

HOTZE **on** WELLNESS

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A LETTER FROM DR. HOTZE

Guest Hollie Grubb and Dr. Hotze

Greetings to you and your family! I believe that anyone with allergies deserves to have safe, effective and convenient allergy treatment to eliminate the underlying allergy reaction, rather than simply having drugs prescribed to mask the symptoms.

March is the time of year when the trees start to pollinate, your car gets covered with a layer of green pollen, and your allergies begin to act up. Allergy symptoms can range from mild to severe and can interfere with your work, your relationships and everyday activities. Common allergy symptoms include sneezing, itchy, red and watery eyes, fatigue, postnasal drainage, cough, bronchitis, dizziness, sinus infections, asthma, headaches, stuffy nose, ear

infections and skin rashes. Allergies can make your life miserable.


Do you take antihistamines regularly? Do you have recurrent sinus infections? Do you use an inhaler? Are you frequently congested and not feeling well?

Allergies are caused by an abnormal reaction to normal occurring substances in the environment, things that you breathe in the air: weed, tree and grass pollens, mold spores, dust mites and animal danders. Foods can also cause allergies. The most common food allergens are wheat, corn, egg, milk, yeast and soybeans. These are commonly found in processed foods.

Allergies can be eliminated naturally, so that you can enjoy life again and feel your best!

First, a word about over-the-counter medications: antihistamines, decongestants, bronchodilators and steroids don't eliminate the underlying allergy reaction. They simply mask the symptoms. Unfortunately, many people with allergies accept these symptoms as a way of life and depend upon pharmaceutical drugs to manage their symptoms. These drugs can cause negative side effects such as fatigue, drowsiness, nausea, headaches, dizziness, dry mouth, loss of appetite, stomach upset, blurred vision and skin rashes.

Allergy and asthma symptoms can be eliminated naturally by addressing the underlying cause, which involves desensitizing your immune system to allergens.

continued on page 10 



HOW TO GET BETTER—FAST!

HEALTH BENEFITS OF FASTING

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

» I love... fasting! You may not have heard love and fasting put together before but if you try it, you are likely to love it. Calorie reduction, not eating for part of the day or even several days, may sound extreme;

however, keep in mind that water-only fasting has been done safely for a millennium. Recently, numerous studies have been published showing fasting to be one of our

best tools for staying healthy and even reversing disease. Fasting truly can be the fastest route to better health, fasting can improve your brain, heart, blood pressure, blood sugar, arthritis, inflammation, mood, autoimmune problems, migraines, allergies, cravings and more. Even outcomes of cancer therapy are improved with fasting.

» People often skip this powerful “fountain of youth” because they assume it’s too hard. You will find options for water fasting as well as eating reduced calories that can be used in conjunction with many eating strategies including plant based, paleo and ketogenic. Despite the safety of limited fasting, prior to fasting I recommend you have a discussion with your medical provider.

Fasting Produces Cellular House Cleaning (Autophagy), Repair and Growth of New Cells

Why does fasting make such a profound effect on our health and likely our longevity? Fasting, as well as caloric restriction, promotes the ultimate cellular detoxification process referred to as 'autophagy.' Autophagy involves removing cellular debris which enables our body to work more efficiently, essentially acting "younger." Incredibly, fasting not only cleans out our cellular debris but it also stimulates our stem cells to gear up and start rebuilding and repairing our body (i.e. muscle, brain, immune systems). Finally, fasting also teaches our body to use fat for fuel, turning fat into ketones (ketosis).

Suggestions on How to Start Fasting/Caloric Restriction

» STEP 1 Intermittent Fasting

*(also known as
time restricted eating)*

Contrary to conventional wisdom, eating throughout the day often contributes to over-eating and disease. Restricting eating hours to a 10 hour window or less can dramatically improve health. Men and individuals with significant health issues may benefit from a shorter eating window of 6-8 hours. Generally, one should practice intermittent fasting

only 5 days a week in order to ensure adequate overall nutrient intake and to prevent your body from adapting. When should you be eating? While some studies show benefits with eating breakfast, this does not work for everyone. Other issues to consider are the timing of your eating—when your family eats together and when you are naturally hungry. You should avoid eating after 6-7 PM. Intermittent fasting/time restricted eating allows the body to start clearing your stores of sugar, start burning fat (i.e. making ketones) which results in lower glucose, triglycerides, inflammation and weight. Eating during restricted hours of the day also allows our distended stomachs to return to a smaller size which helps normalize our super-sized American appetites.

» STEP 2 Occasionally, Eat Just Once a Day

This is an advanced version of the above intermittent fasting—you may want to do this 1x/week. When you eat only 1x/day it is really important to eat nutritionally dense foods like healthy fats (avocado) and the "G-BOMBS" that Dr. Joel Fuhrman refers to: Greens, Beans, Onions, Mushrooms, Berries and Seeds.

» STEP 3 Water Fast for 24 Hours

If you do well with intermittent fasting for 18 hours, just add 6 more and try to do this regularly, i.e. every 1-2 weeks. Water is the ideal drink but if you regularly consume caffeinated drinks, drinking a small amount can prevent a headache. You can also have a serving


of herbal tea or Yerba Mate with Stevia if desired. Remember not to use juices, creamers or amino acid supplements as the goal is to actually be fasting.

» STEP 4 Short Term Fasting for 2-4 Days *(again, we recommend you discuss with your medical provider)*

If you did well with a 1 day fast, you are ready to try going 2-4 days in a row for more potential benefits. While fasting, it helps to exercise daily to stimulate fat burning and preserve muscle mass. By regularly fasting, your body's stem cells become activated which helps regenerate and rejuvenate your body (more muscle fibers and improved brain function). I recommend you limit fasting to no more than 4 days per month. Interestingly, many find it is just as easy to fast 4 days as 2 because as you burn fat and make ketones, your appetite drops dramatically and energy often increases. Women usually go into ketosis after 2 days, men after 3 days. The 3-4 day fast can be repeated every 1-4 months. Note that fasting results in sodium and potassium loss, use water with sea salt to balance, see the final thoughts below.

Not ready for short term fasting? You may want to consider the caloric restriction options below:

Calorie Restriction Options

**OPTION 1
Calorie restriction several times a week:** Studies have shown when calories are dropped every other day, health improves. *continued on page 11* 



COLOSTRUM FOR ALLERGIES

by Tressa Knapp, Certified Holistic Nutritionist

Oh, those spring flowers, and...oh, (achoo), these allergies! Did you know that people suffering from sinus infections caused by allergies will miss, on average, 4 work days per year due to illness? Missing work or school, and then having to get caught back up, is never fun. Thankfully, with a strong and effective immune system, allergy season annoyances are a thing of the past and you don't have to deal with the usual sniffing, headaches, sneezes and low energy. **Strengthening and improving your immune system is key for allergy avoidance.**

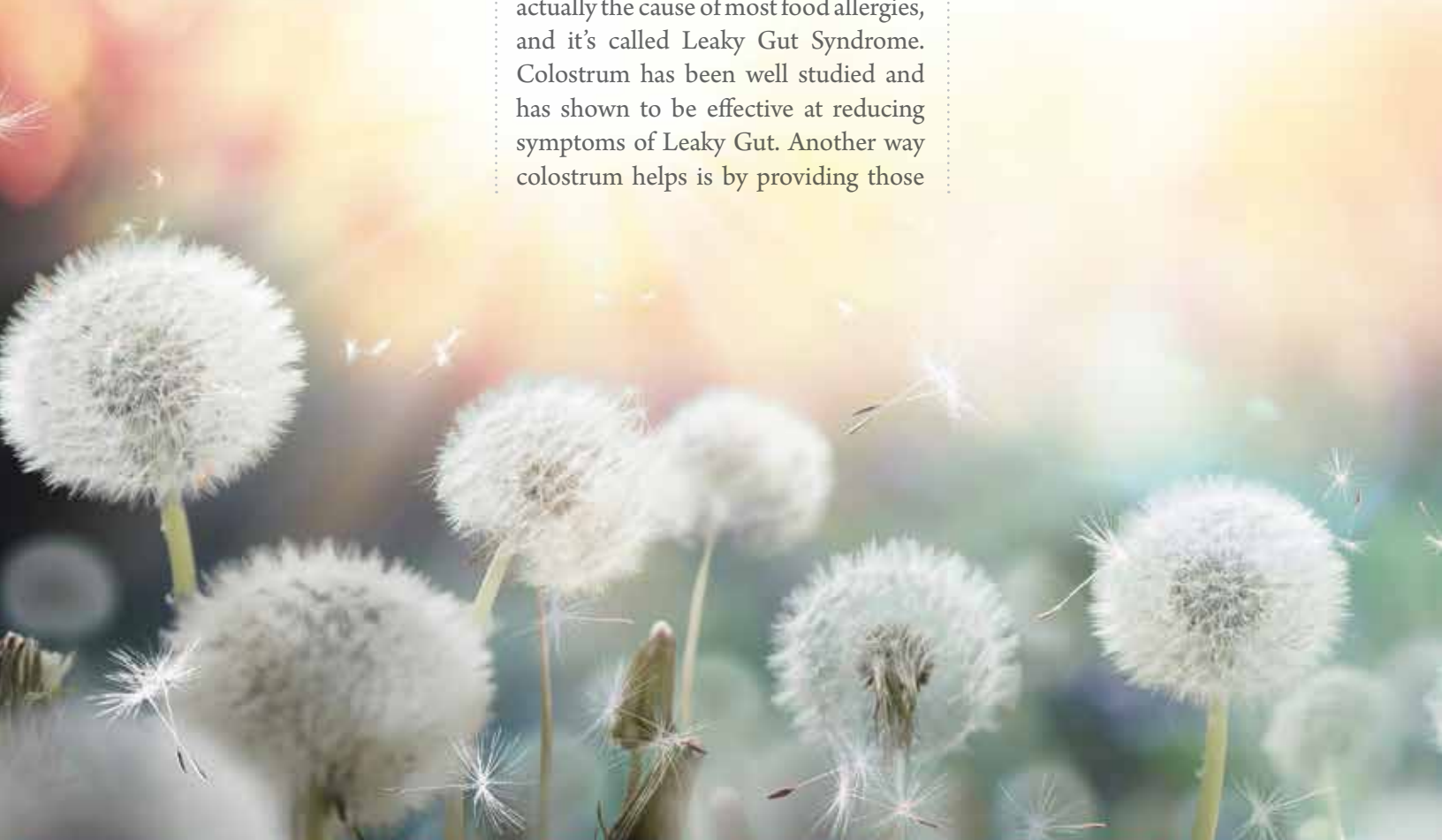
Believe it or not, your current immune system has been impacted greatly by whether or not you were breastfed as a baby. Within that breast milk there was something called colostrum. For

the first few days of life, the colostrum helped you grow and held antibodies which were very important for the development of your immune system and resistance to bacteria and viruses. For a variety of reasons, even if you were breast fed, your immune system may have run into bumps in the road. If you have allergies, that's a sure sign your immune system is having trouble regulating itself. It's reacting to substances that it should not.

Supplementing with bovine colostrum as an adult can be just as beneficial as being breastfed as a baby. Colostrum helps the immune system in a variety of ways. One example is its ability to reduce permeability of the gut walls, which prevents food particles from escaping and causing issues. This is actually the cause of most food allergies, and it's called Leaky Gut Syndrome. Colostrum has been well studied and has shown to be effective at reducing symptoms of Leaky Gut. Another way colostrum helps is by providing those

IgG antibodies your body needs to neutralize allergies and get back on track. Not only will the antibodies help lower allergic response, but they also provide a great defense against invaders like cold or flu viruses and sinus infections. Bovine colostrum is used for humans because it's biologically identical to human colostrum and has even MORE benefits.

This spring, do yourself a favor and get a bottle of colostrum for you and your family to get started on. You'll feel better, miss less work and school, and have much fewer annoying symptoms bringing you down. Colostrum is, by God's design, a beautiful answer to our allergy woes. Thank goodness!





ALLERGIES AND ADRENAL FATIGUE

by Angela Foley, PharmD, Hotze Pharmacy™

Did you know that chronic allergies can lead to overworked adrenal glands? People with allergies commonly have weak adrenal function, also known as adrenal fatigue. Most allergies involve the release of histamine and other pro-inflammatory substances. Cortisol, which is produced by the adrenal glands, is a strong anti-inflammatory hormone. The more histamine that is released, the more cortisol it takes to counteract the inflammation. The adrenal glands become tired from trying to produce more cortisol.

Adrenal fatigue occurs when the adrenal glands cannot produce enough cortisol to meet the demands of your body. In short, you are wearing your adrenal glands out, so you feel increasingly fatigued and stressed. Patients who suffer from seasonal allergies and recurrent infections due to allergies experience adrenal fatigue because the adrenal glands work so

hard to try to keep the immune system in tip top shape. The adrenal glands end up fizzling out because they can't keep up with the body's demand. Conversely, if you have adrenal fatigue, your immune system may be weakened which can make you more susceptible to allergies.

Like hypothyroidism, adrenal fatigue is a common condition that is overlooked by conventional medicine. So, how do you know if you might have adrenal fatigue? Those who suffer from adrenal fatigue often find getting out of bed or waking up extremely difficult. They feel tired and fatigued throughout the day. They have difficulty handling stress. Other common symptoms include anxiety, panic attacks, muscle and joint pain, dizziness, recurrent infections, depression, low blood sugar, heart palpitations, low blood pressure and headaches.

When your adrenal glands become

exhausted, your natural cortisol levels drop significantly. The solution is to support your adrenal glands with bioidentical cortisol. Cortisol is your naturally occurring stress hormone. Without it, you literally could not survive. Physiological levels of cortisol are essential for good health as it boosts your immune system, increasing resistance to infections and inflammation.

If this sounds like you, talk to your provider about how the addition of bioidentical cortisol could optimize your hormone treatment plan.

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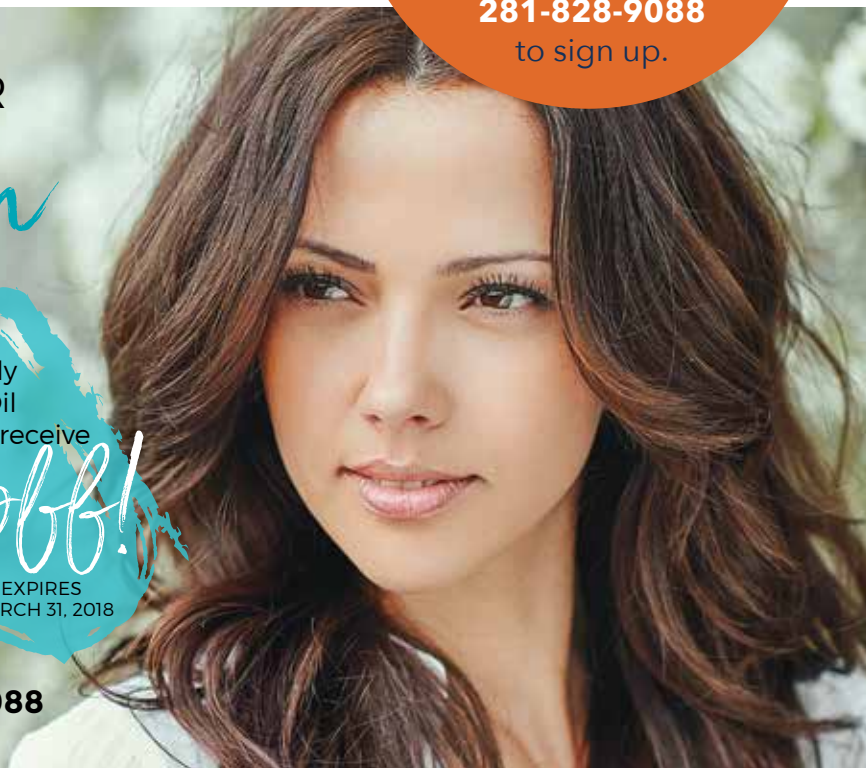
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HOLLIE GRUBB:

A WIFE AND MOM NOW FULL OF ENERGY

Hollie's symptoms began in her childhood with horrible migraines, chronic sinus infections, constipation, low energy, joint pain, a weak immune system and a persistent sore throat. Every afternoon she felt very sad and had no idea why. As she entered her teens, the fatigue became worse. She had difficult cycles, bad acne and developed carpal tunnel syndrome. She was always icy cold, even in the heat of summer. She had huge dark circles under her eyes. As Hollie entered her early twenties, the fatigue was debilitating. She could barely crawl out of bed in the mornings. She would lie awake for hours at night. She would crawl under her desk at work to sleep because she couldn't stay awake. She had brain fog and couldn't remember what she ate for breakfast. She had dizzy spells for no apparent reason. People began to comment on her appearance, asking if she had been ill.

After Hollie was married, she had one miscarriage and then her firstborn daughter. She struggled with postpartum depression. After the birth of her second daughter, things really came to a crisis point. She began seeing in black and white and had absolutely no tolerance for stress of any kind. Said Hollie, "my brain fog as so bad that I wouldn't drive anywhere alone because I would forget where I was going." The carpal tunnel caused her to all but give up piano. She had difficulties with typing and opening cans. She couldn't work out because of the joint pain and fatigue. Her social life was limited because of lack of energy. She really struggled with confidence. As her symptoms worsened, she began to think it was all in her head and maybe

she was just going crazy.

Hollie went to three or four traditional doctors. She was given antibiotics for the acne, but it didn't help. They prescribed migraine medicine and birth control which made everything worse. Both doctors said her thyroid was in the normal range and one asked if she was just depressed.

Said Hollie, "Dr. Ellsworth surprised me because I had never been to a doctor that made eye contact, asked so many questions, and really seemed to want to hear and believe my answers. He didn't bat an eye when I listed some of

"FINALLY, I HAVE THE ENERGY TO BE THE WIFE AND MOM I THOUGHT I COULD NEVER BE."

my symptoms and that's when I started to get excited. I was given cortisol for adrenal fatigue, desiccated thyroid, progesterone and several supplements. I was advised to do the yeast cleanse and permanently eliminate gluten from my diet.

"All my symptoms are gone. A month into the program, I felt better than I had ever felt in my life. I now have three children and another one arriving in April. I experienced no postpartum

depression after the birth of my third child, and that was amazing. My migraines are gone, the joint pain is gone, I fall asleep easily and sleep straight through until morning. Those random dizzy spells went away. I don't have that afternoon drop in emotion and my brain fog is gone. The intestinal and menstrual issues I had completely resolved as well. I haven't had acne in years which is something I thought I would have my entire life. I'm seeing in color again and my confidence is back.

"Finally, I have the energy to be the wife and mom I thought I could never be. It's amazing to be able to play the piano again, without pain. And now I can give all my children airplane rides whenever they want, even my big six-year-old. I'm homeschooling my two eldest children and I also started a gluten free cottage bakery out of my home. My only regret is that I didn't go to the Hotze Health & Wellness Center sooner."





BURNT OUT BY TOO MUCH SWITCH-TASKING?

by Erica Torres-Dudziak, Certified Life & Professional Coach

So, we are moving out of it being the “New Year” and into it just being 2018. Are you on track with where you wanted to be at this time of the year?

I don’t know about you, but for many people it can seem like there are so many things that need to be done in a day. A typical day can include checking emails, checking social media, connecting with family, cooking, running errands, picking up your kids, work and all that it entails, running your kids around to sporting events, homework time, working on a side business, grocery shopping, praying or quiet time, lunch with friends, exercise, etc. Oh my goodness, how do we manage? Well, I know that there continues to be this misconception about multi-tasking to getting everything that needs to be done, DONE. Do you consider yourself a great multi-tasker or use this as a strategy to stay on top of things?

In research done at Stanford, those that thought they were great multi-taskers were actually worse off than just doing one thing at a time. They found that they had trouble organizing their thoughts, filtering out irrelevant information, and were slower at switching from one task to another. Some studies have shown it can take up to 20 minutes to refocus on a task after a distraction. There really is no such thing as “multi-tasking” because your brain can only focus on ONE thing at a time. What is really happening is “switch-tasking”. You are switching your focus from one thing to another thing back and forth. Each task switch might waste only 1/10th of a second, but if you do a lot of switching in a day it can add up to a loss of 40% of your productivity! Multi-tasking reduces

your efficiency and performance and some studies have shown a reduction in IQ.

So, multi-tasking can dumb you down, but for me it is also a personal connection issue. Do you like when you are talking to someone and they are sending an email at the same time? Or, you are on the phone with your loved one pouring your heart out and they keep saying, “what, say that again, I’m sorry, I am trying to get the boys to pick up their clothes.” I have seen parent/kid meet-ups. The kids wanting attention from their parent, the parent on the phone with social media, all while catching up with another parent. What message is this sending the kid or the other parent trying to connect?

Hey, I’m not judging, I have done some of those things myself, but what we want to ask ourselves is at what cost is this behavior to ourselves and to others? The question then is do we need to manage our priorities differently, set up better boundaries, and get clear on our values? All of this juggling and switch-tasking is energy depleting and stress-inducing. If you are finding yourself stretched too thin, trying to switch-task to get everything done, feeling burnt out, then PAUSE - take a breath, step back and assess the life you created. What changes are within your control right now that you can make to have a different experience? What is one thing you can do this week or today to start making a shift to a more enjoyable life?

IF YOU HAVE SOME HABITS OR REOCCURRING PATTERNS

that are not creating either the health, relationships, or career results that you love, email me at Erica@hotzehwc.com to see what your next steps could look like.





MANAGE YOUR ALLERGY SYMPTOMS WITH EXERCISE

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

Heading to the gym for a workout may be the last thing on your mind when you're suffering from allergy symptoms, such as runny nose, itchy eyes, sinus pressure or fatigue. But studies have shown that exercise just might be the trick to help lessen the severity of your symptoms.

Exercise Can Increase Blood Flow

When you have allergies, the blood vessels and tissues surrounding your nose and lungs swell, causing inflammation and congestion. But when you exercise, your body directs blood flow to the muscles you are currently working. This strong blood flow will reduce inflammation, easing congestion and allergens can be flushed out via your kidneys and skin. While you can't eliminate your allergies completely, just 30 minutes of moderate aerobic or anaerobic exercise at least four days a week is all you need to get your blood pumping in order to ease your symptoms.

Exercise Makes You Feel Good

We all know allergy season can be depressing, especially when you are

an allergy sufferer. Believe it or not, exercise can actually help you feel happy again. When you run or lift weights, you create tiny tears in your muscle fibers which can actually be a little stressful on your body, whether you realize it or not. This stress signals your nervous system to release endorphins, which can lead to feelings of pleasure and euphoria, decreasing pain symptoms and discomfort, improving your mood and enhancing immunity. Again, moderate intensity and frequency are important factors to keep in mind when you're suffering from allergy symptoms. Too much exercise can work against you (on a cellular level) if you start to feel run down and weak from your workouts. Allow your body to rest and recover properly so you can benefit from all your hard work. I recommend exercising at least 30 minutes, 3-4 days a week.

Should I Take Anything Before a Workout?

Yes, consider using a saline spray, Neti-pot or taking vitamin C, which is a natural antihistamine, prior to your workout. These will assist in opening

your nasal passages prior to exercise, especially if you plan on exercising outside. Remember to use proper breathing techniques. Breathing through your nose filters and purifies your air intake, preventing allergens and other pollutants from entering your lungs and bronchiole passageways. Be sure to check the pollen or mold count (www.pollen.com) on days you plan on spending time outdoors to prevent flare ups and take note of your surroundings. Avoid working out near parks, open fields or lakes if you suffer from weed and grass pollens, or mold allergies. If spending time outdoors is too risky, utilize your gym and take advantage of aquatic exercise classes if they are available to you. Swimming is the ideal workout for allergy sufferers and you can accomplish a low-impact, total-body workout without triggering symptoms in a controlled environment. Fortunately, whatever fitness program you enjoy, you don't have to give it up during allergy season. Allergy management is possible when you have the tools, diet and exercise prescription!





CARE FOR YOUR SKIN— AVOID ALLERGENS

by Brittney Wranik, Hotze Aesthetics

Have you ever used a beauty product only to be suddenly overcome with intense itching, burning, swelling, stinging, redness, hives or something of the like? If so, unfortunately, you are in good company. Exposure to allergens has become a risk far too commonly expected from daily cosmetic products. In fact, over 3,700 substances have been identified as contact allergens and many are found in your everyday beauty products—even the “hypoallergenic” brands!

According to the FDA “[t]here are no [current] Federal standards or definitions that govern the use of the term “hypoallergenic.” The term means whatever a particular company wants it to mean. Manufacturers of cosmetics labeled as hypoallergenic are not required to submit substantiation of their hypoallergenicity claims to the FDA.”

This means that you cannot rely solely on the “sensitive” or “hypoallergenic” claims on your product labels. To avoid harmful allergen exposure, you must be proactively reviewing the ingredients of the products you use as well as the practices and standards of the companies creating them. Three of the most common kinds of allergen ingredients to avoid are:

- **Preservatives**—Preservatives have been identified as the most common type of cosmetic allergens. Top preservatives include parabens, methylisothiazolinone, Quaternium-15, DMDM hydantoin, phenoxyethanol and formaldehyde.
- **Fragrances**—Fragrances have been identified as the second most common type of cosmetic allergens. Even “unscented” products often use fragrances to cover up chemical

scent. Instead of “unscented” look for products that are specifically “fragrance-free.”

- **Sulfates**—Sulfates are ultimately detergents and are most commonly found in cleansers and shampoos. When reviewing labels for sulfates look for the term “sodium lauryl sulfate.”

Surprisingly, it’s not only standard skin care products that pose an allergen threat. “Natural” products and ingredients cause risk of reaction, as well. If you happen to be one of the few lucky individuals that have hypersensitive skin and seemingly react to everything, be mindful of natural skin care lines as well. Natural or plant based ingredients such as Lanoline, Primin, Propolis and even essential oils can cause reactions on occasion.

As a precaution, to avoid reactions to new skin care products always apply a test patch before lathering up your entire face or body. Apply a small amount of product on the back of your arm or another discrete location. If no redness, irritation or reaction occurs within 24 hours, then proceed with using the product as directed.



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Take Heidi Christopher's story, for instance. Heidi has been a guest at the Hotze Health & Wellness Center since 2004. She suffered from extremely severe asthma and literally couldn't go anywhere without her inhaler because she had chronic asthma. Today, Heidi can mow the yard, walk in the garden and go hiking outdoors. She hasn't needed an inhaler in years. Allergy drops have virtually eliminated all of her allergy and asthma symptoms.

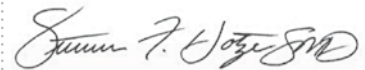
I believe that you deserve a doctor and a team of professionals to coach you onto a path of health and wellness naturally, without the use of pharmaceutical drugs, so you can

enjoy a better quality of life. If you are suffering from chronic allergies or asthma, we can help you, too. If you're ready to get rid of your allergies and increase your energy level, so that you experience a great quality of life, then contact us today at 281-579-3600.

Thank you for giving us the privilege of serving you.

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

Committed to your health success,



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

HEALTH & WELLNESS CENTER INTL



In the studies, men eat 600/women 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.

OPTION 2

The “Fasting Mimicking Diet” (FMD) is a well-researched, convenient, albeit, pricey plan which involves consuming specific reduced calorie meals packaged and sold through www.prolonfmd.com. The 5 day FMD can be done every 1-4 months.

Who Should NOT Fast?

A few groups should not fast, most are obvious: individuals with an eating disorder (anorexic or bulimic), children < 18, pregnant/nursing women, those who are underweight, the extremely

frail, i.e. uncontrolled heart failure, severe kidney or liver disease. Also, those with certain metabolic disease like porphyria, and disorders of fatty acid metabolism. Individuals with type 1 diabetes generally should not fast as they need very strict supervision and monitoring. Those with type 2 diabetes can fast but if taking medications to lower blood sugar, these medications typically should be reduced or not taken while doing a water fast – please discuss this with your provider.

Final Thoughts

Fasting is a very powerful wellness tool that most reasonably healthy, non-pregnant adults can do. Limit your 24 hour fasting to a maximum of 4 days/month (either in a row or spread out). You should generally feel well during a fast. During a 3-4 day fast, you generally would stay on your hormones and hold off on taking vitamins, unless you know

stopping a vitamin will cause issues for you to stop (i.e. getting constipated off of magnesium, fatigue off of B vitamins). Adding some sea salt to replace some of the electrolytes you can lose during fasting can help you address headaches or energy slumps (1/4 tsp. to glass of water as needed or 1 tsp. to 1 gallon of water). If you have cramping, add potassium 99 mg 2 caps 2-3x/day. The extra energy you have doing a fast might make sleep a bit off, so extra magnesium or melatonin can help. If you lose too much weight, experience weakness or lightheadedness that does not respond to drinking more water with sea salt, you would want to add food back in.

For more information see: *Fasting and Eating for Health* by Joel Fuhrman (note that Dr. Fuhrman includes information on more extended fasting beyond the scope of this article).



*Water is essential
for life,*

but when a 40 minute walk is necessary to collect water for your family, daily life becomes very challenging. Regular hygiene practices have to be abandoned since survival needs, such as having enough safe water to drink, are pushed to the forefront. This was the plight of Kasang'any, a community in Kenya. Since their well had broken, the 85 families had made the trip to the local river at least once a day to collect water for their needs. Walking home with heavy containers of water was exhausting work, and the water shortage in the community impacted every element of their lives. The residents frequently suffered from the debilitating side effects of typhoid, malaria, respiratory infections, and other water-related diseases as a result of collecting and consuming dirty water from the river. However, thanks to faithful supporters like you, all of this changed when the Living Water team was able to rehabilitate their well, making it safe and reliable once again. When safe water began to flow freely from the new hand pump, the residents were overjoyed. They knew it would not just benefit them in their homes, but also provide for the local health clinic and primary school. The door of health and opportunity had just been opened for the community because of this rehabilitated well—thank you!



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