

## A LETTER FROM DR. HOTZE

## ARE YOU READY TO ACHIEVE YOUR IDEAL WEIGHT?

When I was a child, obesity was more the exception than the rule. There might have been that one kid in class who was considered chubby, but this was not very common. Fast forward 55 years to today. Seventy-seven percent of our children are overweight and 17 percent are obese.

This is not just an image problem or a concern of fitting into a certain mold set by society. Considering that being obese or just overweight dramatically increases the risk for the notorious American serial killers—high blood pressure, diabetes, heart disease, stroke and cancer—this is a matter of life or death.

Approximately 300,000 deaths per year in the United States are attributable to obesity. Two out of three Americans are overweight or obese. Put another way, sixty-six percent of Americans are overweight and 34 percent are obese.

For many, being overweight is a result of a sluggish metabolism caused by hypothyroidism. There are also a variety of factors such as genetics, hormonal imbalance and diet. You are probably aware that oversized portions, food additives, fast food, breads and sugar will keep you from achieving your weight loss goals.

Because you are a member of the Hotze Health & Wellness Center, I would like to suggest that you make an appointment with us to make sure that your thyroid is performing at optimal levels. Your metabolism plays a major role in your body's weight

regulation; therefore, it is vital that you discuss this with your provider.

We also have certified nutritionists on our team who will be able to recommend the best supplements to promote a healthy weight. Our yeast-free eating program has also been updated and they would be more than happy to share this exciting information with you.

Finally, we will be hosting a True Fat Loss event this month. You will discover more details regarding this special event in this newsletter.

Imagine how good you will feel when you finally achieve your ideal body weight!

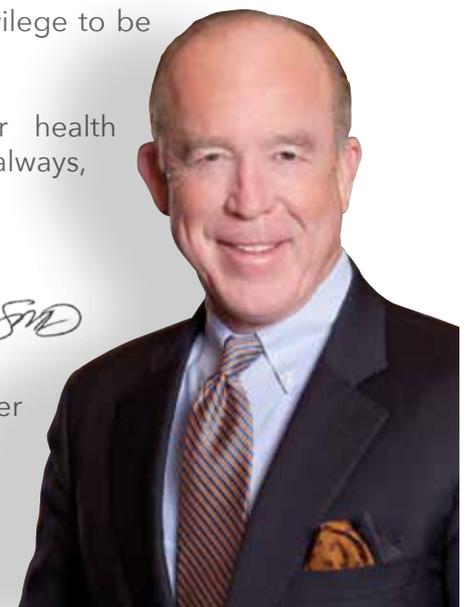
As always, it is a privilege to be able to serve you.

Committed to your health success, I remain, as always,

Sincerely yours,



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



## INSIDE THIS ISSUE:

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## LOSE THE WEIGHT FOR GOOD

So you want to be skinny and svelte for summer? Rather than look to weight loss centers or the latest trendy diet, adopt new habits that will help you sustain your optimal weight over the long term.

» **CUT OUT SUGAR.** The average person eats about 180 pounds of sugar per year. Sugar or refined carbohydrates in the form of the “Three Whites” – white bread, white rice, and white potatoes – are quickly absorbed starches with high glycemic index levels. They increase insulin production and blood sugar levels and prompt us to eat more than we need.

Sugar is disguised under different names, such as high fructose corn syrup (HFCS), sucrose, glucose, maltose, lactose and dextrose, honey, sucanat, maple sugar and cane sugar. These sugars are in most processed foods and should be avoided.

» **EAT BREAKFAST.** Skipping breakfast increases total calorie consumption, usually in the form of simple carbohydrates. Eating after a good night’s sleep normalizes glucose levels and enhances metabolism that helps to regulate appetite for the day. Missing this meal increases the temptation to binge on junk food the rest of the day.

» **DRINK WATER.** Avoid tea or soda, energy drinks, juices or coffee. Drink only water. Our cells are made mostly of water that needs to be replenished throughout the day. A good rule of thumb is to consume half your body weight in ounces of water daily to remain hydrated. For example, a 120-pound woman should drink 60 ounces of water daily.

**To jazz up plain water,** use a lemon, lime or orange slice. Add a few mint leaves and the water takes on a more exotic flavor.

» **EAT WHOLESOME SNACKS.** Snacking is good if the foods are nourishing. Consider nuts, organic trail mixes made without additional oils and always read the labels. Nuts contain good fats that feed the brain cells necessary for optimal function and add fiber

to the diet. Add fruits and vegetables to the snack list, too. Avoid chips, pretzels and candy that contain hydrogenated oils. When you eliminate snacks that contain artificial ingredients, you’ll notice that your cravings start to go away.

» **DITCH DIET SODAS.** Artificial sweeteners are molecular poisons and promote increased appetite. Their sweetness is 300 to 1000 times sweeter than white table sugar, and they create an addictive cycle. While consuming fewer calories in your drinks, you are likely consuming more calories in general. Once artificial sweeteners are removed from your diet, taste buds return and weight loss becomes imminent.

» **CONSUME “REAL” FATS.** Fat is vital for many bodily functions. The fats posing greatest health risk are trans fats or hydrogenated fats. Avoid these and instead, consume monounsaturated fats found in olive oil (cold-pressed, extra virgin which provides phytochemicals and phenols that help to boost immunity), avocados, nuts, seeds and flaxseed. Monounsaturated fat is also known to be a defense against breast and colon cancer.

Research from the British Medical Journal (BMJ) reported that children in Greece who eat a Mediterranean diet rich in vegetables, fruits, nuts, and olive oil experience less respiratory allergies and asthma than other children.



» **COCONUT OIL...THE LOST GEM.** This is one of the most beneficial oils and should be consumed on a regular basis. Coconut oil supports optimal thyroid function and with its high lauric acid content, can help boost metabolism.

As Hippocrates said, “Let food be thy medicine and medicine be thy food.” Neither drugs nor surgery can do for you what food does. Rather than following the latest diet fads, make a lifestyle change, starting with the tips above.



# THE SKINNY ON FAT: WHY YOU NEED FAT TO LOSE WEIGHT

by Tressa Knapp, Certified Holistic Nutritionist, Hotze Vitamins®

## SOURCES OF GOOD FAT

You've been told for years how bad fats can be for your heart, your waist and your overall health. So naturally, besides an avocado here or a little olive oil there, you've pretty much eliminated it from your diet altogether. Fat, it turns out, can actually be your best friend when you're trying to shed a few pounds.

### A few fun facts about fat:

- Fat is a macronutrient, a basic component of every diet, which means you need it!
- Fats help you absorb important vitamins, like A, D and E so if your diet doesn't contain healthy fats, chances are you're not absorbing these key nutrients.
- Fats are vital for your nervous system.
- Eating fats may also reduce your chance of developing heart disease.

So how does eating fat help you lose weight? Simple. It boosts the liver's function of releasing fat so that it's more readily available to be burned off. Yes, you need fat to burn fat.

*The key: choose the good-for-you fats and limit the unhealthy ones.*

Unsaturated fats, such as monounsaturated fats and polysaturated fats, are the "good" fats. They help raise good (HDL) cholesterol and lower bad (LDL) cholesterol. They protect against plaque building up in your arteries. And according to research, unsaturated fats also help prevent belly fat. Additionally, these healthy fats may help boost brain function, strengthen the immune system and improve your mood. These healthy fats pack a mighty punch when it comes to your total health!

Surprisingly, ingestion of some saturated fats may help improve total fat loss, too. How? Saturated fat encourages healthy liver function, which in turn helps your body burn more fat. In fact, low-carb diets high in saturated fat can actually lead to more weight loss than low-fat diets. The key here is to select organic sources, especially for butter, beef, pork and chicken.

Try to stay away from trans fats, which are typically found in fried foods like French fries, doughnuts and chips.

### SOURCES:

- Science Direct
- American Journal of Clinical Nutrition

- Olives
- Olive oil
- Almonds
- Cashews
- Peanuts
- Nut butters
- Avocados
- Fatty fish, such as salmon and mackerel
- Flaxseeds
- Walnuts



### FACT:

In the last 30 years, Americans have lowered their fat consumption by 10 percent, while obesity has doubled.

# Are you looking to shed a few pounds before summer?

The **Skinny Pak** is a convenient 30-day vitamin pak that may help you control cravings and speed up your metabolism, which can result in weight loss.

**Enjoy 20% off The Skinny Pak today!**

Code: SKINNY  
Offer expires April 30, 2016.





# GET YOUNGER LOOKING SKIN WITHOUT SURGERY

by Sally Kerr, LVN, LMT

Have you noticed any of the following when you look in the mirror?



- Discoloration
- Sun damage
- Visible signs of aging
- Uneven skin tone
- Enlarged pores
- Poor texture
- Fine lines

Imagine being able to undo years of damage and look more radiant than ever. We all want to look younger, don't we? I know I do. That's why I recently decided to try Halo™ Pro. It precisely targets years of damage to your skin! (In next month's blog, I'll give a full rundown of my experience, complete with photos. Stay tuned!)

I'm not the only one who loves Halo™ Pro. We asked our own Dr. Ellsworth a few questions about his experience, and here's what he had to say:

**SK:** Now that you've had two Halo™ Pro treatments, what's the biggest difference you have seen?



**DE:** I've noticed a reduction in fine lines and wrinkles, and smoother skin overall.

**SK:** What was the most challenging part for you after your treatments?

**DE:** It felt and looked like a fairly bad sunburn for 4 - 5 hours after treatment, but then it quickly improved over the next 2 - 3 days.

**SK:** Who is the ideal person for this specific treatment?

**DE:** I'd recommend it for someone wanting younger, smoother-looking skin.

**SK:** How is this treatment different from a fraxel laser skin resurfacing treatment?

**DE:** The HaloPro Fractional Hybrid Laser is performed with the Sciton Joule. It combines varying wavelengths, as opposed to a fraxel laser that uses only one wavelength at a time. This is the newest technology available and provides excellent results with minimal downtime.

Wondering about your skin damage? With the new Visia Complexion Analysis, we can now look below the surface to understand your skin needs.

» To find out if Halo™ Pro is right for you, call us at (281) 698-8770 to schedule your complimentary skin consultation and Visia Complexion Analysis!

During the month of April, receive **20% off** when you schedule three Halo™ Pro treatments & receive **2 complimentary Hotze Signature facials.**

Call **(281) 698-8770** to get started.





# JUMP START YOUR FAT LOSS WITH DETOX

by Kimberly Haddock, RPh, Hotze Pharmacy™

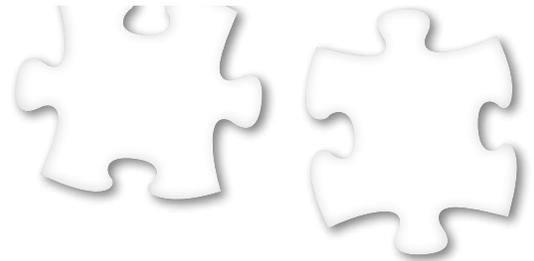
Every day, our bodies are exposed to huge amounts of toxins in our environment. They come in several forms including alcohol, pesticides, insecticides, preservatives in our foods, parabens and other chemicals and lotions. If left alone, these toxins will overtake our bodies, leading us to heart disease, cancer, diabetes, high blood pressure, degenerative arthritis and other serious health conditions.

Furthermore, these chemicals are hormone disruptors, which cause hormones to fall out of balance. Symptoms of hormonal imbalance from toxins include dizziness, loss of mental acuity, weight gain, joint and muscle aches and pains, and fatigue. Detoxing helps your hormones to be balanced, nutrients to be better absorbed, and even contributes to healthier weight loss, or true fat loss.



Glutathione is the most critical and integral part of your detoxification system. Toxins “stick onto” glutathione and are carried out of the body through waste. This helps you reach peak mental and physical function and protects your body against disease. Glutathione comes in several forms, and my personal favorite is a sublingual tablet. It quickly dissolves under the tongue, so it’s fast and convenient.

» To find out if glutathione is a good choice for you, call one of your Hotze Pharmacists today, (281) 828-9088.



## true fat loss

**ONLINE SERIES** April 11–14  
**Wake up your metabolism!**

**Are you gaining weight and don't know why?**

Have you tried multiple weight loss avenues, but they haven't worked?

Register at:  
[hotzehwc.com/truefatloss](http://hotzehwc.com/truefatloss)

The truth is that weight gain and the inability to lose weight often stem from underlying issues that go beyond a poor diet and lack of exercise. **Sign up for our online video series to learn more!**

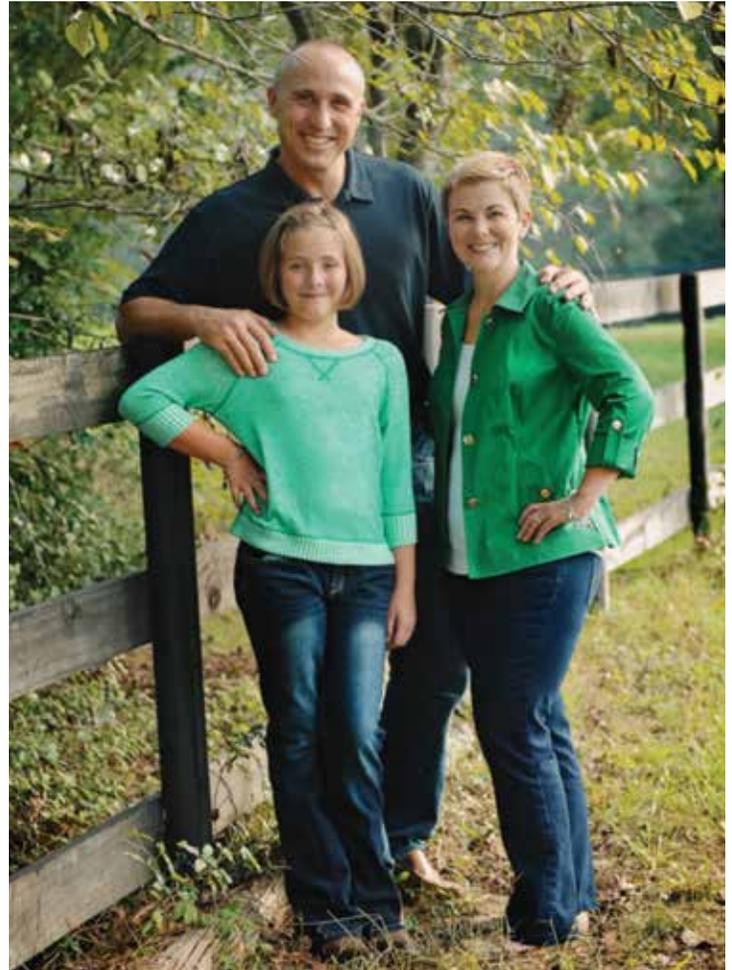
## TANYA'S STORY:

FATIGUE, INSOMNIA, WEIGHT GAIN

"I have the energy to enjoy the things I would have missed. I do not struggle with depression. I do not suffer with headaches. No brain fog. I lost over 50 pounds and I finally sleep."

After the birth of her daughter, Tanya became so tired that she did not enjoy being a new mom. Her doctors told her she had post-partum depression, even though she did not feel depressed. She also had trouble sleeping and gained over 40 pounds over a five-year period.

The doctors she saw just kept prescribing her antidepressants and other medications for her symptoms. She did not feel like herself anymore. The drugs only made her feel worse, and she knew they weren't the right answer. She actually felt more depressed after taking the drugs they prescribed. Tanya wondered if this could be caused by her hormones being out of balance.



Tanya began searching for answers and finally found the Hotze Health & Wellness Center. After her first appointment she began her personalized treatment plan. As soon as she started on bioidentical hormones, she slept the whole night for the first time in years. Day by day, she felt better and better. She was getting her energy back, her mood was great and she began to feel like herself. She slowly started to lose weight and lost a total of 56 pounds.

Today, she is enjoying being a mother and wife. She finally has the energy she needs to experience all the things she would have missed. By getting her body and mind in balance, she has truly gotten her life back!

» To hear Tanya's story in her own words, please visit [www.hotzehwc.com/tanya](http://www.hotzehwc.com/tanya).