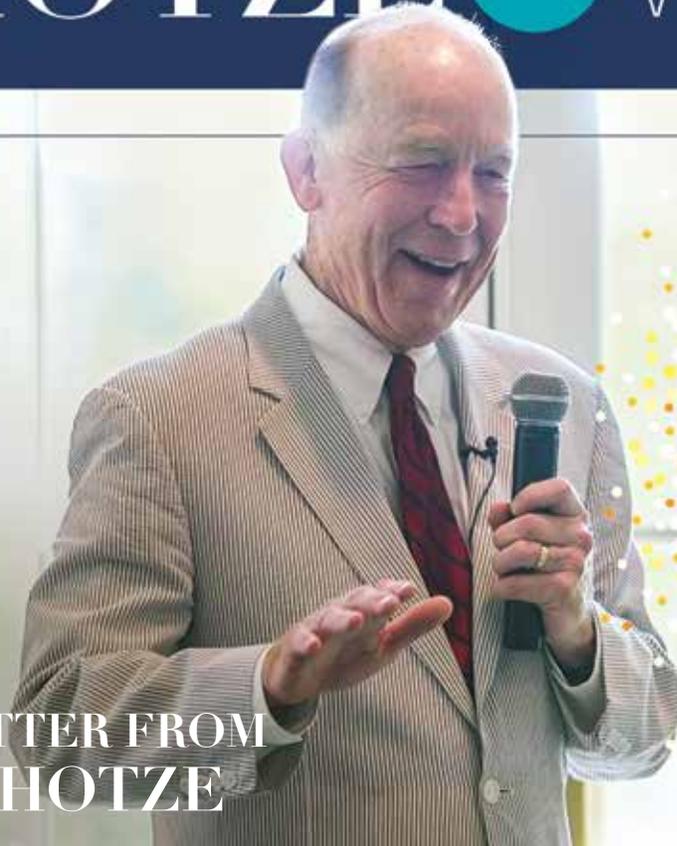


HOTZE on WELLNESS

September 2018 · Vol. 3, No. 9



HOTZE VITAMINS IS
CELEBRATING
25 Years!

A LETTER FROM DR. HOTZE

Greetings to you and your family! Fall has arrived and for many individuals this also means ragweed season. This is the time of year when people with allergies suffer from a worsening of symptoms and recurring, painful sinus infections. Did you know that by treating the underlying cause, you can stop sinus infections from occurring in the first place?

Over 29 million adults have sinusitis, which is inflammation and swelling of the tissue lining the sinus cavities. When your sinuses are filled with fluid, bacteria can grow and cause an infection, which can also spread to your ears and chest. Sinus infections negatively impact the quality of your life. It can be nearly impossible to work, go to school or take care of your family.

The most common symptoms of sinus infections include facial pain or tenderness, nasal congestion and discharge, headache, fever, discolored nasal or postnasal drainage, sore throat, cough, ear ache, fatigue, nausea, pain in upper jaw and teeth, and pressure or pain in sinuses, around your eyes and cheeks.

Here are my recommendations for preventing and treating sinus infections:

Sublingual Allergy Drops are an extremely effective immunization to help prevent sinus infections. Allergy drops desensitize you to the allergens to which you are reacting. Instead of going to the doctor for a shot, you can take them in the convenience of your home.

Colloidal Silver is a natural antibiotic that

kills bacteria and is used to fight infections naturally. It does not cause an overgrowth of intestinal yeast like antibiotics.

Xlear Nasal Spray at Hotze Vitamins soothes and moisturizes the sinus and nasal passages, and Xylitol helps kill bacteria in the sinus cavities.

Neti Pot can be used to rinse sinuses of pollen.

Vitamin C is a natural antihistamine. It helps boost the immune system and supports the adrenal glands.

Vitamin D improves your immune system and is a natural anti-inflammatory.

Zinc is an essential mineral that supports the immune system.

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GET READY FOR FALL POLLEN SEASON

by Ron Parker, PA, Hotze Health & Wellness Center

Can you believe summer is over? It's still hot! This is the start of Fall Pollen Season. Mostly, weeds pollinate in the fall. Ragweed and other weeds have already started pollinating in late July. Most people call this Ragweed Season. However, ragweed is not the only weed pollinating in the fall. We also commonly see pollen from sage, aster, amaranth, sedge, plantain, sheep sorrel, cattail and



FALL POLLENS
MAY CAUSE SERIOUS
PROBLEMS.

nettle. So these days we call fall the Fall Pollen Season.

No matter what you call it, lots of pollen is produced by these plants and it is very offensive to the immune system, causing fall pollinosis or hay fever. This causes inflammation of the nasal mucosa resulting in sneezing, runny nose, nasal congestion, post nasal drainage (down the back of the throat), cough, sore throat, and red, itchy, watery eyes. Fall pollens also cause more serious problems like

asthma, eczema and fatigue. If you are having some of these symptoms, you do not have to put up with them. Frequently, dietary changes and environmental controls are enough to control symptoms.

◆ Avoid milk, melons and bananas in the fall.

These foods are concomitant with ragweed pollen, and if eaten in the fall, will make your allergy symptoms worse. When the weather starts to cool down, everyone wants to go outdoors. If you are having allergy symptoms, spending more time outdoors will only make things worse. Try to limit your time outdoors. If you do go out, late afternoon is best as the pollen counts are highest mid-morning. Paper masks are helpful, but do not filter all the air and you will still get some exposure through and around the edges of the mask, but the masks are helpful.

◆ Airing out your house is not recommended

because the pollen will come right in and can cause big allergy problems. If you do air out the house, be sure to change the HVAC filter when you are finished.

◆ Pets bring in pollen on their fur.

Be sure to wipe them down with a damp cloth when they come indoors. This will decrease your pollen exposure, and the pets like it, too.

If you are still having allergy symptoms after trying these environmental and dietary changes, come see us. At Hotze Health & Wellness Center, we have a comprehensive allergy program to treat the symptoms of hay fever without

the use of pharmaceutical drugs so you can have a better quality of life. Over-the-counter antihistamines and decongestants usually only give a few hours of relief and you are right back to square one. It can make you miserable.

We treat allergy symptoms with sublingual immunotherapy, or allergy drops under the tongue. It's painless, it works just as good as allergy shots, and you do it at home. You don't have to go to the doctor every week to get painful allergy shots. Allergy drops are not a quick fix, but given some time they relieve 70% of the symptoms for the average person. Don't wait for your symptoms to get worse. Come in now and get your treatment started.

Treatment lasts 3-5 years and then if you are doing well, the frequency of doses is decreased to 1-2 doses a week to maintain control. The cure rate is low, but the response rate is high and about 90% of people who take the treatment see improvement.

Remember to take vitamin C daily for prevention of your symptoms. You may have to increase your normal dose—check with your doctor. Quercetin is also helpful and can be taken with vitamin C. Both of these natural antihistamines will help block adverse effects of fall pollenosis.





BENEFITS OF CAPSULES & CREAMS OVER PELLET THERAPY

by Angela Foley, PharmD, Hotze Pharmacy™

Today, many women and men realize the amazing benefits of bioidentical hormone therapy. They sleep better, have more energy, and lose weight. Restoring hormones also improves mood, libido and brain fog.

Recently, pellet therapy has become popular, but is it really the best way to take bioidentical hormones? We don't believe so, and here's why we believe capsules and creams are superior to pellet hormone therapy.

Capsules are able to deliver the exact dose that is prescribed by your doctor. Capsules allow your doctor to individualize your dose and also make it easy to adjust your dose in order to alleviate your symptoms. They are convenient and effective.

Creams deliver the hormones directly into your bloodstream through your skin. The higher the dose you need, the more cream you have to apply to your body. So if you need a higher dose, then capsules may be the best fit for you.

**With capsules and creams, if a person still has symptoms, then the doctor is able to increase the dose immediately so symptoms can be resolved in a matter of hours or days. If the dose is too high, then skipping a*

dose for a few days is usually all that is needed to eliminate symptoms.

▶ **Pellet Therapy** involves implants that are placed under the skin that release hormones into your body. The pellets, which are a little larger than a grain of rice, contain hormones (either estradiol or testosterone) which are pressed or fused into very small cylinders. (Note that progesterone can't be used in pellets because it dissolves too quickly.) Pellets are inserted under the skin through a small incision (lower abdomen or upper buttocks) with local anesthesia. The incision is closed with sutures or sterile tape strips. The pellets are replaced approximately every 3 to 5 months. They do not need to be removed—they are dissolved by the body. Patients can begin to feel relief starting anywhere from 48 hours up to 2 weeks after the pellets are implanted.

▶ **Overdosing/Underdosing with Pellet Therapy:** These implants are supposed to release small doses of hormones consistently, however this is not always the result. If too much is released, it cannot be removed. If the dose is too high, then that person is stuck with the negative symptoms for

several months until the pellets dissolve. Such symptoms could include women growing chest hair, losing hair on their heads, experiencing "roid rage," and more. If the dose is too low, then they could take supplemental hormones, however it would be challenging for a physician to know how much to add and the dosing would be guesswork.

▶ **Restrictions After Pellet Insertion:** After insertion, vigorous physical activity, bathing and swimming should be avoided for approximately 5 days. A shower may be taken as long as the incision isn't scrubbed until it is well healed, after about a week.

▶ **Side Effects of Pellet Therapy** include discomfort at the injection site for the first week, minor bleeding, bruising, swelling, discoloration of the skin, infection, pellet extrusion, and redness and itching at the implant site.

Since 1989, our experienced doctors have had great success in treating over 31,000 guests with bioidentical capsules and creams, which are much more safe and effective than pellet therapy. Call Hotze Pharmacy today for your bioidentical hormone needs at 281-828-9088.



If you are not already taking advantage of the quality hormones at Hotze Pharmacy, you may not be feeling your best.

Transfer your prescription to Hotze Pharmacy™ during September and **receive \$50 off* your order.**

*OFFER VALID DURING SEPTEMBER 2018



COLOSTRUM FOR ALLERGIES

by Jackie Martinez, Vitamin Consultant, Hotze Vitamins®

Allergy season is right around the corner, and you may want to consider taking **Colostrum Complete** proactively this year to reduce allergy symptoms and build up your immune system. Colostrum is mother's first milk, and it's full of life-giving nutrients like vitamins and beneficial antibodies that help strengthen the immune response. The nutrients in colostrum help babies stay healthy in their first few days of life, and the benefits may stay with them for years, if not for their whole life. Can we still somehow get the benefits as older kids and adults? Absolutely we can, and it's as easy as ever. Colostrum Complete is a nutritional supplement for all ages that helps us benefit from the God-designed, immune-supporting benefits of colostrum.

Allergies are an abnormal response by the immune system to normally occurring substances in the environment. This abnormal response is commonly brought about by an overexposure to a substance, or by the immune system acting out of turn. It can be a serious health problem, and if you suffer from allergies, you are

not alone. Allergies affect about 50 million people each year, causing low energy, red eyes, sniffing, sneezing, rashes, headaches, stomach problems, and more. Food allergies, in particular, cause about 200,000 emergency room visits annually, and are one of the top causes of death from allergies. Yikes.

Yes, the statistics are scary, but the good news is that colostrum can help fight food allergies! Colostrum is particularly helpful for supporting the immune system through gut healing. Leaky gut is a condition caused by inflammation that can lead to severe food allergies and sensitivities. Food particles leak through the small intestine walls and are recognized as invaders and then attacked. This activated immune response can trigger headaches, skin rashes, stomach cramps, brain fog, and runny nose, to name just a few common symptoms. The great news is that colostrum has been shown to help heal and reverse a leaky gut. With consistent supplementation, we've seen food allergies become less severe and even

completely reversed. Colostrum helps heal the gut lining and even helps kill the pathogens in the gut like H. pylori.

Colostrum can also help with general immune-boosting for the whole family. Kids can have the powder added to a protein shake. Mom and dad can have the capsules added to their My HotzePak. Don't forget grandma and grandpa. They can take the capsules, as well, or the powder if their digestion is weak, and they will benefit from the immune-boosting effects just as much as everyone else. Whether you struggle from seasonal allergies or food allergies, colostrum may be just the thing your body needs to build those defenses and start the gut healing process. Take that, allergies!



your purchase of Colostrum Complete powder or capsules during the month of September!

Use Promo Codes CPOW10 for Colostrum Powder, and CCAP10 for Colostrum Capsules.

Visit **HotzeVitamins.com** or call **281-646-1659** to order.

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

Colostrum helps regulate and balance the immune system.

Optimal thyroid function is key for a healthy immune system and helps improve resistance to infection.

Optimal adrenal function is needed to ensure adequate cortisol production.

Cortisol is both your natural antihistamine and natural anti-inflammatory hormone. It helps increase resistance to infections and inflammation.

Garlic has antibacterial, antiviral and anti-fungal properties. It helps boost immune system function and fight illness and disease.

A heat compress or hot washcloth placed on your forehead can lessen sinus congestion.

Stay hydrated by drinking plenty of filtered water to keep your sinuses moist and loosen and thin out the mucus.

Sinus infections can be a thing of the past. We have been successfully treating our guests with allergy drops

for decades, as well as restoring their thyroid function and hormone balance to boost their immune system.

Contact us today at **281-579-3600** to discover more about allergy treatment. It would be our 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.
Chief Executive Officer



EXERCISE OUTDOORS THIS ALLERGY SEASON

by Leigh Ann Thomas, Certified Personal Trainer, Hotze Health & Wellness Center

Seasonal allergies don't have to keep your workouts confined to a gym this fall.

The solution? Knowing your triggers and how to treat them will allow you to carry on with those outdoor activities you enjoy.

Know Your Triggers

More than 50 million Americans suffer from allergies every year. While symptoms and severity can be different for each person, it's important to know which allergens affect you and how you react to them. The most typical fall allergies include mold, pollen and ragweed. Most websites like AAAAI.org provide the allergen levels and status in your area. Researching when the allergens are most prevalent will benefit you when planning your next outdoor workout or adventure.

If you do go outside, late afternoon is best as the pollen counts are highest midmorning. Exercising in an area that hosts a lot of pollen, such as a field or grassy area, can become irritating and produce those unwanted symptoms such as a runny nose, itchy eyes, inflammation, asthma and fatigue. These symptoms can make breathing difficult and will most likely derail your workout. In a perfect world, avoiding the times and areas of exercise where the allergens are most active would be

ideal. However, most people don't have the luxury of avoiding these times and places, in which case allergy treatment is necessary.

Allergy Management

Allergy drops are the most effective solution when managing your allergy symptoms. Allergy drops desensitize you from the very allergens that you suffer from, in addition to improving and strengthening your immune system over time. Over-the-counter drugs just mask the allergy symptoms, not actually fixing the underlying cause of your symptoms, and can warrant unwanted side effects such as nausea, drowsiness and headaches. Sublingual allergy drops are convenient and safe, naturally dissolving under the tongue, improving your immunity and allowing you to continue living your life.

Outdoor Exercise Tips:

1. Drink up! – Dry air and fluctuation in temperature can make it difficult to

stay hydrated. Staying hydrated during (and after) your workouts will help flush out toxins and allergens that may keep you from performing your best.

2. Improvise – If the allergens are bothering you too much during your outdoor workout, try working out at home in your driveway or garage. Your house can block and prevent the wind from kicking up the pollen so that you can still exercise.

3. Prepare – Always keep your allergy gear nearby in case of a flare-up. These items include allergy drops, eye drops, saline spray and make-up remover wipes. Also make sure to change and shower after your workout to remove all pollen residue (and sweat) from your skin.

You don't have to let allergies interrupt your daily routine and workout goals. At Hotze Health & Wellness Center, allergy management is achievable! Let us help you get your life back today!

DAWN GATLIN: OVERCOMING PANIC AND ANXIETY NATURALLY

It all started for Dawn when she was about 32 years old. She had an attack at night - she got of bed and everything was spinning and went black. She was rushed to the emergency room and released the same night. After going to several doctors over the years, no cause was found. Eventually, the attacks went from one or two a year to ten attacks at night while she slept.

The attacks were like nothing Dawn had ever felt. It was like a shocking sensation that went up her spine and all the way into her head. Her head would tingle, and she would get numb in the arms and feet. She would sweat and had an elevated heart rate. Dawn would wake up with these attacks several times a night and have a couple during the day that were not as severe. She was sent by ambulance to the ER once from work when she fell over and was paralyzed for several minutes.

While Dawn was told that these were panic attacks, there was something physiological going on that she couldn't put her finger on, and neither could the doctors.

Toward the end, Dawn thought she was dying, literally. She was ready to start putting her affairs in order. She thought that she would not see her boys graduate from high school, get married and have children. She was scared and she could focus on nothing but this problem.

Dawn saw a neurologist, cardiologist, OBGYN, internal medicine and family doctor. She was put on all sorts of prescription drugs from Wellbutrin to Valium to birth control. She was diagnosed with depression, migraines and bipolarism. That was the final straw.

Her husband did not think that she was bipolar, so they came to our center.

Dawn's husband listened to Dr. Hotze's show and he said that some of the issues that he talked about reminded him of her. So when all else failed with traditional methods, he said to Dawn, "you are either going to the hospital, or Dr. Hotze." Said Dawn, "So I gave in and went to see Dr. Hotze."

Said Dawn, "The doctors and entire staff were confident from day one that they could help me, which not only surprised me but also put me at ease, since no other doctors were able to help me up to that point. They really listened to me and worked closely with me to relieve my symptoms of panic and anxiety." Dr. Sheridan said that Dawn had a progesterone deficiency and prescribed her progesterone.

Dawn says "I feel great today! I have way less anxiety! I can do normal things like flying without major breakdowns." Now that Dawn feels better, she says "I can travel. I can let go of negative thoughts and worries and live a much more happy life."

To anyone who is still seeking the right answers for their health symptoms, Dawn says "Do not be quick to trust doctors. I have nothing against doctors, but at the end of the day, nobody knows you better than you. I do not fault any of those doctors who tried to help me. They were practicing medicine in the way that they knew how. I just wish more people understood the huge impact hormones can play in their health and not jump to conclusions about needing drugs until they research everything."



"I FEEL
GREAT TODAY!"





INTRODUCING OUR **NEW** **STEM CELL FACIAL**

by Brittny Wranik, Hotze Med Spa



WE ARE
EXCITED TO
INTRODUCE
OUR NEW
**STEM CELL
FACIAL!**

THIS IS AN
AMAZING NEW
UPGRADE TO
ONE OF OUR
FAN FAVORITE
TREATMENTS,
THE **SKINPEN.**

The Stem Cell Facial pairs our SkinPen microneedling treatment with a stem cell byproduct called **Restoracell Skin Complex**. This pairing accelerates and improves results while potentially reducing recovery time!

The use of stem cell byproducts in skin rejuvenating treatments is a no-brainer. Stem cells are specialized self-replicating cells that are capable of becoming any other type of cell. When applied with procedures like the SkinPen, these types of products have a major impact on our skin's ability to repair and rejuvenate. In fact, stem cells and growth factors have been used in tissue and burn repair and regeneration for decades. The Stem Cell Facial is based off of that same science!

According to Burt Ensley, Ph.D., CEO and chairman of Protein Genomics, "Human stem cell byproducts (from skin or adipose tissue) appear to be the best candidates for use in skincare products due to their ability to produce the same types of cellular components that your body naturally uses to maintain a youthful appearance." The byproduct used in our Stem Cell Facial is derived from adult adipose tissue and contains 10 different types of growth factors (EGF, VEGF, HGF, SDF-1a, etc.). These growth factors help maintain skin's elasticity, stimulate growth, promote revascularization, aid in wound healing, increase production of new cells, and stimulate cellular differentiation.

This type of treatment is an excellent alternative to Botox or dermal fillers! Botox and fillers essentially act as Band-Aids for your concerns. Simply put, they temporarily freeze or artificially

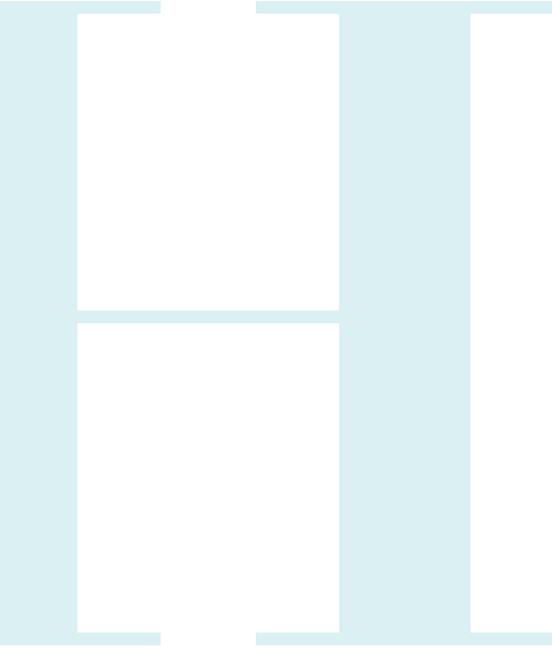
add volume to areas with deep lines or laxity. This provides a temporary mask for these issues without truly correcting them or reversing damage. However, when using natural alternatives like the Stem Cell Facial, we are able to reverse the appearance of these issues while correcting damage and restoring skin to a healthier state. Even more impressively, this is done by encouraging your own skin to remodel itself.

The Stem Cell Facial utilizes microneedling to create microchannels in the skin to stimulate your body's natural wound healing process and to allow for proper absorption of the Restoracell Skin Complex, our stem cell byproduct. This naturally restores collagen, elastin and blood vessel development to regenerate new tissue and create a tightening or shrink-wrap effect on the skin. Who wouldn't want to tighten and smooth their skin without the use of harmful chemicals or invasive procedures?



Refer a friend for a complimentary skin consultation at Hotze Med Spa & **RECEIVE 25% OFF*** YOUR NEXT MED SPA PURCHASE.

*Skin consultation must be scheduled in September for offer to apply.



Safe Water Well REPLACES DANGEROUS SOURCES

MARANONAL SECTOR LA GREGORIA, NICARAGUA

The 33 families living in Marañonal Sector La Gregoria, Nicaragua were victimized on a daily basis by the water crisis. Their only source of water was one hand-dug well that was exposed to the elements and therefore unsafe to drink from. The water from this well was repulsive. The community members would find drowned mice, frogs, bats, cockroaches, and animal excrement in their well water. This water could only be consumed if boiled, and this in itself smelled foul and deterred the community members from drinking water. Any contact whatsoever with this water was dangerous. Yet, on a continuous basis, community members would skim the water off of the surface of the

well, which was the filthiest, in an effort to reach the cleaner water in the depths of the well. Such contact exposed them to dangerous contagions. It was a common occurrence for the community members to suffer from dysentery, vomiting, skin infections, and kidney diseases due to contact with and consumption of the water. They were desperate for a solution.

The community members were hardworking and committed to the improvement of their community, but did not have the resources or platform to improve their water access. Wilber Robleto, the Pastor of Iglesia Cordero De Dios, felt called to act on behalf of his brothers and sisters. He was familiar with Living Water



International's mission and decided to reach out to them in faith. The Living Water staff felt compelled to help this desperate community by installing a new, safe water well.

Gregoria Vilchez, a 52 year old peanut farmer, expressed her point of view. She said, "Now, our lives will be different because we are drinking [safe] water. We don't have to worry that animals are living inside of the new well. I think that this new well is a benefit for the whole community, and it is good to know that we can drink this water with confidence. The hygiene lessons were very important, now we know how [to] wash our hands, the right way to take care of [ourselves]. We thank God and the team [who came with] Living Water International, who have brought the blessing. All of them are great people because they treated us with kindness and goodness. We ask God covers [you] with His precious blood. We know God cares for you."

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

