

HOTZE on WELLNESS

Nov./Dec. 2018

Vol. 3, No. 11



A LETTER FROM DR. HOTZE

Dr. Steven and Janie Hotze with Melisa and Cal Callahan

Greetings to you and your family! The holidays are meant to be a joyous time of celebration, reflection, and giving thanks for our blessings. Unfortunately, this is also the season when many people experience stress and anxiety. Anxiety affects 40 million adults in the United States, and women are twice as likely to suffer from it as men.

Anxiety is a state of uneasiness and apprehension. People with anxiety can have excessive, persistent worry and fear. This extreme anxiety can lead to panic attacks, a surge of overwhelming fear that comes without warning, which are often accompanied by a pounding heart, sweating, and rapid breathing.

If these feelings of anxiety become an excessive, irrational dread of everyday

situations, then it adversely affects that person's quality of life. Here are five hormone-related causes of anxiety in women, which will give you the knowledge to better understand why you or someone you know has been suffering from this debilitating and often misunderstood condition.

5 COMMON CAUSES OF ANXIETY IN WOMEN

1. Adrenal Fatigue

Your adrenal glands are responsible for managing stress. Chronic stress, whether physical or psychological, overworks your adrenal glands 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.

2. Hypothyroidism

Anxiety is extremely common in people with thyroid dysfunction. Hypothyroidism slows down your cellular metabolism, which decreases your levels of the neurotransmitter, GABA. GABA has a calming effect, which prevents your brain from being overwhelmed by stimulation. Low levels of GABA are linked to anxiety, panic attacks and mood swings.

3. Progesterone Deficiency/Estrogen Dominance

Progesterone acts as a natural antidepressant, enhances your mood and relieves anxiety. It has a calming effect on the brain. It stimulates the brain's GABA receptors, the feel-good,

continued on page 4 



STATINS: YES OR NO?

by David Sheridan, MD, Hotze Health & Wellness Center

Many believe the conventional wisdom regarding cholesterol. The claims are pervasive, from doctors' offices to television commercials. But most of us can recall other things once felt to be true by "conventional wisdom" that turned out to be false. A recent study (*Medscape – Mar 12, 2018*) about statin drug use in the elderly should have us revisit cholesterol conventional wisdom, as well. Is this new information? Are these findings casting doubt about this pervasive cholesterol theory recent? No, not recent at all.

The fat and cholesterol argument regarding heart disease is decades old. The earliest study of which I am aware dates back to the 1930's. Before fancy electronics and fast-talking (and politically powerful) drug companies, doctors relied upon common sense observation. It was found that at autopsy, comparing cholesterol levels to the actual amount of plaque found in the coronary arteries revealed no pattern. The amount of plaque found in the coronary arteries was not higher in those with higher cholesterol

values. Conversely, those with lower cholesterol values did not uniformly have less plaque. This was a rather simple study, but revealing. This same approach was repeated twice in the early 1960's. Those doctors found the same thing—that the amount of plaque did not match the cholesterol values.

Fast-forwarding to more recent information, we find that dietary cholesterol is pretty much a non-issue with respect heart disease (*Health.gov DGAC, Dec 15, 2014*). What was noted in *Medscape* is just one of the latest installments in what you can now see is a decades-old argument.

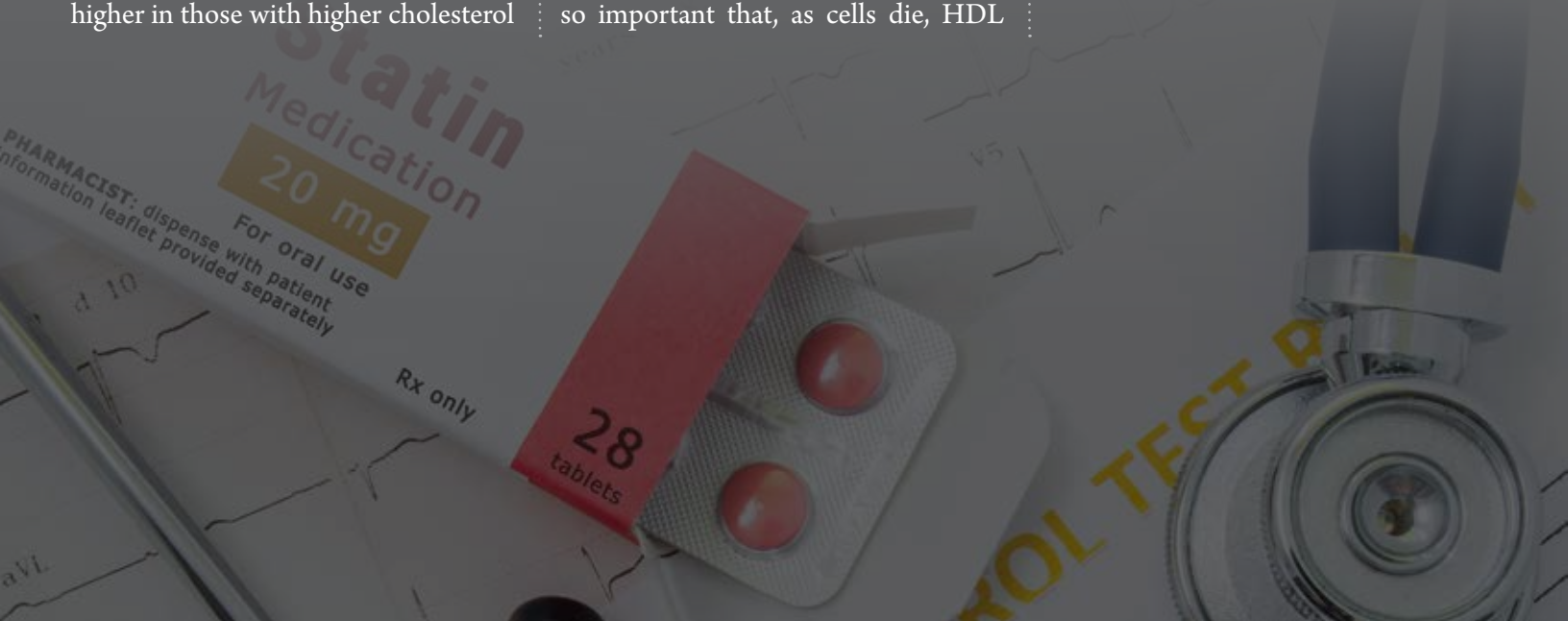
The above is a very quick overview. Many studies have failed to show that dietary cholesterol had a negative impact on heart disease. And again, the so-called importance of cholesterol blood levels is simply a consequence of the availability of cholesterol-lowering drugs. Such drugs seem to be a cure in search of a disease.

Every cell in your body needs cholesterol to maintain the integrity of its cell membrane. Cholesterol is so important that, as cells die, HDL

particles carry cholesterol back to the liver for "re-processing," so to speak. Then LDL particles carry cholesterol back to the tissues to be integrated into new cell membranes. Calling one arm of this necessary process "good" (HDL) while the other arm is supposedly "bad" is ludicrous! HDL and LDL are two complementary sides of a vital biochemical process! Both are not only good, but necessary for life and health.

Of late, more people are becoming aware of the importance of vitamin D. This vital hormone is necessary for bone building, brain repair and is a critical anti-cancer compound. No fewer than 25 cancers have been found to increase as vitamin D levels go down. Being part of the Hotze Health & Wellness Center community, you are certainly aware of the importance of hormones. Vitamin D, as well as our other steroid hormones, are derived from cholesterol!

Cholesterol is critical for health and should not be demonized.





SEVEN WAYS TO MANAGE STRESS AND ANXIETY

by Lucia McEntee, RPh, Physicians Preference Pharmacy

Everyone has some level of stress in their life. We can't avoid it. In our fast-paced world, it surrounds us 24/7. However, how we internalize and deal with stress either keeps it small and manageable or allows it to become overwhelming. The good news is that there are many ways to manage stress naturally.

7 Ways to Manage Stress and Anxiety

1. Breathe deeply. In stressful situations, we tend to take short, shallow breaths. Stop, sit down, close your eyes and breathe deeply. Exhale to let go of what is causing the stress and let yourself relax.

2. Eat a healthy diet. Be sure to include organic fruits and vegetables in your diet. Avoid processed foods, sugar and high fructose corn syrup, which are hard on the adrenal glands and have no nutritional value.

3. Drink at least two quarts of filtered water daily. Limit caffeine and other stimulants such as sodas and energy drinks. A cup of coffee in the morning to help wake up is okay. However, continuous caffeine intake triggers adrenaline production. This keeps us alert, but taxes our adrenal health at the same time. Limit alcohol and nicotine intake, too.

4. Exercise regularly. Research shows that people who exercise regularly have less stress and anxiety. Try running, walking, or dancing,

and have fun doing it! A word of caution, if your adrenal glands are weak and you do not tolerate stress well, be gentle with your exercise. Do more stretching exercises like yoga, tai chi or walking.

5. Get enough sleep and rest. Adults need around eight hours of sleep per night to recharge their bodies.

6. Simplify your life. Cut back on obligations. Clean out closets and get rid of "stuff." Avoid procrastination. Manage your money to avoid financial worries. Practice being positive and thankful and then stress will have no place to hide. Pray and let go of stressful thoughts.

7. Assist your body in relieving stress. Cortisol is your naturally occurring stress hormone. You cannot live without it. The adrenal glands secrete more cortisol in response to stress to help the body adapt and handle the stress. **Hotze Brain Peptide** has a calming and mood supporting effect under conditions of stress. Supplements such as magnesium, inositol, ashwagandha, rhodiola, and 5-HTP can also help with stress.

Don't wait. Start taking steps to de-stress today so you can enjoy the holiday season!



HOTZE
PHARMACY

IS NOW

↓

PHYSICIANS
PREFERENCE
PHARMACY X

NOVEMBER SPECIAL

\$20 off
a Hotze Brain Peptide
prescription during the
month of November 2018.



L-THEANINE FOR ANXIETY

by Jackie Martinez, Certified Holistic Nutritionist, Hotze Vitamins®

There are things in life that we could be anxious about, but is it really necessary? Do you find yourself sometimes sweating the small stuff? You are not alone. About 30% of adults in the United States suffer from anxiety. The great news is that there are natural therapies that can help. One nutritional supplement that can help lower anxiety is **L-Theanine**. Holistic doctors are using L-Theanine as a natural alternative to anti-anxiety drugs, because in most cases, it works just as well without the dangerous side effects.

L-Theanine is naturally found in a variety of healthy foods. It is found in green tea and promotes feelings of calmness, alertness and well-being. It gives green tea drinkers that Zen feeling after drinking a cup or two. L-Theanine works in the brain to lower anxiety by calming brain waves. It is an amino acid that supports the natural production of

the calming GABA neurotransmitter. Sometimes anxiety can be caused when our neurotransmitters are imbalanced, which can result from unhealthy eating or lack of sleep. Taking 100 mg of L-Theanine when you feel anxious will help rebalance neurotransmitters. The result is less brain chatter and improved ability to think clearly and calmly. Being able to think clearly can instantly lower anxiety, because in most cases, we were anxious about nothing. Once we can think clearly, we realize that we literally thought up an entire situation in our own head (it's called "playing it all out"), and we can recognize that it's just anxious thinking.

The opposite of feeling anxious is feeling grateful. Once you correct your nutritional deficiencies and rebalance your brain, you will naturally feel very grateful to God for your many blessings, rather than stressing about

the small stuff. Natural therapies like L-Theanine have often been referred to as life-changing, because shifting from anxiety to wellness and gratitude can be a complete game changer. If you suffer from anxiety, make it a priority today to call Hotze Vitamins at **281-646-1659** and ask about natural therapies for anxiety.

GET 15% OFF

your purchase of **L-Theanine** during the month of November.

Use Promo Code THEA15 at checkout.

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

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

calming neurotransmitters. It is easy to understand why anxiety can surface when your progesterone levels are low.

This progesterone deficiency has also been called estrogen dominance. Both estrogen and progesterone decline as we age, however, progesterone declines 120 times more rapidly than estrogen, leading to an imbalance. Chronically elevated levels of estrogen can also induce anxiety by causing functional hypothyroidism. Balancing your estrogen with bioidentical progesterone can help eliminate estrogen dominance and curb anxiety.

4. Estrogen Deficiency

Estrogen deficiency that occurs with menopause can also cause anxiety. If anxiety

is associated with your hot flashes, then low estrogen could be the culprit. Research also suggests that lower estrogen during a normal menstrual cycle may contribute to the risk of anxiety disorders.

5. Low Testosterone

Depression and anxiety are symptoms of low testosterone in women. Men aren't the only ones who need testosterone. Women also make it in smaller amounts, and it provides lifelong benefits, including reduced anxiety.

NATURAL SOLUTIONS

Women notice a positive difference in their health and get anxiety relief when their hormone levels are restored to

normal with bioidentical hormones. Certain vitamins and supplements can also help relieve anxiety: magnesium, 5-HTP, inositol, rhodiola, ashwagandha, and vitamin B6.

If you are struggling with anxiety, then please contact us today at 281-579-3600. We can help.

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

Committed to your health success,

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



RELEASE TENSION AND CREATE INTENTION WITH YOGA

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

Managing stress and its impact on our well-being is an important part of modern living. No thanks to recent technology, it's hard to escape the demands and pressure of work, social and family life, which always allows us to be within reach. While a little bit of stress is normal, it's the prolonged stress that often accumulates into feelings of anxiety and feeling overwhelmed which can take over the nervous system, draining both our physical and mental energy. It's vitally important to one's health to make time for self-care, relax the mind, and to revive our energy. Why not recharge ourselves as often as we recharge our phones?

Yoga - The Best Practice for Stress

Yoga is the simplest and most effective tool for stress management. Yoga is a combination of exercise and meditative practice that allows a person to gain strength and flexibility, while also increasing mindfulness. Spending thirty to sixty minutes systemically stretching the body is as calming as it is energizing. And the results are palpable. Listed are the many ways yoga can help us restore balance and relieve our stress:

Yoga eases tension by relaxing our body and mind

Every person deals with stress differently, but the physiological response is usually the same. We start to hold tension in the neck, shoulders, jaw and back. This muscular tension prevents us from ever feeling "relaxed." Yoga can help our body transition into a tranquil state, relinquishing thoughts of anxiety and worry as we meditate and focus through each guided asana (posture or pose). The purpose of each asana is to connect the link between body, breath, mind and soul. As we begin moving our body, we instantly promote blood and lymphatic circulation to restore our muscles, rid toxins, lower blood pressure and increase our breath capacity.

Yoga improves breath control

When we experience stress, our breath tends to become shallow, rapid, and sometimes we tend to hold our breath without even realizing it. In yoga, we're taught to take long, deep breaths, bringing awareness to our body and encouraging us to regain control of our nervous system.

Yoga provides freedom

Any activity that pulls us away from our hectic life can be liberating. Yoga and mindful meditation, in particular, can provide an opportunity for us to invest energy into ourselves and restore a sense of balance to the present moment. When we learn how to manage our energy effectively, we can release this built-up tension and thus, create intention in every aspect of our life.

Busyness has become a dangerous epidemic of our society. That's why it's so important to harness those silent moments in between phone calls and meetings to relinquish thoughts of negativity and anxiety and take a few deep breaths to allow our brain to reset. Yoga can be transformative and I highly recommend engaging in a consistent practice at least 3 times a week for 30-60 minutes. *Namaste.*



MELISA CALLAHAN: FROM TRAUMA TO RESTORED JOY

A few years after getting married, Melisa gave birth to a baby girl named Megan. She had a heart defect, so a few days after she was born she almost passed away. She had life-saving open heart surgery and is 29 today, beautiful, happy and healthy. Melisa didn't know at that time what all that was doing to her body and how she would be able to recover, but she kept going.

Then Melisa had a baby boy. He was healthy and strong, but five days before his first birthday, he got streptococcal meningitis and passed away. Melisa was shocked. She and her husband were walking around in a coma. Melisa became very depressed. Her adrenal glands became stressed and her health suffered. She was losing too much weight. She was tired all the time and felt poorly. Melisa also suffered from menstrual migraine headaches that began when she was 12 years old.

Melisa had a dear friend who told her about the Hotze Health & Wellness Center, so she made an appointment. Our medical team explained how trauma and depression can strip your body of what it needs for natural healing. Melisa's cortisol levels were gone, her adrenal glands had been shot, her thyroid was off, and she needed progesterone—all these natural, God-given things that she had before the traumas.

Said Melisa, "Dr. Hotze and his staff helped me to know that if I can put God-given, bioidentical hormones back into the tank, that, day by day, that I would get my life back. I know that I would not be here today if I didn't have the healthy bioidentical hormones that I have now put back into my body, so

it basically filled up my tank with what God had given me in the beginning of my life. I want to say that a few years after our little boy had passed away, we were able to conceive, and we had one more little boy, his name is Cody Caleb Callahan, and Cody Caleb means 'restored joy.' He's 23. He's strong. He's great."

"I just know that I have had a great life because God is at the helm, that Dr. Hotze's practice is based on God's promises and God's Word, and all the talents that Dr. Hotze has put into his practice, into the staff, it just pulls it all together. I think the phrase is, 'It's not the years in your life that count. It's the life in your years.' I do have restored joy, and I know that I wouldn't be here today telling you how excited I am about life, how happy I am that God is on His throne, that our baby boy is in heaven, that I've got other tasks here on earth that need to be done, and I can do them because of everything that Dr. Hotze and his staff have helped me do," said Melisa.

"I just want you out there to know, if you've been through a lot of trauma, if you've had a lot going on, how hard it is for your body to do it by yourself, so call the Hotze Health & Wellness Center and let them help you."



"I WOULD NOT BE HERE TODAY IF I DIDN'T HAVE THE HEALTHY BIOIDENTICAL HORMONES THAT I HAVE NOW."





IS YOUR SKIN STRESSED?

by Brittney Wranik, Hotze Med Spa

Stress management is a key part of living a healthy lifestyle. Unmanaged stress can contribute to serious health issues like high blood pressure, infertility, obesity, diabetes, mental health issues and much more. Whether you choose yoga, meditation, breathing techniques, exercise, candle-lit baths or counseling, it's important that you take regular inventory of your stress levels and actively choose to manage them. Do you remember to check in and manage the stressed areas of your life? Are you paying attention to all areas of stress, even in your skin?

Yes – your skin gets stressed, too! Just like every other organ in your body, and every area of your life, your skin is susceptible to the negative effects of stress. Below are 3 common signs of stress to look out for in your skin and what to do about them.

1. Congestion

Is your skin feeling clogged, bumpy or irritated? Congestion is one of the most common indications that your skin may be stressed. Internal responses to stress, like an increase in cortisol levels, can cause sudden inflammatory responses that wreak havoc on your skin. Think sudden breakouts, irritation and even broken down collagen and elastin fibers. When cortisol levels are elevated, manage your levels with stress reduction practices like breathing exercises, essential oils or meditation. Then show your skin some love with a detox mask or deep cleansing facial!

2. Dehydration

Is your skin dry, cracking or dull? When your skin becomes dehydrated, you can see it and you can most

often feel it. Tightness, itching, and exaggerated lines are a few common indications that your skin might be lacking in the hydration department. To avoid dehydration, make sure that you're drinking plenty of water and incorporating hydrating ingredients into your daily and nightly routines. A few ingredients to incorporate are hyaluronic acid, aloe vera, and essential fatty acids like ceramides to reinforce your skin's natural moisture barrier.

3. Damage

Is your skin showing quickening signs of aging? Have you noticed accelerated discoloration, exaggerated wrinkles or thin, crepey texture? Signs of damage like these often come from environmental and lifestyle factors like UV exposure, pollutants, smoking, and drinking, and though they may take longest to appear, they have the most longstanding effects. Unfortunately, time machines are not yet a thing, so the best way to address years of damage is with medical aesthetic procedures. Consult a professional to learn what procedures would be appropriate for your damage and your skin.

The most important thing we can do to reduce the effect that stress has on our skin is to remain actively aware of stressed signs and address them as soon as possible. If you find yourself needing guidance or advice on adapting your skincare to address signs of stress, then ask for help. Call Hotze Med Spa at (281) 698-8770 to schedule a virtual skin analysis today. Let us help you find the right tools to manage and adapt to the stressors of your skin.



★
 RELAX, REFRESH &
de-stress!
 Buy one facial in November
 and treat a loved one to
 the same facial **for free.**
 Valid only during
 November 2018



HEALTHIER LIVES THROUGH

Safe Water

MAR ALFARO, GUATEMALA

The community of Mar Alfaro 1 and 2 seemed to have water in abundance. A river, nine springs, eight protected hand dug wells, five unprotected hand dug wells, and a rain water catchment rounded out their resources. Yet, not a single one of those water sources was safe to drink from. Those who dared to consume the water wound up contracting worms and parasites. Even if the community members somehow managed to avoid ingesting those organisms, they often experienced diarrhea or fell ill with dysentery. Either way, the results were the same—constant stomach aches, weakness,



and tiredness. And thirst. Always thirst.

The children would stop at the river to drink and collect water on their way to school. This was the same river where the women gathered to wash clothes. Parents told their children not to drink from the river, and tried to provide filtered drinking water, but it was too expensive. The ailments that the other community members experienced were most virulent for the children who often missed school as a result.

The Living Water staff traveled to Mar Alfaro 1 and 2 to assess the situation. They found the community members suffering greatly from a water crisis, yet ready to move forward as good stewards of a safe water source. The staff returned to the community with a drilling rig and a Living Water Trips team. They drilled



60 meters into the earth to reach a safe water aquifer. Soon, the well was complete.

The community members celebrated as they drank water from their new, safe water well for the first time! No longer will they have to worry about the safety of the water they are consuming. Their minds can be at ease and their bodies can begin recovering from the water crisis. They now have the practical knowledge and resources to lead healthier lives. Furthermore, the living water that was shared with them has made an eternal impact that will never be forgotten.

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

