

HOTZE on WELLNESS

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HEALTHY FROM
THE INSIDE OUT:

THE BEAUTY ISSUE

A LETTER FROM DR. HOTZE

Greetings! You are probably aware that thousands of books, weight loss programs and centers have been launched because of what has been a national obsession for decades. Pills, smoothies, fitness centers, plastic surgery and cosmetics are all billion dollar industries.

Vanity aside, premature aging and excess weight can cause a plethora of serious conditions such as diabetes and heart disease, chronic fatigue and many times even a shorter lifespan. As a physician who has treated thousands of patients, I can tell you that weight

gain and aging are symptoms of toxicity and imbalance.

This is the bottom line: If you can properly detoxify your body, then you will also eliminate a whole host of physical ailments including weight gain which causes your body to prematurely age.

It is ironic that with all the unprecedented access to information, Americans are heavier and unhealthier than ever before. Instead of discovering the root cause, people take drugs like diet pills or go on crash diets hoping for an instant, noticeable result. Deep down, these people know that there is no quick fix. However, they are always looking for the “next big thing” and are

willing to try it.

If you have been reading my books or listening to my radio program, **Dr. Hotze’s Wellness Revolution**, then you know that I am passionate in getting the word out that drugs do not solve anything and increase the toxic load in our bodies.

The way we age is affected by the lifestyle we choose. Think of it as a compounding effect that increases and gains momentum over time. One cigarette or one Twinkie won’t age you, however, consuming them on a regular basis over a period of time certainly will.

There was a fascinating program that aired several years ago. It focused on families who were *continued on page 3* 



SECRETS TO HEALTHY SKIN

by Debbie Janak, RN, FNP-C, Hotze Health & Wellness Center

Skin is the largest organ of the human body. It can weigh up to 10 pounds in a full-grown adult. Skin protects our internal organs and from foreign invaders like bacteria, viruses, and toxic elements. It is also an excretory organ and helps remove toxins from the body by perspiration. Most people give little thought to the importance of their skin until there is damage.

The skin consists of two primary layers: the dermis and epidermis. The dermis is the inner layer and contains blood vessels, sweat and oil glands, fat cells, nerve fibers, and hair follicles. The dermis also contains elastin and collagen, two proteins that give structure and elasticity to the skin. These proteins are subject to the aging process. The sweat and oil glands protect the outer surface of the skin called the epidermis with a thin layer of oil and sweat. The dermis is also responsible for replacing the cells of the epidermis.

Many factors affect our skin and accelerate the aging process:

- Sun exposure
- Poor diet
- Inadequate water intake
- Excess alcohol consumption
- First- or second-hand cigarette smoke
- Environmental toxins
- Lower hormone levels
- Stress
- Sleep deprivation
- Harsh soaps and detergent/alcohol based moisturizers

HEALTHY EATING

Those of us at Hotze Health & Wellness Center and our guests know about healthy eating from participating with the yeast-free diet. We are aware that

eating fresh whole foods is better than fried fast food, and we are supposed to drink half our body weight in ounces of water daily. We limit alcohol consumption. Our hormones are balanced.

SLEEP

Sleep deprivation is a little trickier. Some people work shift work. Single moms want or need a little me time after the kids are in bed and the household chores are done. Regardless, everyone needs 7 to 8 hours of sleep at night for their body to regenerate and restore itself.

TOXIC EXPOSURE

Environmental toxins are everywhere, and we should all do our best to limit exposure. Little things like not drinking from plastic bottles and avoiding harsh chemicals in the house go a long way. Being mindful of types of hand soap and lotions you are applying to the largest organ of the body.

THE SUN

Sun exposure is the hardest topic. In the past, we thought beautiful, tanned skin was a picture of health. We now know that UV exposure ages our skin faster. The face, chest, and arms are the most exposed areas of the body. There are many skin types, and darker types tend to tolerate sun exposure better than lighter skin types. Men have thicker skin compared to women due to higher testosterone levels. UV damage changes the collagen protein layer of the skin and causes the skin to be stiffer and less mobile. Sunscreen of at least SPF 15 should be used daily to protect the skin. However, using

a sunscreen can give a false sense of protection and people stay out in the sun longer than they should. Sunscreen does need to be reapplied when outside or after swimming.

HOW TO PROTECT YOUR SKIN

Vitamin C is the most valuable vitamin for the skin. It has been shown to increase collagen formation in the skin which lessens the depth of wrinkles. Cosmetic companies sometimes add vitamin C into their facial products, but the amount is variable. Hotze Pharmacy's Day Repair Cream contains vitamin C, vitamin E, squalane from olive oil, and CoQ10, and it feels like silk when applied to the facial skin. The pharmacy also compounds a Night Repair Cream and several other items as a complement.

Even with supplements and quality skin care products, sometimes we need an extra boost. This is where aesthetic care comes in. Our Hotze Aesthetics department uses the highest-quality tools on the market to restore your skin's glow and keep you looking younger. Treatments like broadband light therapy, micro needling, and even laser treatments can repair and restore your skin. Using our complexion analysis tool, our Hotze aestheticians can analyze your skin's texture, fine lines, and damage, and make recommendations specific to your individual needs.

Start today by scheduling your complimentary aesthetic consultation, **281.698.8770**, or give Hotze Pharmacy a call at **281.828.9088**.



SKIN THAT GLOWS, NATURALLY

by Kimberly Bennett, RPh, Hotze Pharmacy™

Glowing, youthful skin is something we all want year-round, right? However, in the hotter months when it becomes impossible not to sweat foundation off, what lays beneath becomes more important than ever. If you feel like your skin is not in a place where you are ready to bare all, then we have a treat for you!

The perfect skin care regimen is more than gentle cleansers and a simple moisturizer. It's important that you are also giving your skin the nutrients it needs to support cell regeneration, improve elasticity, hydrate skin, increase collagen production, and fight the aging process. This seems like a lot to expect out of skin care, but our team at Hotze Pharmacy has carefully formulated a skin care line that provides all of this and more!

Just take a look at the benefits for yourself:

Renewal Serum

- Fights aging
- Reduces appearance of fine lines
- Improves elasticity
- Promotes skin cell turnover
- Contains vitamin C, CoQ10, aloe vera, progesterone, and estriol

Eye Renewal

- Reduces puffiness and swelling
- Decreases appearance of dark circles
- Improves skin tone
- Contains vitamins K, C, and E, grape seed oil, and CoQ10

Day Repair Cream

- Hydrates skin
- Brightens age spots and discoloration
- Reduces appearance of fine lines and wrinkles
- Contains vitamins C and E, squalane, and CoQ10

Night Repair Cream

- Increases collagen
- Fights aging
- Hydrates skin
- Helps with acne and rosacea

At Hotze Pharmacy, we want you to be confident in your own skin, and our proprietary, paraben-free skin care line will help you do just that. Here's to fabulous skin!



During the month of May, you'll receive a **complimentary Soothing Skin Toner** (\$39 value) when you purchase a Renewal Package or a Repair Package.

For questions about your skin care needs or to place an order, give us a call at **281.828.9088**.

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

letting their children eat whatever junk food they wanted without any exercise. Through the miracles of computer graphics, the host of the program showed the parents on a large screen what the child would look like in middle age if they stayed on that path. Usually the parents were so shocked by the image, they immediately agreed to help their child get on a healthy program so that they would not have to suffer later in life.

How would you react if you could

see yourself in 20 years? Would you be pleased with what you saw or would you too resolve to make changes? To look at it another way, when you look at how you were 20 years ago, do you feel like you look and feel better today, or worse?

In this newsletter, you will find several ideas on how you can turn back the clock and become a younger, healthier version of yourself. Remember that while spending money on clothing and diet pills may give you a temporary lift, there is no replacing

the youthful glow and vitality from achieving health and wellness naturally from the inside.

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

Sincerely yours,

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

LINDY MELROSE: NEW LIFE AFTER INFERTILITY

I came to Hotze Health & Wellness Center when I was 32 years old, I'm now 36. My husband and I had been trying to have a baby.

When we got married, I was on birth control for one year and then got off of it. Shortly after that, I had a miscarriage and then absolutely nothing from then on, so we decided to pursue adoption. After our first adoption fell through, we moved to Texas and tried again. We were matched, but that one fell through also. During our fertility struggles, it was a really, really hard time personally, but the two of us had to hold on to each other and grew closer. We have very strong faith to lean on, as well.

When we lived in a different state, I wasn't feeling well and I went to a

to an informational seminar about Hotze Health & Wellness Center, and she suggested that they might be able to help me with my infertility. At the time, I was struggling with brain fog daily, and I just needed to get my life back, but I didn't come immediately. I was waiting tables at the time and my health just gradually got worse and worse. I can remember going to work, coming home, and lying on the couch until my next shift. If we were going to eat it's because Colt brought something home for supper. If we were going to have groceries it was because he went to the store. I literally did nothing but get dressed, work, come back and lay down on the couch.

I was not living life at all. Waiting tables and trying to remember my customers' orders was the hardest thing because I was so foggy in my head. We finally decided to come to Hotze. They knew about brain fog and there was hope we could do something about that. Just that someone else had an idea of what we could do was so encouraging.

Changing my lifestyle and taking all these vitamins, minerals and compounded hormones was a big ordeal. At one point, they told me, "I think you need to consider going gluten-free, I've been seeing some things that show that might benefit you."

My husband said if we are going to invest in this program then I want you to give 100 percent of yourself. It's important to know that

it wasn't instantaneous. It was over time. I couldn't necessarily see that because when I got frustrated about not feeling well, I would cheat here or there. My husband noticed and told me, "When you do this, you do not act the same and when you do what you are supposed to you feel better." Once I got serious about doing the program, things started changing and improving. I felt better, my energy improved and my brain fog went away.

Then in early 2014 things improved dramatically. We had just gone through a failed adoption, which was really tough and we started praying that I could carry a child but with my history, that's next to impossible.

Then, on October 10, 2014, Katy Hope was born healthy and perfect without any complications. We desired to get pregnant again quickly, and sure enough, on Katy's first birthday we found out we were expecting again. Sweet Nova Grace was just as healthy and perfect and was born on June 10, 2016; exactly 20 months to the day apart from her sister. Today we could not imagine our lives without these precious baby girls.

I was struggling with brain fog daily, and I just needed to get my life back.

doctor. At one point, I even asked if they thought something was wrong with my thyroid. They checked it and said, "No it's within range, that's fine... Just try to eat more protein, I don't know what's wrong with you." We ate protein and my husband was happy about eating all that protein, but oh my goodness. Every time I told him I didn't feel good he was like, "Eat more protein, I guess, eat more protein."

When we moved to Texas my friend recommended y'all. She invited me





TOP 3 TOOLS TO ADD TO YOUR SUMMER SLIM DOWN ARSENAL

by Krystal Hammett, Certified Holistic Nutritionist, Hotze Vitamins®

Can you believe summer is right around the corner? You know what that means...the 3 S's: swimming pools, summer vacations, and swim suits! So, as your nutritionist, I thought it would be appropriate for me to share my **Top 3 Tools to Add to Your Summer-Slim-Down Arsenal!**

1. INCREASE PROTEIN

When it comes to losing weight and being able to stick to a healthy diet, protein is the king of nutrients. Consuming at least 20 grams of protein with each meal may be the simplest, most effective way to lose weight with minimal effort.

Studies show that protein both increases your metabolic rate and helps reduce appetite. In fact, one study showed that people who ate 30% of calories from protein automatically ate 441 fewer calories per day!

An easy way to pack in that extra

protein is to supplement with a quality protein powder such as our Vanilla or Chocolate Pea Protein.

2. EAT FAT!

Yes, you read that correctly, *eat fat to lose fat!* Hopefully, I am not the first person to tell you this, and I will not be the last!

The universal advice to eat a low-fat diet was never based on good science. It was originally based on a few poorly conducted observational studies, animal experiments and misguided political decisions.

It has never been proven that saturated fat caused heart disease. Sadly, as a result of eliminating fat from the diet, rates of obesity, Alzheimer's, dementia and type 2 diabetes have skyrocketed.

So increase your fat consumption by adding both short and medium chain triglycerides to your diet. Arguably the very best medium chain triglyceride

is coconut oil. This creamy goodness provides wonderful nutrients to your brain and body while boosting your metabolism, reducing your appetite and burning belly fat! Consume two tablespoons per day by adding it to your morning coffee or smoothie, baking and cooking with it, or just eating it right off the spoon!

3. SUPPLEMENT FOR GREATER SUCCESS

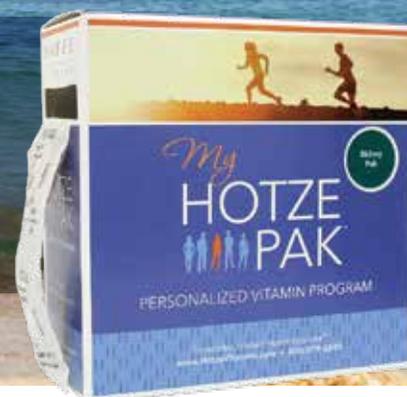
Get more benefit from your dieting efforts by complementing with high-quality nutrients such as those found in Dr. Hotze's SkinnyPak Plus. These convenient packs have been designed to help boost your metabolism, curb sugar and carbohydrate cravings and promote fat loss and detoxification.

For other tips and tricks to get in shape for summer, or with questions about your nutritional needs, give me a call at **281.646.1659**.

Dr. Hotze's SkinnyPak Plus includes:

- Green Coffee Bean Extract
- Bodyworks Plus by Dr. Hotze™ with *Garcinia Cambogia*
- European Alpha Lipoic Acid
- Chromium Chelate
- Detox Formula by Dr. Hotze™
- Fiber Blend

Call us at **281.646.1659** to learn more about the Skinny Pak Plus, or place your order online at **hotzevitamins.com!**





Stop the clock ON AGING SKIN.

Only **Forever Young BBL** is clinically proven to fight the aging process at a deeper level.

- Fast, easy, noninvasive procedure with no downtime
- Immediate improvement in skin discoloration, tone and texture
- Appropriate for all ages looking to improve and maintain the look of young, healthy skin
- A recent study showed patients can keep their skin looking 10 to 12 years younger.

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May!

Call **(281) 698-8770**
or visit
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to get started.



photos courtesy
of Patrick Bitter, Jr.
MD, FAAD

H O T Z E

A E S T H E T I C S

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IMPACT STORY: *Nicaragua*

"Our situation with the consumption of water has been very difficult since we did not have a source of clean water, only wells dug by hand and with our own resources and efforts," stated 33-year-old Pastor Carlos Moran. "We are well aware that the underground waters of our wells are contaminated with different things, [such as] the pesticides that big farmers use in sugarcane plantations. Our community is surrounded by sugarcane plantations. As our wells are exposed to the open air, many pollutants and animals fall in the water, like frogs, dust, pesticides that smoke in the air, rats, and small birds. All those things we have found in our wells. **We tried to keep them clean, but it was not enough. Many diseases attack us because of our open wells**, such as diarrhea, intestinal infections, kidney stones, elevated creatinine, respiratory infections, parasites and others. Sometimes if we want to consume clean water, we have to walk at least two miles and [carry] buckets all that distance, or the other option is to buy clean water in the city and transfer it to our homes, but that requires **money. Now everything is going to change.** We are very happy to have this great blessing sent by our Lord Jesus. We will have healthier lives and greater longevity. We will not spend [money] to go and buy water to the city or walk great distances in search of this vital liquid. We thank every person who has stripped themselves of their strength, money, and other things to come and leave this valuable resource in our community. God bless [you] in an extraordinary way."

"But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the coming ages he might show the immeasurable riches of his grace in kindness towards us in Christ Jesus."
Ephesians 2:4-7, ESV



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BBL AND THE FOUNTAIN OF YOUTH

by Brittney Wranik, Hotze Aesthetics

Would you like younger, healthier looking skin with less brown spots, fine lines, and redness? Would you like the freedom to wear less makeup while maintaining an even and glowing complexion? Would you like to slow down and even reverse the process of aging? If so, our Forever Young BBL treatment may be just the solution you need!

What is BBL?

BBL stands for Broadband Light. Unlike laser treatments, this is a light spectrum that is used to treat the skin with *no downtime*. When applied with proper technique BBL offers corrective, regenerative and preventative properties. When superficial sun damage, brown spots, redness and broken capillaries are present, BBL is absorbed into the extra melanin and hemoglobin in these areas to reduce and remove this damage. While being absorbed into the cells, BBL is simultaneously regenerating collagen and elasticity in the skin. Furthermore, on the microscopic level BBL is also altering the expression of genes in the skin cells to reverse and prevent the aging process!

What will BBL improve?

BBL removes unwanted brown spots, sun damage, fine lines, broken capillaries, flushing, rosacea and even

restores elasticity. Removing these blemishes and impurities smoothes the complexion and allows it to be more reflective which in turn restores a youthful glow. Most of the guests we treat are complimented on the bright and healthy appearance of their skin without anyone noticing that they've had a cosmetic procedure. Our long term guests often hear that they look younger and younger each time they see distant acquaintances, family or friends. This is because BBL literally reverses the appearance of aging as it diminishes fine lines and restores volume to the skin.

What is the treatment like?

This treatment can vary slightly for everyone. In general, however, the treatment process is as follows. Your skin is numbed with a Hotze Pharmacy-compounded lidocaine numbing gel for 20-30 minutes before the procedure. Once the skin is cleansed and disinfected, ultrasound numbing gel is applied to the treatment area to protect the epidermis of the skin, and steel goggles are used to protect your eyes. During the treatment, light is applied in "pulses" which to you will look like a bright flash and feel like a warm-hot snapping sensation. Afterward, you may feel a mild sunburn sensation and have some redness that can be covered

immediately with makeup. The whole procedure—including paperwork, numbing, cleansing, treatment and aftercare instruction— is typically finished within 1.5 hours if treating one area.

What does the research show?

BBL is clinically proven to fight the aging process of your skin by altering the expression of genes for more youthful, healthy skin. As you age, certain genes within your cells begin to express themselves differently than when you were younger – imagine young genes "turning off" and old genes "turning on." When BBL is applied correctly this process is reversed! This was proven in a 10-year clinical study done with Stanford University, one of the longest skin care studies ever conducted. The study found that BBL turns off genes associated with aging while turning on youthful genes that were previously active when you were young. As a result, new skin cells are programmed to look and act younger, and you can naturally create more kinds of proteins and building blocks for healthy skin. A picture is worth a thousand words, so check out the amazing before-after pictures below to see for yourself.

If you're ready to turn off the aging gene and start looking younger, call us today at **281.698.8770**.

BEFORE: AGE 58

AFTER: AGE 67



BEFORE: AGE 61

AFTER: AGE 71



BEFORE: AGE 58

AFTER: AGE 67

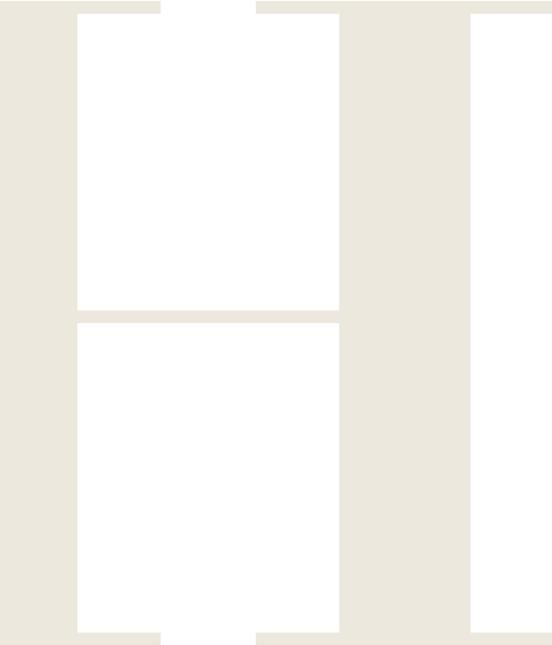


photos courtesy of Patrick Bitter, Jr. MD, FAAD

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



..... 4th Annual

LADIES' NIGHT OUT

.....
Open House Event

Grab your girlfriends & join us!

Thursday, May 11, 4:00–7:00 pm at Hotze Health & Wellness Center