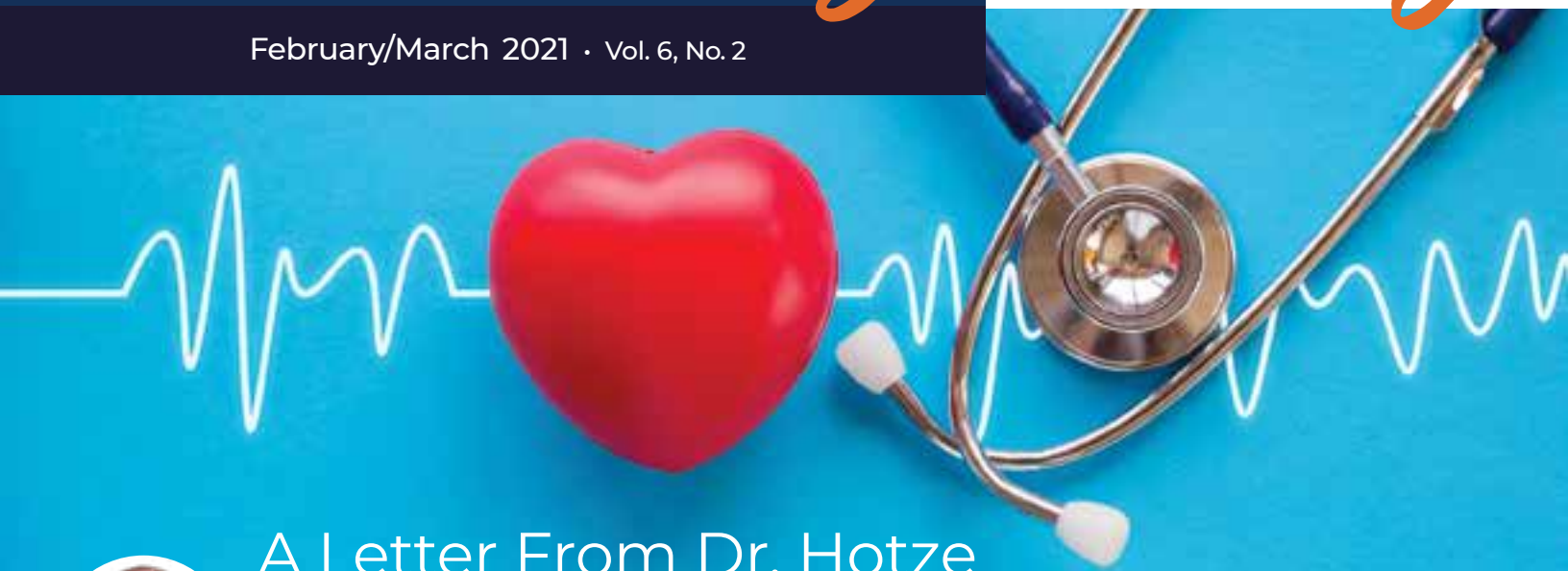


HOTZE

Healthy Living

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A Letter From Dr. Hotze



Helping our guests determine their risk of heart disease and improve their cardiovascular health is a priority here at the Hotze Health & Wellness Center. To that end, we offer a number of screening tests as well as a comprehensive program for restoring and maintaining optimal heart health.

I am happy to announce two groundbreaking additions to our cardiovascular testing and treatment protocols: the PULS Cardiac Test and Arterosil, a powerful new nutraceutical. The reason we are so enthusiastic about these new additions is because they are able to detect and actually reverse the primary cause of heart attacks and strokes.

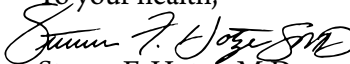
Atherosclerosis, or the buildup of plaque in the arteries, is the underlying cause of heart disease. It begins with an injury to the endothelium and glycocalyx, which line and protect the arterial walls. This breach allows lipids, calcium, white blood cells and other inflammatory compounds to burrow into the arteries and form plaques. These lesions are then covered with a cap, similar to the scab on a wound.

All plaques are not created equal. Large, hard plaques narrow the arteries and, if they get big enough to significantly reduce or block blood flow, cause angina and other problems. However, their thick fibrous caps and high calcium and collagen content make them relatively stable.

A greater danger is the smaller, softer "vulnerable plaques." These plaques, which are filled with lipids and inflammatory compounds, are topped with thin fibrous caps that are unstable and prone to breaking open. When this happens, blood clots are formed to help repair the injured artery. Heart attacks or strokes occur when a clot lodges in a narrowed artery in the heart or brain and completely cuts off blood flow.

Here's where the PULS Cardiac Test comes in. By detecting markers in the blood indicative of unstable plaque, the PULS test can predict your risk of having a heart attack within the next five years. Better yet, Arterosil has a proven ability to shrink and stabilize vulnerable plaques by strengthening and restoring the protective endothelium and glycocalyx.

One of the many unintended consequences of the COVID-19 lockdowns and scare tactics perpetrated by the government and health bureaucrats is an increase in cardiovascular deaths. Now more than ever, you need to understand your risks and do something about them.

To your health,

Steven F. Hotze, M.D.

P.S. Be sure to read the article *Dangers of COVID-19 Experimental Gene Therapy "Vaccine"* on page 2. Your health and the health of your family depend on it.

Dangers of COVID-19 Experimental Gene Therapy “Vaccine”

The United States health bureaucrats initiated Operation Warp Speed to fast track a COVID-19 vaccine. On December 11, the FDA approved the Pfizer-BioNTech “vaccine,” and Moderna’s was approved a week later. These “vaccines” were approved without any animal studies and without any long-term human studies. This means that the individuals who get them are the guinea pigs.

These “vaccines,” which are manufactured using cells derived from human babies that were aborted in the 1970s, should more accurately be called an experimental gene therapy. They are an untested, unproven gene treatment that poses a much greater danger to your health than COVID-19 itself.

Unlike Any Previous Vaccine

The theory behind conventional vaccines is to inject a small amount of the infecting virus or bacteria protein into your body, which in turn will cause your immune system to produce antibodies to that infecting organism.

The new COVID-19 “vaccine” is a messenger ribonucleic acid (mRNA) experimental gene therapy, and it works much differently. The theory behind it is that when this mRNA is injected into your body, it will insert itself into your cells and begin producing coronavirus spike proteins. In turn, your immune system is expected to produce antibodies to the coronavirus protein made by your own cells.

There is no way to know how long your cells will produce these proteins, or if they will ever stop producing them! Your immune system will be hypercharged and will overreact when exposed to any type of coronavirus in the future. This is what happened when mRNA experimental gene therapy was used against other types of coronaviruses in animals in 2005 and 2012. The animals died from an immune system hyperreaction.

Because these are the first mRNA “vaccines” ever used in humans, you would think they would have been first tested and proven safe in animal studies and have at least

two years of human testing, which are routinely required. Instead, the COVID-19 mRNA “vaccine” was only tested on humans for a couple of months. Wouldn’t it be prudent to have long-term human studies before recommending mass vaccination?

40,000+ Adverse Effects in the First Month

Adverse effects are inevitable. In the first month of use, there were more than 40,000 documented adverse reactions in the U.S., including thousands of cases of anaphylactic shock and serious neurological problems. Because only 10% of adverse effects are routinely reported, hundreds of thousands have likely been harmed. That is only in the first 30 days! As of February 14, there were also 934 deaths in individuals who had received this experimental gene therapy.

Even more worrisome are delayed and long-term adverse effects. The mRNA “vaccine” turns on the production of COVID-19 proteins, but it has no off switch. It just keeps on replicating, and the immune system keeps on mounting an immune response. That is why some researchers are concerned that it may provoke autoimmune reactions, setting you up for a lifetime of serious inflammatory disease.

Another major concern is the possibility that the COVID-19 “vaccine” can make infections worse. There is convincing evidence that this experimental gene therapy may trigger “antibody-dependent enhancement” and increase the virus’s ability to infect your cells. In other words, if you come down with the infection after being vaccinated, you may have a much worse case than if you had never had the “vaccine.” Many experts are predicting a surge of life-threatening infections, inflammatory disorders and deaths in the coming months for those who have been vaccinated.

Of course, the blame will be placed on a mutant, particularly virulent strain of the virus, rather than on a



poorly tested experimental gene therapy. Even if it were acknowledged, the U.S. government, which has spent \$12.4 billion on COVID-19 vaccines so far, would foot the bill for damages incurred. By law, pharmaceutical companies cannot be sued for any injury caused by any vaccine. So, they are reaping enormous profits with no downside risk of product liability.

Not Only Dangerous but Ineffective

Not only is the media downplaying the “vaccine’s” side effects, they seem content to simply repeat the drug makers’ overly optimistic claims of efficacy.

You have probably heard that both the Pfizer and Moderna vaccines are 95% effective. This is a false claim. Yet, the medical establishment and the government bureaucrats have simply taken these pharmaceutical companies’ word for it and are encouraging everyone to line up for their “vaccines.”

At the time the Pfizer-BioNTech and Moderna products were approved, these pharmaceutical giants had failed to release most of the raw data from their vaccine trials. In fact, they are still withholding much of it. However, now that more of it is available for review, a different picture is emerging.

British Medical Journal (BMJ) Associate Editor Peter Doshi, who had the opportunity to review the available data, pointed out the inconsistencies and weaknesses of the pre-approval trials. He concluded that rather than the widely publicized 95% effective rate, these “vaccines” are, at best, 19% effective. At this low rate, they would never have been approved!

Health Bureaucrats Are Flying Blind

There are still many unknowns about this experimental gene therapy. There is no indication that it saves lives or prevents spreading the infection to others, which is why health bureaucrats continue to recommend masking and social distancing.

There is no data on its effectiveness and safety in frail, elderly people, who are at the greatest risk of serious disease and death.

How long will this meager protection last? Three months? A year? Is it safe and effective? What about people with compromised immune systems and the elderly? Why do people who have already had COVID-19 still need to get vaccinated?

The pre-approval trials addressed none of these important issues. Nobody has any idea, yet they are plowing ahead with plans to vaccinate the entire population.

Bottom line, this experimental gene therapy will not eradicate the coronavirus that causes COVID-19 any more than the flu vaccine has eliminated the flu. COVID-19 is here to stay. Even without a vaccine, infections will slow as more people develop natural herd immunity.

Just Say No

Why in the world would you risk all the known and unknown, short- and long-term side effects of a vaccine that was inadequately tested, rushed through the approval process at “warp speed,” and found to be much less effective, yet much more dangerous than initially promised? I am advising our guests here at Hotze Health & Wellness Center to just say, “No!”

COVID-19 infection poses no significant health risk except for infirm, elderly people and those with severe pre-existing conditions. Most individuals who contract COVID-19 have mild to moderate symptoms for a few days, similar to the flu, and their survival rate is 99.98%.

Of course, it is important to strengthen your immune system with vitamin and mineral supplementation, healthy eating, natural hormone replenishment, treatment of allergies, exercise, a good night’s sleep and maintaining your ideal body weight. Aside from that, let’s allow the virus to run its course so that we can develop herd immunity, which is far safer and more effective than this experimental gene therapy “vaccine” could ever be.

The panic and mass hysteria created by government health bureaucrats, mainstream media and politicians is all about control, power and money. I have written extensively about the ineffectiveness and dangers of wearing masks, social distancing, closing of businesses and lockdowns. We need to get back to work, back to school and back to church.

REFERENCES: Selected Adverse Events Reported after COVID-19 Vaccination. *CDC*. Feb. 16, 2021. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/adverse-events.html>

Cardozo T, et al. Informed consent disclosure to vaccine trial subjects of risk of COVID-19 vaccines worsening clinical disease. 2020 Oct 28. *Int J Clin Pract*. e13795. <https://doi.org/10.1111/ijcp.13795>

Doshi P. Pfizer and Moderna’s ‘95% effective’ vaccines—we need more details and the raw data. *The BMJ Opinion*. Jan. 4, 2021. <https://blogs.bmj.com/bmj/2021/01/04/peter-doshi-pfizer-and-modernas-95-effective-vaccines-we-need-more-details-and-the-raw-data/>

The PULS Cardiac Test: Know Your Risk

Did you know you could have a normal heart scan and still have a heart attack or stroke? That's because the small vulnerable plaques, which are responsible for 75% of heart attacks and 90% of strokes, are more difficult to detect with noninvasive testing—until now.

The PULS Cardiac Test is a new blood test that focuses only on vulnerable plaques. Rather than trying to visualize these small plaques on a scan, and often missing them, this test simply requires a blood sample. A specialized lab evaluates the sample, focusing on nine specific proteins present in arterial plaques that are related to inflammation, thrombosis (blood clot formation), vascular remodeling (structural changes) and other processes involved in plaque instability and rupture.

Analysis of the levels and ratios of these nine proteins provides an accurate assessment of your burden of unstable arterial plaque and its likelihood of rupturing and causing a serious cardiovascular event.

A Lifesaving Test

The American College of Cardiology published a case history of a 46-year-old man who had recently retired from the U.S. military. On his pre-retirement physical, he had a normal exercise stress test, slightly elevated LDL and low HDL cholesterol, and no signs or symptoms of heart disease.

Despite this clean bill of health, his PULS Cardiac Test indicated that his cardiovascular risk was more than five times the average for his age and sex, and his likelihood of having a heart attack within five years was extremely high.

A follow-up CT angiogram confirmed that he had narrowing of his left anterior descending (LAD) coronary artery. This artery, which supplies a significant amount of blood to the heart, is sometimes called the “widowmaker” because a serious blockage is often fatal if not treated immediately.

This gentleman took action and scheduled an angioplasty. Before he had surgery, however, he had a heart attack. Because he knew of his condition, he rushed to the hospital where he had a successful angioplasty with stenting of the LAD, followed by an excellent recovery.

Are You Vulnerable? Find Out

Many doctors are calling the PULS Cardiac Test a game-changer. Heart disease is our leading cause of death. But many heart attacks, in both sexes but especially in women, are not like the “Hollywood heart attacks” portrayed in the movies (clutching the chest and falling to the floor).

As a result, milder or atypical symptoms are often brushed off. Nobody wants to be that person who goes to the ER or calls 911, only to be told they have heartburn, anxiety or another relatively minor problem. On the other hand, you most certainly do not want to sustain damage to your heart or, worst case, drop dead.

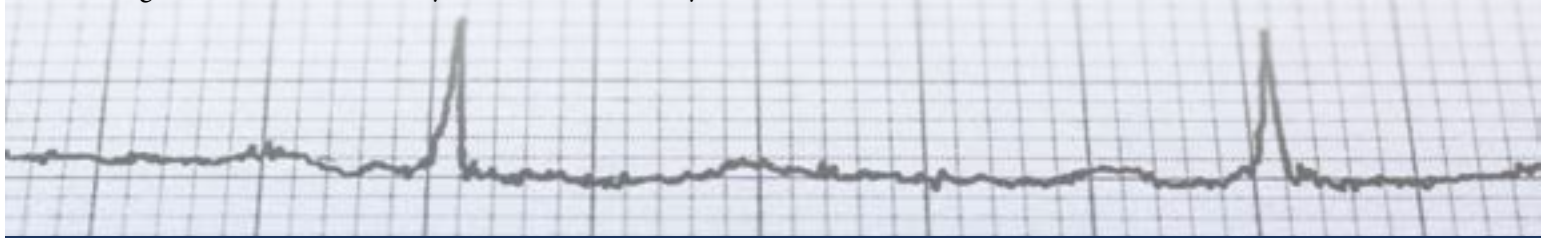
The PULS Cardiac Test can help by identifying serious heart disease before tragedy strikes. It detects the presence of unstable arterial plaque and predicts your likelihood of having a heart attack or other acute coronary event within the next five years. It also calculates your “heart age” relative to your chronological age and gives specific recommendations for improving heart health.

Your test result could go one of two ways. You may discover that you are in excellent cardiovascular health and that pain in your chest is likely nothing to worry about. Or you may learn that your risk is greater than you realized, which is obviously worrisome but should also motivate you to take charge of your health.

Heart disease can be reversed, but you have to know what you are up against. The PULS Cardiac Test, combined with a heart scan that measures plaque buildup and narrowing in the coronary arteries, will give you a pretty good idea. Then we can help you get started on a therapeutic food plan, exercise regimen, hormone balancing and comprehensive supplement program, so you can rest assured that you are doing everything within your power to protect your cardiovascular health.

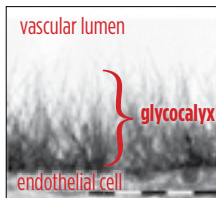
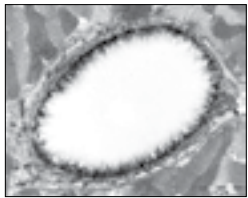
➔ Call us at **281.579.3600** to schedule an appointment for the PULS Cardiac Test and/or a complete cardiovascular workup.

REFERENCE: Tariq H, et al. CCTA showing significant CAD associated with high biomarker score in a 46-year-old male with multiple cardiometabolic risk factors. *American College of Cardiology*. <https://www.acc.org/education-and-meetings/image-and-slide-gallery/media-detail?id=58CCB4D734B24DE7A1FCF0E19A8FC775>



Protect Your Arteries and Your Health With Arterosil

Take a look at the photos below of a healthy blood vessel, which were taken by an electron microscope that can magnify things up to 2 million times. You'll notice a fuzzy, hairlike coating lining the inner wall of the blood vessel and extending into vascular lumen, the interior where blood flows. This is the glycocalyx, named after the Greek words for "sweet" and "husk" because its main building blocks are polysaccharides (long chains of sugar molecules).



Van den Berg, et al. *Circ Res* 2003 Apr 4;92(6):592-4. Wiesinger A, et al. (2013). *PLoS ONE* 8(11): e80905

The glycocalyx lies on top of the endothelium, a single layer of cells that plays a key role in cardiovascular health. The

importance of the endothelium is well known. In addition to producing nitric oxide (NO), which helps regulate blood pressure, it is involved in the growth of new blood vessels and the control of blood clotting, inflammation and oxidative stress.

Exciting new research reveals that the glycocalyx also plays a critical role. Like the Teflon coating on your pans that keep food from sticking, the ultra-thin, gel-like glycocalyx keeps your arteries slick and smooth, so blood flows easily. And by serving as a protective physical barrier, it is also our first line of defense against endothelial and arterial damage.

Glycocalyx Dysfunction

If you looked at an endothelial cell from an unhealthy artery under intense magnification, you would see that the glycocalyx is thin, ragged, uneven and bare in spots. This is known as glycocalyx dysfunction, and it is bad news for the vascular system.

Glycocalyx dysfunction allows fats, cellular waste products and other harmful substances to pass through the endothelium and into the artery walls. NO production falters and blood pressure rises. Antioxidant defenses decline, inflammatory and clotting factors increase and plaque buildup is given free rein.

Unfortunately, the endothelial glycocalyx breaks down rather easily. High blood pressure, obesity, smoking and other toxins erode and destroy these delicate structures. Diabetes and consistently elevated blood sugar are especially harmful, but even briefer exposure to excessive glucose, which occurs after eating sugars and other fast-burning carbohydrates, takes a toll.

Repair and Regeneration

A healthy lifestyle, low-sugar and low-carbohydrate eating plan and blood pressure and blood sugar control protect and nurture your glycocalyx. But once damaged, the glycocalyx rebuilds very slowly.

Thus, I am excited to introduce **Arterosil**, a nutraceutical that has been shown to rapidly restore the glycocalyx. Arterosil is derived from a rare seaweed that contains polysaccharides similar to those in the human glycocalyx. Simply put, it provides your body with the polysaccharides needed to stimulate glycocalyx repair and regeneration.

- **Arterial health:** A study conducted at Baylor looked at Arterosil's effects on arterial elasticity, which is a measure of endothelial health. Within hours of taking it, arterial elasticity increased by an average of 89.6%.
- **Blood pressure:** In a three-month study, this nutraceutical lowered diastolic blood pressure, with improvements beginning in the first month.
- **Plaque regression:** MRI evaluation revealed that men and women with significant carotid artery plaque who took Arterosil for three months had an average plaque regression of 46.8% (men) and 64% (women). This means that it actually reversed atherosclerosis!
- **Plaque stability:** In addition to the remarkable decrease in overall size, there was also a 56% average reduction of the unstable lipid core, suggesting that Arterosil targets unstable vulnerable plaque.

Who Should Take Arterosil?

If you have a personal or family history of coronary artery disease, heart attack, stroke, peripheral artery disease, erectile dysfunction or any other condition marked by compromised blood flow, you would obviously benefit from Arterosil. So would anyone who has diabetes or metabolic syndrome, smokes, eats a lot of sugar and carbs or has other risk factors for glycocalyx dysfunction.

I am also recommending Arterosil for most of our guests beginning around age 35, both as a preventive and for overall health. There is a reason Arterosil is called a "master supplement." By nurturing your blood vessels, it also benefits your muscles, skin, brain and internal organs. In other words, your entire body!

➔ I encourage you learn more about this remarkable supplement and consider adding it to your daily regimen. Call [Hotze Vitamins at 800.579.6545](tel:800.579.6545) to order Arterosil or to learn more.

REFERENCES: Arterosil research studies overview. <https://arterosil.com/research/> Accessed Jan. 20, 2021

Sieve I, et al. Regulation and function of endothelial glycocalyx layer in vascular diseases. *Vascul Pharmacol.* 2018;100:26-33. Doi: <https://doi.org/10.10>

Alcohol and Drug Problems: Free at Last

Who among us has not in some way been touched by drug or alcohol addiction? Whether it is a family member, friend or acquaintance, we are all aware of the devastating effects substance abuse has not only on the user but on those around him or her and on our society as a whole.

I am all for helping anyone who is struggling with this problem. However, I refuse to buy into the concept that addiction is a disease that robs individuals of their free will, renders them helpless to control their behavior and absolves them of personal responsibility.

Unfortunately, the disease model of addiction is firmly entrenched. People dealing with substance abuse are told they require counseling, group therapy, medications and 12-step programs to remind them they are sick, powerless addicts.

A huge industry has been created to prop up and profit from this model. Treatment centers, which require months-long, incredibly expensive and often repeated stays, rake in more than \$42 billion a year, courtesy of our insurance premiums and tax dollars. Addiction counseling is big business. The pharmaceutical companies are in on the gig as well, as prescription medications are often substituted for alcohol, opioids and street drugs.

You only have to look at the rising rates of alcohol and drug abuse, not to mention the soaring profits of the addiction industry, to know that this approach is not working. There is a better way.

A Radically Different Approach

The Freedom Model is a proven program that challenges the conventional beliefs about abuse, addiction and recovery.

Rather than treating “addicts” as sick people with no self-control or will power, The Freedom Model starts with the assumption that drinking or using drugs is a personal choice. As Mark Scheeren, codeveloper of this program, says, “You choose to drink. Why can’t you choose not to?”

It acknowledges that people are not motivated by negativity but by the prospect of happiness and a better life. Unlike the disease model of addiction, which reinforces the negatives, it focuses on the benefits of abstinence or moderation.

Bottom line, The Freedom Model helps you understand that you are not an “alcoholic” or “addict” who requires lifelong counseling, AA meetings and medications to avoid relapsing. You are a responsible individual with the capacity to make changes that will increase your happiness and well-being.

This is such a radical departure from the medicalized model we have been spoonfed for decades that it may sound too simple to actually work. Quite the opposite. This commonsense approach has helped more than 20,000 people over the past 30 years get a grip on their behavior and get on with their lives.

The Freedom Model

The Freedom Model is not a medical treatment. It is an educational program that presents research, information and motivation that will help you move past the false concept of addiction and accept personal responsibility. Options include:

- **At-home private instruction program:** Twelve private, one-on-one video conferences with a Freedom Model certified instructor allow you to work at your own pace in the privacy of your home.
- **Residential retreat:** For those who would prefer an in-person experience, another option is the St. Jude Retreat in New York State, which includes personalized instruction with Mark Scheeren and other program directors.

Thousands of individuals have had documented success with this program. If you or someone you know is ready to end the cycle of relapse and recovery, I urge you to learn more about The Freedom Model at hotzehwc.com/addiction-education-and-solutions/ or by calling **855.931.1449**.



Is **JOINT PAIN** or **INFLAMMATION** preventing you from living your best life?



- Do you have chronic joint pain/inflammation in your knees, shoulders or hips?
- Do you suffer from arthritis?
- Have you had a sports injury causing chronic pain?
- Are you tired of medicating with pain relievers?
- Do you want to avoid invasive surgery?

We may have the answer: **Regenerative Medicine.**

Regenerative medicine may assist your body's regenerative capacity to heal itself. It can improve your quality of life without prescription drugs or invasive surgery. **At Hotze Health & Wellness Center, we utilize injections and IV treatments which can provide remarkable results.** These natural therapies may help to reduce inflammation by improving communication between cells to stimulate healing, naturally.

Call us at 281-698-8698 to schedule a complimentary consultation.

▶ FROM THE PHARMACIST

Thyroid Function and Cardiovascular Disease

Low thyroid function is notorious for causing fatigue, weight gain, dry skin and depression. But did you know hypothyroidism also has adverse effects on your cardiovascular system?

When your thyroid gland is not producing enough essential hormones, the speed and force of your heartbeat decreases. Your arteries become stiffer and blood pressure may rise. LDL cholesterol and CRP, a marker of inflammation, also increase. All told, hypothyroidism is linked with an elevated risk of heart disease.

Approximately 10% of our population and twice that many older women have hypothyroidism, but many have never been diagnosed or treated. It is important to have

regular thyroid monitoring, but make sure it is with a doctor who understands subclinical hypothyroidism. This "mild" form is often missed by doctors who depend solely on the usual lab tests. Yet studies show that it is also associated with an elevated risk of heart disease. Restoring thyroid hormones to optimal levels with compounded products such as bioidentical T3/T4 or natural desiccated thyroid has a beneficial impact, not only on cardiovascular risk factors but on your overall health.

➔ Call us at **281.828.9088** or visit physicianspreferencex.com to learn more—and save \$50 when you transfer your compounded prescription to Physicians Preference Pharmacy.

▶ VITA-MINUTE

Nutrients for Heart Health

If someone asks what you are taking for your heart, they are probably expecting you to say a statin, blood pressure drug or another prescription heart medication. Our guests, however, are more likely to say vitamins and other supplements. A number of nutrients are proven therapies for the prevention and treatment of heart disease. The most important, in addition to Arterosil, include:

- **Coenzyme Q10:** The benefits of CoQ10 for hypertension, coronary artery disease, cardiomyopathy and heart failure are well known. Suggested daily dose, preferably of the ubiquinol form: 100 mg.
- **Vitamin K2:** By inhibiting calcium from being deposited in the arteries, vitamin K2 reduces artery calcification and the risk of cardiovascular death. Suggested daily dose: 200 mcg.

- **Vitamin C, L-proline, L-lysine:** These nutrients are required for the formation of healthy collagen, which provides structural support and protects the integrity of your arteries. Minimum daily doses: vitamin C 2,000 mg, L-proline 1,000 mg, L-lysine 2,000 mg. For anyone with diagnosed heart disease, doubling these doses is recommended.

Dr. Hotze's Heart Pak includes these five nutrients in the suggested doses. Magnesium, vitamins D, E and B-complex and other vitamins and minerals also support heart health, which is why a [daily multivitamin](#) is also recommended, along with a [high-quality omega-3](#) supplement.

➔ Visit hotzevitamins.com or call **800.579.6545** for more information about supplements that support heart health.

H O T Z E

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H I



Skin imperfections?

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