

A LETTER FROM DR. HOTZE — A Lesson from my Father

In 1988, my father came by my office and told me that he had been experiencing chest pain.

Blood tests and an electrocardiogram had shown no evidence of a heart attack. However, during heart catheterization, the cardiologist noted that my father had a blockage in one of his coronary arteries.

He immediately performed angioplasty, which is supposed to press the blockage against the artery walls, widening the artery and improving blood flow. After the procedure, my father's chest pain was resolved and he was discharged from the hospital.

Three months later, my father's chest pain returned and he was readmitted for a repeat angioplasty. Suddenly, there was a dramatic change in the electrocardiogram wave pattern, indicating a loss of blood flow to a major portion of my father's heart. He was rushed to the operating room for emergency cardiac bypass surgery.

Dad was seventy-two years of age at this time. He was still managing a manufacturing business with over 175 employees and running two miles every day, as he had done for nearly twenty years. He was in excellent shape for his age and this enabled him to survive the surgery. Unfortunately, he had suffered irreparable damage to his heart, which eventually enlarged to the size of a football.

A few weeks after his surgery, my father handed me a medical newsletter that advised against invasive diagnostic procedures, angioplasty or surgery after a heart attack. This article cited research demonstrating that patients who underwent bypass surgery and angioplasty, following a heart attack, fared worse than those who were treated with prescription drugs.

The article was not advocating drugs. Instead, it recommended a program of vitamin and mineral supplementation, a nutritionally balanced eating program, and exercise.

"This doctor recommends that I take vitamins and minerals. What should I take?" asked my father.

I looked at him like a deer in the headlights and said, "Dad, I'm a doctor. What the heck do I know about vitamins?"

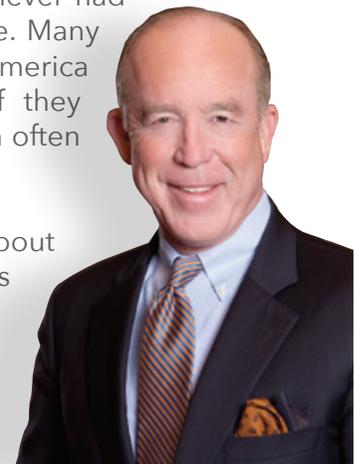
My father's eyes pierced mine as he asked, "Will you find out?"

I said, "Yes sir, I will."

Thus began my education in natural approaches to health. It is an education that continues, because new discoveries are being made every day about how these natural therapies can be used to prevent and treat illness.

We were blessed to have my dad live for another eight years. Still, I have wondered how much longer he would have lived if he had never had that surgery in the first place. Many of the deadliest diseases in America today can be prevented. If they have occurred, then they can often be treated naturally.

This is why I am passionate about achieving health and wellness through natural hormone replacement therapy, detoxification using vitamin
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10 TIPS FOR A HEALTHY HEART



This year, 750,000 Americans will die of a heart attack. More than 47 percent of these deaths occur before emergency help arrives. Annually, 1.2 million Americans will have a new or recurrent heart attack and 6 million hospitalizations occur each year due to cardiovascular disease. The annual price tag of health care, medications and lost productivity due to cardiovascular disease has reached a total of \$475 billion.

Just about everyone knows someone who died, seemingly out of the blue, from a heart attack. Although it is the silent fear of men, heart disease is the number one killer of both men and women in the United States. The good news is that heart disease is preventable, and even reversible, if you know how to protect yourself. **You can start with precautionary measures, such as the ones below:**

» 1. SUPPLEMENT WITH NATURAL THYROID HORMONE.

Hypothyroidism has been linked to an increased risk of heart disease. It is known for causing inflammation and the deposition of mucin in the coronary arteries, which causes injury to the arteries.

» 2. REPLENISH BIOIDENTICAL TESTOSTERONE.

In men, testosterone protects the heart and the arteries, decreasing the risk of heart disease. Testosterone lowers blood pressure by dilating the aorta and coronary arteries of the heart.

» 3. BALANCE AND RESTORE BIOIDENTICAL PROGESTERONE AND ESTROGEN.

For postmenopausal women, there is an increase in heart disease. When women have a drop in their key hormones, estrogen and progesterone, the inflammation in their body increases, injuring the coronary arteries and causing atherosclerosis.

» 4. TAKE YOUR VITAMINS.

CoQ10, vitamin C, L-Lysine, L-Proline, vitamin D, magnesium, garlic, and fish oil are loaded with benefits which include promoting heart health.

» 5. EAT A HEALTHY DIET AND EXERCISE.

Eat plenty of organic, leafy, green vegetables and fruit each day and set a goal to exercise several times a week. Great cardio workouts include walking, jogging, cycling, aerobics, basketball, tennis, dancing, swimming and more.

» 6. ELIMINATE TOXINS FROM THE BODY.

Environmental toxins, such as pesticides, lead to an increased risk of atherosclerosis, high blood pressure and heart attack.

» 7. REDUCE STRESS.

Take time to relax and get a good night's sleep. Get evaluated for adrenal fatigue, which occurs when the adrenal glands, through chronic stress, cannot meet the body's demand for cortisol. Bioidentical cortisol can help the adrenal glands recover.

» 8. DON'T SMOKE.

Smoking cigarettes raises blood pressure, reduces the amount of oxygen to the heart, increases risk of blood clots, and damages the inside of blood vessels.

» 9. AVOID EXCESSIVE ALCOHOL INTAKE.

Excessive drinking increases risk of blood clots and can weaken the heart. Men should consume no more than one to two drinks per day and women should limit their intake to one drink.

» 10. ELIMINATE UNNECESSARY PRESCRIPTION DRUGS.

Some prescription drugs can be toxic to your heart if you have a heart condition, including ADHD and erectile dysfunction medications.

In addition to these precautions, calcium scoring, also known as a heart scan, is recommended for men and women starting at age 40. The heart scan can help to detect heart disease in its earliest stages so heart attacks can be prevented and surgery can be avoided. Imagine knowing that you are doing everything you can to be there for your family for as long as you can. How's that for peace of mind?



RISK FACTORS for Cardiovascular Disease

- ♥ Poor diet
- ♥ High blood pressure
- ♥ Excessive alcohol intake
- ♥ Smoking
- ♥ Overweight and obesity
- ♥ Diabetes
- ♥ Physical inactivity

Sweetheart Special

Save over \$200 when you and your spouse come in for heart scans in February. Call (281) 698-8698 to schedule your appointments.

NATURAL WAYS TO SPICE UP YOUR LOVE LIFE

from Jackie Martinez, Hotze Vitamins®

It's true. Making love is good for your health. Really good for your health, actually. It's natural. It's stress-relieving. And it helps to decrease heart attack risk, burns calories, releases feel-good endorphins and even boosts immunity. However, in a world where we're constantly plugged in, stressed out and on-the-go, we're often more intimate with our social media than we are with our spouses.

During the month of love, what better way to celebrate than with a few tips to help you and your spouse spice up your love life? Are you ready to get this party started?

» **BRING COCONUT OIL TO THE BEDROOM.** Yes, the same oil that you use to scramble eggs and moisturize your face can be used as a wonderful massage oil, too. Try adding a few drops of lavender to really spice things up!

» **ADD L-ARGININE.** This amino acid helps to increase your body's production of nitric acid, which helps to relax blood vessels and increase blood flow. Additional supplements that may help with your body's natural production of nitric oxide are Neo40 and Beet Elite.

» **SKIP THE HEAVY DINNER AND SERVE UP LIGHT AND NATURAL APHRODISIACS.** For the ladies, asparagus, ginger, avocado and artichoke should do the trick and for the men, try eating something that includes cinnamon, mango, squash, pumpkin or cayenne. (P.S.: Ginger and basil have been shown to help enhance intimacy for both sexes.)

» **SLEEP SOUNDLY.** Libido-improving hormones are produced during deep sleep so it's important you get a good night's rest. Magnesium, Sleep Formula by Dr. Hotze® and melatonin are the top three nutrients recommended for sound sleep. Magnesium also helps testosterone float freely in your bloodstream, which is exactly what's needed for increased sex drive.

» **SCHEDULE TIME FOR THE TWO OF YOU.** Like we mentioned, it's easy to get wrapped up in the news, social media, and laundry and completely forget about what's important. At the end of each day, be sure to set aside some time for you and your partner. It doesn't always have to be about intimacy. Enjoy a glass of red wine, talk about your day or even go for a walk together. By simply spending more quality time together, and without technology, you'll naturally become more connected with one another.

Remember, there's no magic number for how frequently you should be "having intimate relations." Just keep in mind it is important to your marriage and your health. Happy Valentine's Day!

Questions about your vitamins?

Give us a call at 281.646.1659.



A LETTER FROM DR. HOTZE *cont'd from front page*

and mineral supplementation, a nutritionally balanced eating program and exercise. Diagnostic imaging, using low-radiation technology, can detect diseases in their earliest stages.

My goal is to help you and your family achieve health and wellness naturally, so you can enjoy a better quality of life this year and every year!

With much appreciation for your friendship and support, I remain, as always, Committed to your health success,

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

MARK YOUR CALENDAR
FEBRUARY 10

Fertility
WEBINAR SERIES

hotzehwc.com/fertilityseries

GROUNDHOG DAY AND VALENTINE'S DAY: WHAT'S LOVE GOT TO DO WITH IT?

by Sally Kerr



Ladies, being in the midst of winter in Houston, it's always fun to watch and see whether the groundhog will see its shadow after emerging from its burrow and whether we will have six more weeks of winter. It reminds me of when we are emerging from our winter clothing and getting ready for spring. Are you ready? Or do you want to go back into the burrow because you realize that winter has taken its toll and you are not looking or feeling as healthy as you wish? Maybe you had a few too many sweets and late nights?

Because your skin is a reflection of your entire body's aging it becomes vital to battle aging skin both internally and externally. Whether you have added a few holiday pounds or it's the texture and tone of your skin or maybe you have just decided that this is YOUR year to stop the clock on aging, we have the solutions.

For starters, try supplementing with Pycnogenol to help optimize your defense against premature aging and start protecting your skin from the inside out. Pycnogenol is a complex mixture of flavonoids and other beneficial molecules from the bark of European pine trees that reduces free radical damage and protects against UV light, thereby delaying skin aging! As if helping to prevent wrinkling and abnormal pigment

deposits isn't enough, Pycnogenol may also decrease the risk of other age-related diseases, including heart disease, diabetes, cognitive decline, and arthritis.

This is one supplement that will definitely be in Sally's My HotzePak in 2016!

Find out exactly what you need to love the way you look in 2016. Call (281) 698-8770 today to schedule your complimentary skin care analysis.

**Love Your Skin
(and His!)**

Purchase a gift card for your sweetheart in the month of February and **you'll receive \$250 toward any aesthetics package.**

GET HEALTHY AND SPEND LESS

If you have ever tried to file a claim with an insurance company, you know how frustrating it can be. Between finding the right form to fill out, where to submit it, who to call if you have questions or what to do if your claim gets denied, the entire insurance process can be very confusing. And things only seem to be getting worse.



This is why I am here to help. My name is Beth Lee, and I am your Hotze Pharmacy Insurance Advocate. My goal is to make the insurance process as quick and painless as possible for all of our guests!

**HERE ARE A FEW OF THE
WAYS I CAN HELP:**

- Help you understand the terms of your policy or benefits
- Guide you through the process of filing your insurance claim
- Locate and provide the correct claim forms for your policy
- Contact your insurance provider to answer questions about your claim on your behalf

When you are trying to get or stay healthy, the last thing you need to worry about is hassling with your insurance company. So whether you are a brand new guest or have been on our program for years, if you have questions about your insurance claims, then please contact me at (281) 828-9088.