

HOTZE **on** WELLNESS

December 2018

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A LETTER FROM DR. HOTZE

Dr. Steven Hotze with guest Cheryl Boullion

Joyous Christmas to you and your family!

December is one of my favorite months of the year. It is a special time of fellowship with family and friends, and experiencing the joy that the Christmas season brings. This 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.

Christmas can also be a time of great sadness for many people, as it can be a reminder of loved ones they have lost. Feelings of loneliness and anxiety are also common. Unfortunately, many people struggle with depression not only at Christmas, but all year long. If this is you, then I'm here to offer you hope.


Hypothyroidism: A Common Cause of Depression

Research shows that there is a real connection between hypothyroidism and depression. It has been well-established that depression is a common symptom of low thyroid production. Your brain is actually very sensitive to hormone depletion, so if you don't have enough thyroid hormone, then you can easily experience depressed moods.

The thyroid hormone is very powerful. It governs your body's metabolism and energy production. Without adequate levels of thyroid hormone and its proper utilization, symptoms such as depression, anxiety, mood swings, brain

fog and poor concentration become increasingly prevalent. Research shows that people with depression, anxiety and psychiatric problems often have low levels of thyroid hormone. Among the various neuropsychiatric manifestations of thyroid disorders, depression remains the most frequent.

Other Symptoms of Hypothyroidism

People with hypothyroidism may also experience fatigue, trouble sleeping, difficulty losing weight, constipation, coarse hair, dry skin, cold intolerance, muscle cramps, joint pain, headaches, memory loss, irritability, and abnormal menstrual cycles. *continued on next page* 

Unfortunately, many people will be denied the proper diagnosis and treatment of hypothyroidism because of a single blood test. This tragedy is due to the unfortunate mindset cultivated by mainstream medicine that the thyroid stimulating hormone (TSH) blood test is the “gold standard” used to diagnose hypothyroidism, while it actually fails the majority of patients.

While your thyroid gland may be producing enough thyroid hormones so that your blood work falls within the “normal” range, your cells may not be able to use those hormones efficiently, which is why you can still have symptoms of hypothyroidism.

The single most important tool in diagnosing and treating hypothyroidism is a thorough review of your symptoms and a physical examination. The diagnosis of hypothyroidism should be made primarily on the basis of your clinical history and basal body temperature. If your body temperature is consistently below 97.8, then you may suffer from hypothyroidism.

Dangers of Antidepressants

The root cause of depression does not lie in an antidepressant deficiency in your body! Antidepressants are drugs that are dangerous because they are addictive and have many negative side effects, including more depression, and homicidal and suicidal tendencies. If you are currently taking an antidepressant, then please do not stop – you must work with your doctor to wean off it slowly and safely. A great resource is *The Antidepressant Solution: A Step-by-Step Guide to Safely Overcoming Antidepressant Withdrawal, Dependence, and Addiction*, by Dr. Joseph Glenmullen.

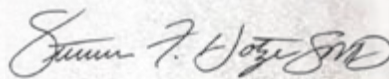
In my practice, we have had great success in treating the symptoms of hypothyroidism with desiccated thyroid, which has both T3 and T4, the active and inactive thyroid hormones.

▶ If you or a loved one are struggling with depression, then please contact us today at **281-579-3600**.

I believe that you deserve to have a team of professionals who can 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. It would be our privilege to serve you, so that you can go into the New Year with a renewed sense of hope!

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

Committed to you and your family's health success,



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





HOW TO ENJOY YOUR HOLIDAYS!

by Debbie Janak, RN, FNP-C, [Hotze Health & Wellness Center](#)

The holiday season is upon us and it seems like Christmas sneaks up on us faster and faster every year. Why do we allow ourselves to get into the frantic buying of gifts? The main thing to remember is that Jesus is the reason for the season. It was His birth thousands of years ago in that lowly

stable that started our Christian season.

Some people enjoy the hustle and bustle of the season, the Christmas carols on the radio, and the Christmas parties. Children look forward to gifts left under their Christmas tree. Families get together to celebrate each other with

food and goodies. However, there are some that dread Christmas, especially if they have recently lost a loved one and this is the first Christmas without them. Christmas also occurs in the darker part of the year which can cause Seasonal Affective Disorder and blue moods.

So what can you do to curb the blues and *brighten your surroundings?*

Bright lights, colored Christmas lights, are a great way to boost moods and make sure you have a high level of Vitamin D in your body.

Other ways to improve moods during this busy time of year are to have **meaningful social contacts and networks**. Reach out to friends with Christmas cards or send an email. Many people send letters that summarize every important thing that occurred in their family that year to family and friends they do not get to see on a regular basis.

Exercise. Move those muscles to improve blood flow throughout the body and especially to the brain. Get outside now that the weather is cooling off and take a brisk walk to help clear your thoughts.

Make sure your hormones are balanced. DHEA helps women and testosterone helps men with elevating the moods. But, it is all about the balance, or as some call it, the hormonal symphony.

Watch the holiday treats. Sugar, which our brain and tongue seem to really like, can wreak havoc on our blood sugar level. It leaves us feeling like we are riding a roller coaster of emotions as the blood sugar goes up and down, and then when we start to crash, we reach for another sugary treat to bring our blood sugar back up again.

Sugar causes the human body to burn up or utilize many key vitamins and nutrients. So, make sure to **take your vitamins this holiday season**.

• Start with the **Power Pak** daily, a broad

base of key vitamins and nutrients.

- Also take **B-Complex**, as this important group of vitamins is used up quicker when the diet is off and from holiday stress. B Vitamins are used to make serotonin, our feel-good neurotransmitter in the brain.
 - Take your **Vitamin D**. Lab values need to be around 60-80 for optimal health and immune function. When you have a healthy Vitamin D level, your moods are generally lifted. I look at Vitamin D as my personal rainbow that follows me and brightens my life.
 - Take **Magnesium**. Magnesium helps the body relax, but is also a co-factor for making ATP, the fuel our mitochondria needs to make energy. There are many supplements that could be discussed and their importance, but this article is limited.
 - So, lastly, take your **Vitamin C**. Vitamin C is also beneficial for the immune system and will help prevent catching colds.
- If you are struggling this holiday season and life seems out of sorts, please give us a call at **281-579-3600** at the Hotze Health & Wellness Center where we help give people their lives back and strive to do it naturally.





HOW HORMONES BENEFIT YOUR BRAIN

by Susan MacIvor, RPh, [Physicians Preference Pharmacy](#)

DEPRESSION CAN SNEAK UP ON US SOMETIMES, AND OFTEN WE MAY NOT KNOW WHY WE ARE FEELING DOWN.

You may be asking yourself “why am I depressed?” because you know that you have every reason in the world to be happy. Everything in your life is good. You are married to a wonderful man and have three precious children. You have a beautiful home, a successful career, a loving family and great friends. So why aren't you happy?

When women act sad or moody, sometimes people will joke that “oh, it's your hormones!” and many times they aren't wrong. Getting to the underlying cause of depression can be challenging, however hormone decline is a common culprit.

HORMONAL DECLINE: COMMON CAUSE OF DEPRESSED MOODS

Progesterone

Progesterone has a calming effect on the brain. It stimulates the brain's GABA receptors, the feel-good, calming neurotransmitters. When your progesterone levels decline, you feel down and moody. Did you ever notice how some women say how good they felt during their pregnancy? That's because of the high levels of progesterone being produced by the placenta. After childbirth, the drop in progesterone is what causes the low moods of postpartum depression.

Estrogen

A decline in estrogen can negatively affect women's moods and cause depression, as well. Estrogen has a role in optimal brain health and relieving depression. Research demonstrates that estrogen alone seems to be beneficial for improving mood in perimenopausal and postmenopausal women. 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.

Testosterone

Depression is commonly associated with women, but make no mistake, men can become equally down and depressed, too. In men, low testosterone is a cause of depression. They may not talk about it as much as women do, but it definitely happens. Depression can make a man feel sad, tired, irritable and empty inside. He may feel hopeless, and lose interest in work, family and activities he used to like. He may not feel like himself anymore.

Low testosterone causes depression, depressed sex drive, nervousness, irritability, feeling ill at ease, and worry. Research findings suggest that testosterone can improve mood and relieve depression in depressed

men with low testosterone levels. Research also shows that men with low testosterone showed an increased incidence of depression.

Physicians Preference Brain Peptide

If depression still exists after balancing your hormones, then adding **Physicians Preference Brain Peptide** may help. Brain Peptide has cognitive enhancing, neuroprotective, and neurogenic/neurorestorative properties.

Benefits of the Brain Peptide include:

- Has antidepressant-like and anti-anxiety properties
- Helps with treatment of depression and ADHD
- Helps with insomnia and calming “racing thoughts”
- Improves circulation—helps protect the heart from damage after a stroke or heart attack
- Improves memory
- Decreases negative effects of stress
- May help alleviate pain by preventing the breakdown of enkephalins, which regulate the pain response

▶ If you are experiencing depressed moods, give us a call at **281-579-3600** to help you discover the underlying cause. By replenishing the hormones you are missing, you can not only relieve your depression, but improve your overall health.

SAVE 15% off
a Brain Peptide prescription
during the month of
December 2018.



5-HTP: NATURAL MOOD BOOSTER

by Jackie Martinez, Certified Holistic Nutritionist, [Hotze Vitamins®](http://HotzeVitamins.com)

Are you not feeling like yourself lately? Holidays can be a stressful time, and anyone can find themselves battling sad, anxious, or dark thoughts. Some doctors will diagnose this as depression and prescribe an antidepressant. In reality, you are experiencing low serotonin. By acknowledging that this is the cause of your sadness and increasing serotonin with a natural mood booster like 5-HTP, you can be back to your wonderful self in no time. 5-HTP stands for 5-hydroxytryptophan and is an amino acid metabolite. If you took 5-HTP tonight, you'd probably feel better by tomorrow. Avoid prescription antidepressants at all costs. Studies show they cause suicidal thoughts. If you are currently taking an antidepressant, talk to your doctor before stopping it, as it can be dangerous to stop them "cold turkey."

3 CAUSES OF LOW SEROTONIN

Low serotonin can be caused by several different things, and by managing these areas, you can start feeling better much sooner.

1. Poor diet can deplete serotonin, so it's probably time to restrict or refuse refined sugar and processed carbs, if you have not done so already. Eat as many brightly-colored, organic fruits and vegetables as possible. Eat complex carbohydrates (like brown rice or sweet potato) in moderation if you aren't on Yeast-Free. If you are on Yeast-Free, then stick to the meal plan and food lists, as these foods are optimal for supporting serotonin production.

2. Stress can also cause serotonin to dip, and this is why sadness can be common during the stress of the holidays. Reduce stress with prayer, quiet time or yoga at least twice a week. If you have taken on too many obligations, this may be a good time to be honest with yourself about what you can handle.

3. Too much caffeine is a common cause of low serotonin. If you are making it a habit to have more than 2 cups of coffee per day, it may be time to cut back or switch to decaf. Green tea is another good option with less caffeine, and it has mood-boosting benefits. Do not drink energy drinks, as they typically have more caffeine than coffee and can cause severe dips in serotonin.

Whatever the cause, low serotonin can be boosted quickly and naturally by taking 5-HTP. Although it can be taken during the day in smaller doses, the best time to take it is at bedtime. Take 100-200 mg on an empty stomach right before you go to sleep, and this will help replenish serotonin. If you need to take a daytime dose, take 50 mg before a meal. 5-HTP is the immediate precursor to serotonin, which will naturally boost your own production of it. Having better levels of serotonin is not only great for moods, but it can also improve sleep and memory, increase sexual desire, decrease sugar cravings and enhance digestion.

The key to overcoming depression naturally is to take a holistic approach and incorporate as many of these

suggestions as possible. It helps to remember that low serotonin is serious business and can lead to bigger issues later, if not addressed. 5-HTP will help, but the best results come from also improving your eating plan, reducing stress and lowering caffeine intake.

► Call Hotze Vitamins at **(281) 646-1659** to find out if 5-HTP can help you.



GET 10% OFF

your purchase of 5-HTP
during the month of
December.

Use Promo Code 5HTP10 at checkout.

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



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 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





EXERCISE TO BEAT THE WINTER BLUES

by Leigh Ann Thomas, Certified Personal Trainer, [Hotze Health & Wellness Center](#)

The “winter blues” is a common theme during the winter months. Lack of sunshine, cooler temperatures, shorter days and lack of fresh air from the foliage can send you into hibernation mode, rather than beast mode, real quick. And it’s no wonder that many become inactive during the winter, finding they suffer from increased fatigue and lack any motivation to engage in physical activity. The fact is, the winter blues can affect many individuals, characterized by mental, physical and emotional side effects that keep you from thriving. While you can’t fast forward to spring just yet, you can make the best of the chilly season with natural ways to improve your mood, energy and overall well-being with exercise.

Get Moving

It’s hard to find joy and energy when you’re cold, tired and miserable. However, there are several studies that show consistently breaking a sweat a few times a week can have a significant impact on your physiological and psychological well-being. When you exercise, you stimulate parts of your brain that aren’t as responsive when you’re depressed, meaning your body releases chemicals, called endorphins, which mask the pain and provide feelings of pleasure, also known as the “runner’s high.”

Detox

Your body accumulates a plethora of toxins throughout the year. These toxins can contribute to sluggish behavior, impaired digestion and brain fog. Therefore, wintertime is the perfect opportunity to prep your system for cold and flu season, in addition to

holiday indulgences. Sweating is one of the best ways to eliminate toxins through the skin—the largest organ in the body. The lymphatic system also releases toxins when circulation is improved through physical activity. As a result, your immune health receives a huge boost in protection against germs and other microbes. Detoxifying your system will help restore your body and mind from the inside out.

Enhance Your Confidence

When you’re suffering from the winter blues, you may also find that your self-image and self-confidence are pretty low. Regular exercise not only improves your physical appearance, but helps you feel good about yourself again. When you commit to an exercise program, this feeling of accomplishment can lift your spirits and outlook on life, which is rewarding and fulfilling.

If you want to beat the winter blues this year, exercise is the best and most natural way to improve your life over the next few months. Commit to exercising a little every day or for at least 30-60 minutes several times a week to get the most benefit. Consistency is key for preventing the blues. Pair your exercise program with a clean diet and quality vitamin regimen for optimal results and outcome.



CHERYL BOULLION: FROM ZERO QUALITY OF LIFE TO LIVING AGAIN

"I would like for you to imagine this: that you have Lyme Disease, Epstein-Barr and West Nile Virus, and it has stripped you of your life. You're struggling to breathe, you're extremely weak, you can't think straight, and you feel like you have the flu every day. You're freezing all the time, you have rapid heart palpitations, your skin and eyes are dry, you're losing your eyesight in your left eye, and your once thick hair is falling out. You've lost 15 pounds, your body aches everywhere, you feel and look as though you are terminally ill, and you've had visits to the hospital emergency room.

"You've seen doctor after doctor, you're walking with the use of a cane for short distances, and your 85 year old dad is rolling you in a wheelchair. You're bedridden, you feel like you're dying and your quality of life is zilch. The doctors confirmed there are four cysts on your thyroid. Your blood work is in the normal range. Your husband is fearful that you're going to die at

home at the young age of 49 and he is so determined not to let that happen. However, he feels powerless and so do you, and you're preparing that you might die.

"After arriving at the Hotze Wellness Center, I was convinced I was in the right place. It was like physician heaven. I immediately had high quality specialized care focused on my total wellness. I quickly regained my strength and I was able to breathe normally again. I arrived at the clinic walking in with a cane and I walked out without a cane with no assistance. This is all in a 24 hour period. When I returned home, my family couldn't believe their eyes. They were like, "She's back." I looked alive again. I was so excited. Now, I had my good days and bad days, like all of us, however, I did regain my daily functions, my strength, my balance over the next 6 to 12 months.

"I was so excited and with great joy able to cook my own breakfast. I went on fishing trips with my husband. I was

able to dance again. I finally stopped losing my hair. I was able to experience my daughter's graduation and finally able to go with her to get a prom dress.

"I'm eternally grateful for the exceptional care I received from top notch doctors like Dr. Ellsworth and the first class medical team at Dr. Hotze's Wellness Center. They educate their guests and family on how to keep well once you get home. It's been said that there are two sides to every story. I disagree. There's a third side and that belongs to God, who alone is the way, the truth and the life. He is the divine physician. I felt compelled to share my story because I believe my recovery is a miraculous gift from God, through Dr. Hotze and his Wellness Center. I got my life back, and that's the Gospel truth. I thank you for listening and may God bless you and your loved ones abundantly with health, joy, peace and love."



"I BELIEVE MY RECOVERY
IS A MIRACULOUS GIFT FROM GOD."



Hotze Health & Wellness Center

cordially invites you to an exclusive

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Special Package discounts, Raffles, Food...

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UNITY THROUGH *Safe Water*

DESAI PRIMARY SCHOOL
LUSAKA, ZAMBIA

The 1,200 students of Desai Primary School relied on the public tap system for all of their water needs. However, the water that flowed from these pipes was extremely inconsistent. Each day, the students wondered if there would be enough water for them to drink at school or if it would suddenly cut out when



they needed it for hygiene or sanitation purposes. The water that was provided came in such scarce amounts that it created a spirit of competition between the students. They felt that they had to fight for their chance to receive enough water to meet their most basic needs.

With the children struggling

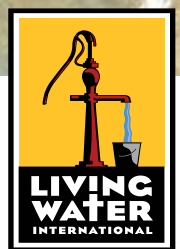
to obtain enough water to drink, there was nothing left to power the students' sanitation facilities, nor was there enough to maintain the school's lawn or gardens. When the water did flow, it was a danger for the students. The public taps were untreated. This left the students prone to dysentery and diarrhea.

The school and its students were caught in what seemed to be an unrelenting water crisis. However, the government had been impressed by how communities, churches, and schools associated with Living Water International had avoided the worst of the cholera epidemic. Government officials reached out to Living Water to request a new water source, as well as sanitation and hygiene training, for Desai Primary School.

The Living Water staff was glad to be of assistance and visited Desai Primary School to assess the situation. They staff drilled to reach an aquifer of safe water and installed a submersible pump. This pump sent water to a large storage tank where the water was filtered and stored. Living Water held sanitation and hygiene training for 1,200 students at Desai Primary School. Through conversation-

based lessons and visual aids, the Living Water staff introduced the students to the idea of germs and diseases, then illustrated how these unseen threats spread.

The Living Water staff concluded their time at Desai Primary School with an evangelism outreach, which was attended by 480 students. Living Water presented the gospel, and 164 students prayed to receive Jesus as their personal Lord and Savior! Their encounter with the love of God and the love of His people had left them forever changed.



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