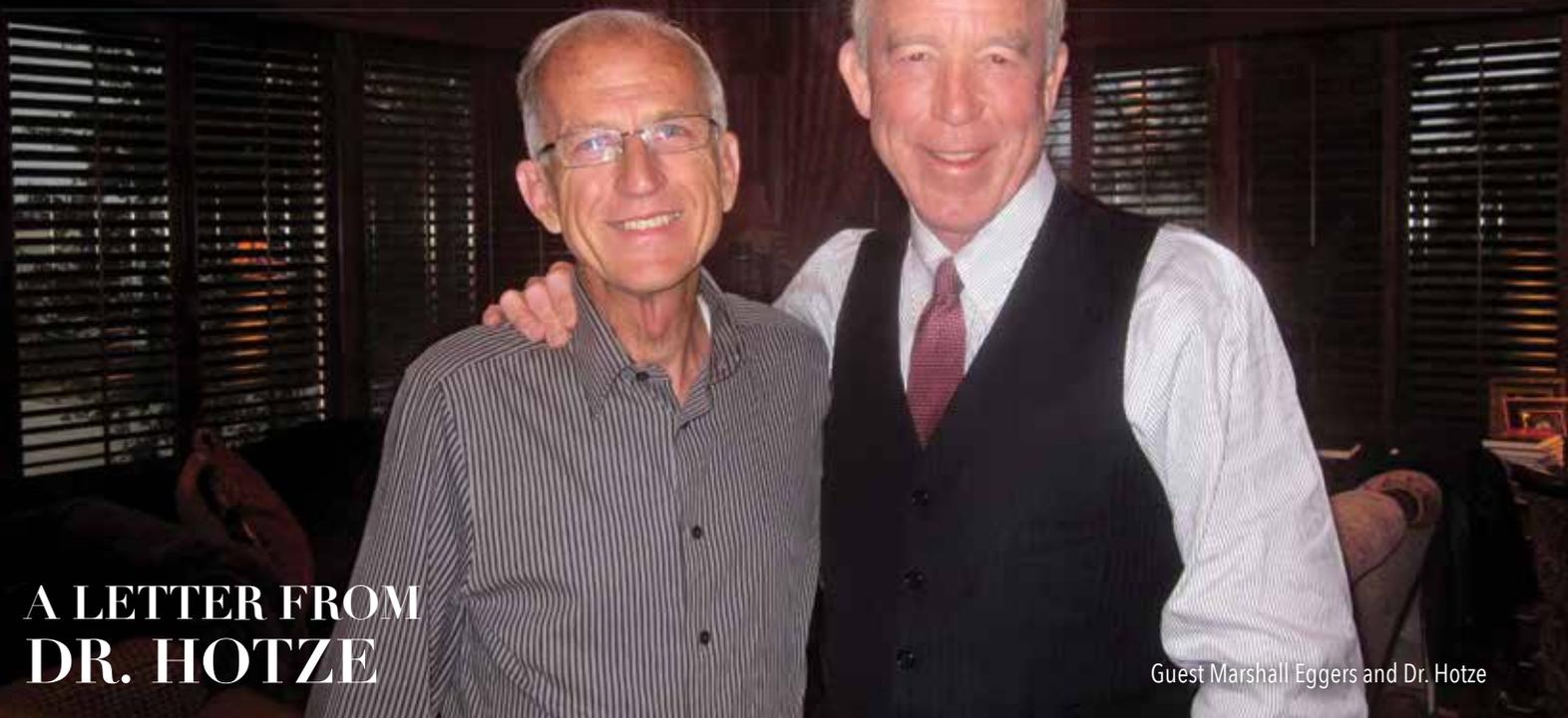


HOTZE on WELLNESS

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A LETTER FROM DR. HOTZE

Guest Marshall Eggers and Dr. Hotze

Happy Father's Day to all you dads!

My Dad, Ernest Hotze, was a very successful entrepreneur who graduated with a petroleum engineering degree from Oklahoma University during the Great Depression in 1935. When I graduated from the University of Texas Medical School in Houston on July 30, 1976, my father held a banquet for me at the Houston Club. Over dinner, Dad turned to me and said, "Son, don't poison your patients like all the other doctors do." My dad's common-sense advice really turned out to be prophetic. Over the next 13 years, those words that he had sown

in my thoughts, grew into a passion to pursue natural approaches to health, that ultimately gave birth to the Hotze Health & Wellness Center in 1989.

Men, the above story exemplifies male pattern behavior which is a direct result of testosterone. Testosterone turns scrawny, little boys with squeaky voices, into men, who shave, have deep voices, developed muscles, interest in the fairer sex and who think that they are invincible. Testosterone levels reach a peak when a man is in his early 20s. Testosterone begins to decline naturally as men age, so that at age 40, testosterone levels are one-third of what they were at their peak,

at 50 one-half the level, and at 60, one-quarter the level. This decline in testosterone has numerous adverse health consequences.

Petrochemicals in the environment disrupt testosterone production and utilization. Male sperm count has declined by 50% over the last 50 years. This is a result of the petrochemicals in the environment which exert an estrogenic effect on men.

Testosterone plays a huge role in the long-term health of men. Allow me to explain.

Top 10 Benefits of Testosterone Supplementation in Men Above the Age of 40: continued on page 7 



MEN'S VITALITY

by David Sheridan, MD, Hotze Health & Wellness Center

The topic of men's vitality has spawned numerous magazines. Supplements to enhance it fill the airwaves and vitamin shelves. What is it about men's health and vitality that is so attractive? Why is it such a popular topic? What is it that makes numerous magazine editors and countless supplement manufacturers believe they can cash in on this topic? It's more than a topic, it's a real medical issue.

So-called "baby-boomers" (1945–1965) are the single largest demographic in world history. There are an estimated 65 million baby boomers alive today. So an enormous number of men are experiencing a decline in general well-being and vitality.

So, there you have it. Many are losing it and know it. Most miss it and want it back. Most admit that we don't believe we should be 18 years old forever. Still, we see that we aren't the men our fathers were when they were our age. A retiring urologist observed that the "normal" sperm count upon his retirement was about half of what was considered normal decades earlier. So why do we seem to be aging faster than our fathers?

Genetic issues come to mind. As cells replicate, they slowly accumulate genetic damage. But that has always been the case. We call that aging. So why does it seem worse? Poor nutrition and pollution are likely at play. A new term has emerged among

geneticists called epigenetics, or how toxins and nutrition can change the shape of DNA. That shape affects how our genes work. We may be aging faster because of more toxins and a decreased ability to detox. Some of this is beyond our control. Still, there is much that we can control. Much of what we call nutrition is nothing but pollution. This is voluntary. Such diets must change if we are to maintain our well-being.

Diet is another point of confusion and understandably so. Different nutritional experts tout different approaches as "ideal." I find that too many of us are ready to get on "bandwagons" having found an eating plan that seems to work best for us. Too often we forget that different individuals are, well, different. One size does not fit all and I believe this holds true for diet details, as well. There is an easier way, however.

To simplify, look to where there is agreement. **Cut out the junk!** Sugar is robbing us by adding to our toxic load and it is taking the place of critical nutrients.

Cows' milk is also high in sugar. That bowl of cereal is a nutritional nightmare. Grains are starches which are simply sugar molecules in a chain. The phrase "healthy whole grains" is pretty much hype. Ignore it. Does this mean we must have a perfect diet? No, but our dominant eating pattern has a dominant effect on our health.

Those epigenetic changes affect everything our body does from using calories to detoxing to how our brain works and how well we make needed compounds like hormones.

Exercise will also improve how we detox, improve the way our body uses nutrients and can have hormonal benefits. Pick what you like and start slowly. Keep it simple. Getting sweaty and out of breath is easy to track and you don't need your smart phone. So, get moving.

Consider basic **vitamin support** to make up for deficient intake. You definitely need to stop confusing junk with food! The term "junk food" is a contradiction. With improved diet and reasonable exercise, some internal changes will occur quickly and some slowly, but you are worth it. Those improvements, slow and quick, are good reasons to get started now.





HOW TO TRAVEL WITH YOUR HORMONES

by Susan MacIvor, RPh, Hotze Pharmacy

Summer is here! Are you getting ready for your much awaited vacation? "Clothes—check. Swimsuit—check. Passport—check. Hormones—wait—how can I take them on vacation?" This is one of the more popular questions we get from our guests. My husband and I love to travel to England, and it helps to know how to correctly pack your hormones so that you can take them on an airplane. Let us help you by sharing some guidelines for traveling with your hormones this summer.

1. Check regulations when traveling abroad.

Certain prescription medications may be illegal in some countries. Other medications may only be allowed in certain amounts, or require medical documentation.

2. Get your prescription filled in advance.

Delays or issues at the pharmacy could result in you not getting your medication in time for your travels.

3. Make sure you have any required documentation.

You may have to have a copy of your prescription with you to present at customs. You may also need to have a letter from your doctor stating the purpose of your medication.

4. Talk to your doctor about adjusting to the time zone.

Some medications need to be taken at roughly the same time each day. Get advice on how to gradually adjust the time you take your medication in a new time zone.

5. Keep your medications in a carry-on bag.

It's highly recommended you place these items in your carry-on in the

event that you need immediate access or your checked bag gets lost.

6. You should also make sure to keep your medication in all its original containers.

TSA does not require passengers to have medications in prescription bottles, but states have individual laws regarding the labeling of prescription medication with which passengers need to comply. We recommend keeping the medication in the prescription bottle to be safe.

7. Pack more than you need.

If you end up stuck for a few extra days due to weather or travel delays, you do not want to risk missing your medication.

8. Make sure you store your medications properly.

Some medications need to be stored at cooler temperatures. You can use an ice pack, a cool bag, a thermos flask, or an insulated pouch. It's unlikely the heat of an airplane would get hot enough to affect medication. However, it's a good idea to check with your doctor before traveling if there are any warnings about heat on your medication's label.

9. Take a copy of your prescription.

It should contain information about the medication and its purpose. In the event you need medical care when on vacation, it can be useful for doctors to have copies of your prescription.

10. Double check airline policies regarding liquid medication.

Liquid medications are usually exempt from liquid restrictions on most airlines. However, you usually need to keep the medication in its original container. Some airlines may require a doctor's note or a written prescription.

Creams may be placed in carry-on luggage, as long as they have their prescription label affixed.

11. Check your insurance policy re: travel.

If medication gets lost, you should be able to fill a prescription out of state. However, this may cost a lot if your insurance does not provide out of state coverage.

12. Get a note from your doctor if you need syringes.

It should explain their purpose. You will also probably need to keep syringes in their original container for travel.

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PROSTATE HEALTH FOR DAD

by Tressa Knapp, Certified Holistic Nutritionist

One in nine men will be diagnosed with prostate cancer during their lifetime. Sadly, about 29,000 men are predicted to die from the disease in the U.S. in 2018. Half of men aged 20-50 suffer from prostate inflammation and pain. This may be why one of the things on dad's mind this year is prostate health.

Wouldn't it be nice for dad to be able to have peace of mind about prostate health? The good news is he can. All dad needs to do is take a few steps toward decreasing his prostate cancer and benign prostatic hyperplasia (BPH) risk.

Here are 5 tips for improved prostate health for dad:

1. Drink plenty of water.

Hydration is important for circulation, to keep inflammation low and maintain a clean system.

2. Eat a primarily plant-based diet.

Enjoy wild caught fish, organic eggs or chicken on occasion, but make sure the base of your diet is fruits, veggies and legumes. Plant-based diets lower inflammation due to the higher antioxidant content of fruits and vegetables. Diets high in refined carbohydrates, red meat, dairy and trans-fats are connected to a higher risk for prostate cancer. If you are going to eat red meat make SURE it's grass-fed and organic.

3. Exercise regularly.

Regular exercise, even low to moderate impact exercise like walking, has been shown to reduce the incidence of BPH.

4. Drink green tea.

Drinking green tea daily has been shown to lower prostate cancer risk by as much as 70%. Green tea is full of inflammation lowering antioxidants. It will also increase dad's sense of well-being and provide an energy boost.

5. Supplement with Dr. Hotze's ProstatePro.

It was designed with an 850 mg plant-based phytosterol complex plus additional plant-based nutrients like Saw Palmetto and Pumpkin Seed Extract for reducing inflammation, swelling, and pain. It may help aid in bladder emptying and strengthen urinary flow.

Dad deserves peace of mind and a healthy prostate. This year, throw some extra veggies on the grill, keep dad hydrated, and make sure he takes his ProstatePro. It's quite possible his future depends on it.



Get 15% off
Dr. Hotze's ProstatePro
during the month of June!

Use Promo Code PPRO15 at checkout.

Visit **hotzevitamins.com** or call
(281) 646-1659 to order.



FIGHT FATHER TIME WITH EXERCISE

by Leigh Ann Thomas, Certified Personal Trainer, Hotze Health & Wellness Center

Fighting Father Time may seem like an uphill battle, but it doesn't have to be. Building lean muscle and keeping the fat off, despite the hormonal and physiological changes that occur in men as they age, is possible with diet and exercise. Exercise is like saving for retirement; the more you do it, the better your life will be in the years to come.

🕒 Typical Signs of Aging:

Some men may notice, starting in their 30s, signs of aging in terms of a slower metabolism and reduced aerobic capacity. After age 30, a man's maximum attainable heart rate declines about one beat per minute per year, limiting his ability to pump enough blood and oxygen throughout his body. This makes activities of daily living or exercise more of a struggle since men become fatigued or experience shortness of breath much quicker.

Most men in their 40s gain an average of 3-4 lbs per year. Consequently, testosterone levels also start to decrease, significantly reducing bone density and muscle mass. As a result, metabolism function declines, meaning any excess calorie intake will be stored as fat. This excess fat may contribute to a number of health complications, such as the rise of LDL (bad) cholesterol and insulin levels, making type 2 diabetes

and heart disease common among older individuals. However, there are ways to minimize signs of aging, such as hormone replacement therapy, eating a clean diet and of course, exercise!

Here are the most effective ways to slow down Father Time and get your life back:

🕒 Interval Training:

High Intensity Interval Training (HIIT) is one of the most effective ways to lose weight fast. HIIT involves short bursts of intense activity followed by longer periods of recovery. Here are a few reasons why HIIT is such a powerful tool:

1. Burn more calories in less time – most HIIT workouts last an average of 30 minutes, working several muscle groups simultaneously, thus increasing calorie expenditure and effort;

2. Improve aerobic and anaerobic capacity – by combining strength and cardiovascular activity;

3. Build lean muscle and shed excess fat;

4. Increase metabolic rate - even after your last rep, your metabolism will continue burning calories for the next 48-72 hours. This is due to the increase of excess post-exercise oxygen consumption, aka EPOC or “afterburn

effect.” During EPOC, oxygen is required to restore the muscle glycogen and rebuild muscle protein that was damaged during exercise. Therefore the harder you exercise, the longer the EPOC period will be in order to restore homeostasis within the body.

🕒 Resistance Training:

Resistance training is one of the best ways to boost testosterone and prevent osteoporosis and sarcopenia (muscle loss associated with age). As men age, it's important to incorporate exercises that focus on compound movements instead of isolation exercises for best results. Compound exercises involve multiple large muscle groups simultaneously (think: pull ups, squats, deadlifts) making them much more effective for building muscle. In men over 50, it's best to perform 3-4 total body workouts per week. Aim for a rep range of 8-12 with 3 sets per exercise.

Regular, consistent exercise helps people to live longer, healthier, more vigorous lives. Exercise works best in combination with a clean diet, hormonal therapy, vitamin supplementation and a willing attitude. Keep your body moving as much as possible for as long as possible.

*That which is used-develops;
that which is not used wastes away.*

—HIPPOCRATES

MARSHALL EGGERS: GAINED ENERGY TO DOUBLE HIS COMPANY'S SIZE & REVENUE

In 1989, Marshall Eggers joined his family's business, Upstage Center, Inc., which provides labor and other support services in the entertainment industry and employs 2,500 people. By age 55, Marshall felt his health and energy draining away. He experienced severe fatigue and had lost his drive for life. He was unable to focus and felt overwhelmed instead of being excited by new challenges. Marshall dreaded every phone call because that just meant more work. With his deteriorating health, it seemed that retirement was his only option. Said Marshall, "I had reached the point where I wanted to leave my business because I had no more juice in my batteries."

Marshall had already visited his family doctor who had told him that all his lab tests were "normal for someone his age." The physician diagnosed him as being depressed and prescribed an antidepressant. Marshall disagreed. He was convinced that there had to be some physiological reason for the way he felt. He heard a radio program on KSEV where Dr. Hotze described some of the common traits of hypothyroidism: low energy, decline in mental sharpness, feeling cold, and depressed moods, among others. Marshall identified with these symptoms. He heard Dr. Hotze's warning that many doctors misdiagnose or do not even consider hypothyroidism and instead simply prescribe an antidepressant to treat the symptoms.

On 9/11/01, Marshall's life changed forever. When he walked into the Hotze Health & Wellness Center, he knew that things were going to be different.

"I was impressed by the professional and friendly demeanor of the staff, the healthy appearance of the nurses and their genuine interest in my problems. The doctor listened to my story, understood my symptoms, explained their causes and suggested a natural solution. I knew that I had made the right choice."

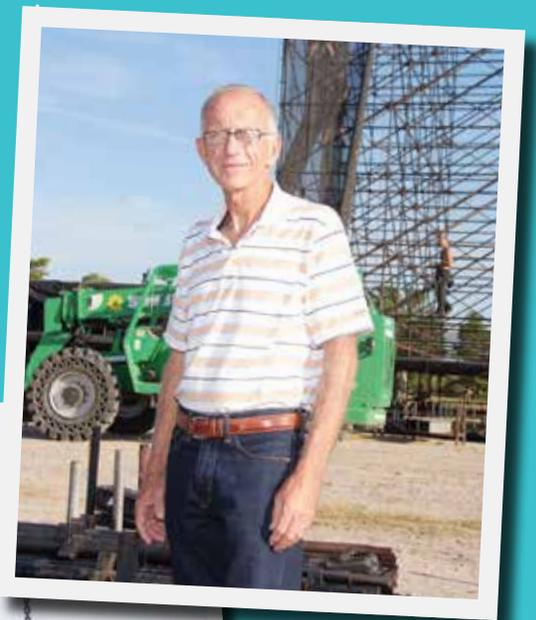
After starting thyroid and testosterone treatment and beginning his vitamin regimen, Marshall felt a surge of energy and a renewed sense of health and well being. "I felt like I did in my twenties or thirties. It was a dramatic change," Marshall recalls.

His improved health led to newfound business successes. Over the past 10 years, his company has doubled in size and revenue. Marshall now has the ability to tackle new opportunities. From staging Super Bowls and NCAA Final Four games, to preparing for rock concerts, Marshall says, "I have more energy and stamina than men half my age."

Marshall's goal is to double his business again. Marshall said, "Going to the Hotze Health & Wellness Center absolutely changed my life. I am

completely focused and look forward to going to work every day. I can face whatever challenges are out there. It's a great feeling."

"I HAVE MORE ENERGY AND STAMINA THAN MEN HALF MY AGE."





THE BEARD (DOES NOT) MAKETH THE MAN

by Brittney Wranik, Hotze Aesthetics

Are you sick of suffering from razor burn, nicks and ingrown hairs? Do you struggle to chisel out time in your morning routine to maintain that sharp, clean shave? If you could get rid of unwanted hair on your back, chest or face, would you be interested? Well, gentlemen, if you've answered yes to any of these questions, look no further. Hair removal could be just the tool you need to spare your time, money and frustration.

Laser hair removal is not new – it has been around since Starsky and Hutch. While technology and techniques have improved drastically since the age of those first experimental treatments, the process

is relatively the same. Hair removal and reduction devices utilize pulsed lasers or lights to essentially destroy pigmented hair follicles in any treated area.

As a patient, the process is relatively simple. Depending upon the size of the treatment area, it can take a few minutes up to an hour or two. Most people describe the sensation as resembling a short hot snap that leaves a mild sunburn impression – nothing some thick skin can't manage. To achieve optimal reduction or removal, each area requires a series of 6 treatments within specified time intervals. Once the process is complete, not only is hair removed but

so are irritating bumps, ingrown follicles and precious time is saved.

Regardless of whether you have scraggly, thinning facial hair, a full beard, irritating neck hair, unwanted chest hair or a gorilla-esk back, hair removal may be the solution for you. If you're struggling with unwanted, irritating hair, don't wait.

➤ Call your Hotze Aesthetics Team at (281) 698-8770 to learn more about your options today!



**laser hair removal
for men in the
month of June**

OFFER VALID
JUNE 1-30, 2018.

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

Top 10 Benefits of Testosterone Supplementation in Men Above the Age of 40:

- 1. Enhances Brain Health** – Testosterone is critical for maintaining mental sharpness and memory. It increases initiative, assertiveness, sense of well-being, self-confidence, moods, goal orientation, drive, decisiveness, and analytical abilities. Testosterone has a positive effect on spatial and verbal memory in Alzheimer's disease patients.
- 2. Builds Strong Muscles** – Testosterone improves muscle mass, strength and tone, and increases stamina and endurance.
- 3. Protects Heart Health** – Testosterone protects the heart and arteries, lowering blood pressure by dilating the coronary arteries, decreasing the risk of heart disease. Men with atherosclerosis, hardening of the arteries, have low testosterone levels.
- 4. Increases Energy** – Testosterone helps maintain a healthy metabolism which improves your energy level. There is a significant increase in energy production associated with testosterone treatment. Testosterone works in harmony with the thyroid hormone that enables the cells to produce and use energy.
- 5. Improves Love Life** – Testosterone improves romantic moods and inclinations. It also improves a man's sexual potency.
- 6. Supports Bone Health** – Testosterone plays a role in bone health by stimulating osteoblast activity that builds strong bones. Low testosterone is a well-acknowledged cause of bone loss and osteoporosis. Decreased bone mineral density and increased fracture risk occur in men with low testosterone.
- 7. Increases Quality of Life and Sense of Well-Being** – Testosterone increases a man's sense of well-being and improves quality of life.
- 8. Enhances Weight Loss** – Testosterone decreases body fat around the waist. Testosterone therapy enables sustained weight loss and improved muscle tone, especially when paired with a healthy eating lifestyle.
- 9. Improves Moods, Anxiety and Depression** – In addition to improving moods, testosterone supplementation relieves anxiety and depression. Low testosterone can cause depression, loss of libido, nervousness, and irritability. These symptoms increase in men as they age.
- 10. Improves Sleep** – Testosterone improves sleep and sleep apnea. Low testosterone causes men to wake up frequently throughout the night, snore, and have unrefreshing sleep. Testosterone supplementation helps resolve these symptoms.

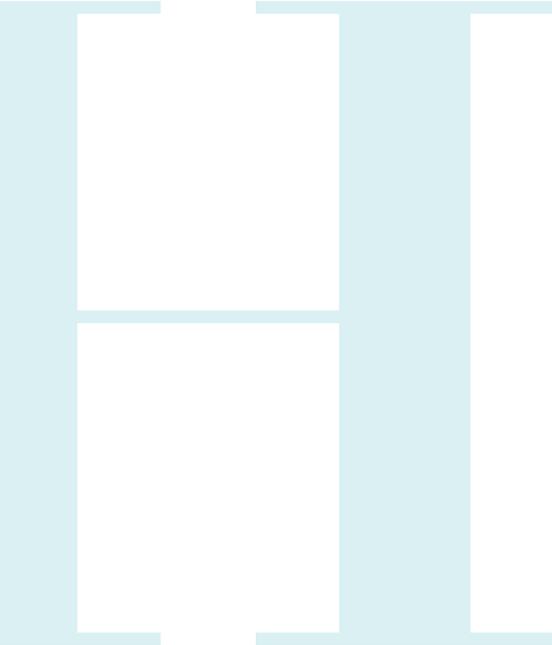
If you or someone you know would benefit from testosterone treatment, then please call us today at (281) 698-8698 for a complimentary consultation. I'm not going to tell you that it's time

for you to do a 180 and take charge of health. You will have to decide that for yourself.

With much appreciation for your support and friendship, I remain, as

always, committed to your health success,

Steven F. Hotze, M.D., CEO



Zimbabwe

The 150 households that comprise the Katsukunya community of Zimbabwe had access to more than 10 unprotected hand dug wells, seven unprotected springs, and several streams. They were surrounded by the very substance they needed. Yet, none of those sources were safe. All of them were exposed to the elements and attracted mosquitos that spread malaria. Many community members walked long distances to a spring that they hoped would be a safer alternative. However, even after transporting heavy buckets to and from what appeared to be a safer source, community members were still often stricken with cholera and dysentery. The community members knew they could not continue to live in this state of perpetual lack, illness, frustration, and thirst. Something had to change.

Community leaders had heard about the work Living Water International was doing in their area. They reached out in person, by phone, and through a visit to another well project to request a well for their community. Living Water sent a team to assess the situation. They found that the Katsukunya community was in dire need of a safe water source and determined that the community would be good stewards of the well. They also discovered that one of the hand dug wells could be rehabilitated to provide the safe water the community needed. The community members were relieved to hear their water crisis would soon be over.

The well gave the church a new platform through which to share the gospel and did so with improved effectiveness due to a technique imparted to them by the Living Water



staff called Bible storying. Eleven of those community members gave their lives to Christ.

At the end of their time together, the Living Water staff, community members, and church leadership prayed over the well and dedicated it to the Lord. A new spring of hope had welled up within the community members, created by the safe water and living water gifted to them. As a result, this community that had suffered so much lack and frustration found not only safe water, but a never-ending supply of living water and peace.



Did you know that whenever you refer a friend to Hotze Health & Wellness Center, we make a donation to Living Water?
To learn more, visit www.hotzehwc.com/referralprogram