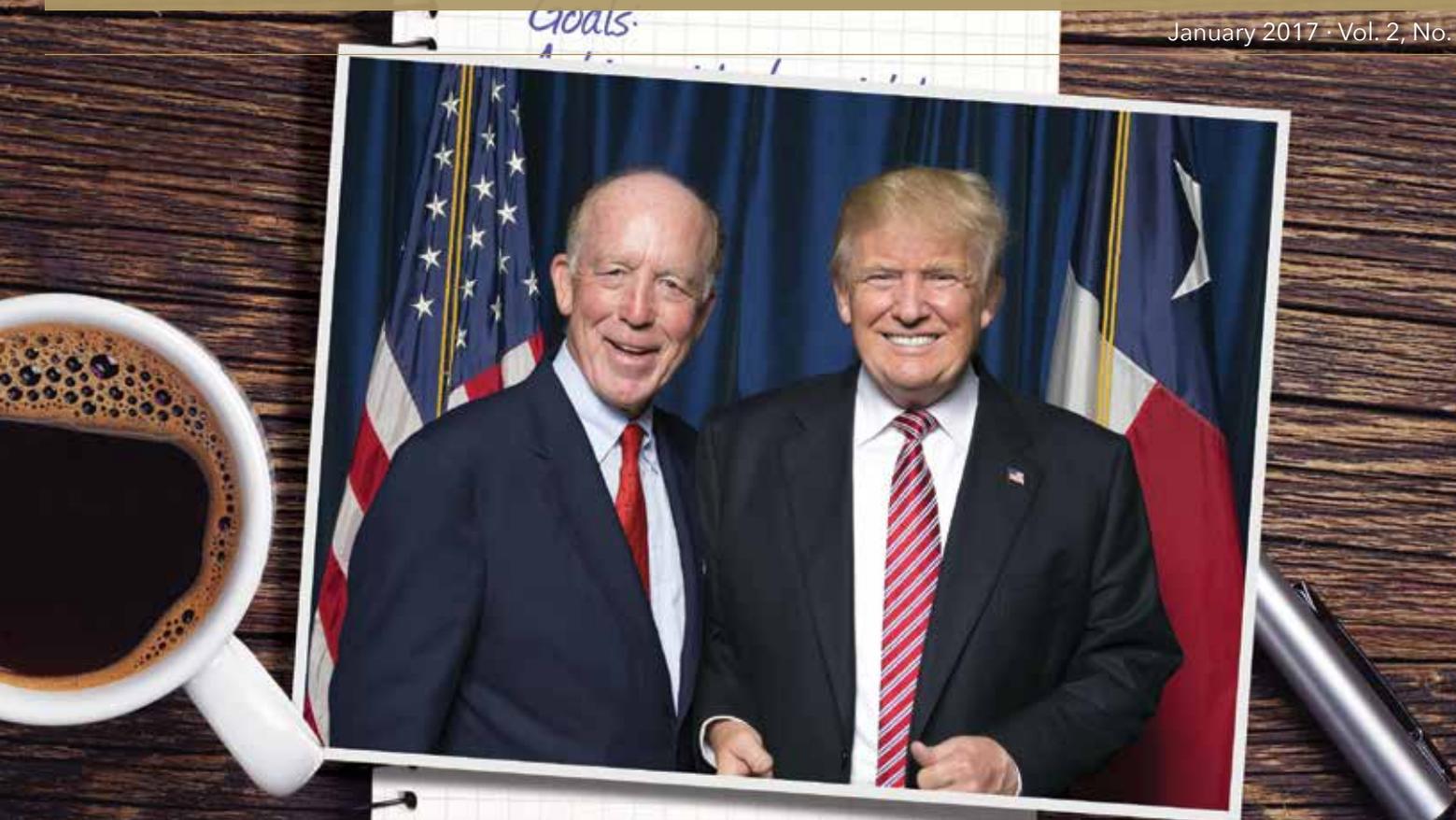


HOTZE on WELLNESS

January 2017 · Vol. 2, No. 1



A LETTER FROM DR. HOTZE

Greetings to you and your family! January is one of my favorite months. It is a time of renewal, of setting new goals. Allow me to encourage you to also set goals. Do you want to reach an ideal body weight this year? Achieve a financial goal? Take a special trip?

The most successful people that I have met write down goals for their lives. Why? It is a road map that keeps them on a successful path instead of getting distracted. If you do not have a

plan for your life, then I guarantee you that someone else will plan it for you!

This past year I had the opportunity to meet Donald Trump on a couple of occasions before he was elected president. I almost decided not to because I was very busy and it required that I travel.

However, I took the time to meet with him and am glad that I did. Do you think that Trump had a goal to become president? It is certain that he did not become a billionaire, raise successful, goal-oriented children, or be elected as the leader of the free world by accident.

If you need some guidance, I have

a system for goalsetting that I learned from Zig Ziglar and I am pleased to be able to share this with you. This is the goal setting method that I have used successfully for decades.

KEY POINTS ON GOAL SETTING

- ① **Write out your goal.** Be specific.
- ② **Write out the benefits** of achieving that goal.
- ③ **Determine who you need to know** who will help you accomplish your goal. *continued on page 6* ■



WHY CAN'T I LOSE WEIGHT?

by David Sheridan, MD, Hotze Health & Wellness Center

The topic is on magazine covers, in the news and, it seems, mentioned in every other TV commercial. While it might be annoying to the uninterested, it is maddening to the more than 78 million Americans who have difficulty losing weight. The steady stream of “new and improved” weight loss programs never seems to stop. They all tout their successes but never mention failures. Most brag about their “special feature” that is the key, and depending upon how many you may have tried, it can leave you feeling hopeless.

But think about something. If weight loss were a mere matter of arithmetic, you know, calories in and calories out, then at least one would work for you. At least that’s what happened with those that were successful. The odds are that for those lucky ones, any of the plans would have done just fine. Theirs was a simple arithmetic issue.

So what about the rest of us? What if there was something that caused the math to be fuzzy? Some things interrupt the usual body process of dealing with calories in and calories out. Actually, there are several. Unless they are addressed, the math will stay fuzzy, and you can plan on a frustrating experience.

Several hormone imbalances may easily interfere with our ability to lose weight. Some are obvious and some not so much. So even though weight may be what we care about most, other symptoms may lead us to discover which hormone (or hormones) are not balanced.

HYPOTHYROIDISM

Most people realize that hypothyroidism (low thyroid) often

results in weight gain. What is not so obvious is that there are three ways this may occur. Fluid retention obviously adds weight. It may not be apparent, though. It takes about ten pounds of fluid before we can see it in our hands or feet. Also, hypothyroidism results in a slow metabolism which alters the way we burn calories, adding to our fat load. We can lose water over days (“lose 10 pounds in 7 days!”). However, fat loss, once nothing interferes, goes more slowly, perhaps about 1-2 pounds/week. Lastly, there is the least obvious culprit: myxedema.

What’s myxedema? It turns out that hypothyroidism allows for the accumulation of a thick fluid called amyloid. The buildup occurs in the skin and results in thin skin. If you pinch the skin on the back of the upper forearm, it should be about ½ -inch thick. The accumulation of myxedema can make this fold 1-2 inches thick, even more. Not only is this annoying because it adds to our weight, but it also is entirely

If you are losing energy, brain function, developing joint stiffness or show other symptoms of hypothyroidism, diet alone is simply not enough to control weight.

independent of diet and exercise. We usually can’t mobilize the fluid until after all hormones are balanced.

SEX HORMONES

Progesterone deficiency is often overlooked as a cause of weight gain. However, having enough progesterone to balance estrogen is vital. Insufficient progesterone allows estrogen to dominate. This estrogen dominance allows fat to accumulate around a woman’s midsection more easily. Additionally, this pronounced estrogen effect interferes with the body’s ability to use thyroid hormone optimally. Therefore, the tissues don’t have enough free thyroid hormone to function, plus they have a more difficult time using what hormones are available. This is double trouble for weight loss!

TOXINS

We live in an increasingly toxic world. Most toxins dissolve in fat so the body can accumulate toxins in fat cells to get them out of the blood stream, which separates these toxins from our tissues, but at a price. A toxin-laden fat cell changes. Somehow, the body knows that cell is no longer a calorie store, but is a chemical dump. Even with proper diet and exercise, the body will not break down this fat cell for energy. Instead, it will break down muscle. These folks go the gym, and their weight changes slightly, but their body fat percentage increases! They don’t have more fat; they have less muscle. It can be infuriating.

CANDIDA (YEAST)

If our toxic world weren’t enough,

continued on next page 



SIMPLIFY FOR SUCCESS

by Angela Foley, PharmD, Hotze Pharmacy

Take a minute and think, what can you do this year to become more organized, less stressed and achieve all the goals you have set for yourself? Perhaps purchasing a physical calendar is on your list, or revamping your daily schedule to become more structured.

Success and follow through often require creating systems and being more regimented, and it can be challenging enough to do that with family and social obligations, let alone your health. To help you out, here are some of my favorite New Year's tips to keep you on track and organized about your health this year:

1. Use a pill sorter for your hormones (and vitamins, unless you are using My HotzePak). It is easy to forget which pills you have taken or to lose 1 or 2 in your work bag or purse, so keeping them all together in a pill box can keep you organized and ensure safe transportation from point A to point B.

2. Take all your hormones together. A common question we

get is, "Do I need to take my thyroid separate from my other hormones?" And the answer is no. Ideally, you should take your hormones first thing in the morning, on an empty stomach. You can take your vitamins 30 minutes to an hour later, after a meal.

3. Consider consolidating multiple doses of the same hormones. Once you are stable on your dosage for at least one month, you can request a consolidation. For example, if you take four capsules of Hotze Thyroid SR 0.25gr and are stable, you can ask to consolidate down to one capsule of Hotze Thyroid SR 1gr. If you have any questions about combining your doses, Hotze Pharmacy technicians and pharmacists are always available to assist you.

4. Always carry a list of your hormones and supplements with you. You can put this list in your wallet or on your phone. This will make it easy to remember what you are taking, as well as convenient for

you when speaking with your provider.

5. If necessary, set a timer on your phone to remind you to take your hormones and vitamins. If you have a busy schedule, as most do, these reminders will be critical for you to be consistent.

6. Lastly, drink up! Water is your best friend when it comes to absorbing your hormones and supplements. You may notice a huge difference when drinking a full glass of water, versus a few sips just to get the pills down.

Still wishing for some help simplifying your health plan? Have your hormones and supplements automatically shipped to you. With a simple phone call, you can arrange to have your orders delivered to your doorstep each month without having to lift a finger. Call Hotze Pharmacy, (281) 828-9088, and Hotze Vitamins, (281) 646-1659, today.

Here's to making 2017 the best year yet!

WHY CAN'T I LOSE WEIGHT? *continued from page 2*

candida (yeast) overgrowth adds to the problem. Candida creates about 180 toxins that add to this process. So we need to detox from without and from within.

If you've been trying to lose weight and failing, you may simply be missing some key ingredients. It's easy to say, "I don't care about anything but my weight!" That's understandable. But to

increase your chances of success, find out if there is evidence of hormonal imbalance and toxicity. You probably need to address both. Each affects the other.

Keep in mind that you can't rely on blood tests to say your hormones are fine. Each has his or her individual set point. So healthy hormone levels could be completely different for

someone else. You have to look at the symptoms, however mild, to correctly diagnose hormone issues.

At the Hotze Health & Wellness Center, we've accumulated decades of experience in this approach. We stand ready to help and look forward to the privilege of serving you. **Call us at (281) 579-3600.**

J.R. AND SUZANNE TODD: LOST OVER 100 POUNDS TOGETHER!

Hi, we're the Todds.
This is us pre-healthy.



I am J.R., and I was over 215 pounds. I'm Suzanne, and I was over 190 pounds.

Suzanne's Story

After my hysterectomy, I went for a check-up and my OB/GYN put me on estrogen only. After about a year, I began to have hot flashes, weight gain, moodiness, and depression. At that point, he put me on a different type of estrogen, lowered the dosage and added antidepressants. I thought that was going to fix me...it didn't.

During the next year, things went from bad to worse. I was still having hot flashes and gaining weight. I was very moody and having trouble sleeping. I would wake up in the middle of the night with panic attacks with my heart beating so fast that I felt like I had been running a mile. I would just start crying for no reason and would also get angry and mad for no reason. My sex drive was practically non-existent. I was a total mess.

My husband and I began to pray daily about what we could do. While I was waiting for my next check-up at my OB/GYN's office, I saw an advertisement for the Hotze Health & Wellness Center. Immediately following that visit, I went to the website and took Dr. Hotze's test. To no surprise, I had so many symptoms that it was like it was written just for me. The very next day I called for my first appointment. Within a month I was already feeling so much better. I saw Dr. Ellsworth, and I was immediately started on bioidentical hormones, some progesterone, testosterone, and Bi-Est. My thyroid was also low, so I was given a low dose of Armour Thyroid. I also began taking some vitamin supplements and tapered off the antidepressants immediately.

My husband and I started the yeast-free diet, which we did for about four months. Over the next year, my weight went from over 190 pounds to 158 pounds. In the following few years, I had dropped down to about 135 pounds and in clothes sizes from a size 14 to a size 4. The total weight loss over three years was almost 60 pounds. Now I feel so much younger and better than I thought was possible three years ago.

J.R.'s Story

Suzanne was concerned for my health and finally convinced me to see Dr. Hotze, as well. I had lost some weight due to the yeast-free diet but was still over 200 pounds. My body fat was 38 percent, and I was in the obese category. I did not realize that over time a man's body loses its ability to create hormones and other elements, just as a woman's does. Dr. Hotze put me on thyroid medication and

testosterone, and he also started me on supplements and vitamins. We started the yeast-free diet again, and we went to see a trainer and started an exercise program. To my surprise, our trainer recommended most of the same medications and supplements that Dr. Hotze had us already taking.

A year later, I had dropped to 165 pounds with a weight loss of 40 pounds. My body fat is now 16 percent, which puts me in the optimal range. Thanks to my wife and with the help of Dr. Hotze, we were able to change our lives.



🕒 Our prayers were truly answered. Now we pray that others looking for help will see our story and will be encouraged to seek out Hotze Health & Wellness Center to get the help that they need. When you're sick and tired of being sick and tired, see Dr. Hotze and get your life back.



4 WEIGHT LOSS MYTHS... **BUSTED**

by Krystal Hammett, Certified Holistic Nutritionist, Hotze Vitamins®

Perhaps the most debated topic in the wellness world is which method is best when it comes to losing weight. The reality is that there's no right or wrong answer. Ultimately, you have to discover what works best for you, your body and your lifestyle.

As you try to find the path that's right for you, keep in mind these common weight loss myths that may be standing in the way of your weight loss goals.

⊕ MYTH #1: **All fat is bad fat.**

Actually, you need fat to burn fat. The key here is to choose the good-for-you fats and limit the bad kinds. Unsaturated fats, such as monounsaturated and polyunsaturated, are the "good" fats. They help raise good (HDL) cholesterol and lower bad (LDL) cholesterol. They also protect against plaque building up in your arteries and according to research may also help prevent body fat. Examples of healthy fats are olives, avocados, almonds, cashews, nut butters and fatty fish, like salmon and mackerel.

⊕ MYTH #2: **Fasting or skipping meals is the best way to lose weight.**

Truth: skipping a meal slows your body's metabolism. And chances are if you skip a meal you are likely to eat more at the next one. Be sure to eat three fiber- and protein-rich meals a day, with small snacks in between if needed.

⊕ MYTH #3: **Cutting out snacks can help you lose weight.**

Not true. Cutting out the unhealthy snacks can help you lose weight, however, cutting out all snacks will not. By continuously fueling your body with the correct foods and healthy calories, you're also driving your metabolism to burn more fat and encouraging it to work in your favor. Switch out the crackers, cookies, and chips for nuts, seeds, fruits and protein bars, such as the Yeast-Free Chocolate Almond Energy Bar.

⊕ MYTH #4: **Weight loss supplements don't work.**

False. Weight-loss supporting supplements have not been created to work as a magical potion. They are simply aids to help get you on the right path. While they cannot replace the need for a healthy diet and exercise program, they can improve the way your food is metabolized and may even help curb your appetite a little.

For example, garcinia cambogia found in Dr. Hotze's Bodyworks Plus and the supplement CLA will not magically lower the number on the scale. What they can do is speed up your metabolism, break down fat cells and help with cravings and appetite control, in general.

If you need help getting on the right path to reaching your weight loss goals, Yeast-Free with Me, a 30-day yeast-free eating challenge, begins on Monday, January 9, and could be your solution. **Visit YeastFreeWithMe.com to learn more and register today!**



**30
Days
to a
New
You**

YEAST-FREE WITH ME

BEGINS MONDAY, JANUARY 9, 2017

➔ www.yeastfreewithme.com





LEAD WITH YOUR BODY

by Jeanette Williams, Owner, Esteem Body Works

First, I want to share my gratitude to my mother who taught me at a very young age to be conscious and in tune with my body. She and I began working out in front of the TV doing jumping jacks with Jack LaLanne. Though I later ventured into the medical field, my heart remained in physical exercise. My personal and professional life has always been very active. At Boys and Girls Country children's home in Hockley, Texas, I worked as a house parent and created the recreation program. In the fourteen years since then, I have focused my career on health and recreation.

As life moved on, I began gaining weight no matter how much I worked out. I felt depressed, anxious, tired all the time, and experienced hair loss. A wonderful lady introduced me to Dr. Hotze by giving me his book, *Hormones, Health, and Happiness*. I decided to lead with my body and made an appointment, where I learned I had low thyroid and was going through the change of life. I started a yeast-free nutritional plan, balanced

my hormones along with my fitness training and lost 30 pounds in 30 days. This taught me that managing a fit and balanced lifestyle requires more than simply working out. This realization triggered my personal purpose of training and teaching others the benefits of health and fitness.

Now I'm the owner of Esteem Body Works in Brenham, Texas, where I train clients locally and virtually. I specialize in combining all the right components of functional fitness with muscle confusion, balanced nutrition, and flexibility to meet individualized goals, gain self-esteem and reach success in one's life.

Like many successful people, you build from your perceived weaknesses. Walt Disney was fired from a local newspaper for not being creative enough. Two people fired me as a trainer because I do not use machines to train. Your body is the machine, and I use it to strengthen yourself along with a few simple tools for optimal results. I believe God created the body as the ultimate machine. We are made to

move and have balance and strength to live adventurous and fruitful lives. We all have mishaps or feel uncoordinated. I see the ability in all bodies. If you focus on your disability, that is the place you stay stuck. If you seek to find the ability to move and live, you move forward. This applies to your physical body as well as your mind and spirit.

I see the body as a whole. In my experience, most people don't know how to pull it all together to be successful. My post-holiday tip for optimal full body results is to find a great trainer who combines functional fitness, balanced lifestyle nutrition, flexibility training and is knowledgeable about additional resources, such as balancing your hormones, proper supplementation, and vitamins.

To learn more about Jeanette, visit esteembodyworks.com or call 979.551.6258.

You can also find her on Facebook, facebook.com/esteembodyworks.

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

Ⓢ **Determine what you need to know** to achieve your goal.

Ⓢ **Write out the obstacles** that you will face.

Ⓢ **Write your plan** for achieving your goal in great detail and set a deadline.

Ⓢ **Tell family and friends** about your goal.

Ⓢ **Find someone to whom you can be accountable** for carrying out your plans to achieve your goal.

Ⓢ **Take action immediately.** When you do, you will find that your goal will begin to move toward you.

By following the above steps, you will dramatically increase your ability to accomplish not only your health and weight goals, but goals in all other

aspects of your life, as well.

Please feel free to send me a note at **sfh@hotzehwc.com** or tweet me at **@hotzehealth** and share with me some of your goals for this year!

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

Sincerely yours,

Steven F. Hotze, M.D.

Welcome to La Guasita!

Titihuapa River

For 40 years, the 23 families of La Guasita in El Salvador prayed for safe water. 40 YEARS! As a very remote community, they often felt forgotten and their prayers unheard. However, one beautiful day in 2016, the Living Water team crossed the Titihuapa River to reach La Guasita, restore their hopes and answer their prayers. The community now has access to safe water! The Living Water team said, "They were so united." Clean, safe water unites, answers prayers and gives life. La Guasita now knows that they were never forgotten. Thank you for your support in bringing safe water to communities around the world like La Guasita.



La Guasita



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

DID YOU KNOW THAT YOUR REFERRALS SUPPORT LIVING WATER?

Find out more: hotzehwc.com/referralprogram.



We're **halfway** toward our goal of donating **\$50,000** to Living Water!

RESOLVE TO **TRANSFORM**
YOUR LIFE IN **2017**.

This is the year I will _____.

I will start doing _____ *& I will stop doing* _____.

I will honor my _____ *& love my* _____.

I will make 2017 my _____ *year yet.*

Did you know you're 33% more likely to reach your goals by writing them down & displaying them?
Save this as a reminder of your intentions in 2017.

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CHEERS
to making 2017 your happiest,
healthiest, best year yet!

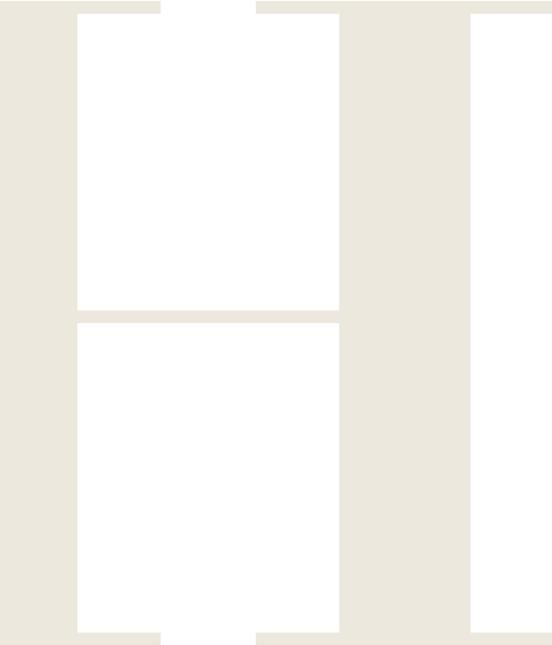
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A E S T H E T I C S

Female, Age 66, 2 procedures



Photos courtesy of Christina Clarke - RN,
Bio-Health & Aesthetics, Midway Pleasant, SC



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