

HOTZE on WELLNESS

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A LETTER FROM DR. HOTZE

Guest Joy Hall and Dr. Hotze

Greetings to you and your family! With this letter I want to wish all the mothers a very happy Mother's Day. Mothers have a tremendous responsibility in taking care of everyone in the family and we are grateful for their love and dedication.

My mother, Margaret Hotze, taught me to never follow the herd which led me to where I am today. It is because of her wisdom that I learned to think

outside of the box and take a natural approach to medicine.

In honor of Mother's Day, I want to share with you the important role that progesterone plays in women's health. Whether you are a young lady in your teens or twenties, a mom, an aunt or grandmother, progesterone is crucial at all stages of your life.

Having a progesterone deficiency can

cause symptoms such as PMS, painful, heavy periods, restless sleep, infertility, anxiety, fluid retention, brain fog, depressed moods or migraines, and this can start the moment you have your first menstrual cycle. When your progesterone levels are optimal and in balance, then your negative health symptoms go away. You will be amazed when you find out about these key health benefits of progesterone.

10 Reasons Why Progesterone Is a "Must Have" for Achieving Great Health:

- 1. Fertility/Pregnancy:** Progesterone promotes survival of the embryo and fetus throughout pregnancy. Progesterone deficiency can lead to miscarriage.
- 2. PMS:** Progesterone relieves the symptoms of premenstrual syndrome and regulates

the menstrual cycle. Research shows that progesterone therapy for PMS resulted in much lower depression, irritability, anxiety, mood swings, abdominal bloating, sleeplessness, and breast tenderness.

- 3. Cancer Prevention:** Progesterone protects

against endometrial and breast cancer. The 1981 Johns Hopkins study found that infertile women with progesterone deficiency had a premenopausal breast cancer risk that was 540% greater than that of women without *continued on page 4*



FOUR ROADBLOCKS TO FERTILITY AND PREGNANCY

by Angelica Clark, PA-C, Hotze Health & Wellness Center

As Mother's Day approaches, I would like to discuss some common issues that women face: difficulty with fertility and pregnancy. As a mother and as a person who struggled with fertility and miscarriage myself, all I can say is that being a mother is the best gift God has ever given me. The Bible says that children are the inheritance of the Lord and it is indeed!

I would like to share some roadblocks that can compromise your fertility and keep you from enjoying pregnancy:

1. Weakened immune system

This may be due to chronic airborne allergies, chronic stress, undiagnosed food allergies and sensitivity, leaky gut, undiagnosed Lyme or Epstein-Bar virus, parasitic infections, etc. Be sure to take a daily multivitamin and antioxidants. Increase your dietary intake of dark fruits and vegetables. Your baby is a foreign body initially and your body may reject it; therefore, be sure to support your immune system before trying to get pregnant.

2. Suboptimal thyroid function

Many patients may present with low thyroid symptoms but according to lab ranges, they fall into the normal range even though they may have all the classical symptoms of low thyroid. Our

team of health care providers are trained to diagnose and treat not based solely on labs, and we use the clinical history and exam to aid in the diagnosis. If your thyroid function is suboptimal, this will likely be a roadblock for fertility. Also, it has been well documented that once you become pregnant, your thyroid demand may increase, so be sure to work closely with your provider.

3. Low progesterone level

This is a common hidden cause of miscarriage. If your progesterone level drops early on during pregnancy, you may end up losing the baby. In most women, as they approach mid 30's, their progesterone levels start to decline steadily. If you have had a hard time getting pregnant, or have struggled to carry on a pregnancy, please be sure to talk to your provider in order to assess your hormones and ensure your levels are optimized to promote a healthy pregnancy. There is an herb OTC that can be used to help support progesterone if your health care provider is not willing to work with you, and this is called Chaste berry or Vitex. You may contact your provider or Hotze Vitamins for recommendations and dosing. Progesterone will not only help you with carrying the pregnancy, but will help you with your mood,

helping you to be more patient, calmer and have more restful sleep. You will likely be taking progesterone every month from days 15 to your next period and once pregnant until the end of your first trimester when the placenta takes over the production of progesterone. By promoting a better quality of sleep, progesterone will help you rest – nesting preparation.

4. Nutrition

One helpful tool that we provide to our guests is a test called the Micronutrient test. This test gives you an idea of intracellular needs or deficiency of nutrients. After I had a miscarriage, I did this test and I learned then that my zinc and B vitamins were depleted - this is a common cause of chromosomal abnormalities/genetic defects. Be sure to follow a whole food diet, and avoid grains and processed foods. Eat closely to a Paleo diet. Avoid farm raised fish – make sure it is always wild caught and preferably organic when possible. Nuts and seeds provide magnesium and good fats. Be sure to take a multivitamin, vitamin D, magnesium, iron, iodine, omega 3s and probiotics at least months before pregnancy, as this will optimize your nutrition and outcome. Best wishes to you and Happy Mother's Day!



WHY YOU SHOULD USE ALUMINUM-FREE DEODORANT

by Lucia McEntee, RPh, Hotze Pharmacy

Spring is here, the weather is warming up and you are ready to get outside and have some fun!

As women, we always want to look and feel our best, and that includes smelling fresh and clean. No one likes to deal with unpleasant underarm odor, and choosing the right deodorant is important because it can affect your health.

Aluminum in Deodorants and Antiperspirants

Deodorants allow you to perspire, but block odor by killing the bacteria that causes the odor. Antiperspirants prevent the natural process of perspiration from occurring by plugging up the sweat ducts. Aluminum compounds have been used commercially in antiperspirants since as early as 1903. Many deodorants and antiperspirants contain aluminum, which is absorbed through the skin. Aluminum is a known neurotoxin, a poison that acts on the nervous system, that has been linked to several serious health problems. Deodorants and antiperspirants often contain other harmful chemicals, as well, such as parabens, triclosan, propylene glycol, and phthalates.

Aluminum Increases Breast Cancer Risk

Because underarm antiperspirants and deodorants are applied near the breast, they can increase your risk of breast cancer. Harmful ingredients such as aluminum are known to accumulate in the breast tissue.

Dangers of Aluminum

Aluminum also accumulates in the

kidneys, brain, lungs, liver and thyroid where it competes with calcium for absorption and can affect skeletal mineralization. In infants, this can slow growth. Aluminum attacks your central nervous system. Studies show that toxic metals contribute to brain diseases by producing oxidative stress, and aluminum is one of the worst offenders. Aluminum is linked to degenerative brain diseases.

Aluminum has been associated with:

- Breast Cancer
- Alzheimer's Disease
- Parkinson's Disease
- Bone Disorders
- Kidney Problems

Aluminum is also found in many other products such as cookware, soda cans, toothpaste, nasal sprays, dental amalgams, cigarette filters, pesticides and aluminum foil. It is used in vaccines, antacids, aspirin, and over-the-counter and prescription medications such as pain killers and anti-diarrhea medicines. Aluminum is also found in food additives added to foods such as processed cheese, table salt, baking powders, pickles, bleached flour, prepared dough, cake mixes, non-dairy creamers, vanilla powders and some donuts and waffles. Milk formulas for babies can contain up to four hundred times more aluminum than breast milk. This overwhelming infestation of aluminum means that your risk of exposure is high, so it is important to be aware of the ingredients in the products and foods you consume so that you can avoid aluminum.

New Hotze Aluminum-Free Deodorant

We have great news! Hotze Pharmacy has developed an aluminum-free, scent-free deodorant that is free of harmful chemicals. This proprietary formula was developed to naturally protect against unpleasant odor under the arm, as well as help to prevent irritation caused by commercially-available deodorants and antiperspirants. It is free of aluminum, phthalates, parabens, propylene-glycol and baking soda. It's great for busy moms on-the-go!

Hotze Natural Deodorant Has Only 2 Ingredients:

- **Magnesium Hydroxide-** Neutralizes the carboxylic acid released by the sweat glands.
- **Colloidal Silver** – Decreases potential bacterial growth in the underarm area.

Always read your labels so that you can avoid personal care products containing aluminum and other harmful chemicals. Call Hotze Pharmacy at **281-828-9088** to order your aluminum-free deodorant today!

Get \$5 off

the New Hotze Aluminum-Free Deodorant during the month of May

Get 20% off

all Skin Care during the month of May



ENERGY FOR MOM

by Tressa Knapp, Certified Holistic Nutritionist

Thank goodness for great moms! Many of us have one and aspire to be one. Our desire for greatness propels us moms to always want to do more for our kids and our families. We want to teach them the most important lessons. We want to talk to them about the important issues in life and tell them we love them endlessly. We want to give the most memorable birthday parties and be at all the social events. We want to be there for the kids when they are sick and also when they score the winning goal. We are our kids' greatest cheerleader and biggest fan. Great moms do it all.

Being a great mom takes A LOT of energy. We aren't just trying to wake up on time. Our work fuels the hopes and dreams of the future. We put a lot upon ourselves. Unfortunately, we can get burned out when we don't have sufficient energy to get the things done that we want to do. Moms are doers, but when low energy takes over, mom isn't herself. She may eventually get frustrated

or depressed. However, what if mom did have more energy to check off more things on the to-do list? Getting things done gives mom an important sense of accomplishment and helps her feel great about herself. We have good news: Dr. Hotze's PowerPak is perfect for giving busy moms the energy they need to check the important boxes.

Dr. Hotze's PowerPak is designed to provide a healthy dose of steady energy throughout the day. Each box contains 60 individual packets of high quality vitamins and supplements. Take one packet a day with breakfast or lunch. Each packet contains a full B-complex within Dr. Hotze's Energy Formula Multi-Vitamin. B vitamins help lower stress and help cells create energy. The L-Carnitine in the packet helps convert fat and sugars into energy. Any mom would love to hear that one. The CoQ10 is a superpower fuel to the mitochondria, which is the part of the cell that creates energy. CoQ10 is

also a strong antioxidant helping protect mom from cancer causing toxins and chemicals. Each packet also contains 1,000mg of Vitamin C which boosts the adrenal glands and supports stable energy throughout the day.

Dr. Hotze's PowerPak is the perfect energy supplement for Mom, not just because it is safe and effective, but also because it's quick and easy. No pillbox needed. Mom can toss a packet in her purse and be set to get on with the day. Let the checking of the to-do list begin! Each dose of Dr. Hotze's PowerPak is equivalent to a tabletop full of healthy fruits, veggies, fish and other nutritious foods. This year, give mom the awesome nutrition she needs to be an awesome mom. Give your favorite mom Dr. Hotze's PowerPak.



Save 15% on your order of the PowerPak during May!

Visit hotzevitamins.com or call **(281) 646-1659** to order. Use Promo Code PPAK15 at checkout.

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

a progesterone deficiency. They also had a 1,000% greater risk of death from all types of cancer. Research shows that progesterone suppressed the cells from spreading and induced cell death in malignant mesothelioma cancer cells and that it also can inhibit growth and cause cell death in breast cancer cells.

- 4. Thyroid Function:** Progesterone promotes assimilation of thyroid hormone into the cells, which allows your thyroid to work properly.
- 5. Bone Health:** Progesterone promotes bone building and is effective in preventing and reversing osteoporosis.

- 6. Sleep:** Progesterone has a calming, sedative and anti-anxiety effect that helps promote sound sleep. Studies show that decreases in progesterone levels can cause disturbed sleep and sleep apnea.
- 7. Weight Gain:** Progesterone relieves fluid retention caused by an imbalance of estrogen and progesterone. Research demonstrates that female obesity and a higher body weight is linked to a progesterone deficiency.
- 8. Brain Healing:** Progesterone reduces swelling and improves mental clarity after a traumatic brain injury. Progesterone is

now being studied as a neuroprotective and neuroregenerative agent in stroke and traumatic brain injuries. Progesterone treatments improve memory retention.

- 9. Moods, Anxiety, and Depression:** Progesterone enhances mood and relieves anxiety. It also relieves postpartum depression, which is caused by the drastic drop in progesterone after childbirth.
- 10. Migraines and Headaches:** Progesterone relieves headaches and migraines. A high percentage of migraines in women is closely related to the menstrual cycle. Progesterone decline can trigger this type of headache.

Mothers, daughters, after reading this letter, if you feel that you or someone you love would benefit from bioidentical progesterone, then please

call us today at 281-579-3600. It would be a privilege to serve you!

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

Committed to your health success,

Steven F. Hotze, M.D., CEO



3 WAYS TO GAIN CONTROL BACK WITH YOUR HEALTH

by Erica Torres-Dudziak, Certified Life Mastery Consultant & Success Coach

This is a call out to those of you that are hard working, always busy, and consider yourself a Type A personality. You feel this internal drive in you to go-go-go, get things accomplished, and stay on top of it all. I know the feeling, those are traits with which I can identify, too! I want you to do a check in with yourself right now...how is your health? Are you feeling burned out?

There was an 8½ year longitudinal study done by two cardiologists, Friedman & Rosenman, in 1976 to test their hypothesis that being a Type A personality could predict incidences of heart disease. They found that more than twice as many people classified as Type A developed coronary heart disease. By the end of the 8½ year study, 70% of those studied that developed coronary heart disease were Type A personalities. Now, this study was done with all men, but we can learn that the behaviors that accompany individuals considered Type A such as a high sense of urgency, difficulty sitting still, competitive, and an affinity to hostility or aggressiveness, can lead to higher amounts of stress.

How one copes with stress is one of the main factors leading to coronary heart disease. Most of us who are on-the-go and always staying busy aren't doing a whole lot of self-care. Your days can be spent working, taking care of your family, and tending to many other people and things except for yourself.

I want to share with you 3 of the quickest ways you can gain back control over your health:

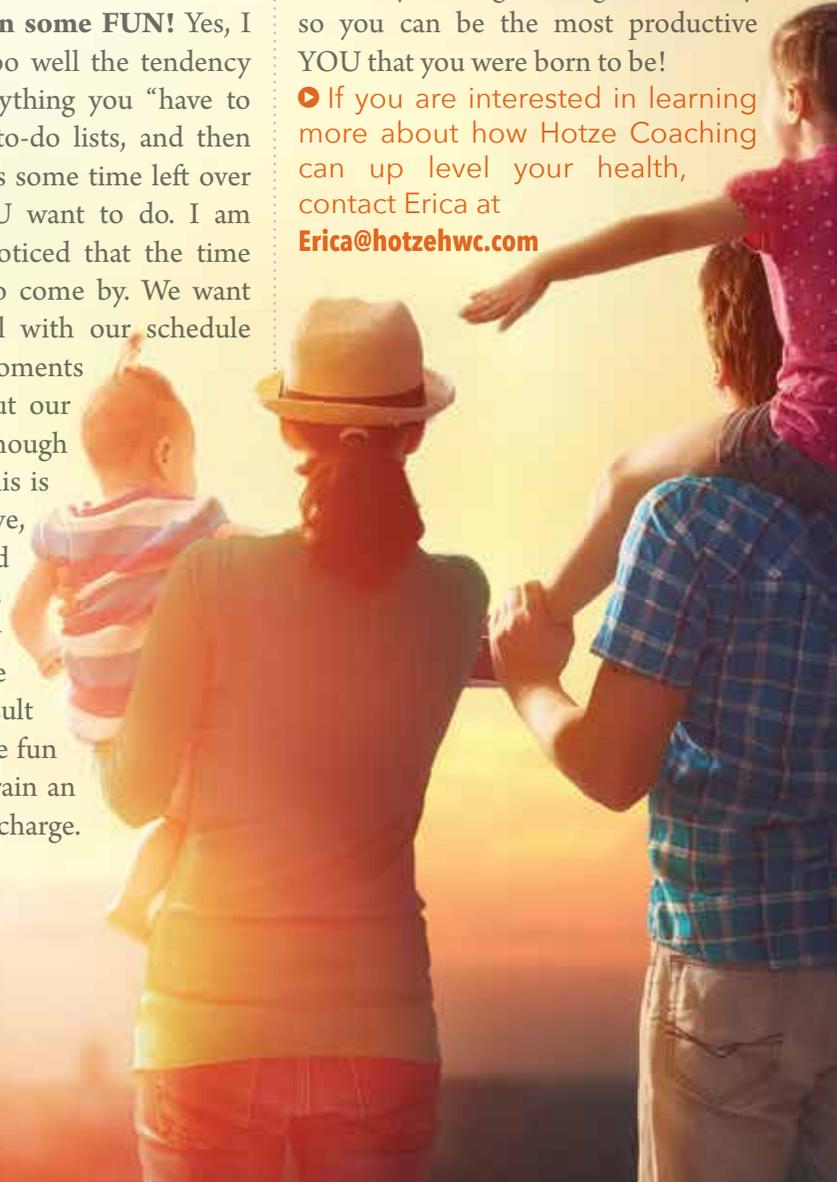
1 Since you have been wired to stay in “activity” mode for so many years, it is unnatural for you to think about taking a moment to rest, refresh, or reflect. Your energy reserve is not limitless, so respect it! On your calendar with your phone, computer, or paper planner, **schedule in time for you to rejuvenate.** This can be a couple of 15 minute breaks throughout the day to pray, meditate, take a light walk outside, or just sit surrounded by some beautiful scenery.

2 **Schedule in some FUN!** Yes, I know all too well the tendency to schedule everything you “have to do,” all of your to-do lists, and then hope that there is some time left over to do what YOU want to do. I am sure you have noticed that the time for you is rare to come by. We want to be intentional with our schedule and plan for moments of fun throughout our week. Even though you may think this is counterproductive, I have experienced many people's businesses grow or become more profitable as a result of adding in some fun and giving the brain an opportunity to recharge.

3 **Evaluate your boundaries.** Are you saying YES to everyone and everything and being pulled in many directions? The only one who can change that is you. I understand the feeling of wanting to help everyone, but there is not much you can do when you are on empty. When we are drained, our productivity suffers, our ability to make decisions is compromised, and our ideas are not as inspiring!

These are 3 easy ways to help your brain and body recharge throughout the day so you can be the most productive YOU that you were born to be!

👉 If you are interested in learning more about how Hotze Coaching can up level your health, contact Erica at Erica@hotzehwc.com



JOY HALL: LOST 20 POUNDS AND FEELS FABULOUS

For several years a wellness program was on my wish list, but I never took action to claim my health. In 2004 my true love was diagnosed with brain cancer when I was 8 months pregnant. Life went from utter bliss to a tumultuous string of events. A birth, career change, cross-country move and new job occurred within a short period. Long-term caregiving for an infant and terminally ill partner had exacerbated my system. When I was flying home from my husband's memorial service in 2007, I saw a Hotze Health & Wellness Center (HHWC) ad in an airline magazine.

As an only parent to my daughter now, it was my responsibility to address my health. In 1996, I was diagnosed with macrocytic red blood cell indices, a condition caused by a vitamin B-12 deficiency, folate deficiency and hypothyroidism. It causes respiratory issues where I feel starved of oxygen and unable to catch my breath. The hypothyroidism caused extreme hair loss, itchy skin, weight gain, fatigue, brain fog and sleeplessness. I decided to reclaim my health by logging onto the HHWC website, listening to the

guest testimonials and immediately making an appointment. Although my hematologist performed routine bloodwork to monitor my condition, I sought an integrative health and wellness plan that HHWC offered. During my first visit, it was evident that the doctors and staff really cared about improving the lives of their patients!

My wellness program began with bioidentical hormones, and within one month, my energy levels catapulted and my symptoms were alleviated. Two months later, I began the yeast-free eating program and lost 20 lbs. at month four. I slept soundly, my gut health improved, and my hair stylist mentioned that my hair was "sprouting". When I went from size 10 to 6, people began commenting on my visibly measurable results.

After 10 years of bioidentical hormones and yeast-free eating, some of my symptoms returned when menopause began. I consulted my doctor who quickly remedied the issue by adjusting my hormone and

supplement dosages. I also took a Spectra micronutrient test which is a comprehensive nutritional analysis to measure functional deficiencies at the cellular level. It assessed how well my body utilizes 33 vitamins, minerals, amino acids, fatty acids, antioxidants, and metabolites. After adding vitamin D and a detoxification program, it led to one of the best blood results I've had in the past 3 years.

HHWC has greatly enriched my life. It's not a quick-fix miracle cure, you must live it and embed it into your lifestyle. It requires knowledge, desire, planning, diligence and commitment, and your choices determine your success. If you want to feel just as fabulous, claim your health by calling HHWC!

"WHEN I WENT FROM SIZE 10 TO 6, PEOPLE BEGAN COMMENTING ON MY VISIBLY MEASURABLE RESULTS."



INTRODUCING OUR NEW AESTHETICIAN

& Metabolic Peels!



Welcome the newest addition to our Hotze family, Ms. Donna Valdez! Donna is a Licensed Medical Aesthetician and Certified Laser Technician.

She has been in the industry for over 5 years and is extremely passionate about aesthetics. Donna specializes in natural and medical grade facial procedures, metabolic peels and non-invasive aesthetics procedures. She is our "facial guru" for all your skin care needs!

Donna brings an extensive list of credentials, experience and brand new services to our center. Along with Donna, we are so excited to introduce our new metabolic peels and renovated facial menu! Metabolic peels are revolutionizing skin care and the way we treat sun damage, pigmentation,

acne, and overall skin health. Unlike traditional chemical peels that use acids and synthetic chemicals to exfoliate and resurface, a metabolic peel uses plant-based ingredients to stimulate renewal from the inside out. This process avoids compromising your skin's natural process of repair and renewal allowing us to work with the skin rather than against it.

Traditional chemical peels are harsh and aim to annihilate the skin through aggressive exfoliation and resurfacing. While they do encourage cellular renewal and correction, they unnecessarily expose you to harmful chemicals, intense discomfort and extensive peeling. Alternatively, metabolic peels naturally and effectively nourish the skin while ridding it of impurities and damage. They provide the best of both worlds, skin renewal with natural organic enzymes, plant based acids, and formulas 10 times richer in micronutrients than any other line on the market. Metabolic peels will not only provide better results, you

also avoid the unnecessary wounding, down-time and aggressive peeling associated with traditional chemical peels. These peels are the perfect add-on to our signature corrective or restorative facials.

Our new facials are tailored and customized for you! They address even the most problematic skin including cystic acne, milia, clogged pores, uneven skin tone, coarse texture and advanced signs of aging. Many people have claimed to have tried everything but still complain that their skin is still not where they would like it to be, but we assure you we can address even the most problematic skin, utilizing natural non-invasive procedures, metabolic peels and clinically organic based ingredients. We have the perfect solution for you or anyone who is looking to get their skin back on the path of health and wellness, naturally.

► Call to schedule your appointment today at **(281) 698-8770!**

Our "Today Peel" is our Pomegranate Peel:

- gentle, antioxidant, fruit enzyme based exfoliating treatment
- leaves skin glowing
- can have it any day on the spot
- no prep time required

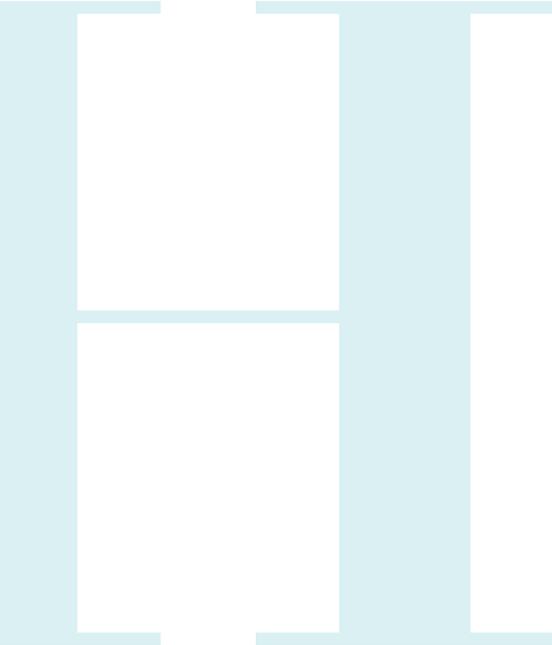
TREAT YOURSELF
THIS MOTHER'S DAY!

Buy One

"Today Peel"

& Get One free!

OFFER VALID MAY 1-31, 2018.



WATER ACCESS *Eases Mothers' Burdens*

For the 22 households in Reparto Belen, Nicaragua, the water crisis was a severe daily reality. The entire community used a series of hand-dug wells exposed to the elements and unsafe to drink from. Many of these wells were shallow troughs filled with water from a public tap stand. However, the water that supplied the tap stand was unsafe for consumption because it was rife with chemicals. Plus, when it was stored in the troughs, it was quickly contaminated and grew algae. The community members had no option but to drink this unsafe water. They frequently contracted kidney infections, dysentery, respiratory illnesses, skin rashes, and other waterborne illnesses. Mothers in the community took turns preparing school lunches, and when they were ill due to unsafe water, the efficiency of this system was compromised.

The Living Water staff came to the community along with a Living Water Trips team and set to

work on the project. Community members were welcoming and thankful to host a team of people who clearly embodied the love of God. When the drilling team reached a safe water aquifer at 43 meters, everyone rejoiced at the sight of water flowing from the earth. The team flushed out the borehole, installed PVC casing material, a gravel pack, and the Afridev hand pump to complete the well. Community members took turns pumping safe water for the first time. Their water crisis was over!

Lesbia Cortez, a 35-year-old mother, expressed her point of view about the well project. "In our community the problem that we [had] with water was the terrible public water service that affected everyone. For a week, we would wait for the water to come out of the pipe. It would normally be late at night and just once a week for a couple hours during the day. We have to wait for

the water, hoping to have enough to use for our food and our chores."

"The Living Water well will benefit to the whole community, because this water is free [of contaminants] and safe and pure. We are going to avoid getting sick. From now on, we are going to have a better life and health. We don't have to walk long distances to get water. This community is really thankful for the great blessing of this fountain of water available to us now."



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

