

A LETTER FROM DR. HOTZE

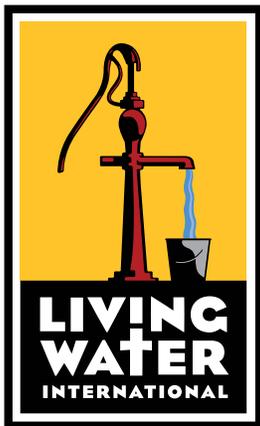
A TIME FOR **GIVING**

Over the past 26 years, the Hotze Health & Wellness Center has grown from 5 to almost 100 team members who have helped over 30,000 individuals get their lives back, naturally. This has only been possible because of guests like you who refer your family, friends and associates to us for care.

Perhaps you yourself came in as a new guest because your wife, husband, mother, sister, friend or co-worker was kind enough to refer you.

It is both humbling and a privilege to be able to serve you, your loved ones and your friends. We want to acknowledge the contributions that you have made in helping us grow so that we can help more people achieve health and wellness, naturally!

Beyond helping guests that come to our Center, we are also excited to be able to support **Living Water**



International, a charitable organization that provides clean drinking water and the word of God to children and families who have both physical and spiritual thirst.

When you refer a friend or family member to us who wants to restore their health, you are also helping children in real need because for every referred guest we see this year,

we are donating a portion of our income to Living Water International.
(www.water.cc/aboutlivingwater)

Our goal is to be able to give \$50,000 this year and we will keep you posted on our progress in the following newsletters. We are so very pleased to be able to partner with an organization that has a heart for children and for spreading the Gospel of Jesus Christ.

In the meantime, my team and I look forward to continuing to help you, your family members and friends obtain and maintain health and wellness naturally in an environment of extraordinary hospitality and guest service.

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

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

Sincerely yours,

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



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STRESSED OUT? RELIEF IS HERE

Big project due at work. Your “little” girl’s high school graduation is next week. Family is coming in town for the weekend and your house is a mess. Stuck in traffic. What’s for dinner?

Sound familiar?

According to the American Medical Association, stress is the basic cause of more than 60% of all human illness and disease. From chronic fatigue and panic disorders to weight gain and digestive issues, stress can really take a toll on your body!

A few facts about stress:

Sometimes we can be physically experiencing stress yet become completely numb to the feeling.

When your body is accustomed to being stressed, you start to adapt to the pressures and irritations of life and stress then becomes “normal.”

Whether the stressors in your life are as minor as what you’re going to eat for lunch or as pressing as how your next big presentation will go, your body doesn’t discriminate.

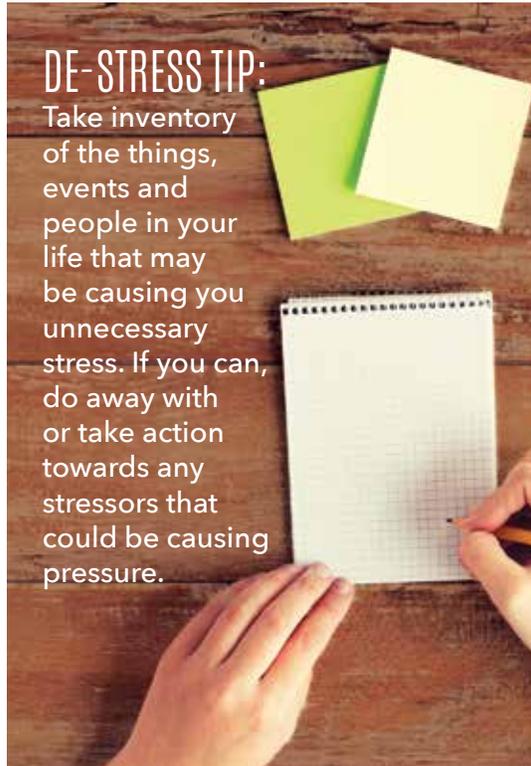
It doesn’t know how significant your stress load may be and therefore, it responds in the same way no matter what.

The best way to keep your stress at bay is to handle stress while you’re in the moment, as soon as you feel it making its way into your body.

Don’t wait until the end of a long, stressful day to decompress. Handle it right then and there to make sure it doesn’t affect you over the long term.

DE-STRESS TIP:

Take inventory of the things, events and people in your life that may be causing you unnecessary stress. If you can, do away with or take action towards any stressors that could be causing pressure.



We all face those days when nothing is going as planned. Our alarm clock may not go off, the traffic makes us late to work or one of our children misses the bus. When these kinds of things happen, our body reacts with a fight or flight response that is fueled by adrenaline, a hormone from our adrenal glands. However, when stress is ongoing or chronic, including stress from poor sleep, dysfunctional relationships or poor eating choices, your adrenal glands can become depleted of your natural stress hormone, cortisol. This can lead to further health issues and affect every aspect of your life.

Fortunately, we have a number of options that can help get you back on track, from hormone adjustments to vitamin recommendations and lifestyle changes. If you feel like stress is taking its toll on you, call us today to find out what solutions are best for you.

STRESS AND ANXIETY RELIEF

Stress and anxiety are normal responses by our bodies, whether they’re mental, physical or emotional. It’s almost inevitable that something, anything, is bound to “stress us out” at least once a day. Here are some quick, easy ways to find relief.

BREATHE.

Big, deep breaths have been shown to ease the mind as well as relax tense muscles. When you find yourself all worked up, close your eyes and take 10 deep breaths focusing on every inhale and exhale.

GO FOR A WALK.

Get outside and take a walk around your neighborhood or office building. You’ll be amazed at how much better you feel and how much clearer your thinking is when you get out and get some fresh air. (If you’re really tense, a nice jog in the park might be just what the doctor ordered!)

EAT DARK CHOCOLATE.

Yes, you read that correctly! Studies have shown that eating 1.4 ounces of dark chocolate every day for two weeks is shown to reduce stress. Remember: the darker, the better!





COMBATTING STRESS WITH NUTRITION

by Brittney Wranik, Vitamin Consultant, Hotze Vitamins®

A QUICK GLANCE AT HOW STRESS CAN NEGATIVELY IMPACT YOUR HEALTH

In today's world, stress is to be expected. At times we experience good stress, for example when you're planning your daughter's wedding. Other times we suffer from negative stress, such as rush hour traffic or work.

The truth is, you will never be able to completely escape stress, whether it be physical, mental or emotional. But the good news is that you can control it.

Here are a few ways you can combat stress naturally through nutrition:

» **AMP UP YOUR MAGNESIUM.** Stress depletes magnesium, and on the flip side, magnesium helps fight stress. Increase your magnesium levels to 800-1,000 mg daily to help your body remain calm and muscles relaxed during stressful situations. Additionally, magnesium can help you sleep better so be sure to take magnesium at bedtime to help you catch a few extra ZZZs.

» **EAT FOR STRESS.** Instead of stress-eating, eat to control your stress. While it may be tempting to drown your anxiety in a bowl of ice cream or calm your nerves with a box of cookies, stress-eating is not only bad for your health, it can make stressful situations even worse. Grab your fork and dig into the

following stress-busting superfoods: spinach, organic turkey, blueberries, seeds and avocado. Each of these foods have stress-relieving properties that will help you burn off a little steam while still keeping a clean diet.

» **INDULGE IN A LITTLE DARK CHOCOLATE.** Yes, we already said this, but it's worth mentioning twice. Studies have shown that eating 1.4 ounces of 72% dark chocolate every day for two weeks can reduce stress. Go ahead. Indulge a little.

» **NEVER MISS A MEAL.** High stress situations can cause you to forget or skip a meal. Missing meals can cause you to stress-eat later or resort to junk food when you finally sit down to eat. Take some time to enjoy each of your meals, and a couple of snacks, too.

» **LIMIT YOUR CAFFEINE.** Stress and anxiety can cause you to burn the candle at both ends. Too much caffeine not only depletes your magnesium levels, but it also causes a dependency and can lead to negative side effects on the brain and nervous system when consumed in large quantities. Instead, opt for water with a squeeze of lemon or even a cup of green tea.

- Muscle tension
- Headaches/migraines
- Overproduction of cortisol
- Rapid heart rate
- Digestive issues
- Labored breathing
- Panic attacks
- Decreased sex drive
- Hair loss
- Insomnia
- High blood pressure
- Weakened immune system

TODAY'S TO-DO:

Sit down, turn off your smartphone, eat a small piece of dark chocolate and enjoy a cup of warm green tea. You'll be surprised how relieved you feel after just a few minutes.



ENJOY MORE & stress less.

Enjoy 20% off any magnesium supplement.*

Code: STRESSLESS Expires: May 31, 2016

**Offer cannot be combined with any other discount or promotion.*





WHEN YOU'RE 60 AND LOOK LIKE 40, YOU'LL BE GLAD YOU DID THESE 5 THINGS

by Sally Kerr, LVN, LSO

<p>1</p> <p>Skin Consultation with VISIA ANALYSIS</p>	<p>2</p> <p>Skin Rejuvenation treatments that include ongoing maintenance of FOREVER YOUNG BBL treatments</p>	<p>3</p> <p>Used Sun screen DAILY</p>	<p>4</p> <p>Nourished your skin from the inside out with the PROPER NUTRIENTS</p>
<p>5</p> <p>Managed stress</p>	<p>» According to the American Academy of Dermatology, our internal thoughts and feelings can actually affect our external appearance. This is particularly true when it comes to stress.</p>	<p>» One of the effects of stress is skin that's more sensitive to irritants.</p>	<p>» It speeds up the aging process—nothing shows up on your face quite like stress!</p> <p>» 75% of all doctor visits are stress-related.</p>

So, in this stressful world that we live in, here are some tips to encourage healthy skin and a healthy state of mind:

» **PROTECT YOURSELF.** Everyone has a different manageable stress level. Know what yours is. Then, learn to set boundaries and learn how to say no!

» **EXERCISE.** Exercise is a great stress reliever, with one caveat. If you are under unusual amounts of stress then make sure that your exercise isn't placing more stress on you! Think gentle exercise when your body is feeling stressed out.

» **SET REASONABLE LIMITS,** scale back your to-do list and make time to do the things you enjoy. Schedule "me" time. Facials and massages are great gifts for yourself! Hotze Signature Facials are customized to just what YOUR skin needs, so you leave feeling relaxed, rejuvenated and refreshed.

» **DON'T SKIMP ON YOUR SLEEP.** It's called "beauty sleep" for a reason!

» **UNPLUG!** Take at least one day per week to totally unplug and not participate in social media, emails, etc. Your body, brain and skin will thank you for it.

» **YOGA, ANYONE?** This is such an amazing practice to help unwind, relax and rejuvenate yourself. Breathe.

It's all about management of time, people, food, exercise and environment. Follow these tips to keep the stress off your face.

» **Has stress already started to show through?** Learn your TruSkin Age® and what you can do about it. Call **(281) 698-8770** to schedule your complimentary skin consultation with Visia Complexion Analysis today.



Treat Mom (and yourself) to a spa day!

Save 20%* when you schedule mother-daughter facials in the month of May.

*Offer cannot be combined with any other discount or promotion.



THE TOP 4 THINGS I LOVE ABOUT CORTISOL

by Susan MacIvor, RPh, Hotze Pharmacy™

In our fast-paced society, it seems almost impossible not to feel “stressed out” at least some of the time. While our adrenal glands do their best to pump out enough cortisol, our body’s stress hormone, sometimes they just can’t keep up. Unfortunately, cortisol gets a bad rap. If you’ve ever thought, “cortisol is going to make me fat,” then it might be time to give this adrenal champion a second look.

HERE ARE THE TOP 4 THINGS I LOVE ABOUT CORTISOL:

❶ **HELPS SUPPORT THYROID FUNCTION:** Adrenal stress reduces your body’s ability to convert T4 (inactive thyroid hormone) to T3 (active thyroid hormone). By decreasing stress, it is easier for the thyroid conversion to happen, thereby enhancing your thyroid function.

❷ **ENABLES US TO REACT TO STRESS:** If our adrenal glands are fatigued, it looks a lot like depression since our thyroid won’t function properly. Consequently, we get anxious and have low moods.

❸ **HELPS REGULATE BLOOD SUGAR:** Cortisol is responsible for metabolizing carbs, protein and fat. Your body needs cortisol to extract energy from fat stores to the tissues and organs that need it.

❹ **HAS ANTI-INFLAMMATORY PROPERTIES:** Chronic inflammation can impair your immune system and lead to more serious illnesses, like heart disease. In addition to its anti-inflammatory properties, cortisol helps regulate blood pressure.

If you’re worried about bloating or gaining weight on cortisol, you should know that this only happens when you have chronically elevated levels. It must be balanced with other hormones and dosed to optimal levels, so your provider’s experience with cortisol is important. Fortunately, the Hotze medical team has been recommending cortisol for decades, so you’re in good hands!

» **If you have questions about cortisol, please feel free to contact one of your Hotze pharmacists any time, (281) 828-9088.**

SHOP * PAMPER * EAT * DRINK * MINGLE

3RD ANNUAL

Ladies' Night
Out

OPEN HOUSE EVENT

THURSDAY, MAY 12, 4:00-7:00 PM

KATHRYN'S STORY:

ADRENAL FATIGUE AND MOTHER'S DAY MIRACLES

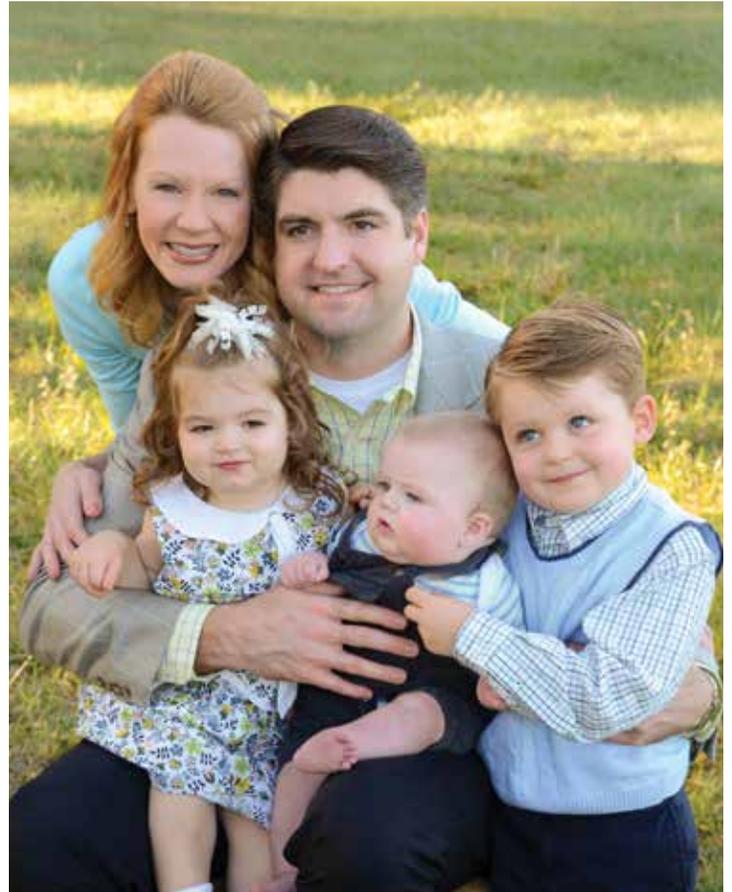
When Kathryn was only 18 years old, she went through an extremely traumatic experience.

While working as a missionary in Moscow, Russia, she and her sister were standing at a bus stop when a drunk driver hit them both. Sadly, her sister died instantly. Kathryn was fortunate to live through it, although it took years of medical treatment and rehabilitation to get back to "normal."

In addition to the physical toll that the accident took on Kathryn, she had also begun to experience many of the symptoms of hormonal imbalance. She had no energy, was waking up in the middle of the night even though she was exhausted throughout the day, and she was losing weight to the point that people thought she had an eating disorder.

Despite seeing doctor after doctor—Kathryn stopped counting at 50—and going to some of the most reputable clinics in the country, she wasn't getting any answers as to why she was plagued with these health issues. Still in her 20s, she was told she was in early menopause and would never have children. After going through so much, she had basically lost faith in doctors and decided to pursue adoption.

One day after speaking at a conference where she had almost fainted, her husband, who happened to be in Houston on business, said, "That's it. You are getting on a plane and going to see Dr. Hotze." Begrudgingly,



Kathryn came to see us. Like the other doctors she had seen, she expected us to think she was crazy.

In fact, the opposite was true. What we discovered is that Kathryn was suffering from severe adrenal fatigue, which also affected her other hormones and her thyroid function. We are happy to report that since seeing us, she has gained 20 pounds back and can sleep again. The best news of all, Kathryn didn't just become pregnant one time. Today, she is thrilled to be a mom to three beautiful children!

TEXT US!

Live texting and appointment scheduling are now available in the following departments:

AESTHETICS - 281.698.8770

FRONT OFFICE - 281.579.3600

VITAMINS - 281.646.1659

NEW GUEST SCHEDULING - 281.698.8698

For information about texting a phone nurse, email Brenda.Gonzalez@hotzehwc.com.

