

HOTZE on WELLNESS

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A LETTER FROM DR. HOTZE

Erin Mulvany on the set of Great Day Houston with her husband Patrick, Dr. Hotze and TV Host Deborah Duncan.

Did you know that the single underlying cause of poor health in America is toxins?

We live in a sea of pollutants. Our bodies are exposed to a massive amount of environmental toxins. Petrochemical products, plastics, refineries, the foods that we eat, which contain dyes, preservatives and chemicals, are all sources of toxins. So-called “sports” drinks have them as well. Chemicals can be found in lotions, cologne, hair sprays, bug sprays and detergent. Almost any packaged product contains chemicals that are foreign and can have adverse effects on our bodies.

Fluoride is chemical that is found in our water supply. It is even in our toothpaste! It negatively affects the thyroid gland, which is why so many

Americans have hypothyroidism today.

Our body was fearfully and wonderfully made with detoxification pathways in the liver and in our cells. However, if you can't get rid of the toxins, then they build up in your cells. The detoxification pathways require vitamins and minerals to help neutralize or detoxify these toxins. If we are overloaded with toxins, then we deplete our vitamins and minerals. Keep in mind that our body does not produce selenium, zinc, vitamin C, magnesium and iron, yet we require these nutrients for all of these critical biochemical reactions.

Heavy metals, like mercury, are a toxic metal. The most common source is from the amalgams, or fillings, that

we have in our teeth. Aluminum is another heavy metal that is dangerous and has been implicated in Alzheimer's disease and is in many pots and pans.

Your body cannot function well under a heavy toxic load. If you are sick then you can be sure that it stems from this toxic load. This leads to several chronic diseases such as high blood pressure, cancer, diabetes, heart disease, degenerative arthritis, Alzheimer's, multiple sclerosis and Parkinson's disease, to name a few.

If people want to get well, then they usually go to their doctor. Unfortunately, the physician only states what you have, not the underlying cause. **Ironically, they give you more toxins in the form of pharmaceutical** *continued on page 3* 



DO I REALLY NEED TO DETOX?

by David Sheridan, MD, Hotze Health & Wellness Center

Today, we hear about “detox” often. Many people think that if they don’t work in some obviously high-risk environment, detox is a non-issue. Admittedly, I believed the same thing. However, the truth is that our world is toxic, and we should all be thinking about detoxification, at least intermittently.

WHY DETOX?

So exactly what chemical exposures are so pervasive that detox is an issue? They are numerous, and many are right under our noses. Plastics and pesticides are a constant part of our lives. Look at how much of what we eat is wrapped in plastic. Pesticides on our farms are only partially removed by washing. Our crops are also moldy in the field. And once treated with a fungicide, the mycotoxins remain. Did I mention fluoride and chlorine? Get the point? Just because we don’t notice toxins doesn’t mean they aren’t there. Add auto exhaust and gas fumes. We’ve only just begun.

Cancer and coronary artery were much less common in the 1950’s than today. Lifetime cancer risk was once 1 in 50. It is now 1 in 4-5. Tragically, no one is asking why. Coronary artery disease is now more common and occurs earlier. Believe it or not, twice as many adults smoked then as now. Still cancer and cardiovascular disease are on the rise.

While this sounds pretty bad, don’t panic. Much of what we have discussed may be called low-level exposure, and our detox mechanisms can do a pretty good job protecting us. It just makes

sense that if we are assailed daily by these exposures, we want to be sure our everyday ability to detox is in good shape. By low-level, I mean unseen, but not unimportant. For example, we can’t excrete fluoride. It just accumulates and eventually can impair our thyroid regulation. That being said, we can detox many contaminants, but there is a cost. If we are always detoxing, we are continually using up nutrients, and they need to be replenished.

I’m not advocating moving to a reclusive environment, but let’s change our habits somewhat.

DIET

First, stop eating toxins! This is easier said than done but at least make a serious reduction in sugar and all its forms (pasta, bread, rice, and dairy). A starch is just a chain of sugar molecules. They have no nutritional value and further deplete our already diminished nutritional state. America is the most overfed, undernourished country on earth. Just say “no” to sugar.

SUPPLEMENTS

To be honest, I was once casual about vitamin and mineral supplements, but no more. Despite varying “expert” opinions, almost no one disagrees that we are more polluted today. Few disagree that our food is less nutritious today. If my liver has to detox thousands of chemicals that didn’t exist when I was young, I think it makes sense to assume I need some nutritional support.

Primary supplementation should include an excellent multi-vitamin and high-grade fish oil. Then I’d add extra

B complex and 3,000 – 6,000 mg of vitamin C daily.

It seems almost all are low in vitamin D, a major anti-inflammatory compound with potent anti-cancer properties. I believe the typical “normal” range of 30-100 is horribly inadequate, and a blood level over 70 is ideal. In my experience, 5,000-10,000 IU’s daily works well, but don’t take these doses without getting your blood levels checked. Experts seem to agree it takes levels over 200 to be toxic. Still, verify levels. Surprisingly, sun exposure no longer allows us to lower our dose, so take it daily. Levels drop fast, even in as little as a week.

Alpha Lipoic Acid is a natural body compound that we start losing as early as our 30’s. It is a potent antioxidant and chelating agent, so it can help eliminate heavy metals.

EXERCISE

Exercise helps all bodily processes. Getting hot and sweaty relieves stress, improves moods and helps detox. We detox through sweat and even our breath. What exercise is best? I’d start with the activity you enjoy.

It’s a brave new world, and it’s full of toxins. We need to get moving and be actively involved in our nutrition. Stay as organic as you can and eliminate or minimize toxic food. Supplement to help your detox pathways. It may be a challenge to detox, but it’s worth it. As always, we’re always here to support you through the process, so call us anytime, **281.579.3600**.



SPRING CLEANING FROM THE INSIDE OUT

by Angela Foley, PharmD, Hotze Pharmacy™

Spring is officially here. For many of us, that means spring cleaning, getting rid of the excess that's just taking up space in our homes and lives. While you might be focused on your closets and junk drawers, one of the best places to start is in cleaning out your gut.

Whether or not you participated in the 'Yeast-Free with Me' challenge in January, maintaining a healthy gut is an ongoing effort. Along with eliminating yeast-feeding foods, a vital component of the yeast-free protocol is the use of nystatin and fluconazole.

The typical "prescription" for a yeast-free eating program is to participate

for three months. During that time, you will need to take nystatin to help eradicate yeast in the gut. Fluconazole is added after one month to eliminate yeast at a systemic level.

If you have yet to take on the yeast-free diet, then there is no time like the present! You may experience a period called die-off when you first begin, but gradually you will feel your energy levels sky rocket, you may lose inches in your waist line and you will notice more glowing, radiant skin.

You may also find that your hormones become balanced quicker, too. After all, an overgrowth of yeast

has a direct effect on the production and absorption of your thyroid. A yeast cleanse may be just what you need to clean out your system and put a spring in your step!

If you are interested in "going yeast-free," contact your provider to have your nystatin and fluconazole prescriptions sent to Hotze Pharmacy. If you need assistance, motivation, or even a little encouragement, the Hotze Pharmacy team is here for you every step of the way. **Thank you for allowing us to be YOUR pharmacy of choice!**

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

drugs that have to be detoxified by the liver. Drugs cause you to get sicker, quicker. The false medical paradigm is that you can be cured by toxins. The reason why people get sick is that they are toxic.

Detoxifying your body will give you enhanced mental clarity as chemical and food additive overload is reduced. It also stimulates the immune system, enhances your hormone function and helps prevent disease.

It is my hope that after you read this newsletter on detoxification, you will have a better understanding of how toxins can affect your mind and body, and the tools you can use to begin eliminating them, naturally, so that you can achieve optimal health.

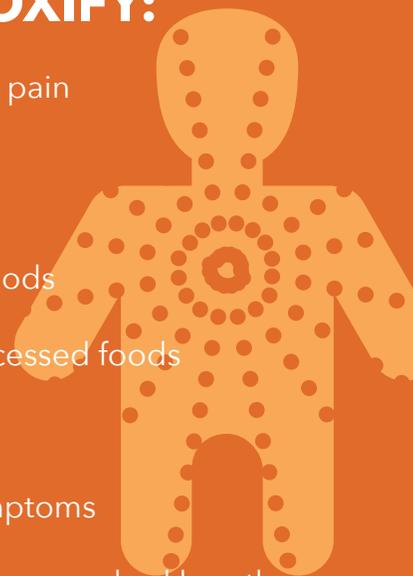
Committed to your health success, I remain, as always,

Steven F. Hotze, M.D.

Chief Executive Officer

HERE ARE JUST A FEW OF THE SIGNS THAT YOUR BODY IS TELLING YOU THAT **YOU NEED TO DETOXIFY:**

- ⊗ Unexplained headaches or back pain
- ⊗ Joint pain or arthritis
- ⊗ Mucus problems
- ⊗ Digestive problems
- ⊗ Brittle nails and hair
- ⊗ Lack of energy or depressed moods
- ⊗ Insomnia or difficulty sleeping
- ⊗ Cravings for salt, sugar, and processed foods
- ⊗ Irritability
- ⊗ Memory problems
- ⊗ Unexplained weight gain
- ⊗ Frequent allergies or allergy symptoms
- ⊗ Psoriasis
- ⊗ Abnormal body odor, coated tongue or bad breath
- ⊗ History of heavy alcohol use
- ⊗ History of natural and synthetic steroid hormone use
- ⊗ Exposure to cleaning solvents, pesticides, diuretics and certain drugs



ERIN MULVANY: LIVING A PAIN-FREE LIFE WITH MS

In 1997, this crazy journey of mine started. I went to bed one night with 20/20 vision and woke up the next day, 20/400 in my right eye. Overnight I became legally blind. Of course, immediately I went to see a doctor, and one doctor turned into about twenty in a matter of two weeks. Nobody could figure out what was going on.

Fast forward seven years, I went in and did some MRI's, and unfortunately, something showed up, and that day I was told I had multiple sclerosis. MS is a potentially debilitating disease of the brain and spinal cord. Here I am, a young mother and I'm like, "No way." I didn't understand what that looked like for my future. Everything I had seen about MS involved wheelchairs.

I realized... "You deserve to feel better than this."

I would go to different seminars, and I would run out in tears. "This can't be my future."

I went in the next day and said, "Alright, what's the plan?" When you're diagnosed with MS, the plan is medication. After eight months of being on steroids, they had to take me off. At that point it became dangerous, and the next drugs that were introduced were interferons. A nurse came out to the house and taught me how to give myself shots every other day. Once I did that first injection, I can't even begin to tell you what it felt like going in. I kept saying, "I feel like I'm just putting poison into my body." It hurt. After

that, I would feel like I had the flu, so here I was trying to battle a disease where you're always tired and rundown, and now I feel like I have the flu. It was a never-ending story for me. When I'd start to feel better, it was shot time again. I was doing this every other day, feeling like I had the flu and never feeling better.

Where the real problem came in is that I started to feel like I was in this hole. I was depressed. I felt so alone. I had no idea what was going on, and I wasn't myself. My husband could see it, too. Finally, one day, he came to me and said, "You can't do something that they're telling you is supposed to help you anymore, because I see it firsthand, and it's not helping you." That's when I realized that there had to be something inside of me that took up for myself and said, "You deserve to feel better than this."

That day, I stopped my medication, emailed my neurologist and started putting in every search engine possible, "health and wellness doctors." Of course, Dr. Hotze came up the majority of the time. I think the next day is when I walked through the doors of Hotze Health & Wellness Center, and that day I went in there saying to myself, "You know, if I can get some extra energy,



maybe this will be worth it." I had no idea what was going to happen. I started the program, and here I am in front of you, over seven years later, and I have not taken one MS medication in seven years.

If I had continued down that road, the possibilities are so frightening to me it's not even funny. I am so thankful that I got on that computer out of desperation and ended up at the Center. My hope for you is that you will understand that how you're feeling right now doesn't have to be that way. If me, with MS, and my busy lifestyle and everything else, can tell you that I chose a natural approach and it has changed my life, then it can change yours too. You deserve to feel good. You guys deserve that, and I hope that you take something powerful from my story and it changes your life.





GLUTATHIONE: NATURE'S ULTIMATE DETOXIFIER

by Jackie Martinez, Certified Holistic Nutritionist, Hotze Vitamins®

Did you know that toxins are stored in fat cells? These toxins can be from foods, home products, the environment and even the scented products we used on our bodies. When you come into contact with any forms of these toxins, your body works to push them out of your bloodstream, and the immediate biological solution is to store them in fat.

So what this means is, if you are overly toxic your body will produce more fat for storage.

If your hormones are balanced, yet you are unable to shed extra pounds, you most likely need to detox, and glutathione is the perfect detoxifying agent. Since our liver is our body's detoxing hub, the most concentrated source of glutathione is found in its cells. Glutathione is used to protect us from pollution, radiation, drugs, carcinogenic

chemicals and heavy metals.

Glutathione's purpose is to bind to toxins to make them water soluble and therefore, more readily secreted from the body. There are two problems:

Ⓢ 10-30% of our population lacks the enzyme that enhances glutathione production.

Ⓢ Glutathione is quickly depleted during the first phase of detoxification, so supplementing is often necessary for the second phase.

Most importantly, however, is the heart's dependence on adequate

glutathione production. Studies have shown that deficiency is correlated with the recurrence of heart problems after heart attacks, along with the progression of coronary artery disease.

Can you see now how important glutathione is for optimal health? Lucky for you, Hotze Vitamins offers glutathione in both liquid and capsules.

If you are overly toxic
your body will produce
more fat for storage.

Call one of our certified nutritionists today to get started on the ideal form for you, **(281) 646-1659**.

WE'RE **65%** OF THE WAY
TOWARDS OUR GOAL!

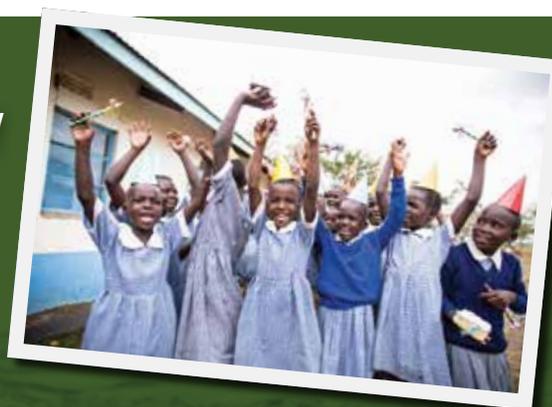


HELP US HELP THE CHILDREN.

The Hotze Health & Wellness Center team believes in giving back to those in need. When you refer a friend or family member to us who wants to restore their health, you are helping children in real need because for every referred guest we see this year, we are donating a portion of our income to Living Water International. www.water.cc/aboutlivingwater

Living Water International exists to demonstrate the love of God by helping communities around the world acquire desperately needed clean water, and to experience "living water"—the gospel of Jesus Christ—which alone satisfies the deepest thirst.

When your friends and relatives become guests or members of Hotze Health & Wellness Center, they are assured of outstanding guest service, products and results and they will also be helping children and their families get safe drinking water.



YOUR REFERRALS HELP THOSE
IN REAL NEED.

It's easy to refer your family members, your friends, neighbors and associates who want to take charge of their health and get on a path of health and wellness, naturally.

Ⓢ SIMPLY SEND THEM TO:
www.hotzehwc.com/referrals

We'll send them a complimentary copy of *Hormones, Health, and Happiness*, along with some information to help them get started.

Alternately, they can simply call our office at **(281) 698-8698**.



A NEW APPROACH TO GAIN TRACTION ON YOUR GOALS

by Monica Luedecke, President, Hotze Enterprises

It's April, four months into the year, and I have a question: are you still on track to reach the goals that you set for yourself this year, or have you become stuck? Statistically speaking, 50% of people who set goals lose steam and even abandon them at or near the 90-day mark, and do not get back on track as the year marches to a close.

Recently, I learned of a new process that may help us to overcome this type of situation. It is called the MTO approach to goal setting. Allow me to explain. MTO stands for minimum, target, and outrageous. The idea inherent in this method to goal setting is that the journey, the progress you make towards a worthy goal, is a big part of the satisfaction to be gained from setting goals on a consistent basis.

Therefore, every time you establish a desired goal, you might create three levels of success. The minimum in this process is defined as what level you can reach that would be considered minimally acceptable. Target is

defined as full achievement of your desired goal. Outrageous is some amount of overachieving that could be regarded as audacious, incredible or a moonshot! Let me give you an example of this process in action.

Krystal Hammett has been a vitamin consultant in Hotze Vitamins for four years. In that time, she has excelled because she has a genuine interest in helping people with health and nutrition. She is devoted to increasing her knowledge, and in 2014, obtained the Certified Holistic Nutritionist certification through the American Fitness Professionals and Associates (AFPA). Still seeking, Krystal embarked on a goal to attain the highly prestigious Certified Nutritional Consultant certification through The American Association of Nutritional Consultants (AANC). This twelve-month program entails a comprehensive study of anatomy, physiology, medical chemistry, herbal healing, nutrition, and more,

with eleven required textbooks and an examination consisting of 1100 questions to be passed.

Krystal's minimum goal is to complete all of the requirements and pass the certification examination within twelve months, which would be a tremendous accomplishment. Her target, though, is to achieve this goal in six months. Get this. Krystal shared with me that she set an outrageous goal as well, to finish everything in one month so that she could move on to her next goal! As of this writing, she has fulfilled all of the requirements to reach her moonshot, that outrageous goal!

With four months gone, we still have eight left to work on 2017 goals. If you have set yours aside, now is the time to dust them off, evaluate them using the MTO process and get back on the achievement track! I'd love to hear about your goal success. Email me at monical@hotzehwc.com!

*President and resident Goal Queen, **Monica Luedecke** joined Hotze Enterprises in 1990. Monica spearheaded the development of Hotze Vitamins® (formerly Physician's Preference) and expanded its product offering from 2 to over 100 products. She also led the development of Hotze Pharmacy™ (formerly Premier Pharmacy). Her book, The Goal House, will be available on Amazon this month.*

14 DAYS TO A LEANER, CLEANER HEALTHIER YOU

Do you feel sluggish and bloated?
Are you exhausted after a full night's sleep?
Have you tried losing weight but the scale won't budge?

Starting on April 3, join us for 14 days so you can feel cleaner, leaner and healthier than ever before. Visit hotzedetox.com for details.



MEET RHONDA SCHULTZ, MEDICAL AESTHETICIAN

A native of Michigan, I have been living here in Katy for 11 years with my son Nicholas. After years of long days and non-stop work owning a real estate brokerage, I decided I would follow my dream and become an aesthetician. In 2013, I opened a spa and immediately knew I was where I truly wanted and needed to be.

Though being an aesthetician was not my first career path, I have been in love with skincare since my early teens. For years, I have done facials and educated others on how to take care of themselves and the importance of eating a healthy diet. I came to Hotze Health & Wellness Center because I believe in their mission statement wholeheartedly. If we can educate and provide the necessary resources for people to enjoy a better quality of life, then we should commit to doing it. Being healthy is the most important part of living life to its fullest.

Only when we recognize the need for change can we begin to want to learn a better way of taking care of our bodies. Skin is the largest organ of the body. However, we spend less money and time taking care of it than we do any other part of the body. In my previous career as a real estate broker, I watched people spend thousands of dollars on renovations, from front porches to full remodels, but they spent little to none on their skincare regimen.

Today I am very excited and grateful to be here at Hotze Health & Wellness Center because I know they are making a big difference in the way we see ourselves and the lives that we live. Being here has encouraged me to continue to grow my knowledge about vitamins and supplements that are

most beneficial for the skin. Over the years I have used many products and given many treatments that nourished the skin more deeply and gave great results. Two of my favorites are Vitamin C and Vitamin E.

Vitamin C (also known as ascorbic acid or magnesium phosphate) reduces free radicals that trigger wrinkling, sagging and other aging changes. Applied regularly and in the correct strength vitamin C can help smooth and firm skin and fade brown spots.

Apply in the morning before sunscreen to protect your skin from any UV-generated free radicals that get by your sunblock. Look for vitamin C near the middle of the ingredients list to help ensure the 5% or higher concentration needed to see skin get the best benefit.

Vitamin E is an old favorite. Also known as alpha-tocopherol or tocopherol acetate, it eases dryness and supports skin's UV defense, helps skin retain its natural moisturizers and has been known for minimizing the appearance of scars. Vitamin E is known as "the protector" because it neutralizes damaging free radicals. The best anti-aging products contain at least 1% vitamin E and will be listed in the first five ingredients on the label.

Studies show that when used before UV exposure, skin is less dry, red and irritated. Apply before and after serious sun exposure, as a single exposure of UV light can destroy half the skin's natural supply of Vitamin E. So get your defense up by applying (and reapplying every 2-3 hours) ample sunscreen supplemented with vitamins C and E before being out in the sun and after with good moisturizers.

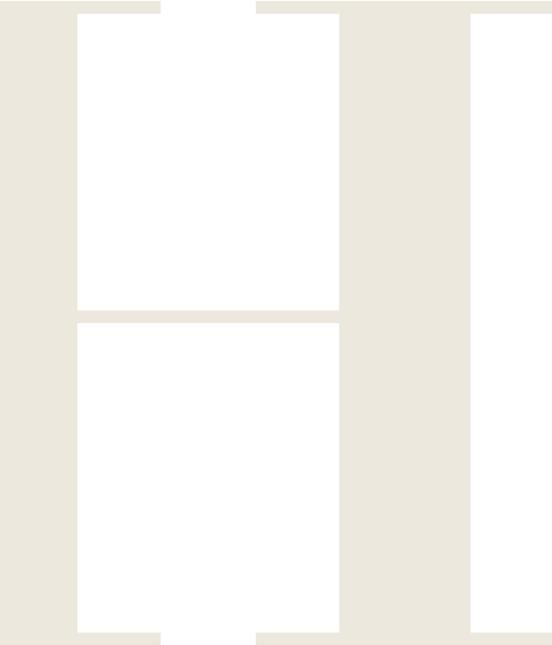
As we welcome Rhonda Schultz to our Hotze Aesthetics team, we are also excited to welcome a new and improved **SkinPen** microneedling device and advanced 90-day Post-Procedure Care Kit! The advanced technology of this new device offers a greater number of microdermal needles and improved penetration mechanism. The new 90-day Post-Procedure Care Kit includes 5 top of the line products with simple step-by-step care instructions. Pair the two together for a safer, more effective and supportive process!

Call **281.698.8770** TODAY to learn more about how this new technology can address your fine lines, wrinkles, pore size, scars, texture, and collagen production all at once! Mention the code SKIN100 to **receive \$100 OFF** your SkinPen package during the month of April.

H O T Z E

HEALTH & WELLNESS CENTER
I N T E R N A T I O N A L

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HOTZE HEALTH ADVANTAGE

MY | ADVANTAGE
coach | **PLUS**

MY
coach

DO YOU NEED SUPPORT WORKING ON YOUR HEALTH VISION?

- ✔ Are you working on reaching a health goal?
- ✔ Have you halted in your progress?
- ✔ Is your original vision for your health fading away because it seems impossible to attain?

Hotze Health & Wellness is pleased to announce a new program, "**Hotze Health Advantage**", to help you obtain your vision for your health by re-programming old negative patterns of thoughts and creating new habits for success!

These two 90-day packages, **MYcoach** and **MYcoach Advantage Plus+** were created to help you change and sustain positive habits and behaviors for your success!

Learn more or sign up at www.hotzehealthadvantage.com