

WHAT'S
NEW AT
HOTZE:

May is NATIONAL
OSTEOPOROSIS
MONTH

Osteoporosis is a potentially crippling disease that affects over 75 million people worldwide.

A bone density test measures the health of bones and is non-invasive, painless and takes 10 minutes.

Visit our website for more information!

HOTZE on WELLNESS

May 2019

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HAPPY
MOTHER'S
Day

A LETTER FROM DR. HOTZE

The Wellness Revolution continues to advance. It has empowered you, and millions of others, to take charge of your health, naturally, without the use of pharmaceutical drugs, so that as you mature, you will be brimming with energy, full of vitality and enthusiastic about your life.

The Hotze Health & Wellness Center has been leading this Wellness Revolution since 1989. We celebrate our 30th anniversary this July. Over this time span we have helped change the way women and men are treated through an optimal healthy eating plan, replenishment of hormonal decline, vitamin and mineral supplementation, allergy treatment when indicated and an exercise program. I believe that you deserve to have a doctor and a team of professionals who are well-trained to coach you onto a path of health and wellness, naturally, so that you can enjoy a life-changing health transformation.

My team and I have set an audacious goal to train 3,000 physicians in our medical and business protocols, so that they can help transform the lives of 3 million patients, by enabling them to restore their health. I would like you to join our

efforts by spreading the message of the Wellness Revolution to your family members, friends and associates who need to do a 180 and take charge of their health. Every person counts, and every person whose life is transformed can make a positive impact and leave a legacy for others. We need to be healthy so that we have the energy and determination to restore our nation to its Godly heritage.

You can easily share our information by having them call us at 281-698-8698, or you can provide us with their information and we will be more than happy to schedule a complimentary consultation for them.

Thank you for being part of our mission and vision.

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



BENEFITS OF L.D.A.

(LOW DOSE ALLERGEN IMMUNOTHERAPY)

by Ron Parker, PA, Hotze Health & Wellness Center

We are all excited to announce the new immunotherapy we have to offer at Hotze Health & Wellness Center. It is called LDA (low dose allergen immunotherapy) and involves using a wide variety of allergens for desensitization (over 300), as compared to conventional immunotherapy like allergy shots or drops that only treat about 20-40 allergens. Most people respond much better to this broader coverage of treatment. Also, it is enzyme potentiated which increases the immunizing effects of the allergens. The enzyme, beta-glucuronidase, is added to the allergens just prior to taking the treatment.

The treatment is convenient and only takes a few minutes. One to three small intradermal injections are given on the inside of the forearm, like a small allergy test. The injections are given every ten to twelve weeks during the first year and less often in year two. After the first six to ten doses, some patients will only need two to three doses a year. Some can even drop to one dose a year. About half of the patients treated can stop entirely for five to ten years without symptom increase.

LDA is also much safer than other immunotherapy treatments. There has never been a fatal or life-threatening systemic reaction to LDA treatment. The dose is so low that life-threatening reactions do not occur. We still take precautions, however, and you will have to remain in the office for thirty minutes after each treatment.

With LDA, you will be able to treat for inhalant allergy, food allergy, and chemical sensitivity, with one injection for each category. Children will benefit greatly. Things like eczema, asthma, and recurrent ear infections respond well to LDA.

A few other things that are routinely treated with LDA are perennial nasal allergy, seasonal nasal allergy, recurrent sinus infections, chronic coughing, gas, belching, bloating, diarrhea, irritable bowel syndrome, chronic fatigue syndrome, interstitial cystitis, Candida, migraine, and food sensitivity. This is not the entire list, but as you can see, the scope of treatment is quite large.

If you have any of the above symptoms or conditions, you should consider taking LDA treatment at the Hotze Health & Wellness Center. Remember, you do not have to live with these problems and you can live a better quality of life with the proper treatment.

If you have taken allergy shots or allergy drops in the past and it did not work well for you, then you should try LDA, which traditionally has been reserved for people that other types of immunotherapy have not worked for.

■ **Want to learn more? Call us today at 281-579-3600.**





SPRING CLEANING TO ELIMINATE ALLERGENS

by Jackie Martinez, Certified Holistic Nutritionist, and Jessica Ingram, Vitamin Consultant, Hotze Vitamins®

Are you still sneezing, coughing and dealing with sinus drainage? Many of us are, especially in Texas, since it's been an especially significant allergy season. Allergens are mostly outside, but did you know that cleaning the inside of your house can help reduce allergy symptoms? Dust, pollen and all kinds of allergens can easily make their way inside your house and stay there... until you take them out! Here are a few spring cleaning tips for you:

1.

Change your air conditioning filter. Did you know your air filter should be changed every 3-4 months? If you have pets, then every 2 months.

2.

Clean all air vents of dust and mold.

3.

Dust thoroughly, starting with the ceiling and corners of walls, and ending with the floor. Use a natural cleaner like Mrs. Meyer's and a microfiber cloth. Wear a face mask to keep from breathing it all in as you clean.

4.

Purchase an **air purifier** for each major room, which can help filter out chemicals, as well as allergens. For the first day or two, leave it on high, especially if you have pets.

Spring cleaning is fun and therapeutic, and it can help reduce those annoying allergy symptoms. Don't forget to take your **Vitamin C**—it's a natural antihistamine. Happy cleaning!

Spring clean your house, spring clean your body!

GET 15% off

your purchase of **Detox Formula** during the month of May. Use Promo Code DTF15 at checkout. Visit hotzevitamins.com or call **(281) 646-1659** to order.



IS YEAST OVERGROWTH CAUSING YOUR ALLERGIES?

by Lucia McEntee, RPh, Physicians Preference Pharmacy

Did you know that yeast overgrowth, or Candida, can lead to allergies? When yeast grows out of control in your gastrointestinal (GI) tract, it weakens your immune system, making you more reactive to allergies and more susceptible to infections. Yeast overgrowth can result in a cough, post-nasal drip, congestion, sinus infections, food sensitivities and general flu-like symptoms.

If you have ever taken an antibiotic, eaten antibiotic-injected meat or dairy products, or taken birth control pills or steroids, then you are susceptible to yeast overgrowth. Antibiotics destroy good bacteria along with the bad, leaving you defenseless and open to more infections. Unfortunately, antibiotics do not kill yeast, so it is allowed to proliferate. The yeast causes tiny holes in your intestines, called Leaky Gut, which allows yeast and other toxins to enter your bloodstream and impair immunity.

If you suffer from allergies, as well as persistent symptoms such as bloating, belching, gas, constipation, heartburn, indigestion and yeast infections, then you very well could have yeast overgrowth. At the Hotze Health & Wellness Center, we believe in solving the underlying cause of your symptoms, naturally, to give you relief.

SAVE 20% off your order of Nystatin during the month of May.

EDMUND RITCHIE: FROM ALLERGIES & PAINFUL ECZEMA TO BEING A HAPPY BOY

Little Edmund Ritchie had a rough start to his life with severe allergies and painful eczema. He also experienced weight loss, as well as allergies to both foods and the outdoors. He had sudden mood changes and sullenness when exposed to something to which he was allergic. Additionally, he had sudden loss of the ability to use his words when he ate or drank something to which he was allergic. Edmund's father recalls how he used to almost exclusively wear footed sleepers and sleeves covering his hands until he was 3, because otherwise he would itch and scratch until he bled.

His mother Kathryn said "He was born screaming and it felt as if he never stopped. He seemed to have gut problems and screamed continually as a baby." The eczema showed up at around 6 months. At his first birthday, he was losing weight and was clearly not thriving. Conventional doctors performed many tests, gave him topical steroids and told Edmund's parents to just wait it out. The eczema grew worse and then became horrific almost a year later when they took him off the topical steroids, which were harming him. He had to detox from his steroid addiction. The addiction withdrawal was making everything worse.

At the Hotze Health & Wellness Center, Edmund was given thyroid and immediately he gained back his ideal weight and was overall physically stronger (he had become rather limp beforehand). He had the allergy blood test which gave us insights into his allergies and sensitivities. At almost 2, they met with Ron Parker and began his protocol and the LDA treatment.

Said Kathryn, "Through this we have seen a major difference. It has also given us great peace of mind being able to bring his food drops with us in case he is exposed to a food while we are

out and begins to have a negative reaction to it. His sudden sullenness and fits that were coming from food allergies are no longer so often since we stay away from those foods. When he does end up being exposed to one of those foods and starts to act upset, we understand what is going on and are able to deal with the situation by giving him the drops."

Today, Edmund's eczema has greatly improved. He is able to handle more foods since his immune system is strengthening. He is happy (for so long he was not a happy boy and didn't play because he hurt). Kathryn says, "He is doing great! We still are on this journey and we look forward to seeing further healing, but he is night and day different than before."

"He just put on shorts this week for the first time since being a baby and he felt SO proud! He never wanted anyone to touch his cheeks because they hurt so much, but several months ago Eddie wanted us to kiss his cheeks again."

"We've truly been so grateful for Hotze. Watching Eddie's health decline was agonizing to us and it is really thrilling now for us to see him as a happy boy. We watch him play and smile and it gives me such joy after a few years of such darkness. Also, he feels very comfortable and secure at the Hotze office. He knows that Hotze is a safe and healing place and he feels very loved by everyone there."

"HE IS NIGHT AND DAY DIFFERENT.
HE IS HAPPY!"



May is



NATIONAL OSTEOPOROSIS MONTH

Need a reason to get your
bone density checked?

FACTS

- Osteoporosis is a potentially crippling disease that affects over 75 million people worldwide.
- Osteoporosis is one of the most preventable diseases today.
- Each year over one million people have a hip fracture which can devastate a person's ability to walk unassisted and in 50% of the cases, a person may never regain their independence.
- Your bone health determines your risk for osteoporosis.
- Lifetime risk - 1 in 2 people will develop osteoporosis.

TESTING FACTS

- DEXA is the most superior technology for measuring bone health.
- A bone density test measures the health of bones.
- A physician referral is needed to take this test.
- Testing is non-invasive, painless and takes 10 minutes.

TO MAKE AN APPOINTMENT

- Available during your office visit
- To schedule call **281-579-3600**

SPECIAL PROMOTION FOR MAY: **\$200 for a bone density test**

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**.

Whenever you refer a friend to Hotze Health & Wellness Center, we make a donation to Living Water.

To learn more, visit
hotzehwc.com/referralprogram

Thanx 

★Download the Thanx app to get your rewards!

H O T Z E

HEALTH & WELLNESS CENTER INTL

20214 Braidwood Drive, Suite 215
Houston, Texas 77450

Safe Water FOR WANG'ANGA



Water access was a daily crisis for the 15 households in Wang'anga. After a hand pump in the community became dysfunctional, the community members relied upon a hand-dug well. The water in this well was unreliable, since the level varied with the seasons. The women and children, who were primarily responsible for collecting the water, often made multiple trips to collect enough. Yet they were constantly concerned that there would not be enough water to go around.

The water was accessed by lowering a rope and bucket into the depths, meaning that surface contagions were introduced into the water. Frequent bouts of typhoid were one of the horrible consequences of drinking the water. Also, mosquitoes were drawn to the hand-dug ponds, putting those who collected the water at risk of contracting malaria. When they were dehydrated or ill, they couldn't spend time working or in school. This threatened the economic stability of the community as a whole.

One of the residents, named Philomena Opiyo, owned the plot of land where the dysfunctional pump stood. She was familiar with Living Water International's mission and decided to make contact with the Kenya staff on behalf of the community. They responded by visiting Wang'anga, at which point they determined that a rehabilitation project was the best course of action.

Once the project was complete, the community members gathered to draw safe water from their well for the first time. It was now a unifying and life-giving feature in the community. People in Wang'anga now have confidence in their future instead of fear of it. Now, each of the 120 water users can access 40 liters of water per day! This more than suffices their needs.



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



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