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January 2019

Vol. 4, No. 1



HAPPY
new
YEAR!

A LETTER FROM DR. HOTZE

Let's make it happen this year!

I believe that you and I should make it our goal in 2019 to recommit ourselves to advancing the Wellness Revolution, in our own lives and in the lives of others. I believe that you should become an active member of the ambassador **Legacy Referral Program** by referring your family members and friends to the Hotze Health & Wellness Center this year.

I believe that you and I should conduct our lives intentionally, with purpose. This can be accomplished by writing out worthy goals for the coming year.

I believe it is important to pray and ask God to give His direction when writing out goals.

"Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight."


—PROVERBS 3:5-6

If you are already a member at the Hotze Health & Wellness Center, then I congratulate you for taking charge of your health naturally, and getting your life back.

Now that you are on the path to health and wellness, you should enlist your family members and friends to join the Wellness Revolution too.

How many people do you know who are struggling with fatigue, weight gain, brain fog, insomnia, muscle aches, anxiety, depression, low libido, PMS,

irregular menstrual cycles, migraines, or hair loss? Do you remember what it was like when you were sick and tired of being sick and tired? Your family and friends feel the same way you did. Most of them, who are experiencing these symptoms, have visited conventional doctors who don't take time to listen to them. They have been told that their blood work is "normal." They have been prescribed antidepressants, anti-anxiety drugs, sleeping pills and a host of other prescription drugs to mask their symptoms, rather than discovering and treating the underlying cause. Conventional medicine has failed them as it did you, as it did me.

I believe that you and everyone needs a holistic doctor *continued on back page* 



WEIGHT OPTIMIZATION: RIGHT FOOD, RIGHT TIME, RIGHT METABOLISM

by Donald Ellsworth, M.D., Hotze Health & Wellness Center

3 KEYS TO WEIGHT LOSS:

Eat the
right foods.

Eat at the
right time.

Optimize your
metabolism
with exercise
and peptides.

Eat the Right Foods

- Eat only real food. Shop on the outside of the grocery store where real, unprocessed foods are found. Be wary of packaged products with names you cannot pronounce.
- Avoid white foods: sugar, flour, milk, and alcohol. Limit rice, potato, and fruit. Stay away from artificial sweeteners which cause weight gain by altering the microbiome.
- Consider going “keto” to enhance fat burning. A ketogenic diet is high fat, moderate protein and low carbohydrate, with the goal of using fat (ketones) for fuel.

Eat at the Right Time

Two key principles: Finish eating by 7 PM and keep your “eating window” (time from the first to last bite of the day) to 6-8 hours, i.e., a 6-hour eating window could run from 9 AM - 3 PM or 12 Noon - 6 PM. Eating within a time window is referred to as “intermittent fasting” and has been shown to improve weight, blood sugar, blood pressure, insulin resistance, and inflammation. If you need to break a weight plateau or lower your insulin, try eating within a 4-hour window or even once a day (known as OMAD or one meal a day). The less frequently you eat, the greater the need to eat nutrient-dense foods like greens, beans, onions, mushrooms, berries, and seeds.

In addition to intermittent fasting, consider a 1-4 day water fast (water primarily with calorie-free tea or coffee allowed); however, before water fasting, consult with your medical provider to

see if it is appropriate for you. Many find it as easy to fast for 4 days as for 1-2 due to the natural energy boost and appetite suppression you experience as you go into ketosis on days 3-4. A 4-day fast can be repeated every 1-4 months. As a rule, you should feel well when you fast. Stay on your hormones, but hold off on vitamins the days you completely avoid food. Adding 1/4 tsp of sea salt to a glass of water 1-3x/day helps replace electrolytes. If you have muscle cramping, add potassium, 99 mg, 2 caps 2-3x/day.

Another option is caloric restriction: Studies have shown when calories are dropped every other day, health improves. In the studies, men eat 600/ women eat 500 calories every other day. The non-calorie restricted days do not have any specific limits as to how much is eaten or when, yet weight drops and labs improve. Benefits can even be seen if calories are restricted to just 2x/week, the so-called 5:2 plan.

The Right Metabolism: Exercise and Peptides

Many benefit by adding peptides. For example, the Hotze Optimizer peptide improves muscle mass and has a mild fat-burning effect.

Last but not least: Exercise! I recommend high intensity interval training (HIIT) with resistance training to build up muscle. Think of muscle as your metabolic currency for health and fat loss. On the days you are not doing intense workouts, keep moving, i.e., go for a walk or spend some time on an elliptical machine.



GET RID OF YEAST FOR GOOD

by Kimberly Bennett, RPH, Physicians Preference Pharmacy

It's January, and many people are participating in the **Yeast-Free with Me** eating program to start off the New Year right. The yeast-free eating program is a great way to shed unwanted pounds, enjoy a healthier lifestyle and feel more energy. Eating yeast-free can help alleviate symptoms such as constipation, yeast infections, skin rashes, headaches, joint pain, bloating, abdominal pain, heartburn, gas and indigestion, to name a few.

Yeast is a fungus which lives and overgrows in our intestines causing an imbalance in the normal bacteria of the colon, so that we get less normal healthy bacteria, and more yeast. As yeast toxins are absorbed in the colon and enter the bloodstream, they can cause symptoms in other areas of your body, so the list of possible symptoms is endless. In order to get rid of yeast, it is essential that you starve the yeast, kill the yeast, and replace the normal bacteria in the colon, which is *Lactobacillus Acidophilus*. However, it can be difficult to get rid of yeast, so we offer two medications to help with this part of the process.

HOW TO GET RID OF YEAST FOR GOOD

In order to get rid of the yeast for good, it's crucial to kill the yeast in both the gastrointestinal (GI) tract and the bloodstream, which usually requires the following medications:

Nystatin:

- Anti-yeast medication that works in the GI tract to eliminate yeast.
- Only affects the GI tract and is not metabolized by the liver or absorbed into the bloodstream.
- Side effects are generally related to yeast die-off, such as bloating, gas and abdominal cramps. These side effects typically occur at the beginning of treatment and subside after a few days.
- Unlike some nystatin on the market, Physicians Preference Pharmacy's nystatin is sugar-free.

Yeast can be finicky, and when you try to eliminate it in the colon, it likes to show up in other places, i.e. athlete's foot fungal infections, vaginal yeast

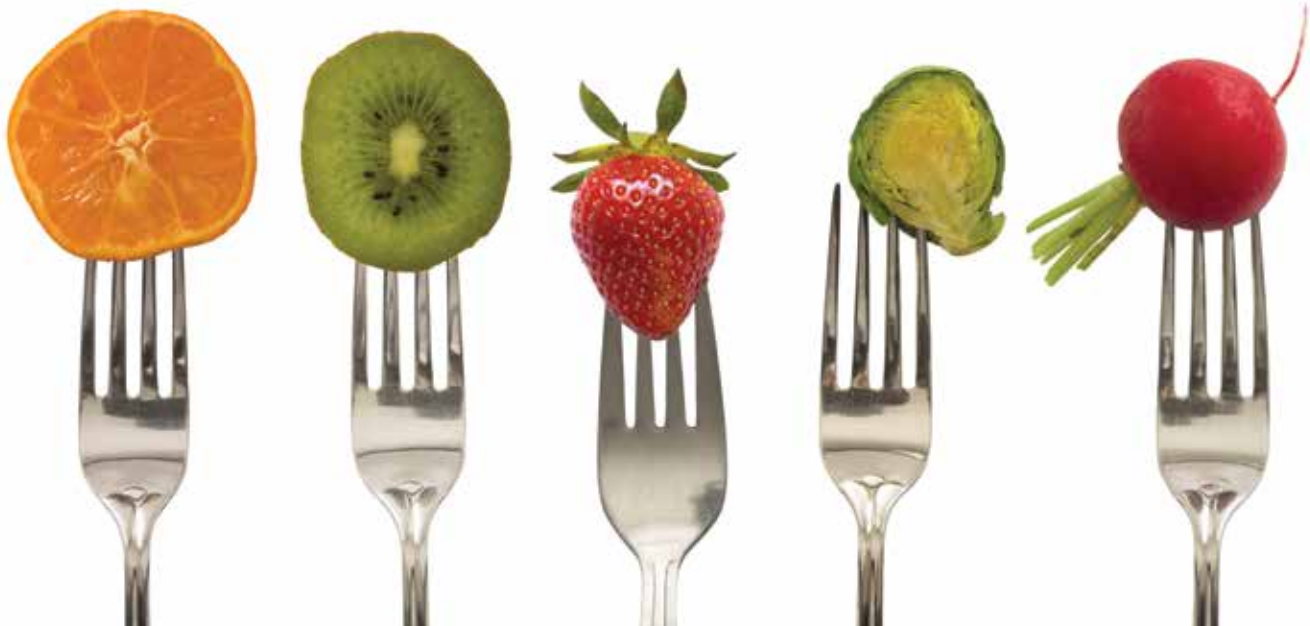
infections, fungal skin rashes, and fungal toenail infections. To keep this from happening, your provider may also prescribe fluconazole.

Fluconazole:

- Systemic yeast medication which enters the bloodstream and goes throughout the body.
- This is usually a short, 7-day treatment.
- Has several known drug interactions, so if you are taking other prescriptions, discuss with your pharmacist before taking it.

Whether you join us for **Yeast-Free with Me** or are beginning the program on your own, if you have questions about your medications, please contact Physicians Preference Pharmacy at **(281) 828-9088**.

SAVE 20% off
your order of Nystatin during
the month of January 2019.





TREAT YOURSELF WHILE EATING YEAST-FREE

by Jackie Martinez, Certified Holistic Nutritionist, Hotze Vitamins®

It's January, and you know what that means! It's time to do the Yeast-Free With Me eating program and feel wonderful! We know, we know, not everyone feels wonderful the whole time. For some of us, it can even be a legit struggle to not have sweets and treats for a whole month. Well, guess what? You CAN have treats.

Dr. Hotze's Dark Chocolate Coconut Bars and **Chocolate Mint Fiber Bars** are allowed on Yeast-Free. If you haven't tried them yet, they are delicious, to say the least. Word has it that they are like a healthy candy bar, because they taste like Mounds bars. They are full of fiber (11 grams!) which helps you to feel fuller. When you aren't hungry, you'll be less tempted to cheat with other foods.

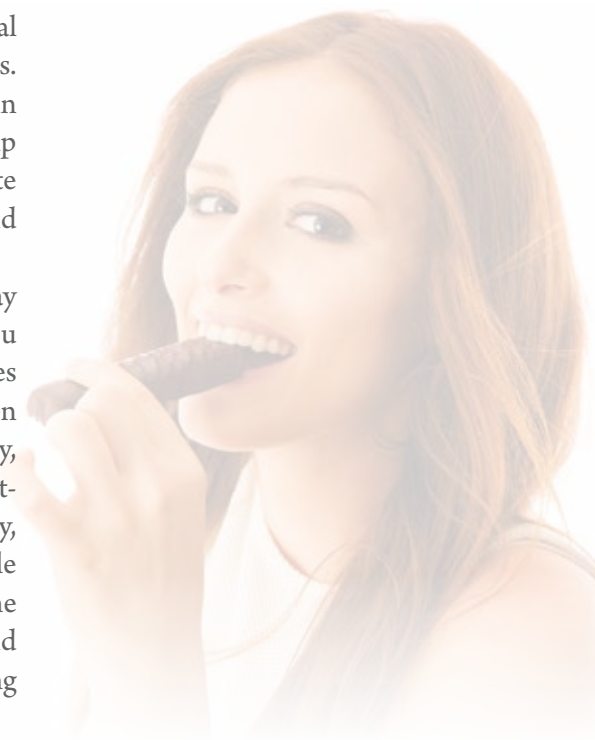
The bars also have coconut fiber and coconut oil that makes them a great immune booster. Another benefit of the coconut oil in the bars is that your brain may even feel clearer after you eat it, rather than foggy like a regular candy bar makes you feel. Studies show that medium chain triglycerides (MCTs) in coconut oil are excellent for boosting focus and memory.

Don't forget that chocolate is allowed on Yeast-Free. Has there ever been better news? Sugar is not allowed, but not all chocolates have sugar. Stay

away from the sugar-free chocolate treats with sucralose and aspartame. Those cause huge problems down the road like Alzheimer's, cancer and heart disease. They are toxic. Stick with a naturally-sweetened chocolate treat like Dr. Hotze's Chocolate Bars or Lily's chocolates. These products use stevia or erythritol to sweeten them, which are natural and even have their own benefits. Stevia is a natural sweetener with proven health benefits. It is a green leafy plant that grows in South America. It's been shown to help lower blood pressure, help regulate blood sugar, promote weight loss, and may help fight diabetes.

What you choose to eat every day can help you feel healthier, or make you feel terrible. Making conscious choices and not zoning out is important. When you make good choices consistently, like we tend to do when on the Yeast-Free eating plan, you will feel healthy, energetic, and positive, even while eating a yeast-free "candy bar." One good choice leads to another, and before you know it, you are finishing

Yeast-Free and telling all your friends and family members how great you feel. Little things like the **Dark Chocolate Coconut Bars** and **Chocolate Mint Fiber Bars** can turn into the big things that help you get through it and finish strong. Order your bars as soon as you can and enjoy eating Yeast-Free!



GET 10% OFF

your purchase of **Dr. Hotze's Dark Chocolate Coconut Bars** and **Chocolate Mint Fiber Bars** during the month of January.

Use Promo Code BAR10 at checkout.

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

Become a part of the LEGACY REFERRAL PROGRAM

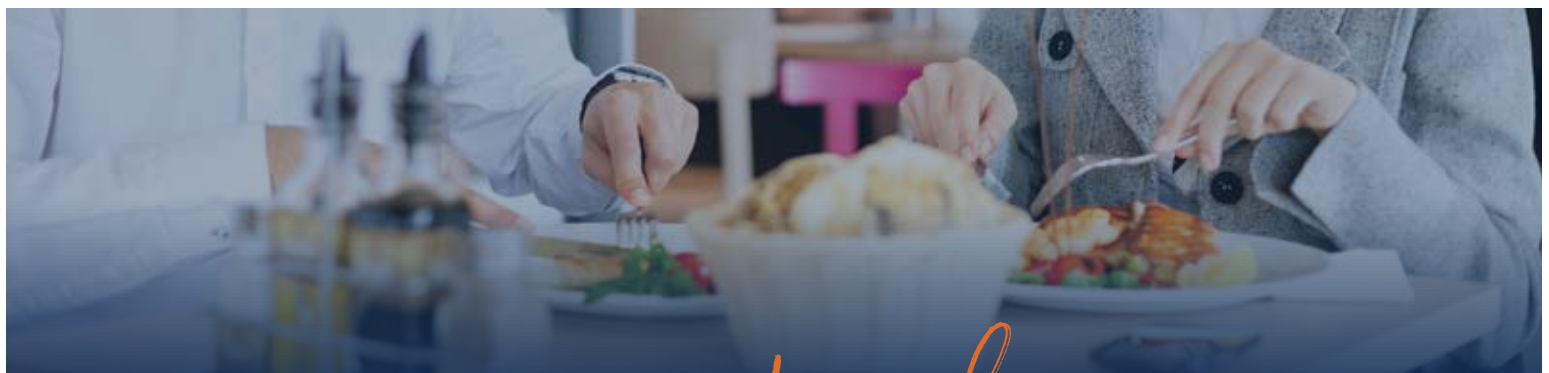
When you refer a friend or family member who becomes a guest, you will receive the following:

<p>1-3 REFERRED GUESTS</p> <p>\$300</p> <p>GIFT CERTIFICATE FOR EACH NEW GUEST THAT YOU REFERRED</p> <p>3 REFERRALS 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 THAT YOU REFERRED</p> <p>5 REFERRALS Enjoy a spa package at the Houstonian Hotel</p>	<p>7+ REFERRED GUESTS</p> <p>\$500</p> <p>GIFT CERTIFICATE FOR EACH NEW GUEST THAT YOU REFERRED</p> <p>THE INNER CIRCLE</p> <p>10 REFERRALS 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**.

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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



HOTZE LEGACY Luncheons

Has becoming a guest of the Hotze Health & Wellness Center given you your life back? Are you excited to help others do the same? Dr. Hotze would like to invite you and a friend to join him for a private lunch with a few other guests.

If you are interested in attending a Legacy Luncheon in January, please contact Susanne Haddad at **281-698-8626** or email susanne.haddad@hotzehwc.com.

**Limited seating available.*

HANNAH STONE: SHE FINALLY HAD HOPE AGAIN

When Hannah was 14, she got very sick with Epstein-Barr and had her gallbladder removed. Her health continued to decline into her college years. She was then diagnosed with Lyme disease. She was able to get through college and work at a childcare center, but the stress of working took its toll, and her body began shutting down. She moved back home with her parents. Her doctor told her that she was never going to be able to live life like a normal 20-something year old should. She had to live like she was 40 or 60.

Hannah married a wonderful man who made the decision to stick with her through all of her health issues. They had a little girl, Julia, however, her pregnancy took its toll and she became very ill again. Said Hannah, "I had a newborn to take care of, so I didn't have an option." She started losing her hair—about half to two-thirds fell out. She could not lose weight and her pain level was through the roof. Besides horrible food allergies, she developed allergies

to perfumes, scents, chemicals and being outside. Her husband was getting scared because he didn't know what to do to help. Her Lyme doctor diagnosed her with mast cell activation syndrome, which is when your body produces too much histamine and sees everything as an allergen.

A man from her church recommended that she check out Dr. Hotze, so she watched his videos and got his books. Said Hannah, "So we made the decision to make an investment in our health. And this was an investment for, not only me, but for our whole family, because if you don't have your health, you don't have anything. So we headed to Houston. And from the moment we walked into the door at the Hotze Health & Wellness Center, we were treated like royalty. Everybody was just so friendly and so helpful and so understanding. I saw Angelica Clark, and she was on top of everything, she knew my history. She said that I had severe adrenal fatigue, thyroid issues and hormonal issues. We were so

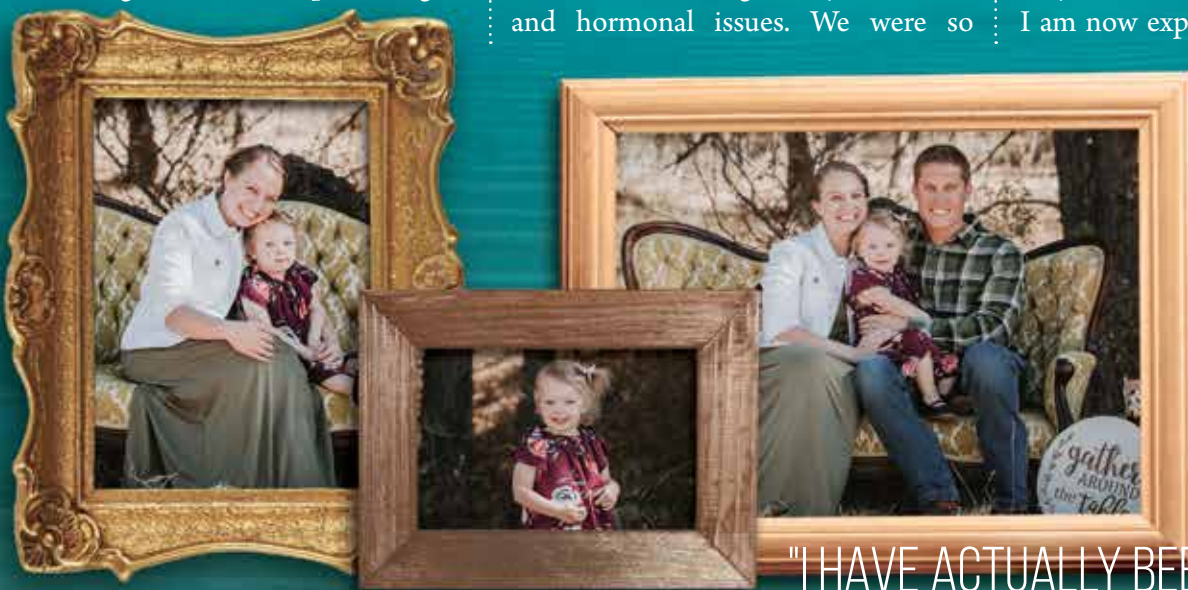
excited after we left there. We finally had hope again."

Hannah started feeling better within a week of starting the different supplements and hormones. She could also tell a difference on the yeast-free eating program. Hannah's hair started growing again. Her joint pain decreased. Her energy level started to increase. She was sleeping better and started losing weight.

Said Hannah, "I have actually been able to be a mom again and to be a wife again. I am able to take care of the house, to do the dishes, to do laundry. I'm able to take my daughter out for a walk. I can play with her...all of those things that I took for granted that I would be able to do with my daughter that I hadn't been able to. I want to thank all of my friends and family back in Ohio that have prayed for us and encouraged us in this journey. Thank you to Dr. Hotze and his staff for the impact that you've had in our lives."

Hannah now has more great news: "My life has been completely changed. I am now expecting our second child,

another goal that Hotze has helped me achieve. I never thought it would be possible to have another child!"



"I HAVE ACTUALLY BEEN ABLE TO BE A
MOM AGAIN AND TO BE A **WIFE** AGAIN."



WORK SMARTER, NOT HARDER, IN 2019

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

We've all heard the phrase, "work smarter, not harder," right? Well I am here to tell you a little trick about how you can do just that when it comes to weight loss. The trick is to stop spending so much time on cardio. LISS, or low intensity steady state cardio, where you run or walk for 30-60 minutes at a steady pace, is not going to get you to your goal quickly. Sure, it's better than doing nothing at all, but if you want results fast, like we all do, high intensity interval training, or HIIT is the way to go!

What is HIIT?

High intensity interval training is a style of exercise where you alternate between maximum bursts of energy and low periods of energy. The high intensity interval pushes your body towards its metabolic limits (basically as hard as it can go), while your low intensity interval allows your body to recover. Generally speaking, your work interval will last as long as possible until you need a break, which will transition you into your recovery interval.

HIIT workouts shouldn't last any longer than 20-30 minutes. This is ideal for anyone looking to perform an effective workout in as little time as possible. The best types of cardio for HIIT are biking, rowing and running. The first two exercises mentioned may be the best options for long-term cardio and help build the most muscle, as opposed to running, which can be hard on your joints. Choose the best exercise for your body and always remember to maintain proper technique during your high intensity interval.

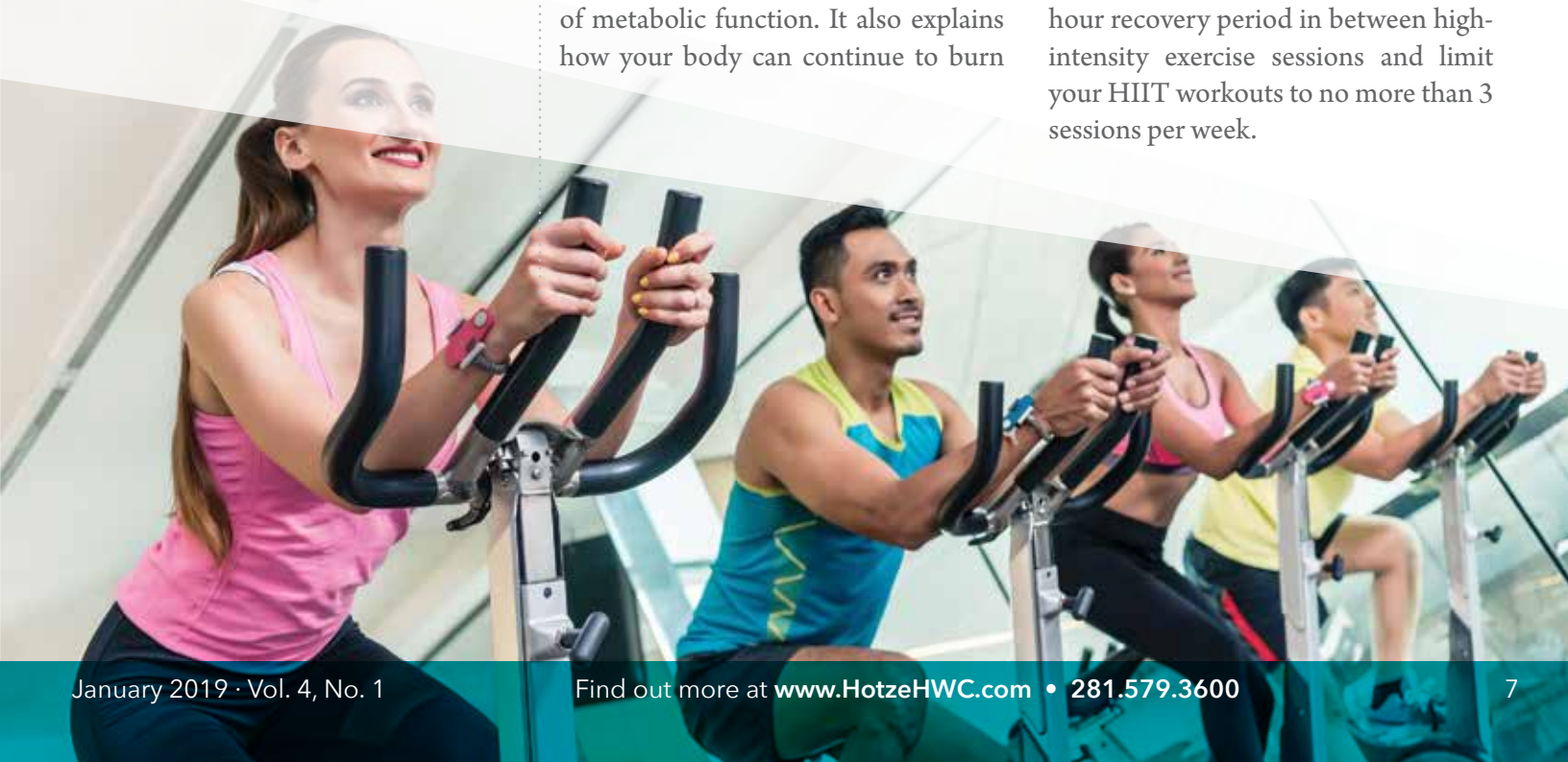
Burn Fat Faster

The reason HIIT workouts are so effective for fat loss is because it increases your resting metabolic rate for up to 48 hours post-workout. Just like after a long road trip, your car remains hot after you turn off the engine, and so does your body. The after-burn or EPOC, (excess post-exercise oxygen consumption) is the amount of oxygen required to restore your body to its normal resting level of metabolic function. It also explains how your body can continue to burn

more fat long after the workout is over. Your metabolism is how your body converts the nutrients you consume from your diet for energy to fuel your workouts.

When you perform any kind of steady-state aerobic activity, such as rowing, your body can easily provide you with energy to sustain that workout, depending upon your fitness level. However, when you perform HIIT, you place a greater demand on your energy pathways to sustain an all-out sprint on the rower, which increases the need for oxygen post-workout, thereby enhancing the EPOC effect. This is also the reason why you do not last very long when you sprint, because your body can only provide so much oxygen, so a recovery period is necessary. Research shows that 4-6 30 second sprints followed by a 2-minute recovery burns more fat than a 60 minute walk on an inclined treadmill.

If you want results and are up for the challenge, HIIT may be worth the effort. Remember to always allow a 24 hour recovery period in between high-intensity exercise sessions and limit your HIIT workouts to no more than 3 sessions per week.



and a team of professionals who use natural means to get you onto a path of health and wellness, without the use of pharmaceutical drugs, so that you can be brimming with energy and enthusiastic about your life as you mature.

I believe you should be an Ambassador and encourage your family and friends to become members of the Hotze Health & Wellness Center, so that my team and I can help them get their lives back.

Our comprehensive treatment regimen addresses many health issues that affect both women and men, from a natural perspective. It helps restore energy levels, elevate moods, increase metabolism and libido, reduce pain and inflammation, increase assertiveness and confidence, while preventing the diseases of aging.

If you are already a guest or member at our Center, then I have some exciting

news for you. This year we are rolling out our Ambassador Legacy Referral Program. This program will enable you to better encourage your family members and friends to “Do a 180” and take charge of their health, so they can get their lives back. You will also benefit by receiving gift certificate rewards, which you can use in any of our businesses, when you refer a family member or friend who schedules an appointment. You can discover more about this new program in this newsletter.


We have found that the best way to reach the people who need our help is by developing a team of individuals, like yourself, who are committed to communicating to their family and friends natural approaches to health.

There is no better time for you to write out your goals for 2019 than right

now! Paint yourself the picture of what you want to have accomplished in your health, your spiritual life, your family and your finances this year. Then, write down the goals to help get you there. Immediately afterward, take an initial action toward achieving them. You will be surprised how your goals will begin to move toward you!

Thank you for your support and friendship. *Let's make this a terrific year!*

Committed to advancing the Wellness Revolution, I remain, as always,
Sincerely yours,



Steven F. Hotze, M.D.

Chief Executive Officer

H O T Z E

HEALTH & WELLNESS CENTER INTL

SHARING LOVE AND HOPE THROUGH *Safe Water*

UMIRA, KENYA

The swirling brown waters of a river far from the Umira community of 40 households served as the residents' main water source. They did their best to utilize this resource by creating a dam to slow the rapidly moving water. Their innovative thinking helped them safely collect water for their needs. However, since the river was open to the surface, they could not stop it from becoming contaminated. This caused the community members to suffer from frequent bouts of typhoid. Additionally, mosquitoes found the river to be a perfect nesting ground, which exposed the water users to malaria.

These diseases were especially virulent for the schoolchildren of Ebukuti Primary School, whose younger immune systems made them more vulnerable. These illnesses stole

valuable time away from the children, making them too sick to attend school. Even when they were well enough to attend, they were often late to class or had to leave early in order to gather enough water to drink.

Something had to change, yet the community members lacked the resources to make that change happen on their own.

Community leaders heard about the work that Living Water International was doing in the region. The Living Water staff were moved with compassion for the community. A well was drilled and outfitted with a submersible pump powered by state-of-the-art solar panels. The water was then pumped to a water tank where it was filtered and stored before being sent along



103 lines of piping laid by the Living Water staff. Finally, the water arrived at a hand washing station near the school and a water kiosk. The new water system was now complete!

The Living Water staff held sanitation and hygiene training for the community, which was attended by 219 people. They also trained 150 students at Manyala Secondary School, as well as 50 church leaders and youth at Manyala Life in Christ Church, in a new gospel sharing method called Bible storying. In the process, it turns listeners into participators and, ultimately, purveyors of the gospel.

This new water system will serve as a silent, ever-giving witness to the love that the Lord has for the Umira community. Every time the community uses the water system, they will be reminded of the *living water* of Christ and Jesus' words from John 4:13-12: "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."

**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**

