

HOTZE on WELLNESS

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A LETTER FROM DR. HOTZE

Greetings to you and your family!

Don't get buffaloeed by conventional physicians regarding heart disease. With February being Heart Health month, you will likely see promotions from heart associations and mainstream medical doctors, encouraging you to take toxic statin drugs which will poison your ability to make CoQ10. CoQ10 is needed by your mitochondria, the cell's power plants, to produce energy for your cells.

Unfortunately, conventional medicine does not address the root cause of coronary heart disease. Drug company indoctrinated physicians will load you up with statin drugs, beta blockers, calcium channel blockers, blood thinners and anti-arrhythmic drugs, and

many more, all of which are toxic and will make you sicker quicker.

Coronary artery disease is not caused by cholesterol, rather it is caused by inflammation in your arteries as a result of toxins in the environment, in the air, foods, drinks, water, lotions, heavy metals, like mercury and aluminum, infections, sugar and simple carbohydrates. You need plenty of collagen, the protein glue that holds your cells together, to heal your inflamed arteries. Vitamin C is required for the production of collagen. When you don't consume enough Vitamin C then you lack sufficient collagen at the sight of the arterial inflammation. Your body has a backup mechanism to repair the inflammation. Cholesterol

is the bandage. Cholesterol is the consequence of coronary artery disease, not the cause. If you don't heal the inflammation in your arteries, then you will never arrest and reverse coronary artery disease. Conventional medicine only offers toxic drugs or surgery, neither of which heal the arteries, nor stop the progression of the disease.

Conventional invasive cardiology almost killed my father. While I was able to help him extend his life, using hormones, and vitamin and minerals, well beyond what his cardiologist had expected, it still cut his life short. My dad fired his cardiologist and asked me what vitamins could help him regain his health. I told him *continued on page 5* ■



AN EXCERPT
FROM HIS
UPCOMING BOOK:

VITAMIN C PREVENTS CORONARY ARTERY DISEASE

by Steven F. Hotze, MD, Hotze Health & Wellness Center

Contrary to popular belief and the propaganda of the drug companies and conventional medicine, cholesterol is not the cause of coronary artery disease. Coronary artery disease is both preventable and curable. While elevated cholesterol may correlate with coronary artery disease, it does not cause it. It is the consequence of it. Let me explain.

Coronary artery disease is the result of inflammation caused by 1) toxins from chemical pollutants in the environment, such as fluoride and the petrochemical products in the air we breathe, the food we eat, the liquids we drink, and the lotions and colognes we apply to our bodies, 2) heavy metals, such as mercury and lead, 3) bacterial and viral infections, most commonly Chlamydia, Helicobacter pylori and the bacteria found in infectious diseases of the gums, and 4) foods, such as sugar and simple carbohydrates, that cause your body to create inflammatory substances which circulate in your blood.

The coronary arteries that are attached to your heart are under a tremendous amount of mechanical stress. Your heart beats approximately 72 times a minute, over 100,000 beats per day, every day of your life. This stress is caused by the bending and stretching of the coronary arteries that occurs with every heartbeat. Elevated blood pressure also increases the stress on and damage of the coronary arteries. This chronic stress weakens the walls of the coronary arteries, especially when they have been damaged toxins and disease. Imagine what your water hose would look like if you stepped on it 100,000 times per day, day in and day out.

The coronary arteries have a healing process. The primary mechanism

for healing these arteries is collagen. Collagen is the protein glue that holds all your cells together. The stress on the coronary arteries breaks down the collagen and it must be continually replenished with new collagen.

Adequate amounts of vitamin C are required for healthy collagen production. The amino acids, proline and lysine, are required to strengthen collagen. When the body does not have enough vitamin C to produce adequate amounts of collagen to heal the arteries, a natural backup mechanism occurs. Lipoprotein a (Lp(a)), a fraction of low density lipoprotein (LDL) cholesterol, is mobilized to heal the inflamed, raw lesions on the coronary arterial wall. Think of this process as putting a band-aid on a wound. As more Lp(a) builds up on the arteries you develop a fatty substance on the arterial wall, known as a plaque. When calcium is incorporated into the plaque, then you develop atherosclerosis, the hardening of your arteries.

Atherosclerosis is derived from the Greek words, athero, which means porridge, and sclerosis, which means hardening. Calcium enters the soft plaque and hardens it. As the plaque grows within the artery, blood flow is diminished, and this can eventually lead to a blockage of the artery, and ultimately, to a heart attack. As I mentioned, the underlying cause of heart disease is an inflamed, deteriorating coronary arterial wall.

The primary response of the body to treat this deterioration

is to
repair
t h e

arterial wall with collagen. Remember, in order to make adequate amounts of collagen to heal your arteries, you need sufficient amounts of vitamin C.

You may not be aware that the only mammals that don't make vitamin C are human beings, primates, guinea pigs, and bats. All other mammals make vitamin C in the amount of approximately 1000 mg per 25 pounds of body weight. This is the reason that animals do not have heart attacks, but humans do. At 66 years of age I weigh 170 lbs. and have taken 10,000 mg. of vitamin C daily for 25 years. My heart scan has a calcium score of zero, which means that I have no hardening of the arteries. You should be taking large doses of Vitamin C as well.

A heart scan is the only non-invasive way to determine whether you have coronary heart disease. If you are over 40 years old, then you should have a heart scan done. If you do have atherosclerosis, then it can be arrested and reversed, naturally, using the **Hotze Health & Wellness Center heart treatment protocol**. "Do a 180" and take charge of your heart health. Schedule your heart scan today!





PUT A LITTLE LOVE IN YOUR HEART

by Lucia McEntee, RPh, Hotze Pharmacy™

I'm going to let you in on a little secret of love for February. A secret that will increase smile frequency, improve skin tone, and give you more joy. You ready for it? Two words: cuddle hormone.

You may chuckle, but in all seriousness, there is a cuddle hormone and its scientific name is oxytocin. This love hormone is released when an individual engages in activities such as snuggling, hugging, and social bonding. You see, there is a scientific and genetic draw towards physical touch and socialization (women aren't just making it up!).

This small amino acid peptide is believed to be involved in a wide variety

of physiological and pathological functions. Individuals who are low in oxytocin are typically more likely to have trust issues and may have a harder time connecting with new people in their life. Physical signs can include limited emotional expressions, pale face, and dry eyes. They may also experience a decline in sex drive and ability to feel enhanced pleasure.

On the flip side, women and men with adequate levels of oxytocin are associated with more willingness to trust, the capacity to adapt to emotional circumstances, increased generosity, and more radiant skin.

Since it is the month of love, after

all, you may find that it's the perfect time to take advantage of this happy hormone, as it might be the extra spice you need to more closely bond with your spouse and to emit joy to all those you love.

At Hotze Pharmacy, oxytocin is carefully compounded in small, sublingual tablets in varying strengths to address each guest's needs. If you believe you would benefit from oxytocin, then contact your provider today to discuss your symptoms.

May you have a love-filled month of February!

Love the skin you're in.

Whether it's laser hair removal, corrective procedures or helping you maintain your youthful look, Hotze Aesthetics has the solutions you need for flawless skin.

RECEIVE A **COMPLIMENTARY HOTZE RENEWAL CREAM** when you book any aesthetics package in the month of February.

Mention this newsletter when you call.

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TOM STALLMAN: IN HIS PRIME

Tom Stallman was a land manager on the Texas prairie. Not realizing that his adrenal glands were overworked, he went through a prolonged period of stress in his life until one day, he had a heat stroke that damaged his thyroid gland. Afterward he wasn't the same.

Suddenly, life changed drastically for Tom. He felt sick all the time and lost his tolerance for heat. He couldn't regulate his body temperature like he used to, which affected his ability to work outside. Tom had insomnia and couldn't get sound sleep anymore. He also had night sweats, which is a sign of andropause. All of his joints ached. He lost his stamina.

Tom had trained all of his life; he was something of an athlete, but suddenly he had no strength. Getting out of bed became harder every day. It got to the point where he dreaded reaching out to shake another man's hand because the pain was so excruciating in his forearm that he just about collapsed.

He likened his new demeanor to that of the characters in the movie, "Grumpy Old Men."

Out of sheer discipline, he kept persevering, despite how bad things were. He went to several different doctors, but no one could help him. They told him that he had to learn to deal with it. "Yes, you've had a heat stroke. Yes, your thyroid is crippled. You've lost the thermostat; you can't control your body temperature. I'll tell you what you need to do. You need to live like a lizard. When it gets cold, find some place warm. When it gets warm, find some place cold."

The decline in hormones is usually gradual, however, in Tom's case, the stress that he was living under and the heat stroke precipitated a crash which lasted for about ten years. He spent that period in absolute misery. His business suffered, he lost his fiancé, and his future looked dim.

Then the time came when he just

didn't know how much longer he would be alive, yet he did not want to die. He found out about the Hotze Health & Wellness Center and decided to give it a try. After replenishing his hormones, Tom said he felt like a "million bucks." At first, he wondered how long this good feeling would last, and if it was too good to be true. Then he realized this was his life now.

Today, Tom feels great. He's in his mid-60s, and he can do as many push-ups, pull-ups, and sit-ups as when he was a senior in high school. As a matter of fact, after only about two months on the program, he was brushing his teeth one morning, stopped and looked in the mirror, and noticed that he was "ripped." He had not looked that fit since he was thirty years old. Now he spars against twenty-six-year-old black belts, and he wins! As Tom says, "The prime of your life should not be over at forty, it should be just starting."





MAGNESIUM: THE MIRACLE MINERAL FOR HEART HEALTH

by Jackie Martinez, Certified Holistic Nutritionist, Hotze Vitamins®

Magnesium is an essential mineral that plays a key role in more than 300 biochemical processes in your body, such as:

- Creating ATP, or energy molecules in your cells
- Relaxing blood vessels and smooth muscles
- Aiding in the formation of bones and teeth
- Promoting optimal muscle and nerve function
- Regulating blood sugar levels
- Encouraging a steady heart beat

While magnesium may be the fourth most abundant mineral in your body, it's also one of the quickest minerals to be depleted, thanks to stress, toxins, and exercise. In fact, it is estimated that nearly 80 percent of Americans are deficient in magnesium.

So what exactly does magnesium

have to do with your heart? Everything.

Your heart has the highest magnesium requirement of any organ in your body. Without sufficient amounts of magnesium, you are putting yourself at risk of developing:

- Hypertension
- Cardiac arrhythmia
- Cardiovascular disease
- Sudden cardiac death

Supplying your heart with proper amounts of magnesium helps keep your heartbeat at a steady rate versus experiencing muscle spasms. Magnesium also functions as an electrolyte for your body, aiding in sending and receiving electrical signals that help pump blood properly and improve brain function. Finally, and one of the most important purposes of magnesium is its ability to regulate blood pressure levels,

reducing the risk of clogged arteries, hypertension or worse, heart attack.

There are two things you need to do starting today to optimize your magnesium:

1. Increase magnesium-rich foods, such as dark, leafy greens, broccoli, Brussels sprouts, avocados, nuts, and seeds.
2. Supplement with at least 400-800 mg of magnesium daily. Magnesium Citrate and Magnesium Glycinate are two of the best forms of magnesium on the market today. They are highly-absorbable, meaning that they are very effective, too.

BOTTOM LINE: If you're not supplementing with magnesium, you're most likely deficient in this miracle mineral and are putting your heart, and overall health, at risk.

Magnesium isn't
the only way to
LOVE YOUR HEART.

For the ultimate heart health solution, get started on Dr. Hotze's Heart Health Pak today.
📞 **Call (281) 646-1659 today.**

OR Build your own. Check out our Build-A-Pak page at
👉 **hotzevitamins.com.**



A LETTER FROM DR. HOTZE *continued from page 1*

that I was a doctor and didn't know anything about vitamins. That is a sad commentary on what they don't teach you in medical school. He asked me to find out. I did.

Dad should have died within two years after his botched angioplasty which had led to emergency open heart surgery. Instead, by getting him on a hormone replenishment, and a

vitamin and mineral regimen, Dad lived an additional eight years, walked 2 miles every day and operated his business with 325 employees. He took no pharmaceutical drugs.

Dad's heart disease is why I decided to challenge the herd mentality of conventional medicine and started to study natural approaches to health. What I learned can prevent you from

being a casualty of heart disease.

If you are 40 or older, then I strongly recommend that you get a heart scan at our Center. This past year I insisted that several of my good friends get heart scans. Some of them laughed and said that they didn't need one. They had been told by their physicians that their hearts were fine. When I finally had them tested, many of *continued on page 7*



HOTZE HEALTH & WELLNESS CENTER: THE CRUSADER OF WELLNESS

by Lorraine Grubbs, author/writer/coach

I arrived at the Hotze Health & Wellness Center at 7:15 a.m. I was invited to attend Dr. Steven Hotze's early morning huddle. My curiosity was piqued the previous day when both Dr. Hotze and president Monica Luedecke, recited the Hotze Wellness Credo in unison during the middle of our interview in response to my question about their values. This "Crusader of Wellness" was a fount of energy. He kept jumping up to retrieve examples of articles, books, handouts and anything he thought might help me understand his culture. "But," he said, "to really understand who we are, come to our daily huddle. You'll truly experience the power and passion of our people."

In a room full of identically dressed, black-suited warrior spirits, published author and wellness expert Dr. Steven

Hotze welcomed me enthusiastically. I took my seat at the front of the crowded room as the group was being led in a series of stretching exercises and prayer.

Then, it happened. Everyone in the room, in unison, proceeded to chant and recite (sans cue cards, notes or aids), the Wellness Center's Credo, Mission Statement, Vision Statement, 18 Principles of Success and Core Values; the very tenets that make the Hotze Health & Wellness Center what it is. The rest of the 30-minute huddle was spent recognizing individuals along with updated financial results. Clearly, anyone who works for this organization knows what the Wellness Center is and what they stand for. This is done every single morning. Why do they do it? Here's the secret to Dr. Hotze's loyal following, in his own words.

The above is an excerpt from the new book, *How to Create a Happy Workplace: What Award Winning Companies Know*, which profiles eight award-winning companies and the secret to the utmost competitive advantage in any industry - loyal employees and customers. Author Lorraine Grubbs' experience has taught her that it's important to look at all four beacons. Trying to troubleshoot just one area is like trying to find your way without a compass. The lessons learned in her 15-year leadership career at Southwest Airlines became the basis of her consulting career and the inspiration for her first book, *Lesson in Loyalty, How Southwest Airlines Does It*.

Grubbs has written three other books providing lessons about loyalty, leadership and outrageous training tactics.

- *Lessons in Loyalty - How Southwest Airlines Does it - an Insider's View.*
- *Beyond the Executive Comfort Zone; Outrageous Tactics to Ignite Individual Performance*, with Frank Granara.
- *Cooking for a Cause; How a Small Group of Loyal Texas Volunteers Raised Over \$20,000,000 for Charity*, with Dick Daugird.

For your copy of *How to Create a Happy Workplace* or more information on Lorraine Grubbs, visit www.LorraineGrubbs.com.



Spring,

a notorious allergy season, is fast-approaching. You don't have to spend another season in allergy misery. Now is the time to get started on Sublingual Allergy Treatment Drops to help improve your allergy symptoms for spring and all year round. With allergy drops, there are no weekly visits to our office, no pain, and no hassle. Take them from wherever you are and go!

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a stronger immune system
and a new sense
of well-being,
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an appointment
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THE SILENT *killer*

WHAT YOU NEED TO KNOW ABOUT **HEART DISEASE**



THE FACTS



EVERY 25 SECONDS, an American will have a coronary event.



EVERY 39 SECONDS, someone dies from heart disease and stroke.



1 OF EVERY 3 DEATHS in the US is caused by heart disease and stroke



HEART DISEASE is the leading cause of **preventable death** in people ages 40 - 65.



72% don't consider themselves at risk for heart disease, but **33%** **WILL DIE FROM IT.**

WHAT CAN YOU DO?



DIET:

Eat plenty of organic fruits and vegetables, and limit trans fats.



EXERCISE:

Engage in moderate exercise at least five days per week.



LIMIT ALCOHOL:

One drink per day for women and two drinks per day for men.



DON'T SMOKE:

One year after quitting smoking, your added risk of heart disease is half that of smokers.



PREVENTATIVE SCREENING:

Heart disease is preventable, and even reversible, when caught early enough.

SOURCES:

www.localheart.org

www.harrishealth.org

www.millionhearts.hhs.gov



45% of our guests show signs of **coronary artery disease** based on positive calcium scores on their heart scan. **Are you one of them?**



Call to schedule your heart scan today.
(281) 579-3600

A LETTER FROM DR. HOTZE *continued from page 5*

them had atherosclerosis, calcified areas of their arteries. This means that they have coronary artery disease, caused by inflammation of their arteries. Each one decided to "Do a 180" and take charge of their heart health by starting a Paleo eating lifestyle, natural hormone replenishment, vitamin and mineral supplementation for detoxification, and an exercise program. This program can arrest and reverse coronary heart disease.

Check out Jeff Yates' turn around at www.doa180.com. When I first evaluated Jeff on September 8, 2016, he was 5'10", 387 pounds, dripping wet with sweat. He was on blood pressure medication, yet his blood pressure was 160/97. He was on oral anti-diabetic medication, as well as 100 units of insulin daily for Type 2 diabetes. His insulin had been increased from 40 to 80 and then to 100 units per day

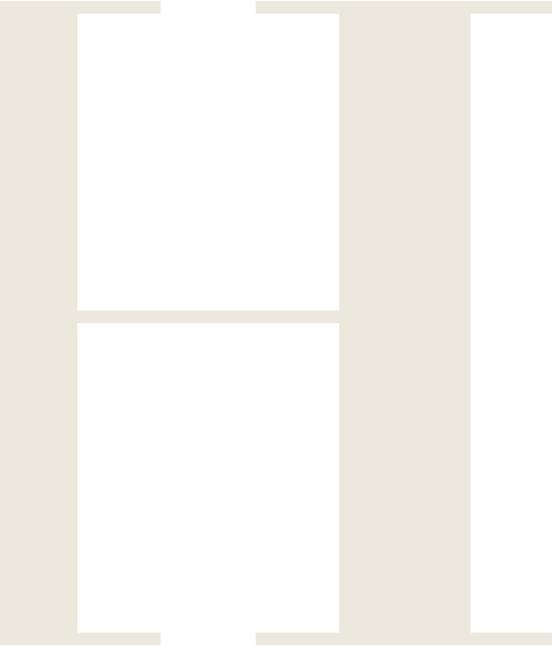
over the previous two years. While on insulin he gained 100 pounds. His conventional doctor told him "that's what happens when you take insulin." She also told him that he would be on these medications for the rest of his life. She obviously didn't know how to get people well. Few doctors do.

Jeff had Syndrome X which is a combination of obesity, hypertension, diabetes, and *continued on back* 

H O T Z E

HEALTH & WELLNESS CENTER
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20214 Braidwood Drive, Suite 215
Houston, Texas 77450



low HDL cholesterol, the good cholesterol. All of these symptoms put him in a dramatically increased risk category for developing coronary artery disease. Because of his morbid obesity Jeff was not able to undergo a heart scan at that time.

I started him on a Paleo eating lifestyle, natural hormone replenishment, vitamin and mineral supplementation and an exercise program. Within six weeks Jeff was off all his pharmaceutical drugs. His blood pressure was 124/70. His blood glucose had normalized. By 18 weeks into his new lifestyle he had lost 62 pounds.

You can follow Jeff's journey every Wednesday on my radio program "Dr. Hotze's Wellness Revolution" on KPRC 950 AM from 1-2 PM, which airs Monday through Friday. The webisode of Jeff's remarkable progress can be followed on www.doa180.com.

A heart scan is the only non-invasive way to determine if you have coronary artery disease. A heart scan is quick

and painless. You will have your results almost immediately. If your calcium score is zero, then you can have peace of mind, knowing that your heart is healthy. If you have developing, moderate or severe calcified arteries, then you have the opportunity to "Do a 180" and take charge of your heart health. You can arrest and reverse coronary artery disease. If your heart scan is normal, then you can prevent coronary artery disease from developing. That is even better.

If you have recently had a heart scan, then make sure that your family and friends over the age of 40 have their hearts scanned as well. Coronary artery disease can be prevented, naturally. You do not have to be a guest or member of the Hotze Health & Wellness Center to be scheduled for a heart scan and consultation.

You owe it to your spouse and your family, as well as to yourself, to determine the status of your heart's health.

If you have been listening to my radio program, then you know that I

have been warning you that 68% of Americans are going the wrong way on the health highway and are in imminent danger of having a major collision. One-half of the individuals who have their first heart attack die. It is a silent killer.

You can also listen to my radio program on line by going to our website: www.hotzehwc.com/radio.

It is my hope that the success stories and advice in this newsletter will inspire you to take action. Join the Wellness Revolution today! "Do a 180" and take charge of your heart health.

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

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

Sincerely yours,

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