

HOTZE **on** WELLNESS

November 2017 · Vol. 2, No. 11

## A LETTER FROM DR. HOTZE

Greetings! The wonderful Thanksgiving & Christmas holiday season is right around the corner.

While the holidays should be a time of merriment, for many, the season can bring on feelings of sadness, being overwhelmed and anxiety. It doesn't have to be that way. At Hotze Health & Wellness Center, we believe that anxiety can be treated naturally through hormone replenishment and vitamin supplementation.

This month's newsletter contains various approaches to dealing with anxiety and stress, which I hope you will find helpful. More importantly, I want to remind you that our team is ready to help you to make the necessary adjustments to ensure that you are feeling your best.

Whether you're brand new to the Hotze program, or you've been a guest for years, if you're struggling, please call on us.

If you haven't become a Hotze Health & Wellness Center guest yet, then there is no better time to get started than now. Instead of waiting until "things settle down after the holidays," don't you want to feel your best in time for the holidays? Make it your best season ever.

In other news, I have a big announcement to share. As of Friday, November 3rd, **Dr. Hotze's Wellness Revolution** radio program will be off the air. We have decided to transition to a podcast, so that you can listen at your convenience. The **Dr. Hotze's Wellness Revolution Podcast** can be found on most major podcast platforms, including

iTunes and Google Play. Thank you for subscribing to my podcast and sharing it with your friends and family.

Finally, in this season of thanks, I want you to know how grateful I am for the opportunity to serve you. It is a privilege to have you as our guest. May you and your family have a most joyous Thanksgiving.

*"In everything give thanks, for this is God's will for you in Christ Jesus."*

*1 Thessalonians 5:18*

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



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



# NATURAL SOLUTIONS FOR ANXIETY & STRESS

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

We all experience stress and anxiety at times, especially with all the hustle and bustle of the holidays, so what healthy things can we do when anxiety levels increase to the red-zone? Here are some ideas. Try different approaches to see what works best for you.

**Exercise:** Studies consistently show that people have less stress and anxiety when they exercise regularly. Some prefer intense exercise like running, while others like calmer and more gentle exercise like walking or yoga. Getting outside has the added benefits associated with getting in touch with nature.

**Connect:** Healthy people stay connected with others. Studies show connecting online does not produce the same stress reduction that real life connections produce.

**Deep breathing exercises** can quickly reduce anxiety. Take 5 minutes to breathe deeply and slowly: sit in a chair, eyes closed, with your hand on your belly. Breathe in and let the breath work up your abdomen to your mouth and exhale. Reverse it as you exhale.

**Read** a good book.

**Unplug** from media and plug into peaceful thoughts like: "I feel at peace" or "God is Love" or "I am at peace because God loves me."

**Pray:** Talk with God and listen by reading the Bible (i.e., Psalms).

**Music therapy:** Music really can affect our mood. Take advantage of this by listening to relaxing music such as classical or praise music. Music has been shown to decrease physiologic symptoms of anxiety such as heart rate, respiratory rate, and blood pressure in adults and children.

**Use Apps like calm.com.**

**Gratefulness** chases anxiety away. Have a list of at least three things a day you are grateful for every day.

**Focus on being fully present** (rather than distracted): Be aware of your environment and feelings. Notice the subtle sounds, details of texture around you, etc. (This is known as mindfulness.)

**Work on cognitive behavioral therapy** by reading *Feeling Good* by David Burns.

Use the **Brain Renew** program here at the Hotze Health & Wellness Center.

Try **emotional freedom** technique (tapping): this is free and can provide fast relief to many. See [eft.mercola.com](http://eft.mercola.com).

**Supplements for anxiety**

- **Lavender:** both topically and even orally for anxiety
- **Chamomile tea** has well known relaxing properties.
- **Ashwagandha:** 300 mg, 2x/day
- **Rhodiola:** 500 mg, 2 capsules, 2x/day
- **Inositol:** 1 – 2 900 mg capsules every 3-6 hours (18 grams/day have been used safely.)

- **L-Taurine:** 500 mg, 2 capsules, 2-3x/day, is a very calming amino acid.
- **5-HTP:** up to 50-100 mg, 2x/day (Use with caution if on an antidepressant.)
- **Magnesium** is wonderful for the brain and anxiety. Many need upwards of 1,000 mg.
- **Ginkgo Biloba:** 120 mg, 2x/day.
- **GABA:** 500 mg, 2-3x/day

**Hormones are Essential for Calm**

- **Melatonin**, especially our prescription form under the tongue, helps with sleep-related anxiety issues.
- **Progesterone** works by activating the GABA receptor sites. Women may need 50-200 mg/day whereas men need 12.5-75 mg. Estrogen is also essential to support when low.
- **Testosterone**, as well as DHEA, reduce anxiety in both men and women.

**Get a Healthy Gut / Microbiome**

An unhealthy Gut is the root of a lot of anxiety. Avoid the common gut disruptors: gluten, regular use of non-steroidal medications like ibuprofen, antibiotics, steroids, birth control pills and excessive alcohol. Panic symptoms can be directly caused by food allergies. We find the most common severe reactions are due to wheat, dairy, eggs, corn, and nuts. We can test for food sensitivities using simple blood or skin tests. You will also want to eradicate yeast.



## STRESSED OUT? THERE'S A HORMONE FOR THAT.

by Susan MacIvor, RPh, Hotze Pharmacy™

What does stress look like for you? Is it raising young children? A stressful job? Maybe it's the passing of a loved one or the feeling like you can barely catch your breath with an overpacked schedule?

These life circumstances are indeed emotional stressors, and when paired with various physical stressors such as exercise or allergies, leave you on the fast track to adrenal fatigue. If you're not sure if this is entirely you, you'll know when you start experiencing symptoms such as chronic fatigue, muscle weakness, cravings for salty and high-fat foods, decreased sex drive, a caffeine dependence and more.

Although there are various supplements available that can assist your adrenal glands in regaining proper functionality, you'll ultimately need to replenish your adrenal hormone levels to correct the problem and get relief from your more severe symptoms. One hormone that is produced by the adrenals and known for its anti-stress

qualities is dehydroepiandrosterone (DHEA). Also considered as the "Fountain of Youth," DHEA can help to reverse the effects of stress on the immune system and assist in balancing other adrenal hormones such as cortisol.

When supplementing with high-quality DHEA (prescription, pharmaceutical grade preparation rather than something found over the counter that is not standardized nor regulated), you can experience a decreased stress load and an increased ability to manage stress and daily tasks. **You may also notice an improvement in the following:**

- Cholesterol levels
- Metabolism
- Brain function (memory, moods, anxiety, food cravings)
- Bone Density
- Fertility
- Libido
- Immunity
- Skin health

Almost sounds too good to be true, right?! If you find yourself getting stressed easily or you know that the holidays are sure to throw you for a loop, it may be time to talk with your provider about supplementing with DHEA. If you are a current guest, you can call our nursing line at **281-698-8706** to find out if DHEA is right for you.

## At Hotze Pharmacy,

we believe that how you feel on your program is directly related to the quality of the hormones you are taking. Many guests who transfer their prescriptions to a different pharmacy to save money return because they 'just didn't feel as well' taking lower quality compounded hormones.

If you would like to experience the quality difference for yourself, transfer your prescriptions to Hotze Pharmacy this month & save \$25 off your order.



## HAPPIER HOLIDAYS WITH 5-HTP

by Tressa Knapp, Certified Holistic Nutritionist

The holidays are such a wonderful, happy time of year. So why then do we sometimes feel depressed or down around these times? That's easy. Holidays are happy times with stress mixed in, and we get busy. We skimp on self-care, and all the parties and family members can start to overwhelm us. Then we stress eat and gain weight. It's a vicious cycle. But it doesn't have to be that way.

What if you could add one thing to your vitamin regimen that would help you sleep better, feel happier, and even help relieve anxiety eating? You can! 5-HTP is a natural dietary supplement that can help you have happier holidays. Our bodies make it from tryptophan

(yes, the stuff in turkey). Preliminary studies indicate that 5-HTP may work as well as certain antidepressant drugs to treat people with mild-to-moderate depression.

You can eat foods with tryptophan, but there are no foods with 5-HTP, so you must take a supplement if you think you may need a mood boost. Sometimes life around the holidays just isn't as magical as we think it should be, especially if life experiences don't match up to our visions of sugar plum fairies. If you have tried the basic things like hydration, hugs, and prayer, and you are still feeling down, give 5-HTP a try. It can also help reduce stress eating by lowering anxiety and helps

you sleep better. I don't know about you, but being happier, more in control of what I eat and sleeping better during the holidays sounds pretty magical.

Having a happier holiday this year is something you owe yourself, especially if you or your family were affected by Harvey. We know the feeling; it's been a tough year. However, God is good and He has given us natural remedies to help us live the lives we were meant to live. Be good to yourself.



## Water:

### AN ANSWER TO PRAYER IN EL SALVADOR

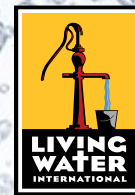
Every day at Centro Escolar Canton Santa Lucia Orcollo, the principal and a group of mothers gathered to pray for a safe water well for the students. In the small community of 40 families, the local primary and secondary school was a major focus of the residents and provided the education that the community children needed to have a bright future. Making a choice to attend school was challenging for the local students, who often had to choose between going to school or helping their parents in the fields, where they would earn money and contribute to their families' well-being. An added burden for the 138 students and the 4 school staff members was the water situation.

Unfortunately, the locally available water, which primarily came from a private well, was insufficient for the needs of the school, which included cleaning and cooking, as well as providing drinking water for the students and staff. The school purchased water from a water truck for the drinking needs of the students, but they were uncertain where the water came from. As a result of consuming dirty water, many students suffered from cholera, dysentery, respiratory infections, and other water-related illnesses, making their efforts to attend class even more difficult when they suffered the debilitating side effects of these sicknesses.

Although Marlene Sánchez, the principal, was not a Christian, she knew the need at her school was great and started a daily prayer group to ask God to provide for their needs. When Living Water International informed the school leadership that the team would return and drill for water, they were overjoyed and their faith was deepened. One team member shared, "Marlene, the principal, felt God answered her prayers when she knew we were coming.... They felt full of joy when [they] discovered they were selected to have a project that would bring clean water for the kids and also teach them Bible lessons and share the love of God...."



Marlene Sánchez (left) is the principal of Centro Escolar Santa Lucia Orcollo. She celebrates the well—an answer to prayer—with the field staff.



Did you know that your referrals support Living Water?

Visit [hotzehwc.com/referrals](http://hotzehwc.com/referrals) for details!



## PUMP(S)KIN— PUMPKIN AND YOUR SKIN!

by Brittney Wranik, Hotze Aesthetics

When fall comes around, there always seems to be a pumpkin craze that comes right along with it. Pumpkin lattes, pumpkin candles, pumpkin patches, pumpkin décor, pumpkins galore! Like it or not, they're everywhere so you might as well embrace them. Luckily for us in the skin care world these beautiful fall mascots are more than just decorative and delicious. They're also nourishing for your skin!

Pumpkins are rich in essential skin

nourishing vitamins and minerals like Zinc, Vitamin C, Vitamin A, and Copper. They are also loaded with skin super star ingredients like alpha hydroxy acids (AHAs) and fruit enzymes. These essential nutrients help promote overall skin health, collagen production, cell turnover, brightness, brown spot reduction, skin softness and can even delay signs of aging. These are the type of ingredients you should be looking for in your everyday skin care!



So, next time you're at the patch or a fall-festive supermarket, grab a fresh pumpkin or can of puree and try this simple DIY pumpkin mask to promote brighter and smoother skin.

# Brightening Pumpkin Mask

### WHAT YOU'LL NEED:

- 1 cup pumpkin
- 2 tablespoons brown sugar
- 3 tablespoons organic aloe vera gel
- 1 tablespoon fresh lemon juice

### DIRECTIONS:

- 1.** Use 1 cup canned pumpkin puree or cut 2 cups of raw pumpkin into small cubes.
- 2.** Blend all ingredients together until a smooth paste is formed. If raw pumpkin is used, add 1-2 tablespoons of water for blending, as needed.
- 3.** Store in air tight container for up to 4 days.

### HOW TO USE:

Apply paste to moist, clean skin and leave on for 10-15 minutes. Remove with warm wet wash cloth. Enjoy brighter, smoother and more nourished skin!



# PAM & DAVID WHITE: JUST GETTING STARTED!

## Pam's Story

Pam had high cholesterol, sleeplessness (no more than 2 hours a night), weight gain (while exercising), brain fog, digestion issues, and she felt “yucky” and lethargic all the time. One morning Pam couldn't remember how to drive home from her bible study. That was the last straw for her. That's when she knew she had to do something.

Her gynecologist and internist both suggested Lipitor, but Pam knew that wasn't the answer. Through her research, she knew that she needed to try bioidentical hormones.

She had a friend who had come to Hotze Health & Wellness Center several years prior and had some great results, so she decided it was time. “Dr. Ellsworth was phenomenal from the first handshake. My husband David and I both were amazed at his knowledge and compassion. Neither of us knew what to expect, but from the very

first visit, we have been just blown back with the whole experience. To this day, I so appreciate how kind, thorough and open your practice is.”

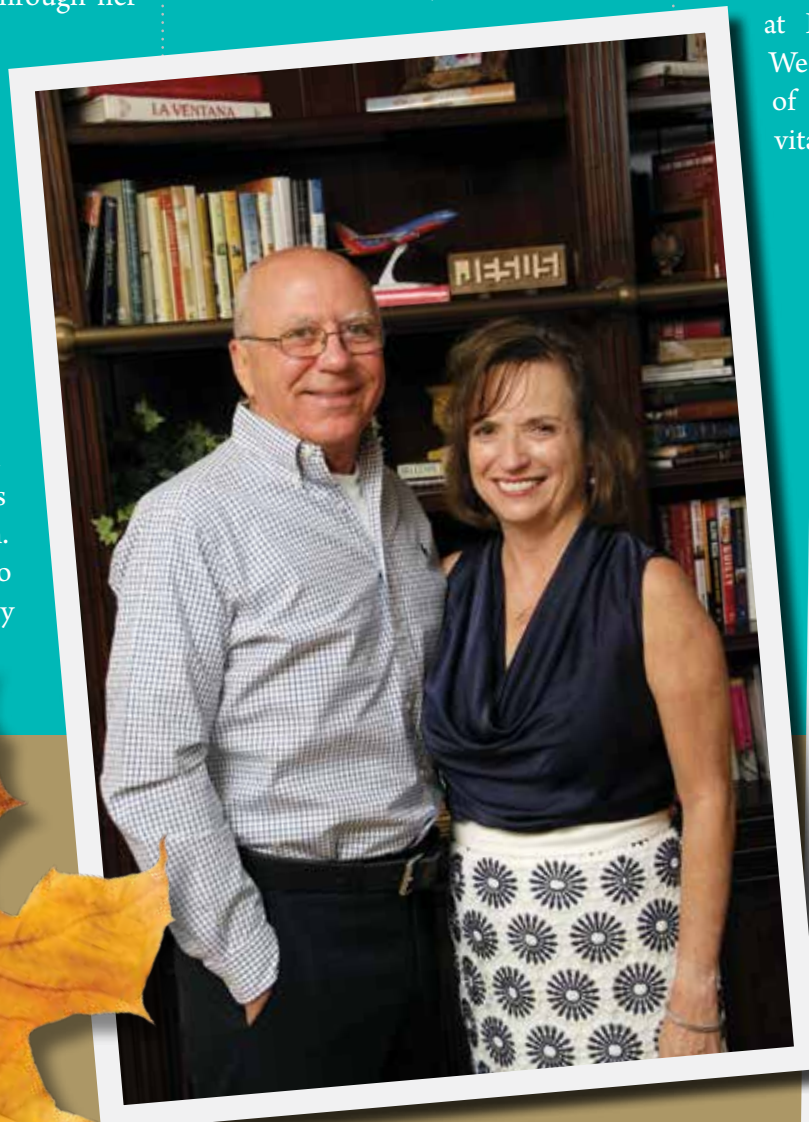
Pam's treatment included bioidentical hormones, nutrition guidance, vitamins and “friendship,” as she put it. “It has been a remarkable opportunity for us! David and I are much healthier and vibrant today, because of Hotze!”

Pam's husband David said, “After the first 90 days after her first visit with Dr. Ellsworth,

her cholesterol dropped dramatically (without Lipitor!) and within a few months, she slept all night, her brain fog went away, and she threw away all of her Prilosec OTC (that her other doctors had told her she would be on for the rest of her life!)”

Today, Pam says “I feel AWESOME!!! I feel like I can tackle anything! I sleep great and for a long time! I have a great memory and haven't had any sensation of being ‘lost,’ ever again.”

“We are thankful for all of you at Hotze Health & Wellness! We wish you many more years of bringing back vibrancy and vitality! *Cheers!*”



*Pam & David White*



## David's Story

At 57, David White, an airline pilot for Southwest, started having soreness and stiffness in his neck, shoulders, back, hips, knees, ankles, and feet. David had not done any strenuous work, but it felt like he had cut down a huge tree with an ax, daily, for several weeks. He had no energy and everything hurt. He was losing muscle mass, and it got to the point that he could not even do one push-up. He needed exercise, but didn't have the strength to do it.

He had a hard time getting into and out of his pickup truck and even his own bed. It was getting harder to do all the things that he had to do in the cockpit. He had no interest in going anywhere or doing anything on his days off. David was afraid that he might not pass his next FAA Flight Physical and wind up grounded, losing his career eight years before the FAA-mandated retirement at 65.



He went to his family doctor who told him that his blood work was normal, said that he may have fibromyalgia or an autoimmune disorder, and referred him to a rheumatologist. David knew that if he went to that rheumatologist, that he would either be diagnosed with something or be prescribed pharmaceutical drugs that would end his career. Instead, he came to Hotze Health & Wellness Center.

"Dr. Ellsworth sat and visited with me at length about family history and the symptoms that I was having. He was in no rush, and as far as I could tell, it was like I was the only 'guest' (patient) he had that day!" said David.

David was prescribed bioidentical cortisol and testosterone, desiccated thyroid, vitamin B-12, and vitamins and minerals. David's thyroid levels were in the lower end of the "normal range." Dr. Ellsworth adjusted his thyroid dose to get to the right level for him. "No other doctor that I had ever been to approached hormone levels from this perspective!" He was also prescribed the yeast-free diet to help rid his body of the yeast overgrowth caused by

antibiotic use over the years. When Dr. Ellsworth put cortisol neutralizing drops under David's tongue, he felt his shoulders and body completely relax.

"I honestly feel that I have more energy today than I did at 35! It is beyond amazing! It's closer to a miracle! All my muscle aches and pains went away in about 90 days. My muscle mass is fully restored, and I have more flexibility than I have had in years. My mind is sharper and stamina is better than it has been in years. It is hard to describe in words what the Hotze Health & Wellness Center has done for me. It certainly gave me eight more years to fly and finish my career. And it was all done without any pharmaceutical drugs that would have caused the FAA to pull my medical and ground me."



"I'm within one year of my FAA forced airline retirement at age 65. With my new-found energy and drive, my wife and I have decided to start what will be my THIRD career! We have just taken and passed our Texas Real Estate License Exam. With any luck at all, and with our friends at the Hotze Health & Wellness Center, we fully expect to have a successful 20-year career in real estate! Plus, we plan to stay up with our 8 grandchildren...we hope they can stay up with US!"

H O T Z E

HEALTH & WELLNESS CENTER INTL

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H I

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