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February 2019

Vol. 4, No. 2

FEBRUARY IS
AMERICAN

Heart Month

A LETTER FROM DR. HOTZE



Heart attacks are preventable, but this requires you to take charge of your health.

February is **American Heart Month**. I want to educate you on how you can have and keep a healthy heart. The most important thing you can do to prevent heart disease is to adopt *Dr. Hotze's Optimal Eating Plan*.

Heart disease is caused by inflammation of the coronary arteries, not by cholesterol. The myth that cholesterol causes heart disease is a marketing scheme, created by pharmaceutical companies, to promote the sale of their statin drugs.

What causes the inflammation in the coronary arteries? It is the chemicals in the air we breathe, in the food and drink

we consume, and the lotions, perfumes and cologne we use. We are exposed to heavy metals, such as mercury dental amalgam fillings, lead, and aluminum, among others. Sugar and high-carbohydrate diets of wheat, corn and other grains, potatoes and rice, all promote inflammation. Bacterial and viral infections also create inflammation. This inflammation spreads throughout the body and adversely affects every organ in the body, specifically the heart, the vascular system and the brain.

The population in heart disease-prone regions of the world consumes high amounts of **wheat, corn, potato and rice products**. Seventy percent (70%) of the average American's calories is derived from grain products. For

decades, the United States Department of Agriculture, the American Heart Association, and the American Diabetic Association have recommended a food pyramid that that is founded upon a high intake of grain products. The results have been disastrous. Seventy percent (70%) of the population is overweight and half of these, 35%, are obese. Type 2 Diabetes and Alzheimer's Disease are dramatically increasing, and heart disease is the leading cause of death among Americans.

The American Heart Association is misleading the public by promoting "heart healthy" whole grains to protect against heart disease. "The American Heart Association recommends eating 6 to 8 servings of grain *continued on page 5*"



REWIRE YOUR DESIRE

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

Here are some of the culprits of low libido and tips to bring it *back to life*:

Hormone imbalance starts after a woman passes 35 years of age. The most common culprit is low testosterone, however, the key word here is balance. One must be hormonally and nutritionally balanced to have a healthy sex drive. Not only does testosterone impact romantic inclinations, but so do estrogen, progesterone, adrenal health, zinc/copper balance, proper glucose metabolism, nutritional deficiencies, etc. Working with holistic health care providers such as our medical team is essential to achieve this balance.

Address relationship disconnect. Make sure your relationship is strong and stable. Conflict dampens the desire and impedes the emotional connection, therefore, the physical connection will be lousy.

Improve your self-esteem by taking care of yourself. Eat a balanced diet, exercise regularly, and make time to love on yourself. A trip to the hair and nail salon is not always a must, but work on your appearance and confidence—this will make you feel and look attractive. A woman who feels desirable feels more empowered and confident, and this enhances her ability to enjoy a pleasurable life.

Exhaustion epidemic is caused by too many obligations, overscheduling and burnout. Learn to prioritize,

take time for fun, address physical stressors, schedule rest and make time for a healthy lifestyle of proper diet and exercise. Stress causes an adrenal hormone imbalance by putting us on a fight-or-flight response that leads to the hypothalamic-pituitary-adrenal (HPA) dysfunction that causes low energy and mood crash; this also shuts down the hypothalamic-pituitary-gonadal axis (HPG) which directly impacts our sex hormones and leads to an imbalance.

Internet/Social Media: Apart from stealing our time with our loved ones, it exposes us to EMFs which impacts our fertility, energy and hormonal balance. Sometimes we stay in the comparison mode which leads to discontentment and the desire to always want more than we have. The grass is not always greener on the other side of the fence. “Relationship hopping” has caused a void - many are in search of something that will probably never be there. Invest your time, effort and emotions with the right person. Appreciate the small things and learn from each other’s differences. Spend time together doing what matters most. Act selflessly often to focus on your partner’s needs.

Discomfort: This is usually present in the peri- and post-menopausal years. Quite often, estrogen and vitamin E help with vaginal dryness. Testosterone optimization, pelvic

floor muscle exercises, such as Kegel or Ben Wa balls, help strengthen the pelvic floor muscles and enhance the experience in the bedroom. For most women, it seems like the more you practice intimacy, the more you desire it, especially if it is a pleasurable experience. It takes practice to enhance any technique.

Eliminate distractions in the bedroom. Make time for each other. Be flexible, be willing to relax and involve all senses in the experience. Different people respond differently. Some people are sparked by sound, smell, touch, romance, etc. Learn your spouse’s love language.

Intimacy/Communication. Sharing one’s thoughts and feelings and open communication are very conducive to a healthy, good sex life. Intimacy is a God-given gift, use it. If not, seek help because there is hope. Marital counseling can help you communicate better and learn how to better address your needs and differences with your spouse.

Since this is a love month, I hope this article gives you some insight to improve your love life.

Happy Valentine’s Day!



LITTLE KNOWN CAUSE OF HEART DISEASE

by Bryana Gregory, PharmD, RPh, Physicians Preference Pharmacy

Heart disease is the number one cause of death in both men and women. When most people think about protecting their heart, thyroid function probably doesn't come to mind. After all, how often have you heard that hypothyroidism is a risk factor for heart disease? Probably never.

Here are two ways hypothyroidism leads to heart disease:

■ MUCIN

Mucin is a glue-like substance that is a normal part of your immune system and is present in your tissues. However, hypothyroidism causes an abnormal accumulation of mucin in your connective tissues. The result is swelling that eventually spreads to all your tissues, including your heart.

As tissues become engorged with mucin, heart function slows, which leads to a weak and wounded heart, unable to pump blood efficiently. This is known as congestive heart failure. Excess mucin also leads to injury of the arteries. Additional difficulties in the heart arise with the accumulation of mucin, such as atrial fibrillation, palpitations, and an increase or decrease in heart rate. It has been

documented that treatment of an enlarged heart using natural thyroid supplementation reduces the tissues to normal size.

■ INFLAMMATION

Hypothyroidism causes inflammation that damages the coronary arteries. People with low thyroid function have an increased incidence of infection and inflammation. It is well documented in medical literature that coronary artery disease begins with an inflammatory process that damages the coronary arteries.

The thyroid is responsible for the body's metabolism. Normal thyroid metabolism helps to prevent recurrent infection and chronic inflammation. Your body's natural defense against inflammation is to produce antioxidants to fend off dangerous free radicals that create oxidative damage in your body. A slow metabolism affects the rate at which antioxidants are produced. The result is that few antioxidants are left to minimize the effects of free radicals. This leaves your arteries and blood vessels open to further attack, leading to atherosclerosis.

Do you have hypothyroidism?

Could your heart be at risk from untreated hypothyroidism? As always, the first place to begin is with your symptoms. The classic symptoms of hypothyroidism are as follows: fatigue, difficulty losing weight, poor sleep, decreased mental sharpness, short term memory loss, hair loss, cold hands and feet, depressed moods, constipation, and muscle and joint pain, to name a few.

Get Your T3/T4 Prescription Today

If you're living with symptoms of hypothyroidism, not only has your quality of life declined, but you could also be unnecessarily endangering your heart. Take action today to protect your heart. **Call Physicians Preference Pharmacy to get your prescription of compounded T3/T4 today.**

281-828-9088

SAVE \$25 off
your prescription when you switch to compounded T3/T4 during the month of February.

ARE YOU TAKING
ARMOUR THYROID OR
NATURE-THROID?

We have a
better option.

5 REASONS TO SWITCH TO COMPOUNDED T3/T4:

1. It is bioidentical and has less fillers than thyroid medication tablets do.
2. It is dye-free.
3. It can be customized for the patient because we can compound any dose of T3 and T4 needed.
4. It is made in veggie caps which suits those who have an allergy or can't take desiccated thyroid for religious reasons.
5. It may be more cost effective than taking multiple tablets and multiple strengths of Armour Thyroid because we can customize your dose to fit in one capsule.

Call Physicians Preference Pharmacy at **281-828-9088** to get your prescription of compounded T3/T4 today.



IMPROVE YOUR HEART AND LOVE LIFE

by Jackie Martinez, Certified Holistic Nutritionist, Hotze Vitamins®

February is American Heart Health month. With heart disease being the #1 cause of death in the United States for both men and women, it's always a good time to focus on it. Heart health involves several factors, and not the least of which is optimal nutrition to support a stronger, cleaner, more effective cardiovascular system. Different nutrients can help in various ways, but some nutrients are a little more helpful than others.

One nutritional supplement in particular is so effective that it can help your heart health and your love life... all at once. **NEO40** is a nutritional supplement, in chewable tablet form, that helps increase nitric oxide (NO) levels. Ultimately, it supports improved circulation and **helps lower blood pressure**. If heart health and a healthy libido are on your radar this year, you'll love NEO40.

Nitric oxide is released naturally by the inner layer of the cells of blood vessels, and helps the blood vessels relax, allowing them to dilate. At age 40 or over, you're likely to be somewhat

deficient in nitric oxide. This can be caused by lack of physical activity as well as not eating enough healthful foods with nitrates, such as spinach and beets. It's also caused by the aging process itself, so even if you work out and eat these foods regularly, if you are over 40, you still may suffer from symptoms of nitric oxide deficiency.

Replacing critical nutrients to improve nitric oxide levels can be life-changing, and in some cases, life-saving. High blood pressure is one of the most reliable predictors of heart attacks, and a common symptom of low nitric oxide. When arteries narrow, the heart has to pump harder to get the blood flowing to all parts of the body. Eventually, if an artery is blocked, it can lead to a heart attack. When arteries are reopened with an increase in nitric oxide, like what NEO40 may help provide, blood pressure can lower, and blood flow increases to all areas of the body. This includes blood flow to sex organs and can help decrease erectile dysfunction.

NEO40 tablets have been shown in studies to lower systolic blood pressure

by 12mmHg and diastolic by 6mmHg. This is amazing! We've had customers report that they can feel the NEO40 tablets working about 10 minutes after they put the tablet in their mouth. This won't be felt by everyone that takes the supplement, but the sensation is similar to how you feel after working out. You feel relaxed and energetic. You don't feel as tense. Some guests keep the tablets in their bag in case they don't have time to work out, so that they can still feel good after work and have a nice evening.

High blood pressure and ED are both signs of distressed arteries and should be given immediate attention by a medical professional. Ask your doctor about the benefits of **NEO40**, and start taking it as soon as you can. Your life and your love life will be better for it.

GET 10% OFF

your purchase of **NEO40** during the month of February.

Use Promo Code NEO10 at checkout.

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

Become a part of the

LEGACY

REFERRAL PROGRAM

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

<p>1-3 REFERRED GUESTS</p> <p>\$300</p> <p>GIFT CERTIFICATE FOR EACH NEW GUEST REFERRED</p> <p>3 REFERRALS</p> <p>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 REFERRED</p> <p>5 REFERRALS</p> <p>Enjoy a spa package at the Houstonian Hotel</p>	<p>7+ REFERRED GUESTS</p> <p>\$500</p> <p>GIFT CERTIFICATE FOR EACH NEW GUEST REFERRED</p> <p>THE INNER CIRCLE</p> <p>10 REFERRALS</p> <p>Enjoy a 2-night stay at the Houstonian Hotel with spa package!</p>
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For any questions or more information please contact the New Guest Department at **(281) 698-8698**.

H O T Z E

HEALTH & WELLNESS CENTER INTL

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

foods a day, especially whole grains.” (heart.org) This advice actually has the opposite effect. Let me explain why.

Wheat is a combination of gliadin and gluten proteins, and amylopectin, triggering wheat’s inflammatory effects. Wheat, corn, potatoes and rice are starches. Starches are simply sugar molecules hooked together. Once we eat these food products, they are quickly converted to sugar. This causes the pancreas to produce high levels of insulin to drive sugar into the power plants of the cells, the mitochondria, in order to produce energy. High levels of insulin lead to insulin resistance in the cells. The insulin converts the excess sugar into fat. Insulin causes the liver to synthesize triglycerides, elevating this type of fat in your blood.

Inflammation in the coronary arteries causes these arteries to begin to deteriorate. The primary mechanism for healing these arteries is the production of collagen, which is the protein “glue” that holds our cells together. Vitamin C is required to make collagen. All mammals, with the exception of humans, monkeys and guinea pigs, make their own Vitamin C, in amounts equivalent to 1,000 mg. per 25 pounds of body weight. If you have inflammation in your coronary arteries and do not have adequate Vitamin C to produce collagen, then your coronary arteries will deteriorate. Remember, your heart beats approximately 70 times per minute, over 100,000 times per day. This stretches and compresses the

coronary arteries. If they are inflamed, then this leads to their deterioration. Your body doesn’t want this to happen, so it has a backup mechanism. Low-density lipoproteins (LDL) in the blood transport cholesterol to the site of inflammation to bandage the wound, forming plaques over the inflamed areas of the artery. Calcium is absorbed into the plaques which leads to hardening and stabilization of the arteries, so they don’t deteriorate. As more plaques form and more calcium is absorbed, the arteries narrow. This hardening of the arteries is known as atherosclerosis.

If a plaque breaks off or a clot forms, then the artery may become blocked. This prevents blood flow to the area of the heart supplied by the artery, leading to a heart attack. If this occurs in the arteries of the brain, then a stroke occurs.

The best way to prevent heart disease is to go against the grain of conventional medicine by eliminating sugar, and carbohydrates that are quickly converted to sugar, specifically, grain, corn, potato and rice products. Adopt *Dr. Hotze’s Optimal Eating Plan* which is **ketogenic**. You should eat healthy oils and fats, such as eggs, butter, avocados, cheeses, olives, olive oil, fish oil, and coconut oil, as well as green vegetables and 3-4 ounces of meat daily. Wild caught salmon and other fish are excellent sources of oil.

You should also take copious amounts of Vitamin C, 1,000 mg. per 25 pounds of body weight, in divided doses during the day. Magnesium is important to regulate heart rhythm and to lower

blood pressure. You should take 600 – 1,000 mg. daily of magnesium glycinate or citrate. Vitamin D3 should be taken to maintain your vitamin D levels between 70-100 ng/ml. Of course, a powerful multi-vitamin, like my **Energy Formula**, should be a mainstay. Thyroid hormone and sex hormone replenishment with bioidentical hormones also protect against coronary artery disease.

The only noninvasive way to determine whether you have coronary artery disease, atherosclerosis, is by having a **CT Heart Scan** procedure. This procedure takes about 10 minutes to perform. You should call **281-579-3600** to schedule your CT Heart Scan today.

I like to say it takes about 20 years to cook a heart attack. It is a silent killer. Most people don’t realize that they have heart disease until they have a heart attack out of the blue. Half the people who have a first heart attack die. I’m not going to tell you that you would make life-changing health decisions if you knew that you had coronary artery disease. You will just have to find out for yourself after you get the results of your **CT Heart Scan**.

It’s time for you to do a 180, take charge of your health, so that you can have a life-changing, health-transforming experience.

Committed to your health success, I remain, as always,

Sincerely yours,



Steven F. Hotze, M.D.

Chief Executive Officer

DEREK GODWIN: I LOST 85 POUNDS!

(A letter from Derek to his professional coaching group)
Most of you don't know that I lost my father when he was 45. He was prescribed and taking cholesterol and blood pressure medicine (among other pills) that specifically said do not take them with each other due to an increased risk of heart attack. The same doctor had prescribed these together to mask symptoms and issues and not treat the problem. This is the major reason why I am anti-doctor/anti-pill.

Many of you Monsters have sacrificed your health to gain additional wealth. I know that I have. My biggest regret is that it took me too long to attempt to regain my health. I had low energy, problems sleeping, my joints were inflamed and hurt, brain fog and irritability, to just name a few symptoms. This affected my wife Meredith Godwin and the kids, whom I did not have enough energy to play with.

Fast forward and I was introduced to Dr. Hotze and his clinic—Dr. Hotze Health and Wellness Clinic. He has taken a natural approach to health and wellness. I was a guest (not patient) at his 'Ritz Carltonesque' clinic in order to try to get my health back under control. I had blood work, allergy tests, EKGs and ultrasounds of my arteries to check for blockage.

Dr. Hotze and his team took the results from these tests to engineer me to function at the highest level by taking natural hormones and supplements. I had an immediate boost in energy and was able to function at a higher level.

Dr. Hotze assigned Brandi Austin-Spradling to be my support nurse, cheerleader and accountability partner. After months of Brandi suggesting that I also need to complete the Dr. Hotze yeast-free eating plan (essentially 'keto' with no dairy and no grains), I finally began, under Dr. Hotze's supervision,

to ensure that the proper supplements are in place and to monitor my blood work throughout the process. The amazing thing is with the eating plan, hunger is suppressed when your body begins to burn fat for energy (instead of sugars, carbs and glucose). The first 3-4 days were brutal, but then your body adapts to burning fat (this is actually how your body is supposed to function, and it functions at a higher level when burning fat, also known as being in ketosis). You can tell that on my journey I have already lost 85 pounds. The picture on the left is 278 the one on the right is 193.

The amazing thing about this new lifestyle is that I have more energy, I am sick less, and I have lost 85 pounds.

This program is not for those of you with a few extra pounds, this is for any one that wants to be the *superhuman* version of *themselves*.

Ladies, Meredith has had just as impressive results. Get your health without sacrificing your wealth.

Please contact the Hotze sales team at **281.698.8698** and reference Coach Burt and Monster Producer.

If anyone has questions, I am more than happy to answer them for you.

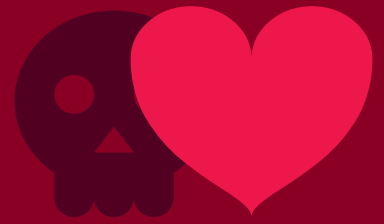
May 2019 be your most profitable and healthy year yet!



"I HAVE MORE
ENERGY, I AM
SICK LESS..."

THE SILENT **killer**

WHAT YOU NEED TO KNOW ABOUT **HEART DISEASE**



THE FACTS



EVERY 25 SECONDS, an American will have a coronary event.



EVERY 39 SECONDS, someone dies from heart disease and stroke.



1 OF EVERY 3 DEATHS in the US is caused by heart disease and stroke.



HEART DISEASE is the leading cause of **preventable death** in people ages 40 - 65.



72% don't consider themselves at risk for heart disease, but **33% WILL DIE FROM IT.**

WHAT CAN YOU DO?



DIET:

Eat plenty of organic fruits and vegetables, and limit trans fats.



EXERCISE:

Engage in moderate exercise at least five days per week.



LIMIT ALCOHOL:

One drink per day for women and two drinks per day for men.



DON'T SMOKE:

One year after quitting smoking, your added risk of heart disease is half that of smokers.



PREVENTATIVE SCREENING:

Heart disease is preventable, and even reversible, when caught early enough.

SOURCES:

www.localheart.org

www.harrishealth.org

www.millionhearts.hhs.gov



45% of our guests show signs of **coronary artery disease** based on positive calcium scores on their heart scan. **Are you one of them?**



Call to schedule your heart scan today.
(281) 579-3600



SAFE WATER BRINGS

Health & New Life

The San Genaro community in El Salvador is growing fast, but its water system could not keep up. The 91 people who lived in the community relied on nine hand-dug wells, a government-provided tap, and surface water from a nearby spring. None of these sources were safe to drink from. The hand-dug wells and the spring were open to the surface. This left their water unprotected, which meant that litter and insects often contaminated the water. Because of this, waterborne illnesses plagued the community members.

This resulted in days of missed work and reduced the community members' ability to provide for their families. The children

also suffered from illness, causing school absenteeism that put their futures in jeopardy. The community members knew that they couldn't continue to live in the constant state of lack and worry caused by the water crisis. Something had to change if they wanted their health to improve, their community to grow, and their children to have a brighter future.

They reached out for help by contacting Living Water El Salvador. With safe water now accessible in abundance, the community members were eager to learn the best and safest way to utilize their new resource. Best practices for personal hygiene were taught, including



practical techniques for teeth brushing. They also helped the participants better understand the role that germs play in making us sick, as well as how diseases are transmitted. The gift of safe water also enabled the Living Water staff and Trips team to share the living water of Christ with the community members.

The sacrificial gift of living water and safe water changed the lives of 130 people who now have access to safe water. That includes not only the entire population of San Genaro, but 39 additional water users who travel into San Genaro from nearby communities to access the well. Finally, by facilitating an encounter with the living water of Christ, the impact of this gift will stretch into eternity.

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

