

HOTZE on WELLNESS

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A LETTER FROM DR. HOTZE

At Hotze Health & Wellness Center, we believe that the two most important keys to good health include optimal energy levels and a strong immune system. Allergies can both sap your energy and wreak havoc on your immune system.

Did you know that over 40% of the population experience allergic symptoms, and 20% have allergy problems that require medical treatment? Allergies can occur at any age and are especially likely to develop during times of stress. It is common

for many women to develop allergies after childbirth.

You are probably aware of such allergy symptoms as sniffing, sneezing, and itchy or watery eyes, and allergies can often be the cause of sinus infections, bronchitis, and asthma. Have you also noticed that you feel chronically fatigued and tired during allergy season? How would you rate your energy level on a scale of 1 – 10, with 10 being full of energy and 1 meaning no energy? You might be surprised to learn that one of the most common symptoms of allergy is fatigue, due to allergies wearing down the immune system and weakening your resistance.

Allergies also have a profound effect on children. Has your child had repeated upper respiratory or ear infections? Has he been given one course of antibiotics after another but never seems to get well? There is a strong probability that your child has allergies which are wearing down his immune system and weakening his resistance. A frequently ill child, whose immune system has been worn down by allergies, can have his health restored.

Has your child been labeled as “learning disabled” or “hyperactive”? Has it been recommended that your child be placed on drugs for his behavior? *continued on page 6* ■



ALLERGIES: THEY JUST GET NO RESPECT

by David Sheridan, MD, Hotze Health & Wellness Center

I believe that no one should have their life diminished because of allergies. “It’s just allergies.” We hear this often. I’ve even said it myself. Allergies don’t get much respect in the medical world. Did you know that millions of work and school days are lost because of allergies? One relatively straightforward problem may be costing millions of dollars in lost productivity each year. It’s because of allergies that we have a new workplace phenomenon: “presenteeism,” meaning the worker is present, but not totally functional. The fact is that allergies are one of our costliest maladies. Fear not! There is room for hope.

Allergy sufferers usually describe chronic, recurrent respiratory symptoms that are often misdiagnosed as an infection. They often end up taking antibiotics which are not needed and don’t help. However, the increased secretions and congestion caused by allergies may, in fact, lead to infection. In these cases, antibiotics are necessary but still do

nothing for the allergic response that is behind the scenes. This scene only repeats itself, and the antibiotic exposure allows yeast to overgrow in the colon. One then becomes allergic to yeast and is therefore exposed 24 hours a day, 365 days per year. It’s a vicious cycle. Unfortunately, some of us are born with this tendency.

Some people have a genetic predisposition that causes their immune system to overreact to things like animal dander, pollens, and molds. It’s not the dog’s fault. It’s our immune system overreacting to things that pose no threat. The individual items to which we overreact are called allergens because they create an allergic response. Foods can get into the act, as well, in ways more complicated than one eating shrimp and getting hives. There’s more on this later.

This over-reactive immune response may cause symptoms ranging from minor to life-threatening. Typical upper respiratory symptoms include nasal congestion and or a runny nose. These symptoms may even alternate. Additional symptoms include sneezing, post-nasal drip, and itchy, watery eyes. Asthma is another typical allergic response and can even be fatal.

During an asthma attack, the airway constricts, and air flow becomes

restricted. It is harder to get air in and out. Thankfully, there are medicines to help the symptoms that work most of the time. Tragically, asthma deaths still occur. As with the infections mentioned above, such medications don’t address the underlying allergic cause that is almost always present. This is why we believe treating the allergies directly is critical.

So how does one know if their symptoms are allergies or not? A doctor experienced in allergy care can use symptoms and symptom patterns to a high degree of accuracy.

At the Hotze Health & Wellness Center, we believe history is critical for diagnosis. One particularly important clue is when symptoms occur seasonally. We find that the symptoms listed above, when chronic and recurrent, are almost always due to allergies and respond well to properly dosed allergy drops. This “immunotherapy” trains the immune system, so it will stop overreacting to these allergens.

Knowing that, we can then use an allergy test to come up with the proper dosing for allergy treatment drops, kind of like a recipe that’s tailored to an individual’s needs. While many allergy doctors treat everything at the same dose, it turns out that different allergens may have significantly different treatment requirements. Therefore, they should be addressed each with its own dose requirement.

This is getting to the root of the issue and not just covering up symptoms. Relief may be just a few drops away. Don’t suffer through another allergy season. Call today to get started. **(281) 579-3600**

History is
critical for
diagnosis.

DID YOU KNOW?

At Hotze Pharmacy, we believe that the quality of your compounded hormones directly affects the way you feel and respond to those hormones. In light of that, we have committed ourselves to the following standards of excellence:



In 2007, Hotze Pharmacy was among the first in the nation to receive accreditation from the Pharmacy Compounding Accreditation Board (PCAB) and maintain accreditation to date. This seal of approval ranks Hotze Pharmacy as one of the nation's best in quality and safety.



There is pharmacist supervision over all compounding processes. While compounding can be done by technicians with only periodic checks, we have full-time pharmacist supervision over all processes.



Compounding bioidentical hormones is our specialty and has been for over 15 years.



All of our compounded batches are weight-tested for accuracy onsite. This is a measure of how much active ingredient ended up in the capsule. USP (United States Pharmacopeia) allows a 10% variance in what the capsule weighs versus what it should weigh. At Hotze Pharmacy, any capsules that have more than a 3% variance are discarded and destroyed.



In addition to onsite weight testing, multiple samples per week are sent to an outside laboratory for potency testing. Although not required by law, Hotze Pharmacy goes above and beyond to ensure that the correct amount of active ingredient is present in the capsule so that our guests feel exactly the same from prescription to prescription. Hotze Pharmacy ranks number 1 in Houston in number of samples for potency testing and in the top 8% of pharmacies nationwide.



All preparations are lactose-free, and all creams are paraben-free. These chemicals can cause allergies and disrupt hormones.

Most guests who transfer their prescriptions to a different pharmacy to save money return because they "just didn't feel as well" taking lower quality compounds. If you've experienced this yourself, then we are here to serve you. Give us a call today, **(281) 828-9088**.



Experience the difference for yourself.

In the month of September,
save \$25
when you transfer two or
more prescriptions to Hotze
Pharmacy.

**Call Hotze Pharmacy
today, (281) 828-9088.**

JIM KAYE: ABLE TO BREATHE AGAIN

Jim had been asthmatic since age 8. He had recurrent allergic disorders with bronchitis several times a year. He had many courses of antibiotics, adrenaline shots, and inhalers. He took allergy shots for 30 years but stopped in the mid '90s because they weren't working. Jim went to the emergency room or hospital two to three times a year for treatment of asthma. "I'd have asthma. I'd get an infection, then antibiotics, more asthma, just on and on. It was horrible."

Jim would always get asthma in November when the fronts came through Texas and he'd have to go to the ER. In 1991, he had such a severe asthma attack that he went into cardiac arrest. Jim actually died, and came back to life.

Then one day Jim was listening to a Christian radio station at work, when all of a sudden, it went dead. He searched the AM channel and it landed on 700 AM KSEV where Dr. Hotze was talking about asthma. "This was an act of God as far as I'm concerned. It was

Jim actually died, and came back to life.

just not a coincidence." He called his wife and told her about it. "She said to me, and I'll never forget it, 'If you don't go see him I'm going to divorce you ... I'm tired of ambulance rides with you.' We made an appointment."

Jim came to see us on November 13th, 2001. He was horribly asthmatic and could barely walk up the steps. Dr.

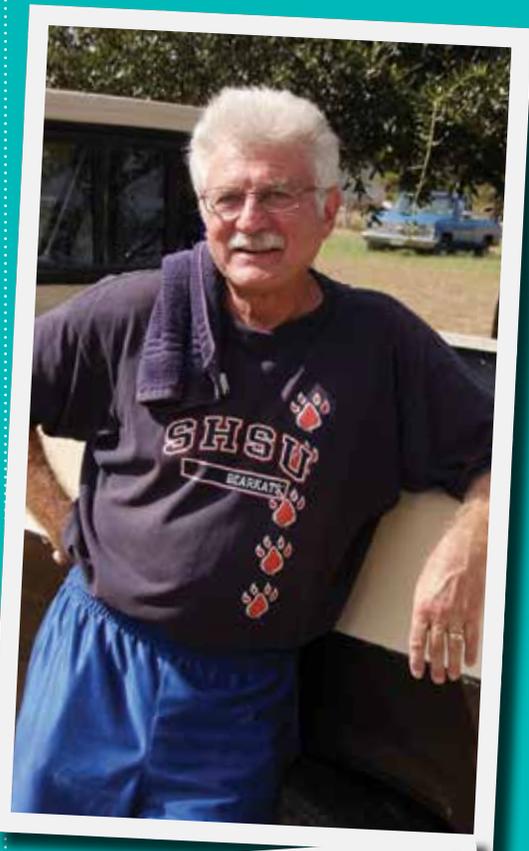
Hotze talked with him for an hour and a half. He explained how prednisone was destroying his adrenal glands. Jim had signs of low thyroid function: ridges on his fingernails, thinning of the edge of his eyebrows, freezing hands, swollen tongue and a body temperature of 97 degrees. Jim said that Dr. Hotze was the first person to ever point out that there was something wrong with his thyroid.

Dr. Hotze put Jim on cortisol, thyroid, testosterone, and a vitamin and mineral program. He was also taught to eliminate certain foods that caused him problems. Dr. Hotze gave Jim neutralizing drops under his tongue, and his sinuses cleared instantly. He could hear and see better. He wasn't dizzy. "I was so happy. I almost started crying. I couldn't believe how better I felt. My lungs became all clear. I totally decongested." Dr. Hotze also put him on sublingual allergy drops. Then in 2011 Jim started LDA (low dose allergy) treatment, and his lungs were totally clear.

Before coming to the Center, Jim believed he only had about four to six weeks to live. After he was treated by Dr. Hotze, he didn't have to go to the hospital that year! "My whole life changed. I lived." Today, Jim can do the stair master at the health club and leg press 400 pounds, three to four times a week. He was more productive in his business and his income went up six times. Said Jim, "I hadn't felt that good in I don't know how many years. You're the first doctor I ever went to that I got better."

Jim said, "There's no doubt in my mind if I hadn't come in

to see Dr. Hotze, there's no way I would have lived. If I had stayed with the mainstream medical system, I would have never made it. I never would have seen 2002. I just want to thank Dr. Hotze for everything. He saved my life. I just really appreciate it, and I just love all of you guys. Everybody who works there, I pray for you all daily."





NATURAL TIPS FOR KEEPING ALLERGIES AT BAY

by Tressa Knapp, Certified Holistic Nutritionist

Allergy season is here. Are you dreading the watery eyes and embarrassing sneezes and sniffles? Perhaps your allergy symptoms are more advanced and you are dealing with headaches or mood changes or stomach aches. Any allergy symptoms are an interruption in our daily lives. Thank goodness there are natural solutions! Vitamin C is a favorite, because it provides immune support and is a natural antihistamine.

When allergens enter the body and are recognized as allergens, the body makes a substance called histamine. This is what causes the tissues in your nose to swell, watery eyes, and itchy skin or nose. Antihistamines reduce or block the histamine and reduce allergy symptoms, but not all antihistamines

are created equal. Over the counter antihistamine drugs have side effects like drowsiness, blurred vision, stomach aches and confusion. Instead, reach for a natural antihistamine, like Vitamin C, that has beneficial side effects including better energy through adrenal support and promoting collagen production. It's even good for your heart.

HERE ARE A FEW MORE TIPS TO BOLSTER YOUR IMMUNE SYSTEM FOR ALLERGY SEASON:

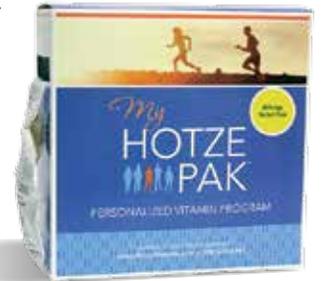
► This may be obvious, but **reduce your exposure** to known allergens as much as you can. Barrier cloths can protect you from dust mites

in your mattress and air purifiers help, too.

► **Cut out sugar and refined carbs.** The Yeast-Free Diet is a great eating plan to do before and during allergy season.

► **Increase your vitamin C intake** by about 2,000 mg above what you normally take. You can take capsules or tablets, but be careful about the brand you choose. High quality supplements are guaranteed at Hotze Vitamins. Call Jackie or Jonathan at **(800) 579-6545** or order online at HotzeVitamins.com.

Build your immune defense with the Allergy Relief Pak.



FACTS ABOUT ALLERGIES:



ALLERGIES ARE INCREASING.

They affect as many as **30% of adults** and **40% of children**.



In 2010, Americans with **nasal swelling** spent about **\$17.5 billion** on health costs and lost more than **6 million work and school days**.

Boost your immune system naturally.

Enjoy **10% off*** the Allergy Relief Pak this month only!

CODE: ALLPAK10
Offer expires September 30, 2017

*Offer cannot be combined with any other discount or promotion

Allergic reactions can cause behavioral problems. Allergies are abnormal reactions to substances such as pollens, dust, mold spores, animal dander, chemicals, and foods. Allergies can be treated, and behavior can often be controlled naturally, rather than succumbing to prescription drugs, like Ritalin, Adderall or Concerta.

Many people write allergies off as merely a nuisance that they must endure at certain times of the year, but the fact is, allergies adversely affect your (and your family's) quality of life.

You have probably heard me say

that allergies can be treated naturally through a desensitization program that does not require the time-consuming hassle of allergy injections. Thousands of our guests have been successfully treated using immunizing allergy drops under the tongue. These "magic drops" – as some of our guests call them – are safe, convenient and effective.

We believe that you deserve to have a doctor and team of professionals to coach you onto a path of health and wellness, naturally, so that you enjoy a better quality of life without the use of pharmaceutical drugs. Wouldn't

you agree?

If you don't feel your absolute best, then what is keeping you from calling us today?

As always, it is a privilege to be able 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
Hotze Enterprises

FAMILIES IN EL SALVADOR

Experience the Joy of Safe

After living with water-related illness for years, 90 families in Santa Lucía Orcoyo, El Salvador, were thrilled to receive a safe water well from the generosity of Living Water International donors.

Thirty-year-old resident Veronica Monje shared, "We are really happy with this project." Karen Torres, a 25-year-old community member added, "Now the children do not have to carry water before school."

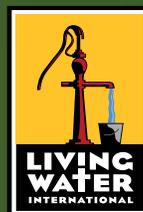
José Miguel Vasquez, a 35-year-old farmer who lives in Santa Lucía Orcoyo, was happy to talk with the Living Water staff about his community's previous water condition and about why the new well is such a blessing. He shared, "When we heard that the project would reach our community, [it] was almost incredible, because we have been asking for help ... for a long time to get clean water.... This community suffered a lot for [the sake of collecting] water. Before, we only had the artesian wells. We knew that the water was contaminated by pesticides, but it was our only resource. This well is going to bless all the families here in the community.... God bless [you]."

The Living Water field team had the privilege of sharing the gospel in Santa Lucía Orcoyo. The community had several churches, so most residents had a basic knowledge of God. The team built on this knowledge using oral Bible storytelling. They shared the Bible stories "The Woman at the Well," "Jesus Walks on Water," and "The Parable of the Good Samaritan."

Through these stories, the residents heard that Jesus was sent to earth as the Messiah, he has power over nature and human need, and that he desires all mankind to show love to one another as he has loved everyone. At the dedication ceremony, approximately 50 people prayed to accept Jesus as their Savior!

Providing safe water opens the doors for families all throughout El Salvador to see their health conditions improve and to hear the hope of the **living water** of Jesus.

Did you know that your referrals support Living Water?
Visit hotzehwc.com/referrals for details!



The residents of Santa Lucía Orcoyo were thrilled to receive safe water.



Because of the faithfulness of Living Water donors, this El Salvadorian community received a well, learned about the importance of safe hygiene and sanitation, and heard God's plan of salvation!



HALO™ PRO: MAXIMUM RESULTS, MINIMAL DOWNTIME

by Brittney Wranik, Hotze Aesthetics

Are you looking to correct years of sun exposure, hormonal changes and overall damage to your skin? What if you could smooth out fine lines, wrinkles, coarse texture, and acne scarring, regain some elasticity and even restore your youthful glow? What if you could do all of this in a natural, safe and effective way without the use of harmful chemicals and invasive procedures? Good news—you actually can with Sciton's Halo™ Pro!

What is Halo™ Pro?

Halo Pro is the world's very first hybrid fractional laser. This sounds impressive but what exactly does it mean? To put it simply, the Halo™ Pro combines two lasers or wavelengths into one procedure. One of these lasers is non-ablative and specializes in correcting superficial sun damage, fine lines and restoring an even, glowing complexion. The other laser is ablative and penetrates deeper into the skin, actually removing tissue to eliminate deep UV damage, resurface deep wrinkles and correct coarse texture.

What's so special about Halo™ Pro?

Applying two lasers simultaneously is a game changer. Typically when choosing a laser or light based procedure you have two general options: (1) A superficial non-ablative procedure that allows little to no down time and discomfort but requires many treatments OR (2) An aggressive, ablative procedure that

allows for greater improvement with fewer treatments but requires much more downtime and discomfort. Applying both types of lasers simultaneously allows for the best of both worlds! You get a blend of aggressive, long-term correction with less downtime and discomfort and even greater improvement.

What is a Halo™ Pro treatment like?

Prior to treatment the skin is numbed for 60 minutes with a topical lidocaine numbing gel compounded by Hotze Pharmacy. Once numbed, the skin is thoroughly cleansed, disinfected and your eyes are protected with steel goggles. Next, the treatment area is measured by gently gliding the Halo hand piece vertically and horizontally along axes visually designated by the laser. Then as the treatment begins, you will feel a hot, crackling sensation as the laser is moved in a hash mark-like pattern across each treatment section. Once completed a few post-procedure products will be applied to help hydrate, protect and nourish your skin.

What is the healing process?

After the procedure, treated skin will feel hot like an intense sunburn. This heat will reach its peak immediately after the treatment and then gradually decrease over the next 1-5 hours. Treated skin will be red, potentially swollen and feel almost feverish. The redness will gradually reduce over

the first 3-7 days and small, brown speckling will develop where UV damage was removed. Severity of swelling may wax and wane over the first few days following treatment depending on hydration, elevation of the treated area, icing practices and your body's own healing process. A few days later, once healed, the speckling, swelling and redness will all be completely gone.

What are the results?

Ultimately, the Halo™ Pro will remove UV damage and will reverse, slow and prevent future effects of aging. Improvements in texture and skin luminosity can be seen during the first few weeks following the procedure. Then over the next few months softening of fine lines, wrinkles, scarring and more textural improvement will occur. The treated skin will continue to improve on a cellular level for up to 12 months following a single treatment.

At the Hotze Health & Wellness Center we believe that everyone can optimize the health and appearance of their skin while delaying, reversing and preventing the effects of aging with safe, non-chemical and non-invasive procedures. The Halo™ Pro is one of the best tools we have to help you achieve these results. Call the Hotze Aesthetics Team today at **(281) 698-8770** to see if you qualify for this innovative top of the line procedure.

Undo that
summer damage!



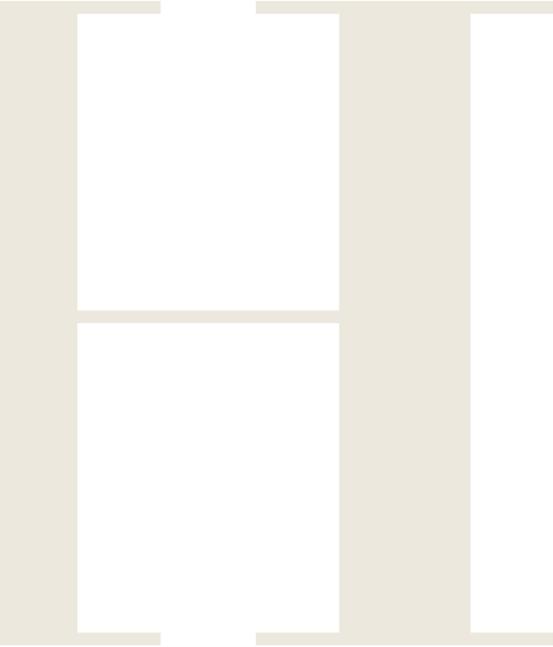
THIS MONTH ONLY!
**Save 20% on
Halo™ Pro treatments.**

Call **(281) 698-8770**
to schedule your
complimentary skin
analysis today.

H O T Z E

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I N T E R N A T I O N A L

20214 Braidwood Drive, Suite 215
Houston, Texas 77450



MEET RON PARKER, P.A.



Ronald Parker, P.A., specializes in allergy and provides one-on-one care and customized treatment for Hotze Health & Wellness Center's expanding allergy practice. He attended the U.S. Navy Medical Corpsman School and graduated from the Navy Field Medical School in 1967. In 1973, he graduated from the Baylor College of Medicine Physician Assistant Program.

Parker worked at the Barnett Allergy Clinic from 1983-1988, then at Rosewood ENT (later Texas ENT) from 1988 to 2017 and then joined the Hotze team this past spring. Parker is a member of the Pan American Allergy Society and on faculty for training on allergy testing. He is a member of the American Academy of Physician Assistants.

A native Houstonian, Parker has been married to his wife Patti for twenty-two years, and they are proud grandparents to an infant grandson. He is a car enthusiast who enjoys working on cars and he also likes to cook.