

WHAT'S  
NEW AT  
HOTZE:

# Healthy Garden Party *for the whole family!*

1st Annual **Hotze Health Fair**  
Healthy activities, treats, specials and fun!  
Coming in September. *Watch for more details!*

# HOTZE on WELLNESS

August 2019

Vol. 4, No. 8

INTRODUCING



H O T Z E  
*Healthy* MEALS

## A LETTER FROM DR. HOTZE

The Greek physician, Hippocrates, wrote, "Let food be thy medicine and medicine be thy food."

The foundation of good health is based upon a healthy eating lifestyle. I would like to recommend that you and your family adopt a yeast-free, ketogenic eating lifestyle. This begins with the elimination of sugar, wheat and other grains, corn, potato and rice products. These carbohydrates are starches. Starches are simply sugar molecules which are hooked together. As soon as you consume any of the above carbohydrates, your digestive system converts them to sugar, which causes inflammation in the body.

A yeast-free, ketogenic eating lifestyle centers around healthy oils and fats such as eggs, butter, avocado, fish, olive and coconut oils, healthy green salads, and green vegetables such as spinach, broccoli, Brussels sprouts, asparagus and others. You may also consume a small amount of meat, 3-6 ounces.

The benefits of adopting a healthy eating lifestyle are increased energy, weight loss, an improved intestinal tract, a healthier immune system, improved memory and brain function, and an overall sense of well-being. This eating lifestyle curbs your appetite and lowers your blood sugar levels.

It has been my desire to make it easier for people to get onto a path of health and wellness, the foundation of which is, of course, a healthy eating lifestyle. That is why I am excited to introduce you to **Hotze Healthy Meals**. You can have yeast-free, gluten-free, keto-friendly, completely organic meals delivered to your home. This takes the guesswork out of healthy eating, saving you time and effort, so you can achieve your healthy eating goals. My menu is based on 30 years of experience and expertise in natural health and wellness.

**Hotze Healthy Meals** contain 100% organic produce, sauces, spices and meat. *continued on page 5*





# KETOCON 2019

by Monica Luedecke

For more information and snack hacks from KETOCON 2019, join the Hotze Keto Club Facebook group, found at [HotzeKetoClub.com](http://HotzeKetoClub.com)!

KETOCON 2019 was held in June in Austin, Texas and brought together keto enthusiasts, experts on the topic of ketogenic eating, and vendors for many snacks and tools that support a ketogenic eating lifestyle.

As a reminder, a ketogenic eating lifestyle is one of several recommended healthy eating programs advocated by Dr. Hotze and the Hotze medical team.

As a review, ketogenic eating is a low-carb, moderate protein, high-fat style of eating. General guidelines call for 5% carbs, 20% protein and 75% fat as a guide for daily calories consumed. It is believed that this will lead to a state of ketosis, in which the body will produce and use ketones for fuel as opposed to glucose as its primary source of fuel.

The health benefits associated with this style of eating are well documented and include weight loss, improved cognitive function, improved insulin response, reducing inflammation, improvement in conditions such as Type II Diabetes, polycystic ovary disease and seizure disorders, and even improvement in athletic performance.

With this as a background, my goal was to learn about some of the latest improvements and entrants in an area I see a gap, that being the keto-approved snacks area. I was not disappointed.

KETOCON 2019 had a plethora of booths promoting such things as Super Coffee, available at most grocery stores now, a wonderful blend of coffee and MCT oil; cauliflower pizza crust; coconut macarons, made by Ketonia; keto-certified caramels and chocolates by Curly Girls; Epic brand jerky, made without added sugar; pasta by Liviva, made from Shiritaki; and even premade mixes for Cookie Dough fat bombs (what?!) by Amy's Keto Kitchen, to name just a few.

These are highlighted here (we have no affiliation with them) to point out that there are many "snack hacks" available today to make adoption of a ketogenic lifestyle easier to sustain than it may have been in times past.

KETOCON 2019 hosted a panel of expert speakers on a multitude of topics geared towards the keto community. My favorite was a lecture presented by Tom DeLauer, who discussed, among other things, the impact of ketosis on the brain. He presented research showing that ketogenic eating increases mitochondria in the brain. (Dr. Hotze would remind you here that mitochondria are the power plants within our cells!) Our brains prefer carbohydrates because glucose is readily available, and our brains prefer efficiency. However, our brains can be trained to use ketones for fuel as an adjunct to glucose. When ketones come into play, alertness, calmness and mental sharpness all increase. Simultaneously, inflammation in the brain decreases. Win-win!

He covered a multitude of other interesting medical topics, including inflammation and its impact on weight gain and fatigue in menopause, how and why the body's demand for T3 lowers when an individual is in ketosis, as well as the impact of ketosis in women who suffer with fibrocystic breast disease.

My big takeaway from KETOCON 2019 is that the ketogenic eating lifestyle is gaining notoriety and support in the scientific community, as well as in the general population. We can expect more and better studies demonstrating its safety and efficacy as time goes by, as well as many more innovations in the food and beverage space to support the keto community.





# NUTRITIONIST PROGRAMS TO HELP YOU REACH YOUR GOALS

by Jessica Ingram, Vitamin Consultant, Hotze Vitamins®

Hotze Vitamins is excited to offer Nutritionist Programs! These programs are designed to help you, your friends and loved ones obtain a better quality of life and reach important health goals.



The **Gut Repair Program** involves a focus on the **Hotze Optimal Eating Program**, as well as a few supplements for faster and more complete gut repair. The standard American diet causes gut damage and inflammation. The Hotze Optimal Eating Program supports gut healing, which can lead to enhanced skin health, increase energy, clarify thinking, improve immune function and reduce gas and bloating. Many of our guests who complete the Hotze Optimal Eating Program tell us that it's been life-changing. Embarrassing acne starts to dissipate, disabling chronic fatigue makes an exit, and annoying tummy issues become a thing of the past.



The **Hotze Slim Down Program** does just what it says! Slimming down can seem overwhelming if you aren't sure where to start. The Hotze Nutritionists have helped hundreds of guests achieve their weight loss goals with the Slim Down Program. Now they are ready to help you, too! Whether you want to slim down to look better in your favorite summer outfit, or to reduce your risk of heart disease and diabetes, working with a nutritionist and utilizing the Hotze Slim Down Program can help you achieve your goal.

Both programs are **only \$750 each for a limited time**. They include a 3 month supply of vitamins, a 30 minute initial consultation with a Hotze Nutritionist, and regular check-ins. Working with a nutritionist when trying to repair your gut or lose weight can *drastically improve results*. Jackie and I look forward to guiding you on your health journey. **Give us a call at Hotze Vitamins today at 800-579-6545!**



## HORMONES: MYTH VS. REALITY

by Marquita Price, RPH, Physicians Preference Pharmacy

At Physicians Preference Pharmacy, we believe that the quality of your compounded hormones directly affects the way you feel and how you respond to those hormones. We also believe that we have some of the strictest quality standards in compounding, so we put it to the test. Recently, we conducted a market analysis of local pharmacies to address some of the issues we most commonly hear. You may be surprised by what we found.

**Myth: All hormones are basically the same.**

**Reality:** This couldn't be further from the truth. Do you get your prescriptions from Physicians Preference Pharmacy? If not, then do you find yourself calling the phone nurse every month to make adjustments? Are you not getting the results you need? The problem may lie in the quality of your hormones.

Physicians Preference Pharmacy goes above and beyond state requirements to ensure that you are getting just what you are prescribed—nothing more, nothing less—but not all pharmacies do so. As one of our standards, we send hormone samples to an outside lab for potency testing to verify that

the accurate amount of active ingredient, i.e. progesterone, estrogen, thyroid, etc., is present in the capsule. A variance of 10% is accepted practice.

**Of six pharmacies surveyed, Physicians Preference Pharmacy averaged a 5% variance, while other results ranged from NO active ingredient up to 400% variance! What does this mean to you? It means the difference between feeling poorly or feeling like yourself again.**

Dr. Hotze founded Physicians Preference Pharmacy in order to provide you with the highest-quality compounded bioidentical hormones so that you can feel your best. If you are already experiencing the Physicians Preference Pharmacy difference, congratulations! If not, call us at **281-828-9088** to transfer your prescription today. *It is our privilege to serve you!*

### AUGUST SPECIAL:

Transfer your prescription to Physicians Preference Pharmacy today & **receive \$50 off!**

# DIXIE WILLINGHAM: HAPPY, FEELING GREAT AND LOVING LIFE AGAIN

“At age 38, I started noticing changes in my body...heavy periods, weight gain, moodiness, and bladder leakage. I thought a tubal ligation would help. NOT!!

“At 41, I was having SEVERE hot flashes, night sweats and vaginal dryness. I had excruciating pain in my wrists, hips and ankles. I had plantar fasciitis so bad that I would not get a pedicure.

“I was NOT sleeping...I was so tired all the time that all I wanted to do was sleep. Heart palpitations were so bad I could hardly breathe sometimes. Romance was GONE! I once told my husband to do whatever he wanted and wake me when it was over. My husband asked me one morning, “why are you running around like a squirrel in a cage at night”? I cried. I cried a lot.

“My throat ached all the time and I was a music teacher at the local elementary school. I’ve been the church pianist almost my whole life and I thought I was going to have to give it up. I’ve played since I was 7 years old. I had a husband and two sons who were 11 and 14 at the time. I could barely take care of myself. How could I live until I was ‘old’ if I felt this bad at 41? I was in a very dark place. I never thought of hurting myself, but I prayed God would just take me because I was in so much physical pain and mental anguish and no one would listen.

“I went to my family doctor and he was no help. I went to see the OB/GYN and he told me I was too young for menopause. ‘Just go home and relax, lose weight and get some exercise.’ I cried in front of him!

“Finally, my mom took me to see a Nurse Practitioner and she was the first to feel my thyroid. She told me it was enlarged and I needed to see an endocrinologist. He did two biopsies of my thyroid and they both came back inconclusive for cancer. He sent me to a head and neck surgeon and he removed most of my thyroid in a 3 1/2 hour surgery. There was NO cancer but it had grown around my windpipe and throat (breathing, swallowing and choking issues).

“The endocrinologist put me on Synthroid and Cytomel. Six weeks later, I felt a little better but I started gaining weight and my hair was falling out. My younger sister had been a patient at Hotze Health & Wellness Center for a year. She told me how much better she felt after going there. I thought, ‘I don’t have anything to lose.’

“I saw Dr. Hotze at that time and he was an answer to my prayer! I was diagnosed with Hashimoto’s (not one doctor mentioned that, even the endocrinologist). I’m on desiccated thyroid, female hormones, vitamins and minerals.

“Well, now I’m almost 62 and I feel better than I did at 35! I retired from teaching two years ago and I’m happy, my husband’s happy and I LOVE to tell everyone about Hotze Health & Wellness Center. My husband and I love to travel, especially cruising. I also love baking keto treats! When some of my husband’s friends talk about their wives to him, he tells them just have them call my wife.

“Everyone at Hotze is so kind and helpful. Best decision ever... they listened to me.”

“WELL, NOW I’M ALMOST 62 AND I FEEL BETTER THAN I DID AT 35!”



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

The beef is grass-fed and grass-finished. The meat contains no hormones.



**Hotze Healthy Meals** are chef-prepared from scratch. They are

nutrient-dense and flavorful, calorie and portion controlled, gluten-free, yeast-free, and soy-free, with no sugar added. My menu contains a variety of delicious meal options, such as the Texas Baked Omelette, Blue Ribbon Chili, Cauliflower Fried Rice, and Hotze Burger.

Your meals will be delivered to your door, frozen and in a refrigerated box. Simply browse the menu at [HotzeHealthyMeals.com](http://HotzeHealthyMeals.com) and add the meals you want to your cart. You will receive free ground shipping for orders over \$150. You can order what you want, when you want, with one (1) - two (2) day shipping within the United States.

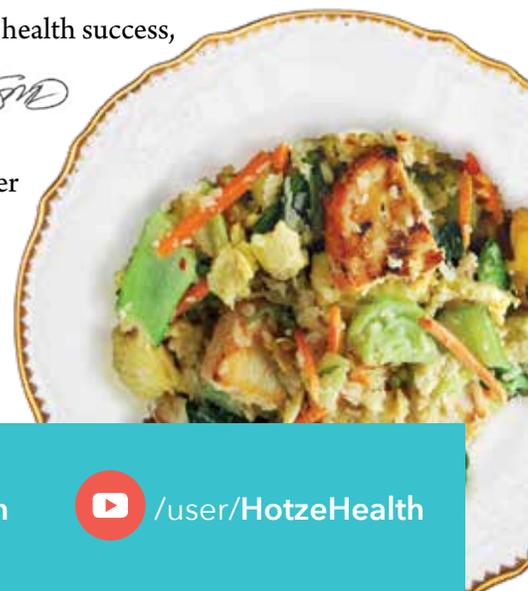
▶ Visit [HotzeHealthyMeals.com](http://HotzeHealthyMeals.com) to order your healthy meals today!

Please let me know how you like the meals and be sure to send me your comments or suggestions on the contact page of the website. I would appreciate hearing from you.

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



Follow us on social media!



# Safe Water FOR COMUNIDAD LA AURORA

Comunidad La Aurora struggled under the oppressive burden of the water crisis. Their hand-dug wells were unreliable and unsafe. Gradually over time, the water levels in many of the wells dwindled until they went completely dry. The community members would supplement their meager water supply by collecting rainwater or drawing water from a pond. However, neither of these were safe sources, either.

Since the community members had no other option, they would consume the water and suffer awful effects: worms, parasites, and stomach

problems. Yet any contact with the water was risky since mosquitoes nested on the surface of the hand-dug wells and along the banks of the pond. This put those who collected the water, primarily women and children, at risk of contracting Dengue fever. They were distraught that something so basic to life could cause them so much harm.

The local evangelical church, called "A Holy City for Christ," guided the community members through both spiritual and relational problems. A concerned church leader named Israel Vasquez decided to advocate on behalf of the community.

He reached out to Living Water International to request their assistance. The team drilled until they reached a safe water aquifer at 48 meters deep. This transformed the physical, mental, and spiritual well-being of Comunidad La Aurora.

The community members now experience a better quality of life because of the gift of safe water. Living Water Guatemala also helped the church leaders and community members learn how to sustain their safe water supply responsibly. The location of the safe water well on the grounds of the A Holy City For Christ church reinforces the idea that the church is a safe space.



Collecting rainwater



Team members stand by new well

Did you know that whenever you refer a friend to Hotze Health & Wellness Center, we make a donation to Living Water?

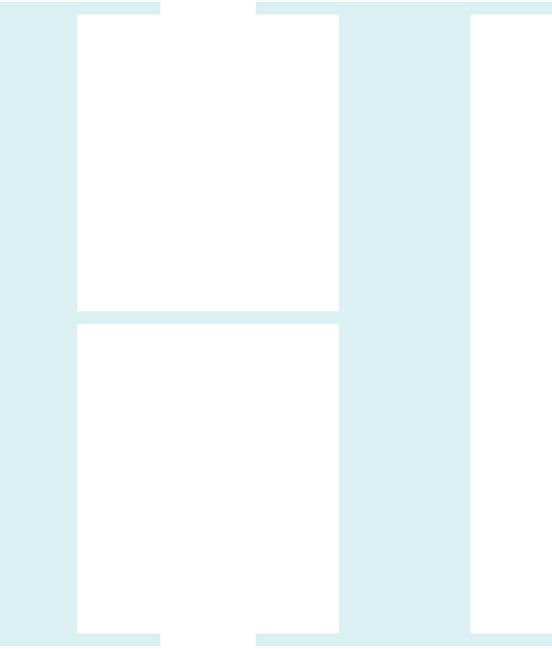


[hotzehwc.com/referralprogram](http://hotzehwc.com/referralprogram)

# H O T Z E

HEALTH & WELLNESS CENTER INTL

20214 Braidwood Drive, Suite 215  
Houston, Texas 77450



H O T Z E  
*Healthy* MEALS

[HotzeHealthyMeals.com](http://HotzeHealthyMeals.com)

EXQUISITE MEALS for  
Exceptional Lifestyles

Chef-prepared *organic* meals—  
delivered and delicious!

New!



## Breakfast

### Keto Breakfast Cups

Organic egg cups with breakfast sausage, broccoli and organic cheddar.

### Garden Scramble

Get your veggies in early with cage-free eggs, green salsa, zucchini, tomatoes, onions, peppers, and spinach.

### Texas Baked Omelette

A baked omelette with a cheddar cheese crust made with freshly cracked eggs, filled with beef chili, peppers, and cilantro.

NOTE: Menu items are available based on the seasonal availability of organic produce, and may be subject to change or removal without notice.

## Lunch / Dinner

### Yellow Coconut Curry

Chicken and broccoli cooked in a creamy yellow curry sauce which has been made with coconut milk, lemongrass, ginger and spices.

### Cauli Rice Korma Bowl

Oven roasted chicken cooked in a rich almond butter korma sauce made with coconut milk, almond, served over cauliflower rice.

### Country Beef Stew

Tender 100% grass-fed, organic chuck beef braised in a rich gravy over asparagus spears.

### Blue Ribbon Chili

Tender chuck beef, bell peppers, and pinto beans slow cooked in our award-winning chili sauce.

### Szechuan Ginger Beef

Sliced steak, carrots, and celery over broccoli florets in a savory soy-free stir-fry sauce.

### Greek Meatloaf

Keto friendly beef meatloaf seasoned with mint, tomatoes, and spices. Served with sautéed asparagus, squash, and carrots.

### Hotze Burger

Seasoned bison burger with caramelized onions, baby spinach, cherry tomatoes, cheddar and rosemary rutabaga fries.

### Chimichurri Steak

Seared and sliced sirloin steak over a bed of garlicky Swiss chard topped with cilantro-parsley chimichurri sauce.

### Vegetarian Moroccan Lentil Stew

A medley of lentils, cauliflower and chickpeas in a ginger and tomato sauce with warm Moroccan spices.

### Cheesy Chicken Enchilada Bake

Spiced chicken breast layered with zucchini, roasted red salsa, black beans, topped with Monterey Jack and cheddar cheese.

### Super Lasagna

Spaghetti squash baked with marinara, ground beef, baby spinach, and a parmesan crust.

### Chicken Primavera

Juicy and tender chicken breast, veggie zucchini noodles and roasted cherry tomatoes, tossed in almond pesto and sprinkled with parmesan.

### Creole Shrimp & Cauliflower Grits

Spiced wild gulf shrimp in tomato creole sauce over cauliflower grits and braised kale greens.

See all the nutrition facts on  
[HotzeHealthyMeals.com/menu](http://HotzeHealthyMeals.com/menu).

