

A LETTER FROM DR. HOTZE

THE 10TH PRINCIPLE OF **SUCCESS**

For years, my team and I have used Napoleon Hill's principles of success as a guide for how we should treat our guests and each other. The 10th principle, think accurately, is based on Hill's assertion that, "what you think, so you will become."

The power of thought can be either the most dangerous or the most beneficial power available to us, depending on how we use it. If it is misused, or if a person is suffering from memory loss or brain fog, then their life will not be as rich and abundant as it could be.

One of the most common symptoms we hear at our Center is that people feel like their mental clarity is slipping. Brain fog is a common symptom of hypothyroidism. Because the brain requires and uses so much energy, hypothyroid individuals tend to experience a decline in their mental sharpness.

By supplementing with the right hormones including desiccated thyroid, high quality supplements and a nutritionally balanced eating program, we can vastly improve the quality of their lives, naturally. Beyond our

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SECRETS TO KEEPING YOUR BRAIN YOUNG

by Donald Ellsworth, M.D., Hotze Health & Wellness Center

Too often, people accept a decline in their health as “just part of getting older” and that they have to “learn to live with it.” However, we find that what is often called ‘normal aging’ is due to age-related changes that we can do something about. Many find that their memory issues can be significantly improved by detoxification, addressing the age-related declines in our hormones and vitamins, as well as making some simple lifestyle changes.

YEAST OVERGROWTH & YOUR OWN LOCAL BREWERY

An overgrowth of yeast in the GI tract allows your body to make alcohol, which is known as the “auto-brewery syndrome.” Alcohol is just one of several toxins candida makes to undermine clear thinking.

AGE-RELATED DECLINE IN OUR HORMONES

Hypothyroidism often causes significant memory problems. It can start with slower speech, trouble focusing, trouble understanding what you hear and read, trouble finding words, forgetting where you put things, then progresses to forgetting recent conversations and events. In severe cases, it can even look like dementia.

Fortunately, hypothyroidism-related memory problems are reversible when diagnosed and treated properly. Remember that the blood test most physicians use can let you down, it is easy to pass the test but still have a thyroid problem. The key “test” to diagnosing hypothyroidism is a careful look at your symptoms and physical exam.

Pregnenolone directly stimulates the brain and increases acetylcholine production. DHEA levels drop dramatically as we age and studies have shown that DHEA can improve memory and mood.

VITAMIN DEFICIENCIES ASSOCIATED WITH A DECLINE IN MEMORY AND MENTAL CLARITY

All B vitamins play a key role in brain function.

Deficiencies in B vitamins such as B12, folate and B6 increase the risk of elevated homocysteine levels which can cause early onset of dementia.

OTHER ISSUES

If you have sleep apnea or other severe issues sleeping, you will not be able to think clearly. Have a sleep study done to determine if treatment is needed.

Depression impairs memory in many cases. We find depression often responds to natural treatments without potentially harmful antidepressants.

Many medications interfere with memory and focus. The most common culprits are anti-anxiety drugs – benzodiazepines like Clonazepam (Klonopin). Cholesterol drugs block the production of energy by blocking CoQ10 production and they also rob the body of the fats needed for the brain to be healthy. Hypertension drugs, especially Beta Blockers, impair thyroid use in the cells and cause memory issues. Other potentially memory busting medications include seizure medications, antidepressants, sleeping pills, medications for incontinence, pain and older antihistamines like diphenhydramine (Benadryl).

ADDITIONAL CAUSES OF MEMORY ISSUES INCLUDE:

- Alcohol and drug abuse
- Toxins such as benzene and mycotoxins
- Lyme disease
- Head injuries
- Strokes
- Alzheimer’s disease: Alzheimer’s is the most feared cause of memory decline but usually does not cause symptoms until the mid-60s. Since there is no perfect test of the disease, even those suspected of having Alzheimer’s dementia should have all the potentially treated causes of memory impairment addressed.

WHAT CAN YOU DO?

- ✔ Have a thorough evaluation by your doctor.
- ✔ Work with your doctor to get off as many medications as you can that may be contributing to memory issues. Remember that most of these medications need to be weaned very slowly.
- ✔ Supplement with the right vitamins/minerals:
 - » A good multivitamin plus minerals with omega 3, i.e. 1 – 2 Power Pak/day
 - » Phosphatidylserine, 300 mg a day

- » Acetyl-L-Carnitine 500 mg 2x/day
- » Ginkgo biloba has been shown to help improve memory in many cases.
- » Hotze B Complex 1/day for adequate B vitamins. This supplies the key B vitamins including thiamine, methyl folate, B6 and B12. Avoid products with folic acid, such as some B complex vitamins and processed foods with added folic acid.
- ✔ Add DHEA and Pregnenolone.

- ✔ Avoid alcohol as the brain only tolerates a low amount of it.
- ✔ Avoiding wheat and dairy can help as many have allergies/sensitivities to these.
- ✔ Avoid refined sugar.
- ✔ Detoxify your body with far infrared saunas and boost detoxification with a detoxification cocktail: vitamin C 1000 mg 2x/day, alpha lipoic acid 300 mg 2x/day and N-acetylcysteine 600 mg 2x/day.

LISA'S STORY: WAKING BACK UP TO LIFE

Before my first visit to Hotze Health & Wellness Center, it was almost as if I was standing outside of a black and white television watching my own life pass by.

Everything was moving sort of slow and in hues of gray. My brain was in a sort of fog. My short term memory loss and inability to think clearly were either the center of a joke or the source of someone else's aggravation on a regular basis. This was becoming an embarrassing problem for me. I own a business and have two small children, and I was finding it difficult to keep juggling all the balls.

In my early twenties, I was diagnosed with hypothyroidism. When the nurse from my doctor's office called, she said "your lab results show that you have a thyroid problem and you will need a prescription for Synthroid. I'll call it in to your pharmacy today." I asked her what a "thyroid problem" was and was mine too high or too low. She said she did not know, that thyroid tests were really confusing to her and that I should just take the medication and she was sure I would be feeling better soon. Since it was pretty clear that the doctor would not be calling back to explain it to me either, I was the "good" patient, took the medication and did indeed get a little better. I did what I was told, pulled myself up by the bootstraps, drank the occasional cup of coffee and got with the program.

After the birth of my second child, I was losing my hair, totally exhausted, experiencing terrible stomach problems, having joint and muscle pain, suffering from

memory loss, brain fog, PMS, allergies, inability to cope and anxiety over what in the world was wrong with me. I had begun obsessively counting how many hours of sleep I would be able to get before it was time to wake up. I coveted sleep. I even asked for it for the holidays. I would tell my husband all I wanted for my birthday was a night at a hotel (to sleep, alone).

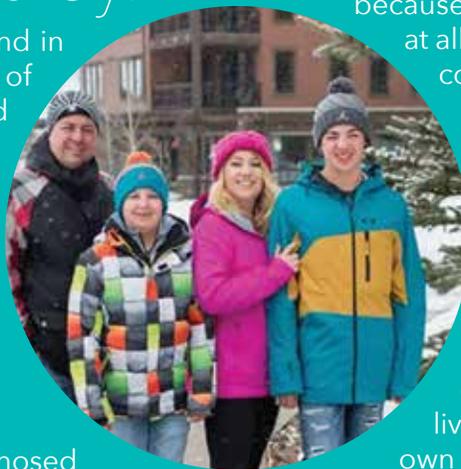
When my baby was six or eight weeks old, I visited my obstetrician for my follow up appointment. Honestly, I was a little embarrassed to tell her everything that was wrong with me, so I just hit on the high points. I almost fell off the table when she told me that she could prescribe an antidepressant and that I should be exhausted - I had 2 babies and a business. I started to wonder if maybe I had stopped speaking English, too,

because I could not remember saying anything at all about feeling depressed. Then again, I could not remember much. I told her that I was not sad, I was sick. I refused the anti-depressant and went home. I did what women do and kept going.

I felt like my life was passing me by. I was missing out on my children because when I was there, I was never really there. I made a concentrated effort to start paying attention, to live in the moment, to participate in my own life. This just required more energy I did not have. I wondered why I could not "get it together." I was 29 years old, had a beautiful family and my dreams of having my own business had come true. Everything seemed to be going my way. I began praying that God would send me help.

For my mother's birthday I bought Dr. Hotze's book for her as a gift. She re-gifted it back to me and told me that I was the one that needed it. After reading the book, hearing Dr. Hotze speak, and receiving numerous recommendations from current "guests" at the Hotze Health & Wellness Center, I decided that maybe my prayer was being answered and I had better take the next step.

On the day of my appointment, I very hesitantly revealed my problems to Dr. Ellsworth. I was worried he might think I was a crazy hypochondriac. This





BRAIN FOOD FOR THOUGHT

by Krystal Hammett, Certified Holistic Nutritionist, Hotze Vitamins®

feeling only lasted a few seconds before I realized that I was safe and that there was someone who was actually going to listen to me and maybe even help me.

Two days after my appointment I woke up feeling "alive." The afternoon "slump hour" arrived and I sailed right through it. Nothing hurt. There was color in the television set again. My life had almost instantly become one of those clear, colorful digital flat-screen TV's. And instead of standing to the side and watching it pass by, I was in it.

When Dr. Ellsworth called to check on me, I told him that I would eat raw collard greens every meal for the rest of my life if that is what I had to do to feel this well. I no longer count how many hours I get to sleep before it's time to wake up, I just look forward to waking up! I am so grateful to be well. It is such a gift to have my health and my life back.

Since my visit to Hotze, I have referred two people there. As a result of the expertise of HHWC, three lives have been given back to individuals who so desperately needed their help.

It's common for all of us to experience blips in our memory now and then, but wouldn't it be nice if you could always recall important information whenever you need it? Imagine how much better you would feel if you could always remember names of old friends, where you put your keys last or that one item off your shopping list.

While it may be virtually impossible to eliminate forgetfulness altogether, there are ways you can increase your brain capacity so that you can improve your memory, enhance your ability to recall information and more importantly, have all around good mental energy.

One key nutrient that comes to mind when I think of "mental energy" is a brand new natural compound known as PQQ, short for Pyrroloquinoline.

This up and coming anti-aging supplement is known for its many mental health benefits, and could also be the answer to all the who's, what's, where's and when's in your life.

To get a little technical, PQQ supports mitochondrial biogenesis, or the spontaneous growth of new mitochondria in aging cells. What this means to you is that it even as your body is aging, PQQ has the ability to give your "old" cells new life. Doing this may drastically improve cellular energy, and overall energy, throughout your body, and it has been said that PQQ can literally keep your cells youthful.

WHAT THIS ALSO MEANS TO YOU IS:

- Healthy mental function, such as recall, memory and focus
- Brain protection, even in advanced years
- Advanced antioxidant capabilities to keep your cells healthy

Did I mention that PQQ Advanced contains the cofactor Alpha GPC? Put simply, that means your body is able to more readily absorb PQQ so that you can reap the most benefits possible. Alpha GPC also supports optimal neurological health.

Can I ask you something?

If you could take 1 capsule every day for the rest of your life and be able to live life to its fullest, would you?

I know I would.

Sincerely,
Krystal Hammett

P.S. - Order your first bottle of PQQ Advanced today, and save \$10 when you use the code "PQQ" at checkout. (*Offer expires 8/31/16. Offer does not combine with any other discount or promotion.)





GET RID OF YOUR BRAIN FOG

ONCE AND FOR ALL

by Kimberly Haddock, RPh, Hotze Pharmacy™

Do you ever have those moments when you walk into a room and can't remember why you're there? Or you have trouble recalling names and just can't seem to place where you left your car keys?

A lot of people assume that it's just a part of getting older, and in a way, they're right. You see, as we age, our bodies produce less pregnenolone, which results in the memory being affected. Many physicians and scientists believe that restoration of pregnenolone to youthful levels is an important step in the treatment of aging and symptoms of aging. Pregnenolone may be one of the most important hormones because it seems to have a balancing effect. It is a precursor to many other hormones and may be able to bring the levels of other hormones up or down as needed.

Known as the "mother of all hormones," pregnenolone is at the top of the hormone cascade that converts to all other hormones including DHEA, testosterone, estrogen, and progesterone. This "neurosteroid" is not only produced in the adrenal glands, ovaries, and testes; the central nervous system also makes it.

Pregnenolone has been found to be 100 times more effective for memory enhancement than other steroids or steroid-precursors in lab mice. **Pregnenolone has been reported to not only make people smarter but happier and enhance one's ability to perform on the job while heightening feelings of well-being.** It has also been reported to reduce high-stress induced fatigue.

Pregnenolone:

1. Keeps the brain clear and sharp by blocking GABA, a neurotransmitter that keeps neurons in the brain from firing. As we age, GABA levels increase, making the brain sluggish.

2. Counters the excitatory effects of the amino acid glutamate, which is present throughout the brain. While critical for normal learning, too much excitation by glutamate over time can damage neurons. In fact, this overstimulation is thought to be one of the underlying factors in neurodegenerative disorders such as Alzheimer's disease.

3. Has neuroprotective effects on brain cells. Studies have shown that pregnenolone increases levels of acetylcholine, a neurotransmitter required for optimal brain function, which also becomes deficient in patients with Alzheimer's disease. Acetylcholine is important for thought and memory and is involved in controlling sleep cycles, especially the REM phase of sleep associated with memory.

4. Stimulates the formation of new brain cells. Studies have shown increases in brain cell growth after pregnenolone treatment. Studies have also shown pregnenolone to be effective in fighting arthritis, elevating mood, healing spinal cord injuries, overcoming dependency on chemicals and treating mental health disorders like phobias and schizophrenia.

So how do you know if you need pregnenolone? It can be signaled by a history of depression, mental illness or short-term memory issues not resolved by thyroid supplementation. Alternatively, if you've been trying to get your hormones balanced for six months to a year and they're not quite right, pregnenolone can sometimes be the missing link that pulls it all into balance. If you think it might be for you, contact your provider today.

A LETTER FROM DR. HOTZE *continued from cover*

core treatment regimen, we are always looking for ways to enhance your quality of life through other natural methods.

Last month I shared with you that we are offering a new, exclusive experience where you can achieve deep levels of relaxation and accelerated learning. The combination of sound, light and the spoken word stimulates the brain and can be used to increase memory and concentration. In the coming weeks you will learn more about this exciting technology as well as other ways to enhance your memory and brain function.

Remember, what you think about and focus on helps determine who you become. The brain is an extremely powerful tool. When it is running optimally and able to visualize success, then it is truly amazing to see how visualization becomes reality.

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

Thank you in advance for the kind referral of your family and friends.

Committed to you and your family's health success, I remain, as always,

Sincerely yours,

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

Transforming lives THROUGH LIVING WATER

In June, we had the pleasure of having some of the Living Water team speak at our staff meeting. Living Water International is a Christian organization that brings clean water to communities that don't have access while also sharing the Gospel. Why water? Water is the most basic foundation of health. Without it, illness and disease spread, keeping kids out of school and adults from work, perpetuating a cycle of poverty. Something as simple as access to clean water can truly transform lives.



Jeff Dismuke, Hannah Dismuke and Zack Aspegren of Living Water International with Dr. Hotze

To learn more about Living Water, visit water.cc.

➔ DID YOU KNOW THAT YOUR REFERRALS HELP CHILDREN GET SAFE WATER?

When you refer a friend or family member to our Center, we donate a portion of our income to Living Water.



CILANTRO GARLIC HUMMUS

If you're a fan of garlic and hummus, you're in for a treat! Perfect as a summer snack or a healthy appetizer, this hummus is not only delicious, but so easy to make. Best of all, it yeast-free! Served up with your favorite veggies, it's sure to please.

- 2 C chickpeas, drained
- 1/2 C tahini
- 1/2 C olive oil
- Juice of 2 lemons
- 1/2 cucumber, peeled & sliced
- 1/2 bunch cilantro
- 1/2 T garlic salt
- 3 garlic cloves, minced
- Sea salt, to taste
- Pepper, to taste

Toss all ingredients into your blender or Vitamix and blend well for 1-2 minutes, until smooth and creamy. Add water as needed to reach desired consistency. Refrigerate 30 minutes before serving. Enjoy!

COMING TOGETHER FOR A GREAT CAUSE

1. Drew Peterson, Shipping Coordinator
2. Tina Cleveland, Pharmacy Technician
3. Monica Luedecke, President, Hotze Enterprises
4. Marquita Price, Pharmacist

On July 1, we hosted another successful Hotze blood drive. Our staff and guests came together to collect 21 units, each of which can save up to 3 lives. What an awesome team! We're proud to contribute to such an important cause.

Special thanks to Cheryle Saldana, Hotze Pharmacy technician, for going above and beyond to arrange for this drive and several other community service projects throughout the year. We love and appreciate you, Cheryle!



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