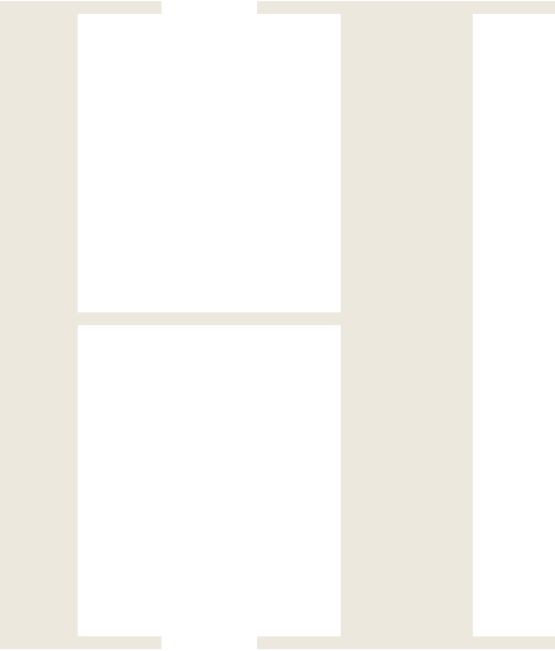
Chief Executive Officer, Hotze Enterprises



H O T Z E

HEALTH & WELLNESS CENTER INTL

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Houston, Texas 77450



Now that you're
getting your life back,

do you have friends and family that you'd like to help, too? Would you like to give a wrapped, complimentary copy of Dr. Steven Hotze's book, *Hormones, Health, and Happiness* to a loved one this Christmas? Would you also like to include a copy of his latest book, *Do a 180*?

If so, please fill out the form below or visit hotzehwc.com/givehope today!*

*To ensure Christmas delivery, please submit your book request by Friday, 12/8/17.



Safe water
BRINGS HOPE & HEALTH TO
AFRICAN COMMUNITIES



ZIMBABWE: The 1,874 students who attended Chinamano Primary School were often distracted from their studies by the thought of water. Where would their next drink come from? Would they need to leave school to search for water? Did they bring enough water for the day? These thoughts were common concerns—worries that no elementary school child should have to think about. Unfortunately, the school, like many of the 375 families who lived in Harere, relied on wells that only provided water seasonally.

Because the water sources were not near the school, students were often responsible to bring their own water for the day. Also, there was an inadequate supply for the other school needs: cooking, cleaning, and latrines. Even during the seasons when the wells had a sufficient quantity of water, the quality was questionable. The students and their families commonly suffered from cholera, dysentery, and malaria due to the contaminants in the well water and the mosquitoes that were attracted to the water sources. They were desperately in need of a solution that would solve their water crisis and end the cycle of thirst and sickness, so they reached out to Living Water International for help. **Thanks to your support, they received safe water.**



hotzehwc.com/referrals