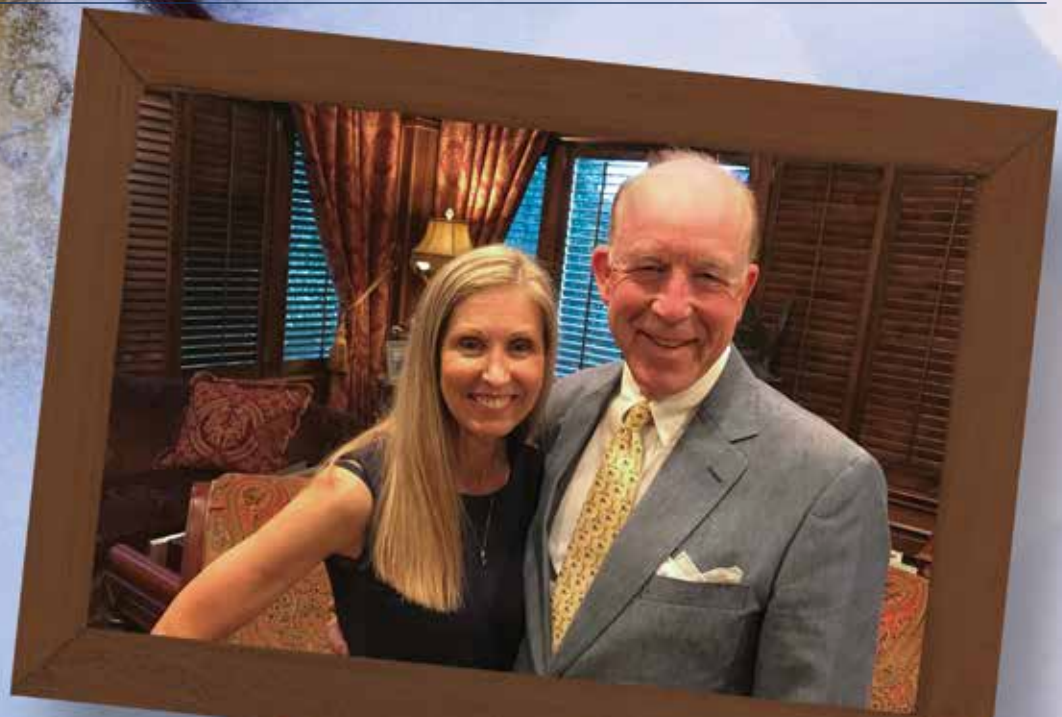


HOTZE on WELLNESS

January 2018 · Vol. 3, No. 1

A LETTER FROM
DR. HOTZE

Joyous New Year to you and your family! Each January, we have a chance to make a fresh start. This is a wonderful opportunity to evaluate our lives and write new goals so that we can chart our course for the year and experience the blessings that come from living intentionally and with purpose.

Experience shows that there is power in writing out your goals, their benefits and your plans, and then working together in harmony with others to achieve those goals. Goals give direction, meaning, and a purpose to our lives. **“The plans of the diligent lead surely to the advantage.”** (Proverbs 21:5)

Every year on New Year’s Day, the president of Hotze Enterprises,


Monica Luedecke, and I come together to map out our big goals for the year. First, we begin by looking back to the prior year. What worked, what didn’t? Did we achieve everything we set out to do? If not, why not? Then, we use that information to create an even better plan going forward.

How about you? Did you set goals for your health last year? Did you achieve them? Do you feel good about your progress or do you need to get back on track? Thinking about these questions will help you determine how to make this year’s goals an even greater success.

If one of your goals is to shed those extra pounds that tend to appear in the months between Halloween and

Christmas, then I encourage you to join our annual **Yeast-Free with Me** event that begins on Monday, January 8th. This is a great way to press the reset button and kick off the New Year with a renewed purpose. While it can be hard to get started, I am confident that you will feel so much better when you do. Plus, you won’t be alone. You’ll have a community of people working toward the same goal. If you want to feel your healthiest in 2018, then circle January 8th on your calendar and commit to completing **Yeast-Free with Me** as one of your health goals this year.

There is no better time to go after your goals than now. Paint the picture of where you want to be one year from now.

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WANT TO LOSE WEIGHT? TRY THIS.

by David Sheridan, MD, Hotze Health & Wellness Center

Yeast overgrowth in the colon is associated with a host of gastric issues. Intestinal gas, belching, bloating, reflux and IBS all can be a result of yeast overgrowth. As if any one of these issues isn't enough, there's more. Those of us with allergies can easily become allergic to yeast which makes our allergies worse. Yeast also creates a host of toxins that can create their own health problems, some of which by way of hormonal disruption. Some yeast symptoms are easy to see. However, it can be easy to overlook secondary issues, like weight gain, caused by yeast toxin overload. They can be connected.

The diet most directly resulting in yeast overgrowth—consisting of simple carbohydrates—also causes weight gain. Sugar, cows' milk and grain intake are the leading culprits for both problems. Although we see these items as separate, they are all just sugar masquerading as something different: starch. A starch is simply multiple glucose molecules joined together, which is known as a polysaccharide (if you like big words). So, our yeast-free eating plan is really a sugar-free eating plan. If you feel this eating plan is "boring," I've got news for you. This eating plan allows hundreds of foods and eliminates one "non-food." It's not eating yeast-free that's boring!

If you think about it, the more you see the yeast-free eating plan as foreign, weird and even CRAZY; the more you

need it! In fact, there is little, if any, nutritional value derived from sugar in its various forms. Once again, if you are wondering what you can eat, the answer is easy: food! Meats, vegetables, nuts and fruit make up a long list of food items that do not foster yeast overgrowth. If you don't want to eat meat, then don't. There is still plenty of nutrition in what remains on the allowed list and nothing of nutritional value on the "forbidden" list. By the way, the definition of starch tells us it is a tasteless substance! Any taste comes from the same sauce and/or seasoning you can use on pretty much anything you eat. So be creative and start breaking the sugar habit with food.

A Word on Cravings

Unfortunately, many have severe cravings for sugar and/or grains. Did you know that wheat can literally be addicting? Some of us have a metabolic defect that causes the accumulation of an opiate compound when we eat wheat. If you have this, you can actually go into withdrawal from stopping wheat abruptly. In that case, you may need to gradually reduce wheat intake. There's more to food cravings than wheat addiction.

Certain yeast toxins may also be

responsible for sugar cravings. Several years ago, an unusual yeast toxin was discovered that seemed to cause chocolate cravings. Test subjects that were "chocoholics" were found to be excreting this toxin in their urine while other test subjects did not. So, walking away from sugar may not be as easy as it sounds. You may have to start slowly and proceed gradually. That's okay. You're worth it!

There is more to the toxin story. A few toxins have been shown to be capable of attaching to hormone receptors, like those for thyroid hormone and progesterone. Blocking either or both receptors can cause deficiency symptoms, including weight gain. This is one reason why weight gain may not be a simple calorie issue. It may not be a will power problem either, so we need to give ourselves (and others) the benefit of understanding. Remember, most things that are worthwhile require work. That includes your good health!



ARE YOU READY FOR YEAST-FREE WITH ME?

Hotze Pharmacy is making it easier with **20% off of your Nystatin prescription** in the month of January! Mention this newsletter when you call **(281) 828-9088**.

See page 4 for more on Yeast-Free with Me.



THE PRESCRIPTION FOR SILKY WINTER SKIN

by Lucia McEntee, RPh, Hotze Pharmacy

Is the winter season making your skin feel dry, tight or chapped? Even in a warmer climate like we have here in southeast Texas, the colder weather can be harsh on our skin, and our hair doesn't always like it, either.

There are some things you can do to keep your hair and skin glowing despite the gloomy weather.

1. Drink water. Increase your fluid intake during the winter months when thirst is usually not a good indicator of hydration.

2. Sleep. Don't skimp on your beauty rest. Our bodies need that time to repair and rejuvenate.

3. Cheers? If you're having a cocktail, make sure to have one glass of water for every alcoholic beverage that you consume.

4. Increase your intake of healthy fats to help lubricate your skin. Fish, olive, macadamia nut and coconut oils are a few of our favorites.

On top of these tips, my secret weapon, Hotze Face & Body Revitalizer Oil, is a lifesaver. Made from Argan Oil, Rosehip Oil, Squalene and Vitamin E, this rich, intensely hydrating blend of oils is a perfect alternative to the chemical-laden moisturizers commercially available on the market. As the name implies, you can use it on your face and body, but you'll also be amazed by what it does for your hair, too.

HOTZE FACE & BODY REVITALIZER OIL:

- **Diminishes scarring** caused by acne, eczema, surgery, chicken pox, and burns. It helps aid in the healing process by replacing scar tissue with healthy tissue.
- **Fights aging** and helps reduce the appearance of fine lines and wrinkles.

- **Hydrates the Skin** and helps restore the balance of healthy omega oils and water which re-hydrates the skin.
- **Lightens pigmentation** (including "pregnancy mask") because it increases the skin's ability to produce new cells.
- **Reduces stretch marks** by helping to repair and replace damaged skin tissue. In doing so, the appearance of stretch marks is reduced, and skin tone evens out.
- **Treats split ends** and softens cuticles.
- ▶ You don't have to wait until spring to have radiant skin again. Call Hotze Pharmacy to order your Face & Body Revitalizer Oil today. **(281) 828-9088**



In the community of Progreso-Barrio Arriba, Peru, the only source of drinking water for 46 households was the local river. The women, who were primarily responsible for the water collection, would walk a long distance to the river. The banks were marshy, and so the locals had laid out wooden boards that extended out over the part of the water that was deep enough for them to draw water from. The task itself was treacherous, but the consumption of the water was even more dangerous. The contagions in the water made the community members susceptible to outbreaks of dysentery, parasites, respiratory illnesses, and other waterborne diseases. Furthermore, mosquitoes carrying malaria nested in the riverbanks, so that the women who gathered the water were at risk of contracting this malady as well. The situation was dire, and the community members longed for reprieve. But, thanks to generous supporters like you, the future of Progreso-Barrio changed when the Living Water Peru team successfully drilled a new well in their community. Thank you for relieving the burdens of communities like these around the world!



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



SPEED YOUR METABOLISM AND BURN MORE CALORIES

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

Welcome to the New Year, where physical fitness is at the forefront of everyone's mind. Time to dust off your tennis shoes, pull out your gym bag and strap on that new Fitbit you got for Christmas. Despite what you may have heard, you do not have to spend hours on the treadmill to lose weight. In fact, steady-state aerobic exercise (think: jogging) has far less of an effect on your metabolism than high intensity interval training or weight lifting would.

What Does Metabolism Have To Do With Exercise?

To effectively lose weight and keep it off, you must increase your metabolism – the rate at which a person burns energy, which is measured in calories. Your body requires a lot of energy for daily function, so even while at rest you

will be burning calories, known as your resting metabolic rate (RMR).

So What Does This Mean?

Simple: if you want to increase your metabolism or RMR, you must do exercises that stimulate muscle growth. Lifting weights and high intensity interval training will create micro tears in your muscles, requiring more energy to repair them, which speeds up your metabolism for up to 72 hours after your last rep!

Does All Exercise Boost Metabolism?

Yes, cardio exercise also boosts metabolism. But if your goal is to lose weight, then you must switch up your cardio workouts. Interval cardio training is a powerful way to maximize your calorie after burn because it

requires more muscle recruitment and spikes your heart rate. To do an interval workout, you would alternate between a 2:1 ratio for moderate intensity cardio and maximum intensity cardio. For example, jog slowly for one minute and then sprint for 30 seconds. Use the moderate intensity activity as recovery for twice the time it takes for you to complete the maximum intensity activity.

One final tip: don't be so intimidated by doing something new that you never do anything at all. Even if you can only do a handful of reps or a few minutes of cardio, the most important thing is that you begin! You will be amazed by how much progress you can make if you just exercise consistently. Here's to being your best in 2018!



30
Days to
a New
You

YEAST-FREE WITH ME

BEGINS MONDAY,
JANUARY 8, 2018

www.yeastfreewithme.com





YEAST-FREE SUPPORT

by Tressa Knapp, Certified Holistic Nutritionist

New Year's typically brings a nagging question...What's the best post-holiday cleanse and weight loss plan? That's right, it's the world-famous Yeast Free with Me program, featuring one of our favorite supplements, Yeast-Free Support. Common goals achieved by following the yeast-free diet and taking Yeast-Free Support are weight loss, increased energy, less bloating and sharper brain function.

You see, candida overgrows in our intestinal tract when we consume sugars like wheat, dairy and cane sugar, and even fruit. The holidays brought with them many occasions to eat too much sugar, dairy and gluten, so it's common to experience a little bit of holiday overgrowth. When yeast overgrows, it causes bloating, low energy, and brain fog. Through neurotransmitters, those little yeasty beasts even emit signals to our brain to eat more sugar, so it's a vicious cycle that continually causes more issues for us.

Eventually we can even get brain fog that's bad enough to ask ourselves, "Am I okay?" You know, things like forgetting a loved one's birthday or walking into a room and forgetting why. Occasionally experiencing these things can be normal, especially if you live a fast-paced, stressful life, but daily occurrences are not okay and should be taken as a signal that brain function is declining. Thankfully, this is something the yeast-free diet is famous for, so, no, you aren't "losing it."

Now you know that yeast overgrowth is bad and causes major health issues, and by killing it we can lose weight, have better energy and even have a clearer brain. Now let's get started on the details of how Yeast-Free Support

works to help us achieve those goals.

Here are a few ingredients from the formula and benefits linked to them:

☉ **Caprylic Acid** kills yeast in the colon and helps restore normal acid balance in the stomach. By killing the yeast, caprylic acid can reduce bloating and clear brain fog. It is also easily metabolized by the mitochondria for energy in the cells, so it increases energy by being its own super-efficient power source. This is especially helpful in the brain cells for improved brain energy which improves brain function. Studies show that MCT (medium chain triglycerides) like caprylic acid can help improve memory and brain function in Alzheimer's patients. Because of its caprylic acid content and benefit for memory and focus, Dr. Hotze likes for his guests to take Yeast-Free Support every day, not just while on the yeast-free diet.

☉ **Pau D'Arco** is an herb that has antimicrobial benefits and can also help kill yeast, a.k.a. candida. Remember, it's the candida that crashes your energy level and causes those intense sugar cravings. When you kill the yeast, your sugar cravings gradually subside and energy increases.

☉ **Black Walnut Oil** is useful partially due to its healthy fat content that can help reduce depression, increase memory and boost heart health, but there are other benefits, as well. Black walnut oil is an effective antimicrobial. Candida is a microbe so it does well to kill candida. It's also great for skin and studies show it may even help protect against cancer.

☉ **Oregano*** means "delight of the mountains" and its oil is perhaps best

known for its anti-fungal properties. When treating yeast overgrowth naturally, it's important to get a nice variety of different food-based components to increase effectiveness.

☉ **Yeast Free with Me** is an eating plan that will keep you "in the zone" and away from sugar, dairy and white carbohydrates. This, in and of itself, can help most of us lose 5-10 pounds in 3 months, easily. As a special bonus, Yeast-Free Support helps kill the yeast which reduces cravings and helps you stay on track over the long term. It also reduces bloating.

If you've been struggling with low energy, losing weight or brain fog, now is a great time to kill the yeast and reap the benefits. ➔ **Join Yeast Free with Me and get your Yeast-Free Kit from Hotze Vitamins today!**

**Yeast-Free Support should not be taken if you are pregnant or trying to get pregnant. The oregano oil can help balance hormones, but could also cause an early miscarriage.*

YEAST-FREE KIT
Save 10%
 on your Yeast-Free Starter Kit in January!

Visit hotzevitamins.com or call **(281) 646-1659** to order.
 Use code YFWM18 at checkout.

AMY WITHERS: LIVING WITH PURPOSE AGAIN

Amy was having hot flashes all day and night which interfered with her sleep. She was lethargic from the lack of sleep and didn't have the energy to exercise. She was gaining weight in her mid-section where she had never gained weight before. To top it off, she was irritable and anxious. Amy did not like the person she was becoming.

Because Amy was so tired, she didn't have enthusiasm for anything. She couldn't wait to get through the day and sit in her chair and watch TV. She wasn't interested in being intimate with her husband, because she knew a hot flash could happen at any minute. "I'm so appreciative for a patient husband that loves me and saw me through this."

Amy did not try to get help from conventional doctors, because she thought she could get through menopause without any help. She

"I CAN'T SAY ENOUGH GOOD THINGS ABOUT THE PEOPLE AT HOTZE. IT IS LIKE COMING HOME."

found out about our Center from one of her clients. She talked about this "Hotze place," and at first Amy thought, "that is great for you," but the longer her symptoms persisted, she started asking her more questions.

"I have never been to a doctor's office where I was treated with such respect for my time and for listening to everything that I was experiencing." She originally had a male doctor who was great, but recently she changed to a female just

because she felt more comfortable talking to a woman. "I love that at Hotze the patient is the priority. No one made me feel bad that I wanted to change doctors. I was even encouraged to do what made me feel best."

Amy was given bioidentical thyroid, progesterone and estrogen cream. She was also advised to take several supplements that were low in her blood work. She began the yeast-free diet and still follows a modified yeast-free diet today.

Today, Amy is feeling much better. Her hot flashes are getting better and her weight is back to normal. "I have more energy, and I am much more pleasant to be around. My skin and nails look so much better. My interest in intimacy is back and I enjoy doing things again. I get home from work, walk the dog, make a healthy dinner and then still have energy most evenings."

Amy's neighborhood was among those that flooded during Harvey. Even though her home was one of 12 homes that was spared, it still impacted her daily life. There was so much devastation to property and to her friends. She was able to use her extra energy and pour it into helping her neighbors - bringing them meals, helping with clean up and just sending encouraging texts! Amy also volunteers at Kendleton Farms, a home for women rescued from sex trafficking. "These women have been such an inspiration to me... Before coming to Hotze, I wouldn't have had the energy to do this. I love Jesus and I want to be His hands and feet, but when

you aren't feeling healthy, it is hard to do that. I am so thankful to be back to spreading God's love to others."

For anyone who is still seeking answers, Amy's advice is, "Get help, don't put it off. Don't waste precious time trying to do it on your own. Life is short and God has given you a purpose on this earth. There is help out there and Hotze Wellness Center can help. They will listen to you and guide you to your best self."





SIMPLE SOLUTIONS FOR YOUR SKIN

by Brittney Wranik, Hotze Aesthetics

It's the New Year and it's time to make YOU a priority! At this time of year most people find themselves reviewing and rewriting their goals and resolutions—from financial growth to beauty and everywhere in between. If looking your best and feeling more confident are on your list of resolutions, taking care of your skin is one of the most important first steps you can make.

We know, however, that first step can be the most challenging and overwhelming. Here are some of the best solutions for your skin concerns, simplified:

When to choose Broadband Light (BBL)

Do you want to remove brown spots, broken capillaries, reduce redness, manage Rosacea and prevent signs of aging? Is your complexion light to medium? If so, BBL is a great choice! BBL is an intense pulsed light procedure that can be used to rejuvenate any area of skin. It is one of the most effective and clinically studied cosmetic light procedures on the market. It not only improves complexion and evens color but it also reverses the aging process of your skin!

When to choose SkinTyte

Do you have thin, loose, crepey or sagging skin? Is your complexion light to medium-dark? If so, try SkinTyte, a non-invasive procedure that uses infrared light to

restructure the collagen and elastin fibers in your skin while also encouraging new collagen stimulation. This procedure actually shortens and thickens collagen and elastin fibers to promote firmer, tighter and overall healthier skin.

When to choose SkinPen

Do you want to improve fine lines, wrinkles, acne scarring, pore size and texture? Do you want a rejuvenating treatment that won't break the bank? If so, try Skin Pen! This micro-needling procedure creates controlled micro-channels in your skin to stimulate your body's natural wound healing process. This process stimulates the production of growth factor and collagen that remodels the appearance and integrity of your skin.

When to choose HaloPro

Do you have intense sun damage, deep wrinkles, scarring, coarse, leathery texture or advanced signs of aging? Do you want the most advanced, long-term, and transformative option to for your skin? If so, choose HaloPro! The HaloPro is a hybrid-fractional laser that simultaneously treats the surface and dermal layers of your skin to maximize results and reduce downtime. This laser uses both ablative and non-ablative wavelengths, meaning that it removes deeply damaged skin cells while remodeling other damaged cells.

▶ You deserve to look your best this year. Give us a call to set up your complimentary consultation with skin analysis today, **(281) 698-8770!** If you have experienced the treatments for yourself, and you love the way you look, be sure to take advantage of our January referral rewards!



Refer a friend to **Hotze Aesthetics** and **get \$200!**

For every friend that completes an initial aesthetics consultation in January, you'll receive a **\$200 credit**. Plus, they'll get a credit toward their first service!

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

Then, write down the goals to help get you there. Immediately afterward, take an initial action toward achieving them. You will be surprised at how your goals will begin to move toward you!

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

Committed to your health success,

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

H O T Z E

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HI

MARK YOUR CALENDAR FOR THE

2018 *Wellness*
SUMMIT

Saturday, January 20th

Now that you've gotten your health back, share it with your friends. Plus, learn our best tips for getting to the next level with your health goals.

Visit hotzehwc.com/summit for details!

