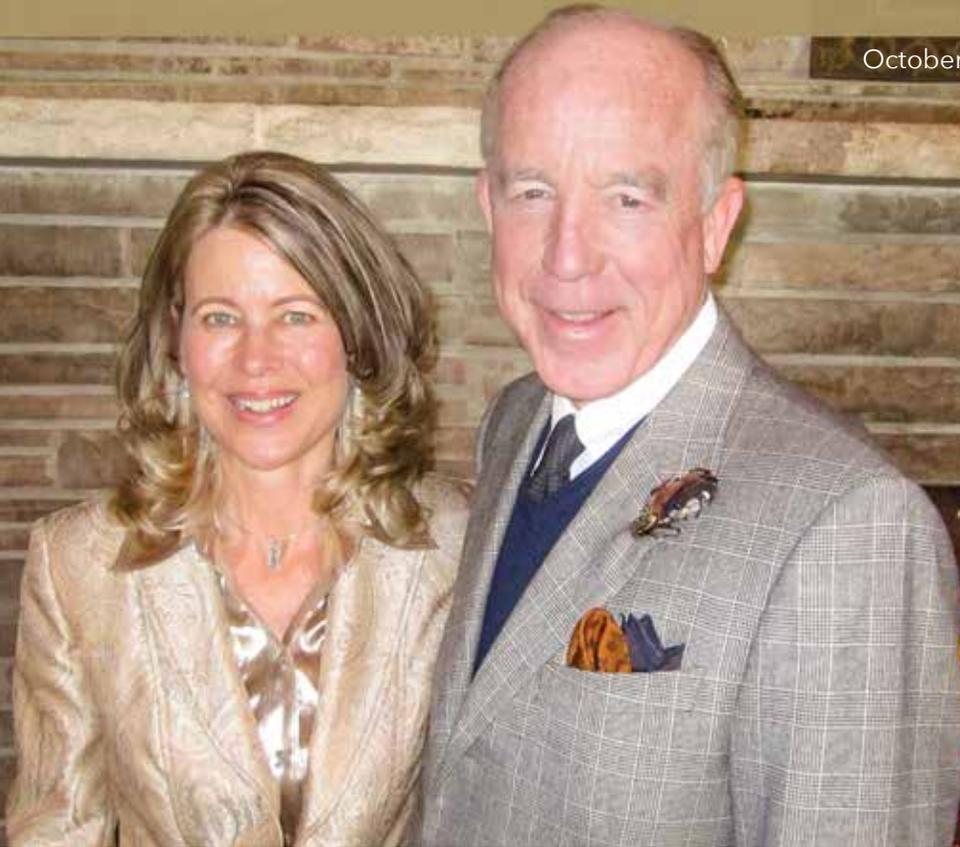


# HOTZE on WELLNESS

October 2017 · Vol. 2, No. 9



## A LETTER FROM DR. HOTZE

At Hotze Health & Wellness Center, we believe that optimal wellness lies in the prevention of disease. In the month of October, it's rare to go anywhere without seeing a pink ribbon displayed in honor of breast cancer awareness and promoting the importance of early detection. Tragically, a woman dies of breast cancer every 12 minutes. Despite billions of dollars in research and expensive and risky treatments, the conventional medical approach to breast cancer isn't working.

While I agree that stopping this

deadly disease as early as possible is critical, I believe that more emphasis should be placed on preventing it from happening in the first place.

Did you know that breast cancer is commonly caused by hormonal imbalance? You will not hear about this in the news, but there is a key factor in preventing breast cancer that is being overlooked by mainstream medicine: bioidentical progesterone.

Many of the risk factors associated with breast cancer are directly or indirectly related to excess estrogen, or estrogen that is not balanced with progesterone. Correcting this imbalance, which is called estrogen

dominance, is key to preventing and treating breast cancer. Estrogen is a stimulative hormone, and the breasts are highly sensitive to the stimulatory effects of natural estrogen. Estrogen hormones fuel growth, while progesterone inhibits breast tissue overgrowth. Progesterone and estrogen operate in pairs, with the effects of one hormone offsetting the effects of another. The optimal balance of these two hormones is crucial to a woman's health and wellbeing.

A number of studies have found that insufficient progesterone may be a more important factor than excessive estrogen in *continued on page 3* ■



# THE TOP THREATS TO WOMEN'S HEALTH AND HOW TO AVOID THEM

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

October is Women's Health month. It is supposed to trigger women to remember about their well woman exams, like PAPs and breast exams, but a woman's health entails much more than that.

Heart disease is still the number one killer of women. Women present differently than men when having cardiac symptoms. Consequently, they sometimes get brushed off as having heartburn and not treated properly in the emergency setting.

## DID YOU KNOW:

- After 50 years of age, nearly half of all deaths in women are due to some form of cardiovascular disease?
- Women who have an early menopause or surgical menopause and do not receive estrogen are at a higher risk for heart disease?
- Estrogen is a potent vasoactive hormone and reduces inflammation and oxidative stress?
- Hotze Health & Wellness Center offers noninvasive heart scan that can measure calcified plaque into arteries of the heart?
- We have been working with women and men to halt and reverse calcified plaque?
- Supplements like vitamins C and K are needed for healthy arteries?

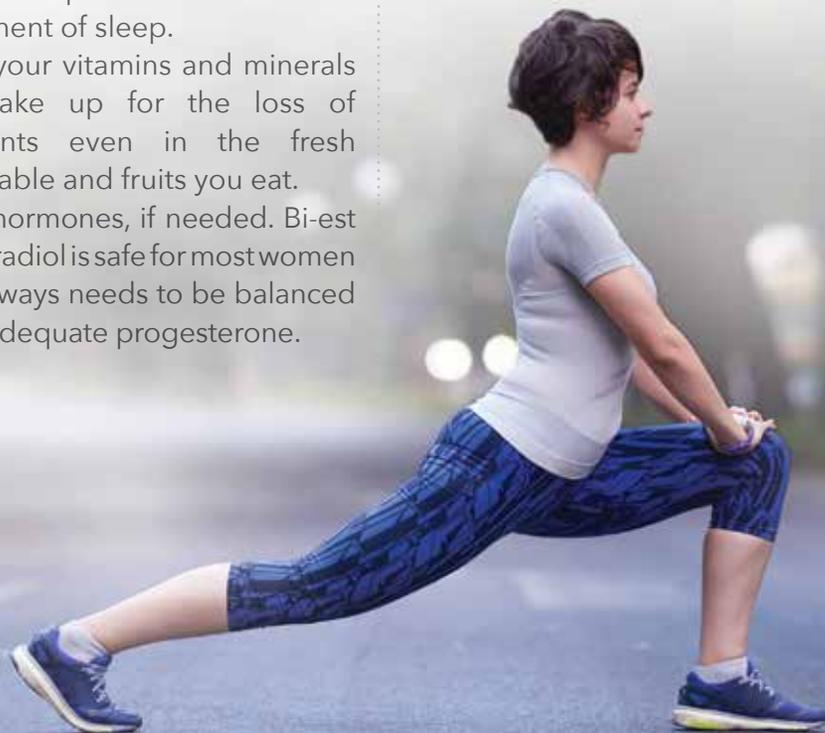
Even though estrogen is an important hormone, it is not for all women. There is a timeline for starting treatment. If initiated prior to 10 years into menopause, then there is a lower risk of coronary heart disease (CHD). If initiated after 10 years of being menopausal, the risk and benefit should be discussed with your provider. Have you had your heart Scan or carotid ultrasound lately?

While heart disease is the top killer of women, breast cancer is probably the most feared diagnosis. As Dr. Hotze indicated, **there are numerous things a woman can do to lessen the risk.**

- The first is easy. Eat healthy foods with lots of green, leafy vegetables and stop overloading on sugar and processed foods!
- Exercise 30-40 minutes most days of the week. Brisk walking counts.
- Get adequate sleep and stop being super mom to the detriment of sleep.
- Take your vitamins and minerals to make up for the loss of nutrients even in the fresh vegetable and fruits you eat.
- Take hormones, if needed. Bi-est or estradiol is safe for most women but always needs to be balanced with adequate progesterone.

In the past, just talking to a woman about her female symptoms gave that medical provider enough information to prescribe female hormones. Functional medicine, which we practice, has come a long way. We are now able to test actual hormone levels by serum, saliva, and now, dried urine. Women that are having a harder time feeling balanced with their hormones should have the dried urine testing done. This allows your provider to look at your metabolites and see how your body is processing the hormones you are taking. By taking DIM and other supplements, unhealthy pathways can be routed to healthy pathways and lessen the worry about breast cancer.

If you have questions about your heart, cancer risk or any other health issues, we're here to help. Call us today, **(281) 579-3600.**





# THE TRUTH ABOUT ESTROGEN FOR WOMEN'S HEALTH

by Kimberly Bennett, RPh, Pharmacist-in-Charge, Hotze Pharmacy™

Given the many conceptions about estrogen in the universe, it can be hard to distinguish which is right, wrong or even close to accurate. So, let's debunk some common estrogen myths:

■ *Estrogen is not bad.* Because of the correlation with estrogen and various cancers found in women, estrogen has gotten a bad rap. The truth is that estrogen is a vital hormone for a woman's health; you need it to thrive! The key is to balance it with progesterone.

■ *Estrogen dominance does not mean that you have too much estrogen.* In fact, you can be estrogen dominant and estrogen deficient at the same time. Estrogen dominance simply means

that the progesterone levels are not high enough to offset the adverse effects of estrogen. As women age, both hormones decline, with progesterone levels falling 120 times quicker. Even though your estrogen levels may be declining too, the more sudden drop in progesterone can cause you to become estrogen dominant. The solution is to replenish both estrogen and progesterone to adequate levels.

■ *If you've had cancer, it doesn't mean that you will never be able to supplement with estrogen.* However, all cases are different. Given time after treatment, a woman may be able to start taking estrogen again, carefully and under doctor supervision. After all, the best cancer prevention for a woman

is hormone balance, which doesn't exclude estrogen!

■ *Lastly, estrogen replacement after menopause will not cause you to have a period again.* Depending on your symptoms and needs, your physician may continue to keep you on estrogen supplementation for many years to come, but it will not stimulate monthly menstruation.

At Hotze Pharmacy, we believe the quality of your compounded hormones directly affects the way you feel and how you respond to those hormones. If you have questions about your hormones, give Hotze Pharmacy a call, and we can guide you in the right direction. **(281) 828-9088**

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

increasing a woman's risk of breast cancer. The past 25 years of research has clearly demonstrated that low levels of human progesterone increase the risk of breast cancer.

A 1981 Johns Hopkins study found that infertile women with progesterone deficiency had premenopausal breast cancer risk that was 540% greater than that of women whose infertility was not related to their hormone status. Not only that, but these women had a 1,000% greater risk of death from all types of cancer. We have known that women with the most pregnancies have the least breast cancer since at least 1980. This tells us that progesterone is a protective hormone.

You may think that genetics is your major risk factor for breast cancer, but you actually have control of the true

major cancer-causing risk factors, which include chemical toxicity, bad diet, lack of exercise, tissue damage and radiation, and of course the synthetic estrogens.

For example, oral contraceptives are a common cause of estrogen dominance, because they work by suppressing ovulation and ovarian function. Keep in mind that a woman who is not ovulating produces no progesterone in her ovaries. Additionally, more studies are proving that the use of synthetic hormones, such as birth control pills, at a young age increase breast cancer risk. Girls under the age of 18 who use oral contraceptives triple their lifetime risk of breast cancer.

Exposure to xenoestrogens and toxic chemicals are also risk factors for breast cancer. Xenoestrogens are found in petrochemical products such

as plastics, herbicides, pesticides, soaps, clothing, industrial by-products, and countless other manufactured goods.

There are numerous things you can do to minimize your risk of breast cancer, starting with balancing your hormones using natural, bioidentical hormones. You can also eat a clean diet, optimize your vitamin D, exercise, and detox with vitamins and minerals.

I believe that by taking charge of your health, you can prevent disease naturally, without the use of pharmaceutical drugs.

Committed to you and your family's health success, I remain, as always,  
Sincerely yours,

Steven F. Hotze, M.D.

Chief Executive Officer, Hotze Enterprises



# WHAT'S STOPPING YOU FROM ACHIEVING GREATNESS?

by Erica Torres-Dudziak, Director, Hotze Health Advantage

Most of us desire great things for our lives. If we are alive, aware, and breathing, there is something in us calling us forward. This “something” is calling us to expand in some area; it could be in our health, relationships, career, or finances. For those of us willing to take that step forward and listen to the voice trying to move us, we will eventually be met with something... FEAR.

Every time we go for something bigger or different from where we are right now, something in our brain goes off because we are entering uncharted territory. Anything that is unknown trips a fear response in our brain. Common unconscious triggers of fear are self-doubt, lack of confidence, lack of certainty, feeling of undeserving or unworthiness, and even past experiences.

Many times, we are self-sabotaging our goals and we are not even aware of what we are fearing. There are all sorts of fears lying beneath our awareness: fear of failure, fear of success, fear of disappointing ourselves or others, fear of embarrassment, and the list goes on.

When you set a goal to make a cold call, invest your money, lose weight, start a new way of eating, work on your relationship, or anything else, your brain goes into your memory bank to find anything that might resemble this goal through something you have heard or seen before. Be it in the media, from a friend, a book you read, or something you tried in your past, it is looking to see if this caused embarrassment, shame, guilt, pain, or any other bad feeling. This negative feedback loop is working to protect you. The second responsibility of the brain is to keep you from any painful or unwanted emotions. So, this

is something to celebrate. Yes, our brain is working properly!

Unfortunately, when the fear response is triggered, motivation goes down. Fear stimulates the amygdala and it interferes with motivation, positive emotions, conscious decision-making, and much more. When fear is activated, our unconscious processes take over.

This can be a roadblock when we want to achieve a goal.

Here are some beginning steps to take as you are approaching any goal. This can include losing weight, adhering to your vitamin and hormone regimen, purchasing a new home, applying for a new job, etc.

- ⊕ **First, become aware.** Notice how you are feeling. Begin to recognize fear when it comes up. For example, if you set a goal to eat low carb for breakfast and notice that you began making excuses for why today isn't the best day to start, then start there. Notice the thoughts trying to keep you from moving forward.
- ⊕ **Next, ask questions.** Why might you be making excuses or trying to push this off? What about it scares you? Am I afraid to fail? Then, separate failing from being a failure. I may have failed at a new way of eating before but I am not a failure. What are two things I learned from not being successful in my last attempt at eating differently?
- ⊕ **Finally, interrupt some of those old thought patterns** (i.e. I can't do this. There is no way I am going to be able to sustain this way of eating. I tried this before and failed.) with the words “Up until now” or

“In my past” and then replace it with an empowering statement. It could sound like, “I couldn't stick to this kind of eating program up until now because now I have new tools, resources, and a support system in place to keep me on track. I AM able to be successful.” We are working to create a new neural pathway in the brain instead of allowing the old negative circuitry to continue. Now, this circuitry has been running for some time so be patient and understand that you will be using a lot of “up until nows” and “in my past” with new language to create a new pattern and belief.

These are just a few techniques to begin using fear as fuel rather than something that holds you back. Making a commitment to try one of these today is all you need to get back on track! Will you commit to taking the first step, becoming aware, today?

*Erica is a certified professional life coach and author of Are You Really Ready to Say 'I Do'?. Learn more at [hotzehealthadvantage.com](http://hotzehealthadvantage.com).*

In honor of women's health month, we are offering a select number of **free blueprinting coaching sessions** to female guests of Hotze Health & Wellness Center in October. Appointments are limited, so email [Erica@hotzehwc.com](mailto:Erica@hotzehwc.com) to schedule your session today.



# WOMEN'S ESSENTIALS FOR OPTIMAL HEALTH

by Jackie Martinez, Certified Holistic Nutritionist

Whether you are a mom, wife, teacher, or just a woman on a mission, chances are you lead a busy life, spending a good deal of your time contributing to society and taking care of others. Women's Health month is in honor of women like you, and it's an important time to remind you to care for yourself, too.

As women age, certain nutrients become even more essential to overall health and well-being. Some nutrients become critical to avoid age-related chronic disease. Some nutrients are helpful to keep our sanity, and some are used to keep the latest cold or flu away or to keep our bones strong. We do what we can to eat a healthy diet, but with toxins being a big problem in modern America, our bodies are often left with deficiencies that lead to serious illness.

## HERE ARE A FEW ESSENTIAL NUTRIENTS WORTH SUPPLEMENTING FOR WOMEN:

► **Omega-3 nutrients**, the good fats found in fish oil or flax seed oil are especially critical in later years for women to prevent age-related brain

issues. The omega-3 fatty acid DHA helps form neuronal membranes and, along with the other long-chain omega-3 fatty acids from fish such as EPA, has been shown to improve neuronal functioning, and reduce inflammation and cell death. These factors are encouraging and show omega-3 fatty acids may slow the progression of Alzheimer's disease. We recommend at least 600mg of omega-3 fatty acids per day. If you have Alzheimer's disease in your family or struggle to remember things, you may want to take closer to 1200mg/day.

► **Vitamin D** is critical to women's health and healthy aging. It's important to get your blood levels checked if you haven't already, and talk to your doctor about how much you should supplement to be sure you are working towards optimal levels. For women, vitamin D is especially critical for helping avoid osteoporosis and hip fractures, maintaining muscle strength, and lowering risk of cancer and type 2 diabetes.

► **Magnesium Glycinate** is our new favorite form of magnesium and is critical for over 400 different enzymatic reactions in the body. Not the least of which would be hormone metabolism, energy production, and sleep. Taking the right amount of magnesium (300-600mg) can also help reduce muscle tension, headaches and stress.

► **B-Complex vitamins** are another essential nutrient for women. Helping boost energy, reduce stress, improve memory, and improve moods, it's certainly worth the investment to get a high-quality supplement. After 3-5 days of taking a good B-Complex, you should feel the difference, especially in energy level and moods.

Taking all of these critical nutrients every day and in the right amounts can be overwhelming. If you aren't sure where to start, Dr. Hotze's PowerPak or the My HotzePak Women's Basics plus Beauty are available at [www.hotzevitamins.com](http://www.hotzevitamins.com). Use code OCTNEWS to get **10% off** of these in October.

# ESSENTIAL BUILDING BLOCKS FOR WOMEN'S HEALTH



Enjoy **10% off\***  
 Dr. Hotze's PowerPak  
 or MY HOTZEPAK  
 Women's Pak  
 in October!

CODE: OCTNEWS  
 Offer expires  
 October 31, 2017

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

# WENDY'S STORY:

## BACK IN BALANCE AFTER DECADES OF SUFFERING

It all started when she was just a kid.

As a young child and adult, Wendy suffered incredibly painful and long monthly cycles. After enduring it for years, she went to a doctor in her early 20s who told her that it was all just part of life, and to just “deal with it.”

In her late 20s and early 30s, she had a very hard time conceiving a baby. Over the course of several years, and many doctor appointments, Wendy got pregnant three times. Sadly, the first pregnancy ended as an early termination at five months, and the other two were miscarriages in the first trimester. Wendy realizes today that those years of heartbreak could have been easily resolved with the proper

husband stopped trying to have a baby, and she shifted her focus to her full-time career. Wendy put in long hours, often a 50-hour week, at a stressful job while still trying to be a good wife and a stepmother.

In her mid-40s, she noticed that her energy was really going downhill, and her emotions were getting harder to control. There were a few times when she and her husband thought she was having a nervous breakdown. She was still dealing with the severe monthly cycles as well as weight gain. Every year at her well woman appointment, her doctor would tell her everything was normal, and that it was all part of getting older.

When Wendy finally saw a doctor who tested her hormones and showed her hormone levels were out of balance, he put her on synthetic hormones. Temporarily, the hormones

migraine headaches. That's when her doctor referred her to a psychologist. After that didn't work, he started her on antidepressants, which progressed to her being on two different antidepressants at the same time.

In June of 2007, some friends invited Wendy and her husband on a houseboat trip on Lake Quachita in Arkansas. She wasn't looking forward to the vacation because all she wanted to do was sleep. On the houseboat, everyone would head out to do fun things like ski, tube, or go hiking, and Wendy would go back to her bunk bed and sleep. That's when her friend encouraged her to go to the Hotze Health & Wellness Center. She called from the houseboat and made the appointment then and there.

When she came to the Center, Wendy learned she had food and airborne allergies, yeast overgrowth, thyroid problems and adrenal fatigue. The doctors put Wendy on bioidentical

hormones, which replenished what her body so desperately needed. She also started on the yeast-free diet and helped her adrenal fatigue and allergies.

“I don't know where I would be today if Dr. Hotze had not had the heart and soul to go against mainstream medicine 20 years ago.

I can *now* say I have my life back, and my husband has his wife back. Thank you, Dr. Hotze and God bless you.”

did help, and she was able to function better. However, as the years went on, her health started deteriorating further, now with extreme fatigue and she was starting to suffer from

natural hormone supplementation. Despite this, she feels blessed to have a wonderful stepdaughter.

In addition to the hormonal issues, Wendy also suffered from food and airborne allergies that not only made her miserable but brought on lots of sinus infections, which caused her to take lots of antibiotics, which caused a lot of yeast build up in her system.

Around age 35, Wendy and her





## FIRMER, SMOOTHER SKIN WITH SKINTYTE™

by Brittney Wranik, Hotze Aesthetics

Do you ever find yourself wondering where those wrinkles came from? When that sagging started? When your skin started looking so...old? Well, if you have, you're not alone. In fact, most of our aesthetics guests claim to notice changes like these seemingly overnight! Although these changes don't actually occur overnight, they do advance fairly quickly, and they're all linked to that pesky little protein we call collagen.

Our skin cells naturally begin to lose their ability to make and remodel collagen around the young age of 20—this is unavoidable. This natural decline is then exaggerated by UV damage, environmental toxins, and hormonal changes. This little cocktail of hormones, UV damage and toxins is what accelerates the effects of collagen decline, making said changes appear so quickly.

So what can you do about it? You've taken the best precautions you can to stabilize hormonal changes by supplementing with bioidentical hormones and essential vitamins and minerals. You wear your sunscreen (insert stern, assuming stare here), and you eliminate your exposure to harmful toxins as much as possible. Yet, you still need to reverse that sagging, loose and wrinkled skin.

If this is the case and you're looking to avoid using harmful chemicals and invasive procedures, SkinTyte™ might be just the solution.

### What is SkinTyte™?

SkinTyte™ is laser technology developed by Sciton, one of the leading laser companies on the market that is safe, non-invasive, and requires no downtime. That's right – none. It uses heat and light energy to naturally

stimulate collagen to restore elasticity, reverse sagging, reduce crepiness and diminish fine lines.

### How does it work?

SkinTyte™ uses infrared light to penetrate heat deep into the skin's dermal layer to naturally renew and remodel collagen. This causes collagen and elastin fibers to shrink in length and thicken in width, which restores elasticity and volume resulting in stronger and firmer skin.

### What is the treatment like?

The procedure is not painful but can get rather hot in certain areas. Because of the heat, the skin is numbed with a topical gel for 20-30 minutes to improve comfort and efficacy. The skin is then cleansed and covered with a thick layer of ultrasound gel, which protects the surface layer of skin while a rectangular crystal glides over the treatment area in a constant motion.

As the crystal is applied to the skin, it projects a pulsing light and feels similar to a hot stone massage.

### What should I expect after SkinTyte™?

As previously mentioned, there is no downtime. You may walk out of your treatment a little red, but you can wear makeup immediately and go about business as usual. Some people notice a slight tightness immediately following the treatment. However, the real and lasting results will progress over the following four months. Skin will gradually become firmer, tighter and smoother as your body natural renews and restores durability and strengthens those stubborn collagen and elastin fibers.

If your skin could use some tightening, call Hotze Aesthetics at **(281) 698-8770** to schedule your complimentary skin analysis today!

## OCTOBER SPECIAL

Purchase one SkinTyte™ neck package in October, and get a jowl package

# FREE!

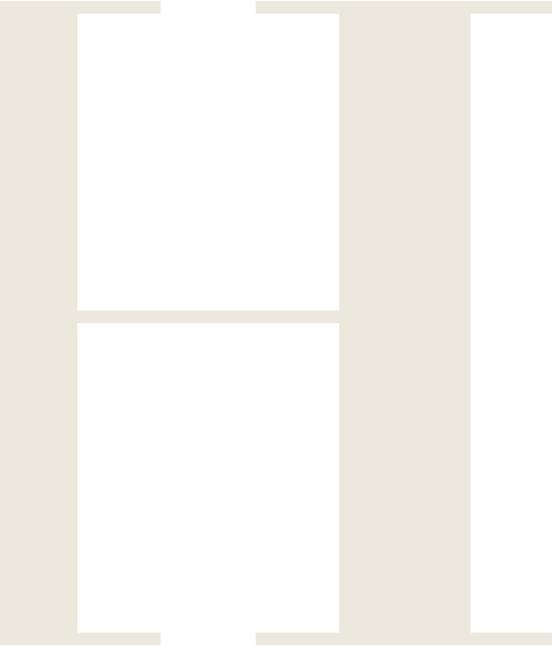
Get started today with your complimentary skin analysis!  
**(281) 698-8770**



# H O T Z E

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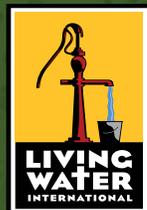
20214 Braidwood Drive, Suite 215  
Houston, Texas 77450



The young children of Centro Escolar Las Ahogadas in San Ildefonso celebrate!

*"The King will reply,  
'Truly I tell you,  
whatever you did for  
one of the least of these  
brothers and sisters of  
mine, you did for me.'"*

Matthew 25:40, NIV



## SAFE WATER SUPPORTS *Education*

When she opened her eyes each morning and thought about her day, 41-year-old Angelica Maria de Los Angeles Pacas felt the weight of the work before her. She served as the sole teacher, principal, and groundskeeper for the one-room schoolhouse that educated the young children in her community of San Ildefonso, El Salvador. Her task was big and the work was hard, and the lack of safe water made everything all the more difficult. "The children of the school, for many years, have been using water from the river and from a dug well," she shared. "It has been difficult ... to use contaminated water." And consuming the water did not come without its consequences. Cholera, dysentery, and respiratory infections were common culprits that kept the primary school's 42 students from attending class and receiving the consistent education they each deserved.

Once the community connected with the Living Water International team in El Salvador, the future of the children and community changed dramatically. "[Receiving] the new well with clean water changed our lives. We are very happy," Angelica shared. Now, the children of San Ildefonso can go to school each day with the safe water they need to learn and grow without the distraction of thirst or the devastation of water-related diseases.

Did you know that your referrals support Living Water?  
Visit [hotzehwc.com/referrals](http://hotzehwc.com/referrals) for details!