

HOTZE on WELLNESS

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A LETTER FROM DR. HOTZE


Greetings to you and your family!

July is one of the hottest times of the year, so perhaps it is appropriate that our topic this month is menopause. The word menopause is derived from the Greek language and literally means the end of monthly cycles. Often referred to as “the change,” this should be one of the best times in a woman’s life where she can be proud of her accomplishments while still looking to the future using the wisdom and knowledge that she has gained. Tragically, for millions of

women, it is a time of suffering and decline in quality of life.

It doesn’t have to be that way.

Commonly, physicians approach women’s symptoms with drugs and surgery rather than addressing the underlying cause. To the right is a list of common health problems associated with menopause.

Contrary to what you may hear, hysterectomies and counterfeit hormones such as Premarin and Prempro are not the only menopause treatment options. Since the underlying cause of the symptoms of menopause is a decline in natural hormones, the best menopause *continued on page 2* 



Have you or a loved one been diagnosed with one or more of these issues and given a pain pill or an antidepressant for your treatment?

- » Hot flashes
- » Vaginal dryness
- » Night sweats
- » Sleepless nights
- » Depression
- » Reduced libido
- » Loss of enjoyment of sex
- » Increased incidence of urinary incontinence
- » Vaginal atrophy
- » Frequent urination



HOW TO IMPROVE LOW LIBIDO AFTER A HYSTERECTOMY

by Amber Littler, PA-C, Hotze Health & Wellness Center

If you have had a hysterectomy, then you know first-hand that while it may solve certain problems, it can also bring other issues that weren't there before. Besides a whole new set of symptoms after a total hysterectomy, which throws you into menopause, you may also experience loss of libido, which can be devastating to your relationship with your husband. It doesn't have to be that way, and there is something you can do naturally to get it back.

Low libido refers to a lack of sexual desire and can be caused by numerous factors such as disease, fatigue, depression, relationship problems, hormonal imbalance and even by prescription drug side effects, as happens with birth control pills. But there's one thing that most people don't associate with a woman's low libido, and that's low testosterone.

What Changes after a Hysterectomy to Cause Low Testosterone Levels?

Testosterone is primarily known as the male sex hormone, however women also make it in their ovaries and adrenal glands in smaller amounts. If you're wondering what testosterone has to do with a woman's interest in sex, the answer is: everything. Testosterone

is a natural female libido enhancer. Did you know that in women who are of reproductive age, levels of testosterone peak at ovulation, thus stimulating a woman's desire for sex? No wonder testosterone is crucial to a woman's libido. About one-half of a woman's testosterone is produced in, you guessed it: her ovaries. So when women undergo a total hysterectomy, they immediately lose 50% percent of their circulating testosterone. Now you can see how having your ovaries removed during a hysterectomy can decrease your sex drive.

Your Testosterone Levels Can Still Fall Even if You Haven't Had a Hysterectomy

As women age, their level of testosterone begins to decline. Women who experience estrogen dominance (also known as progesterone deficiency), suffer from low testosterone. When a woman becomes estrogen dominant, she begins to experience cycles without ovulation and therefore misses out on the accompanying elevation in testosterone that normally comes with ovulation. To make matters worse, estrogen dominance increases the liver's production of sex-hormone

binding globulins. These proteins attach to the small amount of testosterone in circulation effectively preventing testosterone from entering the cells.

How to Improve Low Libido After a Hysterectomy

The key to improving low libido due to low testosterone is to supplement with bioidentical testosterone to restore hormone levels to those of a healthy young woman. At Hotze Health & Wellness Center, we take a natural approach to menopause. If low levels of hormones are causing your menopause symptoms, then the common-sense solution is to replace those hormones with the exact ones that were lost in the first place. Bioidentical hormones are biologically identical in structure to the hormones produced by the human body, so a woman's cells respond to them in exactly the same way that they respond to the hormones produced by her own body. By replenishing the levels of progesterone, estrogen, testosterone, and even thyroid hormones with bioidentical hormones, you can regain your sex drive. You will also sleep better, lose weight, and have more energy. You can get rid of your mood swings, hot flashes and night sweats, too.

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

treatment begins with replenishing your body with bioidentical hormones which include estrogen, progesterone and thyroid.

Pharmaceutical drugs and surgery are not a cure. To get to the root of the problem it is essential to supplement and replenish your body with progesterone and other natural

hormones. From my clinical experience at the Hotze Health & Wellness Center, bio-identical hormone replacement therapy is the optimal solution.

In this newsletter, you will find several articles and tips on how menopause can be one of the best chapters of your life as you continue your journey to achieving optimal health, naturally.

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

Sincerely yours,

Steven F. Hotze
Chief Executive Officer
Hotze Enterprises



5 COMMON CAUSES OF ANXIETY IN WOMEN

by Susan MacIvor, RPh, Hotze Pharmacy™

Anxiety affects 40 million adults in the U.S. Women are twice as likely to have an anxiety disorder as men.

DO THESE SOUND FAMILIAR?

- Are you nervous and irritable?
- Do you often feel scared for no reason?
- Do you feel impending doom?
- Do you have feelings of panic?
- Are you often ill at ease or worried?

If you have experienced anxiety, you know it can be paralyzing at times. Things that you never used to worry about can make you feel overcome with fear now. Some women have such extreme anxiety that they don't want to leave their home. Why does this happen? What has changed to make us feel so anxious? Could it be as simple as a hormonal deficiency? Let's address five common causes of anxiety in women.

First of all, what is anxiety?

Anxiety is defined as a state of uneasiness and apprehension. People with anxiety can have excessive, persistent worry and fear about things that one wouldn't usually worry about. Often this extreme anxiety can lead to a panic attack, or sudden surges of overwhelming fear that that comes without warning, accompanied by physical symptoms such as a pounding heart, sweating, and rapid breathing. When anxiety becomes an excessive, irrational dread of everyday situations, it becomes disabling.

5 COMMON CAUSES OF ANXIETY IN WOMEN

1. Adrenal Fatigue

Your adrenal glands are responsible for managing stress. Chronic stress, whether physical or psychological or both, cause

the adrenal glands to be overworked and eventually leads to adrenal fatigue. The adrenal glands simply cannot produce enough cortisol, your body's stress hormone, to meet the demands of your body. As a result, you feel stressed out and anxious. Supplementing with bioidentical cortisol helps you to withstand stress and escape one of its most unpleasant effects, anxiety.

2. Hypothyroidism

Hypothyroidism results in a slowdown of cellular metabolism, which causes a drop in levels of the neurotransmitter gamma-aminobutyric acid (GABA). GABA has a calming effect, which prevents the brain from being overwhelmed by stimulation. Moderately low levels of GABA are linked to anxiety, panic attacks, and mood swings. At the other end of the spectrum, too much thyroid hormone (hyperthyroidism) can also bring on anxiety and panic attacks.

3. Estrogen Dominance

Chronically elevated levels of estrogen can induce depression and anxiety by causing functional hypothyroidism. Also, a woman with estrogen dominance (progesterone deficiency) may have the adequate levels of total cortisol in her bloodstream, but her free, available cortisol – the only form that can be used by the cells – may be too low. Estrogen impairs adrenal function in another way: it interferes with the release of cortisol from the adrenal cortex. This can be an indication of declining ovarian function and the resulting imbalance of estrogen and progesterone. Balancing the estrogen with bioidentical progesterone can help eliminate estrogen dominance and curb anxiety.

4. Estrogen Deficiency

Estrogen deficiency that occurs with

menopause can cause anxiety. If anxiety is associated with your hot flashes, then low estrogen could be the culprit. Symptoms can be relieved with bioidentical estrogen. Keep in mind that you can be estrogen dominant and estrogen deficient at the same time. That means that you are low in both estrogen and progesterone.

5. Low Testosterone

Depression and anxiety are symptoms of low testosterone in women. Men aren't the only ones that need testosterone. Women also make it in smaller amounts, and it provides lifelong benefits, including reduced anxiety. Bioidentical testosterone supplementation can help relieve your symptoms.

Natural Solution for Anxiety

The answer to relieving anxiety can often be as simple as balancing your hormones and supplementing with certain vitamins, such as magnesium, 5-HTP, inositol, rhodiola and vitamin B6. If you're struggling with anxiety, and you think your hormones need to be adjusted, don't wait. Contact your provider today.

As always, if you have questions about any of your hormones, please give one of our pharmacists a call at **(281) 828-9088**.



LUCY HOGER: HORMONES AFTER A HYSTERECTOMY

Lucy's mother passed away from of ovarian cancer. She was already in her change-of-life phase and had a hysterectomy before her mom started her chemo treatment, and they were both on Premarin at the time. Lucy loved her mom and wanted to emulate what she had taught her and done in life - everything except what happened to her health in the last five years of her life. During those five years, Lucy had brain fog, difficulty thinking, could not sleep at night, cold hands and feet, hot flashes and night sweats, and wide mood swings.

went to Dr. Hotze's website to check out her symptoms, which was a real eye-opener. That's what convinced Lucy that she had to make an appointment to speak directly with the experts at Hotze Health & Wellness Center.

Since becoming a guest, she's sleeping soundly every night, has energy throughout the day, she's much more focused and has much more clarity in her ability to think. Lucy said the doctors completely understood how she felt because they've seen so many cases similar to hers. Throughout the years, they have carefully monitored her health

not slowing down. "It's fantastic to work hard every day and know that I'm going to have a good, sound seven hours' sleep. I can think clearly and have great concentration throughout the day."

Lucy has published two #1 International Best Selling books. She has a social media following of over 250K people. She is able to keep pace with her consulting clients, go on great vacations, and so much more. Lucy is having fun and living the life she chooses to live.

Lucy's advice to others: "Don't listen to the doctors who tell you that 'it's all in your mind' for feeling the way you do and that EVERY woman feels the same way. You can get your life back and feel like you did in your 30's. You'll look younger because you'll be getting the right amount of sleep. You can live longer because you're giving your body, heart and bones the right hormones and vitamins it needs to remain healthy for years to come."

"Don't listen to the doctors who tell you that 'it's all in your mind' for feeling the way you do."

Lucy's OB/GYN whom she had gone to for years prescribed Premarin. It did not help any of her symptoms and she kept feeling badly all the time. When she spoke with the doctor, he told her "That's just the way it goes. Everyone experiences the same thing." No real answers. At the time, she was a Silicon Valley executive flying all over the world. Feeling poorly all the time and trying to conduct business was becoming increasingly difficult.

About 10 years ago, Lucy was on a Continental Airlines flight. Every time she would open the Continental magazine, there was Dr. Hotze's ad. It really spoke to her and gave her hope that he might have a better way. She

and made some adjustments to keep her feeling great and filled with energy.

The doctor prescribed a combination of bioidentical compounded prescriptions and a tailored vitamin regimen. As she ages, some changes have been made to keep her feeling her best. They also started her on a yeast-free diet which helped her lose those unwanted pounds she had gained over the years.

Today Lucy feels like she is in her 30's. Her energy is way up. She is continuing to have a successful career and she is





MELATONIN: ANTI-AGING SPECIAL REPORT

by Jackie Martinez, Certified Holistic Nutritionist, Hotze Vitamins®

What is Melatonin and why is it so important?

The pineal is the master gland that oversees the operation of all our other glands and influences every cell of our body. It helps us maintain normal hormone levels, and oversees our growth and development. The pineal gland operates through a hormone called melatonin. Melatonin is instrumental in establishing our daily rhythms from infancy on.

Why do we age?

We age because the pineal gland detects a decline in our hormones and begins to slow down. A simple way to trick the pineal gland into thinking we are still young is to supplement with melatonin. Along with anti-aging and longevity qualities, melatonin plays a key role in health and disease prevention. Aging drains our vitality, shortens our lives and weakens our immune system. Aging increases our chances of disease associated with our later years such as cancer, heart disease and diabetes. The best way to protect ourselves from these various diseases is to prevent destruction by vigorously defending our bodies before disease can take hold.

Melatonin and Disease

As we age, our immune system ages too, and it becomes weaker and less effective. Cancer and disease occur because of a breakdown in the function of the immune system; if we can keep our immune system strong, we are more likely to remain free of cancer and disease. We can begin to do this by reconstituting the youthful function of our pineal glands through melatonin supplementation. For those who already suffer from cancer, melatonin has been proven to reduce tumors and can block the action

of free radicals, which are activated oxygen molecules that can damage cells. Because of melatonin's powerful antioxidant properties, it may suppress the growth of some types of cancer cells. Further, research proves that melatonin may also decrease the toxic effects of radiation therapy and chemotherapy.

MELATONIN MAY:

- » Improve sleep
- » Reverse aging
- » Boost immune system
- » Prolong sexual vitality
- » Ease stress
- » Ease menopausal symptoms
- » Improve mobility
- » Help maintain thyroid health
- » Reduce adrenal fatigue
- » Manage blood pressure
- » Regulate cholesterol
- » Reduce asthma symptoms
- » Help regulate blood sugar
- » Improve vision

The Proof is in the Testing:

Drs. Pierpaoli & Regelson's findings

In the fall of 1985, an experiment was performed between two sets of mice. Both sets of mice were 19 months old and healthy, equivalent to a healthy 65-year-old human. One group of mice were given melatonin in their drinking water, the others were not. Other than that, the two sets of mice were treated the same.

The untreated mice began to show expected signs and symptoms of old age and dying. They lost muscle mass, developed bald patches, their eyes grew cataracts, their digestion slowed down and they were physically and mentally worn out and tired. On the other hand, the melatonin-treated mice looked and behaved like their grandchildren! They had grown more fur and continued to have thick, shiny coats. Their eyes were clear and cataract-free, their digestion

had improved and they maintained their strength and muscle tone. More importantly, the melatonin mice lived 6 months longer, which in human years, is equivalent to 25 years!

Most importantly, the mice lived their added years in strong, healthy bodies. Upon examining the cause of death of both groups of mice, it was determined that the untreated mice all died of cancer, which was common for their breed. The melatonin-treated mice remained disease free through their extended lives and died of natural causes.

This experiment proved that disease is not an inevitable part of aging, and that it is possible for us to live longer lives, in strong, disease-free healthy bodies.

Give Hotze Vitamins® a call today at **1-800-579-6545** to talk to a vitamin consultant about melatonin and other supplements that improve vitality and delay the aging process.

Based on The Melatonin Miracle, written by Walter Pierpaoli, M.D., Ph.D., and William Regelson.

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WHAT'S REALLY KEEPING YOU FROM ACHIEVING YOUR GOALS

by Erica Torres-Dudziak, Director, Hotze Health Advantage

Imagine this: For so long you felt flat, demotivated, and like you were just going through the motions each day. But now, you are so excited that you are re-inspired and have a goal to work towards again! Maybe you found comfort learning about what's happening in your body and why you have struggled to lose weight, but now you have the tools to be successful. Maybe you're retired and have decided on a new vocation or way to serve your passion to others. Or, perhaps you found a new course or certification to take your career to the next level.

The common thread in these scenarios is that it can feel fantastic to have something to work on and look forward to again, right? Having a strong **why** keeps us alive and in the game of the life. It keeps us feeling full of vitality and energy. Without one, we can feel like we are floundering. However, this isn't an article about finding your passion, your **why**, or creating a goal. This **is** about one of the reasons we can start with such gusto and then somehow lose our motivation on our quest.

Stay with me here.

"I was going to start this new eating plan on Monday, but I was invited to an after-work party on Wednesday, so I will start next week."

"I was going to start an animal rescue shelter, but maybe I would be more needed volunteering at a nursing home."

"I am halfway through the course, but I don't think this is really for me."

These are just a few of the many thoughts that can enter our minds as we are pursuing a goal or dream. Your thoughts come from your mind which is a very protective. It wants

to safeguard you against any possible threat or danger. Every time you tried something, and it didn't work out, that was stored in your mind. When you set an intention to set out and try again, the other part of your mind remembers that previous setback and does all it can to keep you from restarting or moving forward.

Have you heard yourself or others say:

"Well, I just want to make sure that it is done right, so I need X, Y, and Z first."

"I can't make that kind of decision right now (i.e. where you would like to go on vacation), I need some time to think about it."

"I am just going to stop working on this now and come back to it later when my mind is refreshed (it's only been 5 minutes since you started working on it)."

"I need to wait until our social gatherings have slowed down and there are no holidays before I start the eating plan."

These are voices of **distraction!** There are two parts of us – the part of us that wants us to move forward and the part of us trying to hold us back. The part of you trying to hold you back uses distraction. One example of distraction is **perfectionism**.

In my twenties, I used to be proud of the fact that I liked everything perfect until I learned and experienced that perfectionism is based out of fear. Fear of failure! Most things are not perfect so waiting until they are gives us an excuse not to move forward. If you find that being a perfectionist describes you, then I encourage you to drop that badge of honor because it is hindering you more than it is helping you. Perfectionism is imperfectionism. The focus is always on what isn't perfect.

As you embark on a new exciting adventure or worthy goal, pay attention to your thoughts and especially your actions. Don't listen to what you say you want; your behavior will tell you what you really want! If you want to lose weight but keep watching yourself go for the cupcakes or Doritos, then what you want is comfort. What other way can this need be met?

Be clear about your priorities. Lean into the part of you that desires growth and change. Say "thank you for your feedback, but everything is good" to the part of you that is screaming for you to take a nap, push pause, reschedule, think about it, cancel, and not move forward.

Nike has said it best—Just Do It!

LOOKING FOR A DYNAMIC SPEAKER

to share some success principles with your team or network? Email Erica at erica@hotzehwc.com and ask how you can have a complimentary 30–60 minute presentation that will inspire your group to reach their next level of success!

HOTZE HEALTH
ADVANTAGE



PAUSE THE EFFECTS OF MENOPAUSE ON YOUR SKIN

by Brittney Wranik, Hotze Aesthetics

It is no secret that hormonal changes that occur during menopause alter your skin's appearance in new and less than exciting ways. Like any major life event, these changes affect every individual differently. Some of the most common changes include increased sagging, wrinkling, thinning skin and excess dryness or oiliness.

During menopause, the decline of estrogen and progesterone levels has the largest impact on the changes we see. As these hormone levels decrease so do the levels of collagen, elastin, and structural fat just beneath the skin. Collagen and elastin are considered the skin's "youth proteins" and as they decrease so does your skin's firmness and ability to resume shape after stretching or contracting. Meanwhile, as fat seems to deposit more rapidly around your midsection it actually decreases just beneath the skin's surface. This loss of volume and firmness accelerates sagging, wrinkling and the thinning of your skin.

To reverse these effects and improve firmness and elasticity, you can try

collagen stimulating products and treatments. For a simple at-home solution, look for products rich in vitamin C, peptides or AHA (Alpha Hydroxy Acid) to improve natural collagen production and absorption. For a more aggressive, long-term solution, try treatments that induce your skin's healing process to stimulate collagen. Micro-dermal needling procedures like Skin Pen and ablative laser procedures like Halo Pro are two of the best options on the market.

Another major change you may notice during menopause is an increase in your skin's dryness or oiliness. For some women, the imbalance of estrogen and testosterone levels caused by menopause increases the oil secretion in their sebaceous glands. These women tend to notice more oily, acne-prone skin. Other women may notice a drastic increase in their skin's cracking and dryness. Two of the main culprits for an increase in dryness are a decrease in thyroid function or hyaluronic acid production.

The treatments for these changes depend strongly upon the specific

cause. Re-establishing the balance of your female and thyroid hormones, if needed, will provide the most substantial improvement for either oily or dry skin. At home, following a consistent regimen and using products with ingredients like salicylic acid will help oily, acne-prone skin. For dry skin try hydrating products that contain ingredients like hyaluronic acid. This superstar ingredient can hold up to 1,000 times its weight in water!

The internal changes of menopause are undeniable and unavoidable. However, the effects these changes have on your life and your appearance can be managed. Starting a maintenance program by your 30s is the best way to prevent and reduce the extent these changes have. Have no fear; however, there are also solutions if the effects of the change have already begun! Call Hotze Aesthetics today to schedule your FREE consultation at **(281) 698-8770**. Together we can develop your own personalized program to prevent or correct the effects of menopause.

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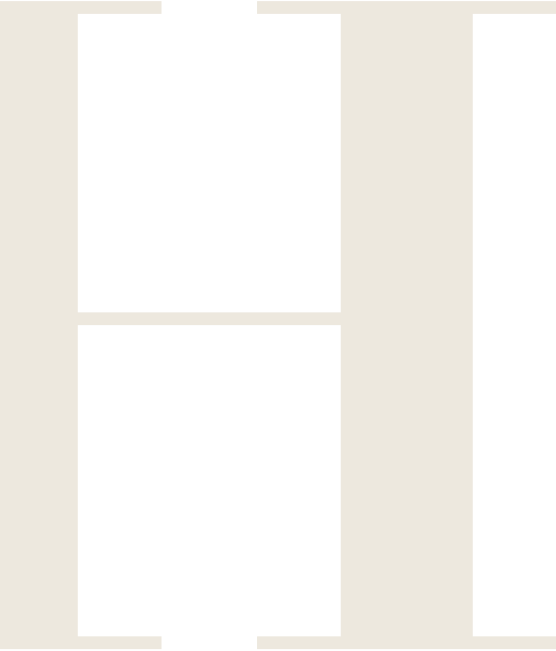
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