

HOTZE on WELLNESS

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A LETTER FROM DR. HOTZE

Did you know that the Hotze Health & Wellness Center first started as an allergy practice? When I was still a conventional physician, I almost quit because no one was getting any better. My practice had more than its fair share of patients with recurrent sinus infections, bronchitis and asthma. Only one woman told me that she felt like a million dollars, and that was after she had thrown away all the pharmaceutical drugs that I had been giving her! It was extremely discouraging.

It was God's divine providence that led me to an allergist who said that he enjoyed his work because he helped relieve people of their allergic disorders which had caused their recurrent

infections. Interestingly, I had been treated with allergy injections to treat my chronic bronchitis as a youngster. So when I learned that I could train to become an allergist I jumped in head first and became a member of the Pan American Allergy Society in 1989 and subsequently served as president of the society from 2002-2003. I also became a Fellow Member of the Otolaryngic Allergy Society. My practice consisted of the treatment of both airborne and food allergies.

Allergies are extremely common. Over 40% of the population experience allergic symptoms, and 20% have allergy problems that require medical treatment. Allergies can occur at any

age and are especially likely to develop during times of stress. Commonly many of the women who develop allergies do so after childbirth.

Are there certain times of year when you suffer from sniffing, sneezing, fatigue and headaches? How about itchy, watery eyes, or frequent colds, sinus infections, bronchitis and asthma? Allergy symptoms can also cause digestive problems, skin rashes, and throat and ear infections. In children, allergies can cause hyperactivity, for which conventional doctors will treat with amphetamines, like Ritalin, Adderall or Concerta, instead of treating the underlying cause which is an allergic disorder. *continued on page 7* ■



ALLERGIES: THEY JUST GET NO RESPECT

by David Sheridan, MD, Hotze Health & Wellness Center

“It’s just allergies.” We hear this often. I’ve even said it myself. Allergies don’t get much respect in the medical world. Did you know that millions of work and school days are lost because of allergies? One relatively straightforward problem may be costing millions of dollars in lost productivity, which adds up to billions as the years go by. It’s because of allergies that we have a new workplace phenomenon: “presenteeism,” meaning the worker is present, but not totally functional. The fact is that allergies are one of our costliest maladies. Fear not! There is room for hope.

Allergy sufferers usually describe chronic, recurrent respiratory symptoms that are often misdiagnosed as infection. They then end up taking antibiotics which are not needed and don’t help. Conversely, the increased secretions and congestion caused by allergies may, in fact, lead to infection. In these cases, antibiotics are necessary but still do nothing for the allergic response that is behind the scenes. This scene only repeats itself, and the antibiotic exposure allows yeast to overgrow in the colon. One then becomes allergic to the yeast and is therefore exposed 24 hours a day, 365 days per year. It’s a vicious cycle.

WHAT CAUSES ALLERGY?

Some of us have a genetic predisposition that causes our immune system to overreact to things like animal dander, pollens, and molds. It’s not the dog’s fault. It’s the immune system overreacting to things that pose no threat. The individual items to which we overreact are called allergens because they create an allergic response. Foods can get into the act,

as well, in ways more complicated than one eating shrimp and getting hives. There’s more on this later.

This overreaction by the immune system may cause symptoms ranging from minor to life-threatening. Typical upper respiratory symptoms include nasal congestion and or rhinorrhea (a runny nose). These symptoms may even alternate. Additional symptoms include sneezing, post-nasal drip, and itchy, watery eyes. Asthma is another typical allergic response and can be fatal.

During an asthma attack, the airway constricts, and air flow becomes more difficult. It is harder to get air in and out. Thankfully, there are medicines to help the symptoms that work most of the time. Tragically, asthma deaths still occur. As with the infections mentioned above, such medications don’t address the underlying allergic cause that is almost always present.

DIAGNOSING ALLERGY

So how does one know if their symptoms are allergies or not? A doctor experienced in allergy care can use symptoms and symptom patterns to a high degree of accuracy.

At the Hotze Health & Wellness Center, we believe history is critical for diagnosis. One particularly important clue is when symptoms occur seasonally. We find that the symptoms listed above, when chronic and recurrent, are almost always

due to allergies and respond well to properly dosed allergy drops. This trains the immune system, so it will stop overreacting to these allergens.

WHAT CAUSES ALLERGY?

Knowing that, we can then use an allergy test to come up with the proper dosing for allergy treatment drops, kind of like a recipe that’s tailored to an individual’s needs. While many allergy doctors treat everything at the same dose, it turns out that different allergens may have significantly different dose requirements. Therefore, they should be addressed each with its own dose requirement.

This is getting to the root of the issue and not just covering up symptoms. Relief may be just a few drops away. Don’t suffer through another allergy season. Call today to get started. **(281) 579-3600**





HORMONES: WHAT'S ALLERGY GOT TO DO WITH IT?

by Susan MacIvor, RPh, Hotze Pharmacy™

With the unseasonably warm winter we've been having down south, it goes without saying that this is already panning out to be a high allergy year. To help protect you from a season of debilitating allergy symptoms, you need to understand the hormone-allergy connection.

All hormones work together synergistically, including sex hormones (testosterone, progesterone, and estrogen), adrenal hormones (such as cortisol) and thyroid hormones. When one is off balance, it creates a domino effect on how the others work in the body.

What does this have to do with

allergies? Well, your thyroid governs the energy production in all the cells in your body. When you have adequate levels of thyroid hormone, you have an active metabolism, higher mental clarity, and more energy. You should also have a body temperature of 98.6, which is the temperature at which your body functions optimally. Conversely, when you have low thyroid, your temperature drops and your immune system takes a hit. A weakened immune system makes you susceptible to allergic reactions.

Many women complain that they didn't have allergies until after having children. This is because a woman's

sex hormone production can often run sluggish after childbirth, which affects all hormones, including thyroid. You see the connection? It is like pieces of a puzzle.

If you want to be allergy symptom-free this season, then be sure to stay in tune with your body. If you are still experiencing symptoms of hormonal imbalance or low thyroid, then you should work with your provider to make proper adjustments.

To ensure that you never miss a day of hormones, enroll in our autofill program today. (You'll save 10%, too!) Give us a call at **(281) 828-9088** to sign up.

The numbers are in...

Thanks to your generosity, last year marked a new beginning for thirsty communities all around the world. Check out what you helped accomplish in 2016!

2 African countries added as Short-Term Trip destinations.

4 new WASH Program Areas designed.

1,336 safe water points completed.

2,000 families in Haiti received hygiene kits to prevent cholera after losing their homes to Hurricane Matthew.

7,732 people trained in boldly sharing the gospel through the orality method.

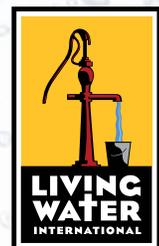
334,000 community members received first-time access to safe, sustainable water.

And it doesn't stop there! Already in 2017, we have completed our 18,000th water point since Living Water International was founded in 1990. Thanks for partnering with us as we provide water, for life, in Jesus' name! YOU are our true hero!

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

DID YOU KNOW THAT YOUR REFERRALS SUPPORT LIVING WATER?

Find out more at: hotzehwc.com/referralprogram.



HEIDI CHRISTOPHER: BREATHING IN NEW LIFE

Before going to the Hotze Health & Wellness Center, my allergy treatment consisted of seeing a specialist, getting weekly allergy shots at the medical center and then waiting for about 45 minutes in the emergency room to see if I had a reaction. I have allergies and asthma. My asthma is exercise-induced and aspirin-induced. I had antihistamines and two daily asthma inhalers. I had an emergency inhaler and a daily asthma pill. The asthma pill caused migraines, so I had to decide, "Do I want to sleep tonight or do I want to breathe tonight?"

Every six to eight weeks I had sinus infections and missed work because of it. Just misery to me. My symptoms affected my daily life because I struggled

symptoms. Physicians made it seem like it was more of a nuisance to treat allergies. "This is something you're just going to have to deal with. This is our regimen, and we do not deviate from our regimen."

I thought, "There's got to be something better than all of these drugs that I'm taking." That's when I discovered the Hotze Health & Wellness Center. The doctor asked me, "Have you ever taken sublingual drops?" I said, "No, for over 13 years, I've taken allergy shots every week," and I was so relieved to hear I wasn't going to have to go into a doctor's office anymore for my weekly shots. He wrote me a prescription for an emergency asthma inhaler just in case I would need

it, and said, "I've got this great over-the-counter thing, magnesium citrate, that is going to help you with your

asthma symptoms." Shockingly and to this day, I do not need an allergy inhaler. I take sublingual drops every day and magnesium citrate, religiously, for my asthma.

I have been allergy and asthma symptom free since a month after I started at the Hotze Health & Wellness Center, which has been about 15 years now. I love spring. I love fall. I can be outdoors. My husband and I recently went hiking in Austria, and I could be outdoors all day, around the different pines, spruces, cedar trees, without so much as sneezing. It was amazing. I never thought we'd get to this point.

I feel great today. I never thought I'd be able to mow my own yard, and not be flat on my back for the next two days with an antihistamine and asthma inhalers. I would highly recommend the Hotze Health & Wellness Center to anybody suffering from allergies. The point of suffering is to figure out, "You don't have to suffer." To sum up my experience, they listen. They treat the whole person. They're looking to prevent illness, and that's what I think this is all about. I got my life back.

"Do I want to sleep tonight or do I want to breathe tonight?"

to breathe. I'm allergic to just about everything outdoors, so I couldn't be outdoors hiking, or going on a picnic, or something as simple as mowing the grass and doing yard work.

Managing my symptoms and incorporating that into my daily life were difficult, because I had to take time off of work in order to go get the allergy shots every single week. When I had routine sinus infections, it involved taking more time off of work, going to a doctor to get antibiotics or to get steroids so I could breathe if it got that bad. It was very difficult to manage a full-time job plus these





5 FOOD GROUPS FOR EVERY ALLERGY SUFFERER'S KITCHEN

by Krystal Hammett, Certified Holistic Nutritionist, Hotze Vitamins®

Allergy season is a time of year almost all of us dread, especially if you live in Texas. With the constant weather fluctuations, high pollen count and other allergens floating in the air, seasonal sniffs and sneezes can be incredibly frustrating. The key to reducing allergy symptoms is to lower the total inflammation within your immune system and ultimately, reduce your exposure to these allergens. The good news is that taking an antihistamine isn't your only option. In fact, some foods have anti-allergenic and anti-inflammatory properties that may make allergy season a little more manageable.

If your immune system could use a nutritious, inflammation-reducing, allergy-fighting boost, read on.

HEALTHY FATTY FISH: The two types of healthy omega-3 fatty acids, DHA & EPA, found in fatty fish are excellent for reducing inflammation in the body, which simultaneously helps fight the allergic reaction. Mackerel,

salmon, sardines, trout and herring are some of the best sources of omega-3 fats.

OMEGA-3 FILLED NUTS & SEEDS: Walnuts and flaxseeds contain omega-3 fatty acids similar to those found in fatty fish and help reduce the inflammatory load in allergic individuals. Additionally, flaxseeds contain the mineral selenium, which can help lower the allergic response, too.

MAGNESIUM-PACKED FOODS: Cashews, almonds, spinach, black beans, and avocados are all very high in magnesium, the mineral that helps open up and relax the muscles, including the bronchioles. Try adding as many of these to your diet as possible, especially during allergy season.

VITAMIN C RICH FRUITS & VEGGIES: Strawberries, oranges, and peppers are naturally high sources of vitamin C, a natural antihistamine. While those with severe allergy symptoms should take therapeutic

doses of nutritional vitamin C (Dr. Hotze recommends 1,000 mg of vitamin C per 25 pounds of body weight), you can also support this by eating foods that are rich in this vital allergy-fighting antioxidant.

GARLIC: While you may need to carry around an extra toothbrush, garlic extract has been shown to help decrease the allergic reaction and can even help block the production of chemicals that cause allergic reactions. Add garlic to your food whenever possible, and also consider supplementing with a high-quality garlic supplement.

Not only will adding these foods to your diet during allergy season benefit you, but high-quality forms of omega-3s, magnesium, vitamin C and garlic are all also available to add to your custom My HotzePak. Add these essential nutrients to your custom vitamin pak at www.MyHotzePak.com, or call to speak with a nutritionist today at **281-646-1659**.

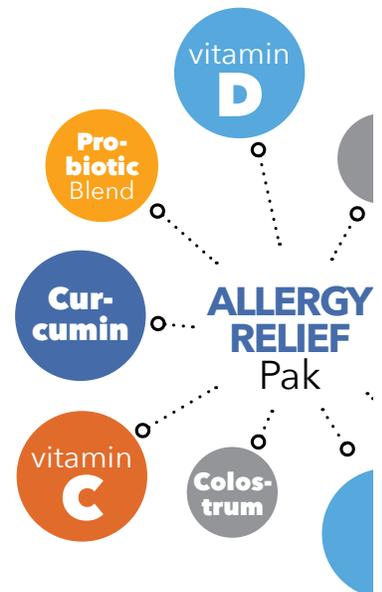
This allergy season, don't take chances.

Take the Allergy Relief Pak.

Including the most powerful immune-boosting nutrients, the **Allergy Relief Pak** was designed to remedy annoying allergy symptoms once and for all.

Order your Allergy Relief Pak today & receive a **bonus 7-day supply*** of the Allergy Relief Pak complimentary!

*Use code RELIEF17 at checkout.





CHANGE YOUR RESULTS, CHANGE YOUR THINKING

by Erica Torres-Dudziak, Hotze Health & Wellness Center

According to Google, the number one New Year's Resolution for 2017 was to get healthy. Why? Because you and I both know that without good health, it's hard to enjoy other areas of life such as our families, vocation, hobbies, etc.

Have you ever set a resolution and found it difficult to keep or just stopped setting them altogether because you were tired of feeling like a failure when they couldn't be kept? If you are like most people, including me, the answer is YES! Researchers have looked into the success rates of people who have made New Year's Resolutions and found that by December, most people were either back to where they started or further behind.

Resolutions often fail because they involve changing behaviors, and to change your behavior, you must change your thinking! Unfortunately, a lot of our current thinking comes from our paradigm, a set of belief systems that were formed early in our childhood. These are messages that we have gotten from our parents, school, media, news, and other influencers about how the world operates. These conditioned thoughts can be hard to break.

If you stop to think about it, what are some of the tape-recorded phrases playing in your head around health?

Take some time and write them out on paper. Here are some typical examples:

- It's hard to lose weight.
- Now that I'm older, I don't have the energy I used to have.
- It's a bummer getting "old."
- Being healthy means not having fun or it takes too much work.
- I'll never look like "that" again.

There are only two ways to change your thinking: repetition and emotional impact. In terms of repetition, what new thoughts or phrases could you create to begin to re-pattern these thoughts? For example, "Now that I have learned more about natural approaches, my body is getting better and better every day and in every way." The key is to come up with a thought about your health that will serve you and feels empowering. Your old pattern has been playing over and over in your head for years, so you need to think about how you can implement this new thought pattern in your day on a consistent basis.

A second example of using repetition to repattern your thinking is to think about who you are close to. Are there people in your life that are consciously or unconsciously unsupportive of your health goals?

It is human nature for three things to happen when we are around family or friends at a different stage of health than us:

1. We inspire them, they rise to our thinking of health and take positive action.
2. They feel bad about themselves and slowly begin to pull away because now they don't share the same behavior patterns as we do.
3. We change our behavior to match theirs in fear of losing them.

How can you love those close to you and keep a protected arm around your health vision? Who or what (i.e. online health communities) can you be around consistently that depicts your vision of health and inspires you?

By being intentional on the areas where you can create positive repetition in your life, you will begin overriding the self-sabotaging patterns keeping you from success in your health!

Erica Torres-Dudziak is the Director of Hotze Health Advantage. She is also Certified Life Mastery Consultant, Certified Life & Business Coach, and a speaker on Transformational and Success Principles

**BUILD A
VISION
OF YOUR
HEALTH**

Mark your calendar and join us on March 22nd

at 11:30 a.m. at the Forest Club in Houston.

Join us as Erica helps help you design your personal vision for your health and how you can bridge your vision to reality!

Previously a certified personal trainer, fitness instructor, nutrition coach, image consultant, and a degree in psychology, Erica has spent her adult life learning about and fascinated by what drives the results humans seek.

Reserve your spots today by visiting hotzehwc.com/successfulliving.

BRING A FRIEND!

If you have friends or family members that could benefit from the Hotze program, we encourage you to bring them along to meet Dr. Hotze and mix with other raving fans just like you.

RSVP NOW!



SATISFY YOUR SKIN'S CRAVINGS

by Brittney Wranik, Hotze Aesthetics

As women, we lather on potions and serums to help our skin look flawless. But did you know that what you put in your body is as important as what you put on it?

Give in to your skin's cravings by adding these nutrients to your diet:

» **HEALTHY FATS:** Omega-3 fatty acids are an important component of the cell membrane that improve the cells' ability to hold moisture which limits roughness and dryness of the skin. Try walnuts, flaxseed oil or salmon for silkier, smooth skin!

» **DARK GREEN VEGETABLES:** At age 25, collagen production begins to decrease which can result in looser, more brittle, wrinkled skin. You can slow these signs of aging and boost natural collagen production by eating dark green vegetables rich in vitamin C like kale and spinach!

» **CAROTENOIDS:** Incorporate sweet potatoes, tomatoes or acorn squash in your diet for a glowing complexion! These carotenoids are powerful antioxidants that may improve skin tone by reducing skin cell damage.

» **POLYPHENOL ANTIOXIDANTS:** These skin warriors protect your cells from oxidative damage, free radicals and UV radiation from the sun. Increase your intake of pomegranate, green tea and blueberries to protect your skin from these environmental influences.

» **WATER:** Your skin is your body's largest organ and like all other organs, it requires water to function. In fact, your skin is 64% water! Keep your skin hydrated from the inside out to reduce dry, tight, flaky, wrinkle-prone skin.

Do you know your skin's true age? In a matter of minutes, our skin imaging system will analyze your age texture, spots, wrinkles, and more. We can even show you how your skin will look as it ages and what you can do about it. The best part is that we can customize a plan to repair damage and help you get back your youthful glow.

Schedule your consultation today, **(281) 698-8770**.



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

Allergies are caused by an abnormal reaction of your immune system to normally occurring substances in the air, such as weed, tree and grass pollens, dust mites, mold spores and animal dander. Foods can also cause allergy reactions. The most common food allergies are to wheat, corn, egg, milk, yeast and soybean, all of which are found in processed foods.

Allergies adversely affect your quality of life. They also burden your immune system, making you more susceptible to infections. Why go through another year feeling miserable and reaching for over the counter drugs which only temporarily mask the

symptoms at best?

Here's the good news. Allergies can be treated naturally through an allergy desensitization program that does not require the time consuming hassle of allergy injections. Thousands of our guests have been successfully treated using immunizing allergy drops under the tongue. The allergy drops are safe, convenient and effective. Some of our guests even call them magic drops!

We are on a mission to help you become healthy and well, naturally. "Do a 180" and take charge of your allergies. Call us today to schedule an appointment for your personal allergy test and treatment program. I

am not going to tell you that if you are plagued with allergies and start our allergy treatment program that you will experience a dramatic improvement in your health. You will simply have to try it and decide for yourself.

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

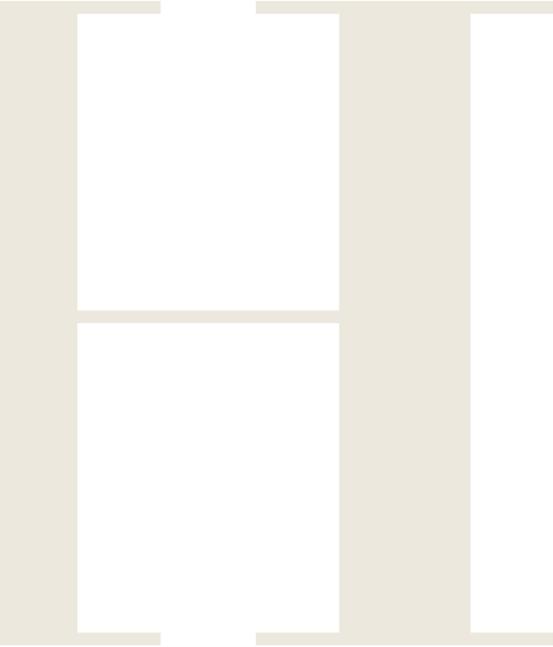
Committed to you and your family's health success, I remain, as always, Sincerely yours,

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

H O T Z E

HEALTH & WELLNESS CENTER
I N T E R N A T I O N A L

20214 Braidwood Drive, Suite 215
Houston, Texas 77450



THE HOTZE MISSION STATEMENT

We are committed to enabling you to enjoy a better quality of life. We will help you obtain and maintain health and wellness naturally by **achieving the following goals:**

1. Strengthening your immune system
2. Increasing your energy level

These goals can be accomplished by following our **8-Point Treatment Regimen:**

1. Treatment of airborne allergies
2. Treatment of food allergies
3. Treatment of yeast

4. Natural thyroid hormone supplementation when indicated
5. Hotze hormone treatment in women and men when indicated
6. Treatment of adrenal fatigue
7. Detoxification through vitamin and mineral supplementation
8. Nutritionally balanced eating program for obtaining and maintaining optimal health and an ideal body weight

By helping you achieve these goals, we expect to put you on a life-long path of health and wellness.

Our Mission Statement is our promise to support you in achieving your health goals every step of the way. Whether you are struggling or just have a simple question, we are always a phone call away, and we want to hear from you. Call us anytime, **(281) 579-3600**.