

WHAT'S
NEW AT
HOTZE:

COMING
IN JULY...

HOTZE
Healthy Eating
PROGRAM

Organic meals delivered
to your home to support
your healthy lifestyle!

HOTZE on WELLNESS

June 2019

Vol. 4, No. 6



A LETTER FROM
DR. HOTZE

HAPPY FATHER'S *Day*

Heart disease is the number one cause of death for both men and women in America. It is a silent killer. It happens abruptly without any forewarning. Half the people will die during their first heart attack.

I like to say that it takes about 25 years to “cook” a heart attack. Wouldn't you like to know if you are cooking one or not, so that you can take action to prevent it from occurring? The only way you can determine your risk of having a heart attack is by having a CT Heart Scan performed, and that can be done here at the Hotze Health & Wellness Center.

Coronary artery disease is caused by chronic inflammation, not cholesterol. Half the people who have heart attacks have normal cholesterol levels. The inflammation is caused by toxins in the environment, the air you breathe, the food you eat, the water you drink, the chemicals in lotions, perfumes, cologne, deodorants, hairsprays, and the pharmaceutical drugs that you use. Heavy metals from dental amalgams, aluminum, lead, and other metals also produce inflammation. Sugar and carbohydrates, like wheat, corn, potatoes and rice,

which are starches and break down into sugar, all create inflammation in your body and in your arteries.

This inflammation tends to settle in the coronary arteries first, because they are under stress from the rhythmic contractions of the heart which beats over 100,000 times per day. In the coronary arteries that have inflammation, this rhythmic contraction leads to deterioration of the arteries. The body has two mechanisms to heal this deterioration.

The first is to repair the lining of the artery with collagen, the protein glue that holds our cells together. The production of collagen requires copious amounts of vitamin C which all mammals make except for human beings, monkeys and guinea pigs. Mammals make 1,000 mg. of vitamin C per 25 pounds of body weight. Dr. Matthias Rath's book, *Why Animals Don't Get Heart Attacks... But People Do*, explains why vitamin C deficiencies in humans leave them susceptible to developing heart attacks.

The second mechanism is to bandage the inflamed arteries with lipoprotein (LDL), which is protein attached to fat



BORON FOR BETTER HEALTH

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

Boron, #5 on the periodic table of elements, has impressive health benefits. Boron is naturally obtained from our water and food, however, in North America, most of us do not get enough for optimal health. Boron deficiency is due to the combination of lower soil content, modern agricultural techniques and not eating enough of foods higher in boron content such as organic fruits, nuts, legumes, and vegetables. In the United States, we only consume 1-2 mg of boron, whereas the ideal intake is closer to 6-10 mg.

Boron Deficiency

Boron deficiency is associated with an overall decline in health, including bone and muscle loss, arthritis, brain fog, sex hormone dysfunction, lower fertility, increased cancer risk, and increased toxicity issues with heavy metals and fluoride.

Bone, Muscle and Mineral Health

Boron improves vitamin and mineral metabolism, especially concerning vitamin D, calcium, magnesium and phosphorus regulation. Boron reduces abnormal calcium deposits while improving bone density and strength. Boron also improves joint health and can help increase muscle mass. In areas where boron is low in the soil, animals have less muscle and both animals and people have more arthritis. For example, in Israel, the average intake of boron is high at 5-10 mg/day and only 0.7% of its population develops arthritis. Conversely, in the U.S where boron intake is estimated to be less than 3 mg/day, arthritis rates are estimated to be about 10-20%. What if osteoarthritis is already present? A small placebo controlled study showed adding 6 mg of boron relieved osteoarthritis in 50% within 3 months versus only 10% in the placebo group.

Hormone Health

In animal studies, boron depletion is linked to fertility problems and birth defects, suggesting boron is necessary for both conception and healthy fetal development. Boron also supports hormone health by improving testosterone and estrogen levels, and helps relieve menopausal symptoms and PMS.

Brain Health

Higher boron levels are correlated with improved response times when performing cognitive and psychomotor tasks. When contrasted with the high boron intake, low dietary boron resulted in significantly poorer performance on tasks emphasizing manual dexterity, eye-hand coordination, perception, and both short-term and long-term memory.

Antiseptic/Antifungal

A 2.2% solution of boric acid is safe to use in the eyes to help clear up pink eye. Boric acid suppositories can be used to clear up vaginal fungal infections (but not during pregnancy). Boron reduces Candida/yeast overgrowth in the GI tract.

Other Uses

Boron has been shown to reduce heavy metal and fluoride toxicity. Higher boron intake is also associated with improved wound healing, lower rates of certain cancers (i.e. breast and prostate). Preliminary evidence suggests boron also helps fight diabetes and reduces heart disease risk factors, along with reducing some types of abnormal heart rhythms.

How does boron do so many amazing things?

If boron could be patented, scientists would show more interest in boron research. Despite all of what we know about boron, we need more research on this important trace mineral. Right now, evidence points to boron being necessary for healthy cell membranes and optimal internal cell signaling.

What is the recommended dosage?

Ideal daily intake (food + supplements): Adults = 6-10 mg/day, children 3-6 mg/day. Boron can be obtained by eating organic fruits, vegetables and nuts. Adults can take 6 mg of a boron supplement to ensure adequate intake. Boron is naturally consumed during pregnancy; however, since studies are not done during pregnancy to ensure safety, I recommend getting boron through food during pregnancy rather than supplements. Boron appears safe while breast feeding. **You can obtain your boron at Hotze Vitamins. Call (800) 579-6545 or visit www.hotzevitamins.com.**





4 THINGS EVERY DAD SHOULD KNOW

by Jessica Ingram, Vitamin Consultant, Hotze Vitamins®

June is a great time to focus on optimal health for Dad, as well as all the great men in our lives. Men's health is more important now than ever, and with a few good tips, men can be healthy leaders of their home, feeling great and living full of energy and stamina.

Here are 4 things every Dad should know for optimal health:

1 Heart disease is the #1 killer of men in the United States. In order to take care of your heart, you must manage stress with a good daily workout, eat as many fruits and vegetables as you can, and take heart-healthy nutrients like Dr. Hotze's PowerPak.

2 Keeping bones strong and testosterone levels optimal can be easier with Boron. There are some pretty amazing stories of how much Boron, a trace mineral, can help build strong bones and help boost hormones.

3 When you have active hobbies like biking, running, backpacking or rowing, it's great for your soul, but it's hard on your joints. Take Dr. Hotze's Joint Comfort, 3 capsules twice daily. Your joints will feel better within 2-3 weeks.

4 Prostate health can be frustrating when you take the wrong products. Dr. Hotze's Prostate Pro was specifically formulated to relieve the frustrating symptoms of an inflamed prostate.

These nutrients can help Dad achieve optimal health, and we can't think of anyone who deserves it more! Visit Hotze Vitamins today at www.HotzeVitamins.com or call (800) 579-6545 to speak with a Vitamin Consultant.

GET 15% off your purchase of **Joint Comfort**, **ProstatePro**, **PowerPak** (30 packets), and **Boron** during the month of June. Use Promo Code JUNE15 at checkout. Visit hotzevitamins.com or call (281) 646-1659 to order.



IMPROVE ED NATURALLY

by Bryana Gregory, PharmD, RPh, Physicians Preference Pharmacy

Sexual dysfunction does not discriminate.

Erectile Dysfunction (ED) is one of the most common sexual dysfunctions in men, and men of all ages may experience symptoms related to ED. ED may occur due to changes in health status, stress, decreased blood flow to the area, and decreased libido. Physicians Preference Pharmacy compounds a sublingual peptide called Function, which dissolves under the tongue for convenient dosing. Function helps to restore a healthy and active sex life for our guests.

Function contains PT-141 (Bremelanotide), which improves sexual function, increases sexual desire and helps men achieve and maintain erections. Some commercially available products such as Viagra® exert their effect through the vascular system. Alternatively, Function directly increases sexual desire via the central nervous system, increasing sexual desire within the brain and without the unwanted side effects.

Function tablets dissolve under the tongue in roughly 1-3 minutes, avoiding side effects such as headaches, nausea and unwanted changes in blood pressure which are common with injectable PT-141. The recommended dose of Function is 1-2 0.5mg tablets daily. If prescribed only on an as needed basis, Function should be taken two to three hours prior to the desired erection. The effects of PT-141 may last 2 to 12 hours after dosing, providing optimal performance and sexual satisfaction for both partners. (For women experiencing symptoms of sexual dysfunction, Function is available in a different dose.) Please call our pharmacy at 281-828-9088 for more details!

SAVE 20% off your order of Function Peptide during the month of June.

NANCY & BILL BLOMDAHL: FROM BEING TIRED TO ENERGETIC AND LIVING LIFE TO THE FULLEST

Nancy and Bill Blomdahl have a wonderful life. However, as the years went on, they both became very tired all the time and lost that youthful energy they used to have. Many people can relate to this feeling, but often just choose to live with it, chalk it up to getting older and accept it as a way of life. However, Nancy and Bill wanted more. They wanted to feel their best and be able to have a great quality of life.

As a young mom, Nancy was so tired in the afternoons that by 3 pm she couldn't keep going. She was done for the day. Later on she was weepy, not sleeping, and having night sweats. She was not able to enjoy her days with her family because she was tired all the time.

When she visited her doctors, they told her that there was nothing wrong with her thyroid because her TSH was "fine." They said she did not need thyroid supplementation, however Nancy knew that something wasn't right.

After coming to the Hotze Health & Wellness Center, Nancy said that our treatment program helped her to "sail through menopause!" Today, she has the energy to keep up not only with her children, but also with her young

grandchildren all day long. As an added bonus, people always tell her that she looks younger than she is, and she attributes that to bioidentical hormone therapy!

Bill was experiencing low energy at work and home, and it interfered with career, hobbies and personal life. He was tired and had low libido, poor muscle mass and had difficulty working out at the gym.

Conventional doctors told him that his testosterone levels were the same as men his age, and were not of any help. However, Bill wanted to feel better and younger, so he visited our Wellness Center.

Today, Bill is way more active than other men his age. He has the energy to play golf and walk 18 holes, two to three days in a row! He also has the energy to exercise, travel, and the drive to continue in his career, as well as looking into some new business opportunities.



molecules in the blood. This is known as a plaque. Calcium then becomes incorporated into the plaque. This hardens and stabilizes the arteries. This hardening of the arteries is called atherosclerosis. Continued inflammation leads to further hardening and narrowing of the arteries. A blood clot or rupture of the plaque in the arterial wall can plug the narrowed artery, blocking blood flow, causing a heart attack.

The CT Heart Scan is the only noninvasive way to determine whether you have coronary artery disease and accurately measure your risk of having a heart attack. This measures the amount of calcium in your coronary arteries.

Recently, a 37-year-old male guest had a CT Heart Scan with a calcium score of 275, which is extremely high for someone in this age group. The calcified plaque in the arteries increases approximately 30% each year. He was already cooking a heart attack. Because he is now aware of this, he is more committed to the *Hotze Ketogenic Eating Plan*, replenishing his hormones, and increasing his vitamin and mineral consumption, in order to arrest and reverse his atherosclerosis, so that he can prevent having a heart attack.

I am insisting that males over 35 and females over 45, who are guests at our Center, have a CT Heart Scan performed. I care about your health and one of the most important aspects of your health is your heart health. Without performing a heart scan, there is no way to determine whether you have

atherosclerosis of your coronary arteries and what your risk of having a heart attack is.

Fortunately, we have effective treatments for preventing the development of coronary artery disease. We also have effective treatments for slowing, arresting, and reversing coronary artery disease. These strategies can easily be incorporated into your treatment program.

Heart attacks are preventable if you take the appropriate action to engage in not only a healthy lifestyle such as the *Hotze Ketogenic Eating Plan*, and exercise, but also take the right supplements for heart health, such as vitamin C, l-lysine, l-proline, CoQ10, vitamin D3, vitamin E, magnesium, and fish oil. It is also important to replenish and balance your hormones.

If you have already had a heart scan, then it is essential that you have a follow-up heart scan so that we can determine the current status of your coronary arteries.

Heart disease can be detected, safely and comfortably, in its earliest stages. Contact us today to schedule your CT Heart Scan at 281-579-3600.

Thank you for giving my staff and me the privilege of serving you. 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

Become a part of the

LEGACY

REFERRAL

PROGRAM

Join us in the Wellness Revolution by helping others enjoy a life-changing health transformation.

H O T Z E
HEALTH & WELLNESS CENTER INTL

When you refer a friend or family member who becomes a guest, you will receive rewards for your referral.

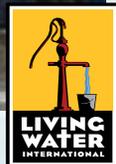
For any questions or more information please contact the New Guest Department at
(281) 698-8698.

Thanx 

★Download the Thanx app to get your rewards!

Safe Water

FOR GAKO 1



Milky white streams of water encircled the 58 households that made up the Gako 1 community. The streams provided water so cloudy and turbid that community members loathed to drink it. The cloudiness was caused, at least in part, by the high sand content within the water. The community members often suffered from diarrhea, dysentery, or typhoid after drinking from the streams. They also contracted worms and parasites. Simply being around the streams exposed them to the mosquitoes that nested in their banks. As a result, the community members often contracted malaria. These illnesses made it impossible for the community members to live healthy lives. They were constantly sick. This affected their ability to work and provide for their families. It also put the children's futures at stake by increasing school absenteeism.

Leaders in the community reached out to Living Water Rwanda to request a well for their community. The Living Water staff traveled to Gako 1 with a drilling rig to begin work on a safe water well. Soon, the well was complete! The community members were overjoyed. They celebrated as they drank water from their new well for the first time.

The Living Water staff assisted them in this endeavor by holding a sanitation and hygiene training. Living Water Rwanda provided a fundamental lesson about the existence of germs and how they negatively impact our health. They also explained how germs and diseases are transmitted. Handwashing was presented as the most effective way to stop these unseen threats.

The Living Water staff's deeper mission was to facilitate an encounter with the living water of Christ. Many who of those who had gathered lifted their hands to signify that they wanted Jesus to be their Lord.

Did you know that whenever you refer a friend to Hotze Health & Wellness Center, we make a donation to Living Water?

www.hotzehwc.com/referralprogram