

A LETTER FROM DR. HOTZE

On September 10th, my wife, Janie, and I had the privilege of attending the funeral of Phyllis Schlafly in St. Louis. She was a Christian conservative heroine who advanced pro-family, pro-life, Biblical marriage and free enterprise principles for over 65 years. She died on September 3rd at age 92 and was going strong until the last month of her life, writing a weekly editorial for newspapers all over the country. She wrote 27 books advancing Christian and conservative values during her lifetime. She wrote *A Choice not an Echo* in 1964 in support of then presidential candidate Barry Goldwater. Phyllis was instrumental in helping Ronald Reagan to be nominated and elected President in 1980. Three days after her death,

her latest book, *The Conservative Case for Trump*, was released on September 6th and is now on the *New York Times* best-selling list.

Phyllis led a 10X life, always setting unimaginable goals, goals that others thought were unrealistic. She diligently pursued her goals until they were obtained. She founded Eagle Forum fifty years ago, and one of her many achievements is that she faithfully wrote a newsletter every week thereafter.

Phyllis exemplified what it means to be a great American patriot. Her tireless efforts have inspired hundreds of thousands of her followers. When she » *continued on page 7*

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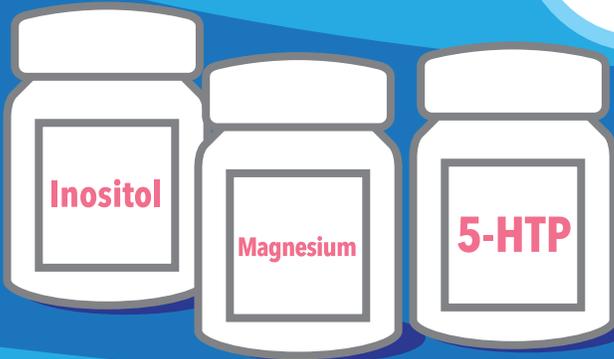
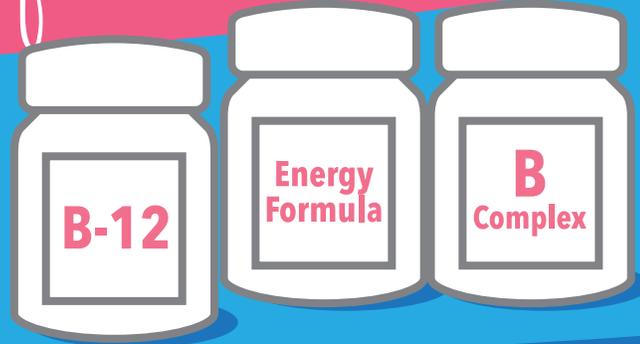


Natural Solutions
for Women to

look & feel their best

More energy

Power through your day with this energy-boosting trifecta.



Less stress & anxiety

Work, kids and a busy social life can run you thin. Get stress-free with these three.

Better sleep

Restless nights can leave you feeling bad. Catch some zzz's with this triad.

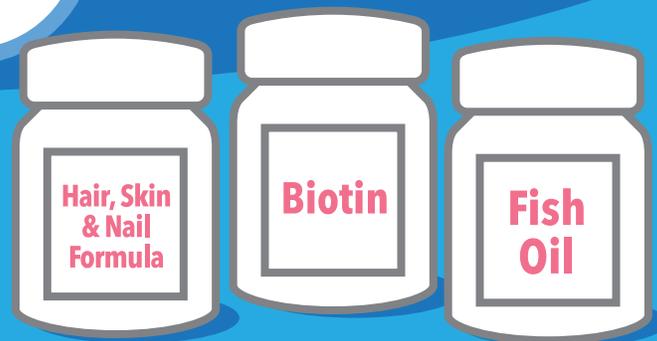


Weight loss

Boost your confidence (& your ego) with this metabolism-blasting trio.

To feel beautiful

Look & feel gorgeous with these three beauties.



Enjoy 10% off

all women's health products during the month of October.

Shop online at HotzeVitamins.com and use the code "WOMENS10" at checkout.*

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

H O T Z E
V I T A M I N S®



GETTING TO THE ROOT OF HAIR LOSS

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

Hair loss, or alopecia, is a recurrent concern in our practice for both men and women. From an aesthetic standpoint, hair loss can be troubling, affecting confidence and self-esteem. Beyond just looks, it could indicate an underlying issue. While in some cases, hair loss may be a normal physiologic response by the body, excessive hair loss is a medical concern that should be evaluated.

So what causes hair loss?

While genetic predisposition plays a role, this type of hair loss is more common in men. It presents as bi-temporal (affecting both temples) recession that preserves the hairline, whereas women experience a more diffuse thinning of the crown. In many instances, though, health issues are the root of the problem. The literature shows that hair loss is more common in northern Europe during the fall and to a lesser extent in the spring, suggesting that there might be a season for an individual to shed, which is likely due to daylight/sunlight exposure and its impact on hormonal balance.

When corrected, the hair loss can often be reversed.

THREE OF THE MOST COMMON TYPES OF HAIR LOSS INCLUDE:

- **Telogen Effluvium (TE):** This refers to widespread, non-scarring hair loss that starts abruptly and is usually due to a reactive response to stress, sudden dietary changes, medications, or hormonal imbalances. Full recovery is likely spontaneous within six months.
- **Anagen Effluvium:** This refers to diffuse hair loss that happens more quickly than TE and frequently affects patients who undergo chemotherapy, experience toxin exposure or poisoning, causing them to shed all of their hair.
- **Alopecia Areata:** This is the most common, caused when the immune system starts to attack the hair follicles, seen as bald patches on the scalp. Alopecia Totalis is the hair loss of every part in the body.

Most of the hair loss seen in our practice is the Telogen Effluvium type.

THE MOST COMMON CAUSES THAT WE SEE ARE:

- **Low Thyroid Function:** The thyroid hormones T3 and T4 need to be balanced. If you are on T4 treatment only, switching to desiccated thyroid which has both T3 and T4 is the best solution. Avoiding gluten and

foods causing allergies or intolerances will help prevent an autoimmune response that potentially decreases the utilization of thyroid hormones, a condition known as autoimmune thyroiditis.

- **Hormonal Imbalance:** Excess androgen is the most common hormone imbalance that causes hair loss. PCOS (polycystic ovarian syndrome) is associated with alopecia and male pattern hair loss in women, due to too much DHT (dihydrotestosterone). This can be corrected by balancing hormones and taking saw palmetto, stinging nettle and zinc.
- **Adrenal Health:** Poor adrenal function decreases the body's ability to utilize thyroid and sex hormones properly. You can support your adrenals by making lifestyle changes to minimize stress exposure, getting a good night's sleep, eating a clean diet, avoiding pesticides and genetically modified foods, taking vitamins B and C regularly and routinely using a sauna to detox. Bioidentical cortisol is used to promote adrenal health, as well as adaptogenic over-the-counter herbs such as Rhodiola, Ashwagandha, and Panax Ginseng.
- **Nutritional Deficiencies:** Iron, zinc, selenium, B vitamins and insufficient protein intake contribute to hair loss. Be sure to increase your dietary intake of green, leafy vegetables, Brazil nuts, grass-fed beef, wild-caught fish and take a B complex daily. Hotze Vitamins has a Hair, Skin and Nail Formula that can help, too. For a complete assessment of your individual nutritional needs, additional testing for guests and non-guests is available through the Wellness Center.
- **Medications:** Birth control pills, antidepressants, blood pressure medications (ace inhibitors and beta blockers), anticonvulsants, too much Vitamin A, gout medications, and acid reducers cause hair loss.
- **Yeast Overgrowth** disturbs the intestinal flora. This fungal infestation causes inflammation and compromises iron and the absorption of many other nutrients.

If you have concerns about hair loss, ask your provider who can assess and determine the best treatment for you.

KEY'S STORY:

"I AM A WHOLE NEW PERSON!"

Key Selvig is a flight attendant with a busy, fulfilling life. She travels, exercises, takes yoga classes, works flights every week, is learning Spanish and spends time with family and friends. Life was normal for Key, and then all of the sudden around age 33, things started going downhill. "I'll never forget it. I felt dizzy, brain fogged, and fatigued. I'm very high energy, work out, eat right, do all these things. I'm a flight attendant, so I'm running around like crazy."

Key was having severe fatigue, anxiety, brain fog, insomnia, depressed moods, gas and bloating. The fatigue was the worst for her. She tried to keep doing all the things she loves to do while enduring these symptoms, but everything drained her energy. Key was miserable. Then the panic attacks began. As a flight attendant, it would happen while she was working, which alarmed her.

As most people do, Key tried the conventional line of therapy first. Her general practitioner and therapist both recommended that she take antidepressants. She also went to a neurologist, pulmonary specialist, and acupuncturist, but couldn't get the right answers from them, either. Doctors told her they couldn't find anything wrong, and they suggested, "maybe you need to go talk to someone," which of course, meant to go see a psychiatrist. Key felt like all of her symptoms were very easy to write off as other things.

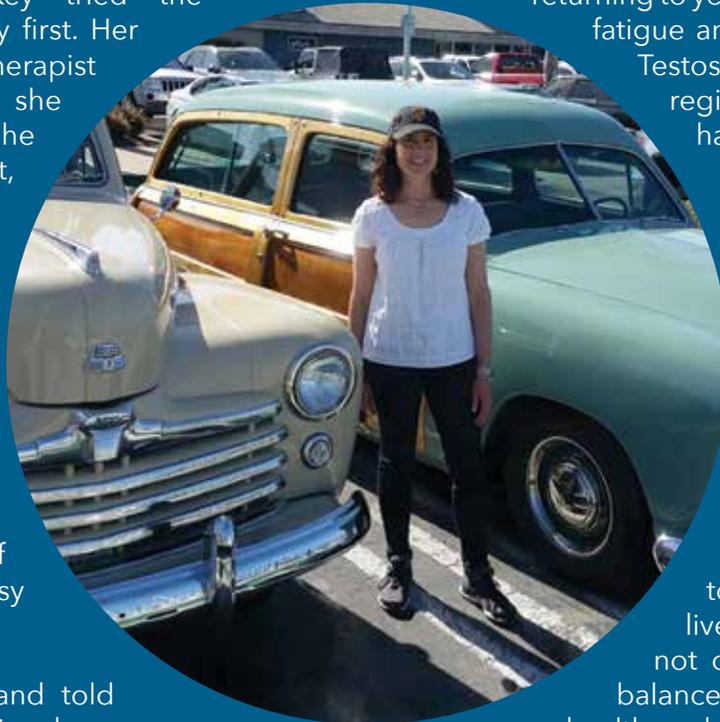
Then one day, Key's husband told her about Dr. Hotze's radio show, so she started listening and as she said, "the rest is history." She made her appointment with the Hotze Health & Wellness Center, and during her first visit with Dr. Ellsworth, she felt validated. After more than six years of experiencing symptoms, she still

didn't believe that she was a candidate for treatment at our center. However, at that first appointment, she began her education about thyroid health, hormone deficiencies, and the yeast-free diet. "I also observed how passionate the Hotze doctors and staff were in improving the quality of life of their guests."

After evaluating and spending time with her, and reviewing her history and symptoms, Dr. Ellsworth determined that she had hypothyroidism and a hormone imbalance, which is common in women her age. He recommended the yeast-free eating program for three months, hormone replacement, desiccated thyroid, and vitamins.

Key told us, "During my first week as a guest with Hotze my energy was restored, and my brain fog lifted. The energy went through the roof probably within two weeks." Key adds that for many years, she has kept returning to yeast-free eating to manage her fatigue and gastrointestinal problems. Testosterone was added to her regimen, and her progesterone has been increased.

"Today I finally feel like myself with the energy to do the things I love. I can even enjoy foods outside of the yeast-free diet from time to time. I am a whole new person! I would tell other women who are feeling sick and tired never to give up, as I never allowed my symptoms to dictate how I was going to live my life. The Hotze Clinic not only put my body back into balance but also educated me about health and hormones. Other treatments have helped as well, including acupuncture, cognitive therapy, and even yoga, but the Hotze Clinic is the one place that truly gave me my life back!"





READY FOR A FRESH FACE FOR FALL?

by JayJay Lee, Medical Aesthetician

For your skin to look and feel its best, it is important to assess your current beauty secrets and make seasonal adjustments. This doesn't necessarily mean that you need to go dump out your entire skincare regimen, but simple changes in your creams can make a world of a difference when trying to acclimate to the new temperatures and moisture levels.

So what can you do to ensure flawlessness and protect your skin during the upcoming weather changes?

HERE ARE SIX EXPERT SKINCARE TIPS THAT SHOULD DO THE TRICK:

1. Wear your sunblock. Regardless of the temperature, UV rays are still harmful, so your skin will need protection year-round. Although many moisturizers and foundations have SPF, you will see the best results when you use an SPF of 30+. The one I use, and a favorite among Hotze guests, is Elta MD, which we carry in Hotze Vitamins. It's a lightweight sunscreen that is free of harmful chemicals, such as parabens, and will not clog your pores.

2. Start exfoliating. A fresh exfoliation product will help slough away the dry skin caused by excess sun exposure and even out your skin tone. If you want to get into the fall spirit, try this pumpkin pie facial scrub that you can make at home. *see instructions below*

3. Balance your skin's pH levels. During summer months our skin tends to become dehydrated due to lack of water. While dehydrated seems similar to dry skin, they are two totally different things. Dry skin lacks oil while dehydrated skin lacks water and creates more oil to make

up for it. This can lead to breakouts, dryness, and even feeling oily and dry at the same time. When this happens, the last thing you want to do is to apply a heavy moisturizer for fear it will cause more oil build up and more breakouts. To help balance your skin's pH, I recommend using an all-natural toner to provide protection to the cell structures, which serve as a water reservoir for your skin cells.

4. Begin moisturizing. To help with softer and smoother skin, richer moisturizing creams instead of a light summer lotion help to give more moisture to the skin's surface and reduce the chafing feeling the coolness may bring. At Hotze Pharmacy, our pharmacists have compounded wonderful AM and PM moisturizers that can have your skin feeling refreshed and vibrant in no time. For complexions with more natural oils, it may not be necessary to use a heavier moisturizer daily. However, all complexions can benefit from something heavier a few nights a week.

5. Use all-natural skincare products, free of harsh chemicals, parabens, and other preservatives. Our compounded skincare line is carefully blended with an ideal combination of vitamins, nutrients, and oils to leave your skin hydrated and radiant.

6. Get a facial. One of the best treatments to get your skin ready for fall (and pamper yourself at the same time) is a deep cleansing facial to help exfoliate the dry skin left over from sun exposure.

Whether you are ready to build your custom skincare regimen or just need a great facial, our aestheticians can help. **Call the Hotze Aesthetics department at (281) 698-8770 to book an appointment and get a fresh face for fall.**

PUMPKIN PIE FACIAL SCRUB

- 1 tbsp raw Pumpkin (canned or fresh)
- 1 tsp Brown sugar
- 1 tsp Vitamin E

Mix ingredients together, apply to face and neck and scrub gently for 1-2 minutes. This recipe is also great for your hands, feet, elbows, or anywhere else you may feel dry. If you replace the brown sugar with honey, you can apply as a mask and leave on for 15 minutes and rinse with warm water.



Never shave again!

Hotze Aesthetics is now offering hair removal services.

PAIN FREE | NO DOWNTIME | GENTLE | EFFECTIVE

Call today for your consultation, **(281) 698-8770.**
hotzehwc.com/aesthetics



H O T Z E
A E S T H E T I C S



SEVEN SECRETS TO SUCCESSFUL STYLE

by Julie Pratz, Image Consultant & Wardrobe Stylist

While speaking at an event recently, a participant asked for my most important tip in regards to great style. There are a lot of variables to that answer. Personal design, lifestyle, budget and personality are just a few of the factors I consider before creating a game plan for my clients. Each person is unique, and my goal is to help each one reflect his or her best self while building a wardrobe that is fresh and fun, not frustrating.

Below are seven questions to ponder when getting dressed or making a clothing purchase:

1. IS THIS ME? No matter how fabulous an outfit looks in a magazine or on your friend, if it is not “you,” don’t wear it. Authenticity plays a huge part in being confident. If you feel uncomfortable, no matter what the reason, you will not reflect your best self. Recently, a lady came up to me and said, “I love your big necklace, but whenever I try to wear jewelry like that, it makes me feel uncomfortable.” She was larger in stature but had a traditional personality and soft voice. The jewelry would have created a mixed message, which is why it did not work on her.

2. WHAT ARE MY FAVORITE FEATURES? Think about your favorite feature. Whatever it is, repeat the color, texture or shape to draw attention to it. For example, if I have a female client with large blue eyes, I will suggest topaz earrings or a beautiful blue dress. For a male client with dark hair and eyes, I might put him in a black suit or sports coat to draw attention to those features.

3. DO I ALREADY HAVE SOMETHING LIKE THIS IN MY CLOSET? Statistically, we only wear 20 percent of our clothes on a regular basis. To figure out what you are regularly wearing, turn all of your hangers backward and every time you wear an item, face it forward. After six months or a year, get rid of the items you have not worn.

4. AM I WEARING THE CORRECT FABRICS? Our culture today wants to be comfortable. The good news is you can look fabulous and still be comfortable. It is a matter of finding the right fabrics. If you are naturally on the thin side, then you can add more structure and stiffness to your fabrics. If you are more muscular, then you need some stretch in your clothing. If you have a molded frame, then you need clothes that flow on your body.

5. DOES THIS ITEM GO WITH FIVE OTHER THINGS? Many of my female clients buy what I call one-hit wonders, items that they can wear once and then have to wait a while before wearing again. As you start to build a core wardrobe, ask yourself, will this item go with five different things? If I buy a black jacket, I can wear it with jeans or shorts for a casual look, with chic pants or a pencil skirt for a work look and pair it with a dress for date night. Instead of buying one-hit wonders, adding simple, neutral pieces will give longevity and variety to your wardrobe.

6. AM I BUYING THIS BECAUSE IT IS A GOOD PRICE OR ON SALE? Never, ever (ever) buy an item just because it is a good price. It is guaranteed to sit in your closet and take up space where something of true value can go. Now, say you need a new white shirt, and you happen to find one on sale—great!

7. DO PEOPLE SEE MY OUTFIT BEFORE THEY SEE ME? One of my favorite pastimes is to people-watch in the airport. Nine times out of 10, I see the person’s outfit before I see them. Anything that you wear should enhance your natural features, not take away from them. Magazine ads desire to sell their product, so they often minimize the model to make the clothes the first thing you see. Everything you wear should enhance your design, coloring, and features.

Julie is an Image Consultant and Wardrobe Stylist that works with individuals and businesses on appearance, behavior and communication. She owns Studio Seven Style here in Houston.

Meet Dionila

Dionila, a single mother of seven living in Bicentenario, Mexico, works nights as a pepenador—someone who earns a living sorting garbage for recyclables. Her work in the landfill is grueling and unsanitary.

Her typical workday begins each evening at 6:30 pm, sorting through broken glass and rotten food for metals, plastics, and personal items that can be cleaned and resold. At midnight, she heads home with large bags of garbage, where she changes clothes, makes food, eats, and naps. At 3:00 am, she returns to the trash heap, where she'll work until 6:30 am. Then she cuts wood, makes a fire, prepares breakfast and lunch, gets her kids off to school, separates recyclables for sale, and makes dinner before setting off for another night's work.

Backbreaking work and schedule aside, workers like Dionila are at constant risk of disease carried by the materials they collect and from contaminants in their only water source, a nearby ravine.



But thanks to support like yours, our team of safe-water engineers has transformed Dionila's daily life. Our staff developed a water system tailored to the community, which enables Dionila and her 899 neighbors to drink, cook, and bathe with water from a protected spring, channeled downhill to a storage tank and distributed directly to their homes.

Now Dionila belongs to a Community Care Group, a group of local volunteers trained by Living Water Mexico to share hygiene lessons with neighboring families. Since being empowered by our staff, Dionila is now equipped to give back to her community.

To learn more about the Living Water annual gala, visit water.cc/gala.

DID YOU KNOW THAT YOUR REFERRALS SUPPORT LIVING WATER?

Find out more at:
hotzehwc.com/referralprogram.



A LETTER FROM DR. HOTZE *continued from page 5*

was diagnosed with stage 4 lung cancer four years ago, she refused to take chemotherapy. She had work to do and knew that chemotherapy would not cure her, but would make her deathly ill and unable to continue her work. Remarkably, she attended the Republican National Convention this past summer and lived with passion and fervor until the very end. Her life reminds me of the famous poem, *The Dash*, written by Linda Ellis:

*I read of a man who stood to speak
at the funeral of a friend.
He referred to the dates on the tombstone
from the beginning...to the end.*

*He noted that first came the date of birth
and spoke the following date with tears,
but he said what mattered most of all
was the dash between those years.*

*For that dash represents all the time
that they spent alive on earth.
And now only those who loved them
know what that little line is worth.*

*For it matters not, how much we own,
the cars...the house...the cash.
What matters is how we live and love
and how we spend our dash.*

*So, think about this long and hard.
Are there things you'd like to change?
For you never know how much time is left
that can still be rearranged.*

*If we could just slow down enough
to consider what's true and real
and always try to understand
the way other people feel.*

» *continued on back page*

*And be less quick to anger
and show appreciation more
and love the people in our lives
like we've never loved before.*

*If we treat each other with respect
and more often wear a smile,
remembering that this special dash
might only last a little while.*

*So, when your eulogy is being read,
with your life's actions to rehash...
would you be proud of the things they say
about how you spent YOUR dash?*

Phyllis certainly spent her dash in tireless pursuit of a worthy goal. It made me reflect on my life and goals. While it has been humbling to serve you and over 30,000 other individuals and their families over the past 27 years, there are so many people who still need to hear the message of taking charge of their health and doing a 180 turnaround, so that they can experience health and wellness naturally. We need healthy American patriots who have the courage of their convictions to stand up against and defeat the atheistic Marxist socialists who now control our nation's political system.

My current audacious goal is to reach 3,000,000 people over the next 27 years. This will be accomplished by training thousands of other doctors in our method of evaluation and in our treatment recommendations that enable individuals to obtain and maintain health and wellness naturally.

What are your goals? Are they significant enough to keep you motivated and moving in the right

direction? Are you happy with your progress, or is there some area in your life where you need to "Do a 180?" One of our guests, Jeff, weighed in at 387 pounds a couple of weeks ago when he came in as a new guest. His playing weight in high school was 180. He literally needs to do a 180 to turn his life around and is committed to accomplishing this goal. We are currently filming Jeff's story, and will be releasing it as "webisodes" later this year, so please stay tuned.

Speaking of staying tuned, we are very pleased with the feedback we have received so far now that I am back on the radio. "**Dr. Hotze's Wellness Revolution**" is currently airing on 950AM on Monday - Friday, 1:00 - 2:00 pm. You can listen on the radio or stream it online by going to our website: www.hotzehwc.com/radio. Podcasts of the program are also available.

It is my hope that the success stories and advice in this newsletter inspire you to take action. **Commit to doing a 180, today!**

As always, it is a privilege to have the opportunity 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



**HE'S
BACK!**



**DR. HOTZE'S
WELLNESS
REVOLUTION**

**KPRC
AM•950**

Back and better than ever, Dr. Hotze is taking to the airwaves once again.

Dr. Hotze's Wellness Revolution is a paradigm shift in the way we look at modern medicine and gives listeners hope to get to the root cause of their symptoms, naturally.

Tune in every weekday from **1 - 2 pm** (central):
950 AM KPRC or hotzehwc.com/radio