

A LETTER FROM DR. HOTZE Ready or Not—Allergy Season is Here!

Tree and weed pollen season is here. Are you ready for it? Although we tend to think of allergies as just a nuisance, experience shows that inflammation and stress placed on your body and immune system can have long-term negative effects.

When I first became a physician, I didn't give allergies a thought. It wasn't until I realized that treating people with pharmaceutical drugs wasn't working that I had what turned out to be a providential meeting with an allergist, Dr. David Ziegler. Dr. Ziegler shared that treating people with allergies was very satisfying because they actually improved under his care.

This meeting led me to join the Pan American Allergy Society where I met experts like Dr. James Willoughby, who graciously invited me to his practice in Kansas City and trained me in his methods. In those days, my practice was much smaller than it is today. With one person on my staff, I performed all the skin testing and allergy treatments.

To my delight, my guests started to get well. This was very encouraging to me and to them. There was hope! Since then our team and the number of guests we serve has only continued to grow. With the introduction of hormone and thyroid treatments, our practice has changed a lot over the years. Still, allergy remains a vital part of our program. It can often be a missing link for our guests who don't achieve optimal results through hormones alone.

Let me ask you a question: Do you suffer from allergy symptoms such as itchy eyes, runny nose, sneezing, coughing, recurrent sinus infections or asthma?

Imagine how nice it would be to enjoy the outdoors this spring without having to tolerate your allergy symptoms.

Unfortunately there is no magic pill to rid your body of the inflammatory response and any over-the-counter allergy remedy is simply masking the symptoms.

For long-term allergy relief, allergy drops may be the answer that you've been looking for. What was once a cumbersome process of weekly allergy shots at the doctor's office can now be attained through pain-free allergy drops, administered under the tongue, in the convenience of your own home.

As always, my goal is to help you and your family achieve health and wellness naturally, so you can enjoy a better quality of life. If allergies are preventing you from this, we can help!

With much appreciation for your friendship and support, I remain, as always,

Committed to your health success,



Steven F. Hotze, M.D.
Chief Executive Officer



INSIDE THIS ISSUE:

- ▶ ARE ALLERGIES MAKING YOU SICK?
- ▶ ALLERGIES & YOUR CHILD: THE BEHAVIORAL LINK
- ▶ REVISIT THOSE RESOLUTIONS
- ▶ BEAUTY PRODUCTS: WHAT NOT TO USE

ARE ALLERGIES MAKING YOU SICK?

Allergies are more than just a nuisance. You may not think a sneezy, runny nose is anything to worry about, but allergy symptoms are an indicator of an underlying problem and should not be ignored.

Although respiratory discomfort is the most obvious indicator of an allergic reaction, allergies can cause symptoms throughout the body. Food allergens can trigger gastrointestinal symptoms such as canker sores, gastritis, and diarrhea. Meanwhile, headaches, migraines, depression, anxiety and memory problems can occur if inflammation and swelling affect the brain. Recurrent or chronic urinary tract infections, childhood ear infections, upper respiratory infections, and yeast infections commonly have an allergic basis. Asthma is caused by underlying allergies, as well. Other serious conditions, including rheumatoid arthritis and irritable bowel syndrome, can be exacerbated by allergies, especially allergies to foods.

» INFLAMMATION

Due to the amount of inflammation and stress placed on the body and your immune system, if you choose to not treat your allergies, your risk for serious illness is increased. With inflammation, your immune system becomes overburdened, and the inflammatory triggers are sent through your bloodstream where they affect nerves, organs, connective tissues, joints, and muscles. Chronic inflammation can slowly destroy your organs and the ability to function optimally.

» ADRENAL FATIGUE

People with food and environmental allergies commonly have weak adrenal function, also known as adrenal fatigue. Most allergies involve the release of histamine and other pro-inflammatory substances. Cortisol, one of the primary hormones produced by the adrenal glands, is a strong anti-inflammatory hormone. The more histamine that is released, the more cortisol it takes to control the inflammatory response and the harder the adrenal glands have to work to produce more cortisol. The harder they have to work, the more fatigued they become.

» SLEEP

Insomnia is common in people with hay fever and allergies, for obvious reasons. When you have a sinus headache, a stuffed up nose and can't breathe, it can be difficult to sleep! A study published in the Archives

of Internal Medicine showed that people with allergic rhinitis from hay fever and other types of allergies are more than twice as likely to suffer from sleep disorders such as insomnia. Lack of adequate, sound sleep can lead to irritability, weight gain, and decreased cognitive function.

Not only do allergies contribute to poor health; they can make you feel miserable and negatively affect your quality of life. Allergies also contribute to days missed at work and increased healthcare costs.

You may not know that allergies can begin at any age, including midlife. Unless they are identified and treated, chronic health problems can result. Problems ranging from sinus infections, skin disorders, asthma and migraine headaches can finally begin to improve when allergies are identified and treated.

» TREATMENT

Historically, treating allergies has required weekly visits to the doctor for a shot, followed by a waiting period to make sure there is no reaction. That's not the case anymore. With allergy drops, treatment is easier than ever. By placing a few drops under the tongue each day, your body will build up antibodies to help fight off the allergens naturally. You can do this from the comfort of your own home or take them on the go. No office visit or wait time.

If you're sniffing your way through spring, it might be time for a change. **Call us today to find out how you can fix your allergies for good.**

Save the Date

WELLNESS WORKSHOP:
ALLERGY RELIEF

Wednesday, March 23rd
6:30- 8pm

Join us and bring a friend to hear Dr. Hotze speak on allergies and how you can say a final farewell to your draining symptoms.

ALLERGIES & YOUR CHILD: THE BEHAVIORAL LINK

Allergy season is here. Runny nose, itchy eyes and constant sneezing...you know the drill. Chances are, your children or grandchildren have experienced this, too. But did you know that allergies to foods and environmental factors can trigger more severe symptoms, such as hyperactivity, skewed thinking and violent behavior?

Unfortunately, this is true for more than 3 million children in the United States.

Every minute we are exposed to allergens. They are in the foods we eat, the air we breathe, the water we drink, the personal care products we use, even the detergent we use to wash our clothes! Everyday exposure to allergens can have a profound effect on a child's personality and behavior.

So how do you get to the root of the problem? One of the best ways to determine which food or environmental factor is affecting your child is through the elimination diet. For example, if you suspect your child is allergic to milk, remove it from their diet and record their behavior, whether positive or negative. A week after the suspected allergen is removed, introduce it back into your child's diet and record their behavior again. If you see a change in behavioral patterns after the food is re-introduced, you can assume that food or allergen is causing your child's reaction.

Beyond foods, environmental allergies such as perfumes, chemicals and other

allergens in the air, like molds and pollens, can be harder to control. For optimal support, make sure your child is on a good vitamin regimen to help boost their tiny immune system and combat environmental allergies naturally.

Vitamin D has anti-inflammatory properties that help fight allergy reactions and infection. Without an adequate supply of vitamin D, the immune system cannot properly respond to serious infections or reactions in your body.

Vitamin C is an immune-boosting antioxidant that lowers histamine levels in the bloodstream, helping to prevent the onset of allergies. Foods high in vitamin C, such as citrus fruits, broccoli and tomatoes, should be eaten as often as possible but a vitamin C supplement is the surest way to get sufficient amounts.

A high-quality, sugar-free, children's multivitamin offers important immune-boosting nutrients. **Nutri-Kids Free** is the most complete children's multi on the market, providing more than 20 vitamins, minerals and nutrients your child needs for a strong immune system, healthy brain development and a healthy heart.

If you're frustrated with your child's unruly behavior, consider testing for food and airborne allergies to see if they could be the culprit. By removing these allergens from your kids' environment, you could have a completely different (and well-behaved!) child again.

REVISIT THOSE RESOLUTIONS by Sally Kerr, LVN, LMT

Here we are in March already. This is a great time to STOP and reflect on the goals that you set back in January. Have you made progress on those New Year's Resolutions or simply forgotten about them?

The year is still young and the most successful people revisit their goals weekly, if not daily, to make sure they stay on target! Remembering WHY you selected those goals is key. What is your motivation? What were you thinking in



EXAMPLES OF BEHAVIORAL EFFECTS

caused by food
and environmental
allergies include:

- Hyperactivity
- Irritability
- Short attention span
- Inability to control
themselves (i.e. wiggly,
restless legs)
- Temper tantrums
- Violence



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VALID THROUGH 3/31/16

REVISIT THOSE RESOLUTIONS *continued from page 3*

January? Revisit and recommit - that is what March is for!

Usually, fitness is one of the TOP New Year's Resolutions, either recommitting to a fitness regimen or finally starting one! If fitness is one of your goals, there's one more reason to revisit that one or continue: your SKIN!

When you exercise, the tiny arteries in your skin open up, allowing more blood to reach the skin's surface and deliver nutrients that repair damage from the sun and environmental pollutants. These nutrients also rev up the skin's collagen production thereby helping to prevent premature aging (think wrinkles)!

Exercise is a great stress reliever, and stress shows on your skin! Exercise also helps build your confidence and when you feel better, you look better. When people start on a weight training regimen, they immediately carry themselves differently—you can see that self-assured look. And we won't even talk about what that exercise does for your bones...or how your clothes fit.

Need a little help with those fitness goals? Futura® Pro (our safe, non-invasive body contouring) is a great tool to lend a little "instant" motivation. Who couldn't use that?

Is your skin still showing the impact of LAST summer (or maybe MANY summers)? There are healthy solutions ranging from our Hotze Signature Anti-Aging facials to complete skin rejuvenation utilizing the Sciton Joule, Halo and BBL (broadband light) treatments that include the "stop the clock" maintenance treatments of Forever Young BBL.

If you simply need to "wake up your winter skin," SkinPen is the perfect tool.

Wondering what's best for your skin? Schedule your complimentary skin consultation to determine what you need to get you back on target to achieve your 2016 goals. Summer will be here before we know it. So revisit those goals and give us a call at (281) 698-8770.

BEAUTY PRODUCTS: WHAT NOT TO USE

by Kimberly Haddock, RPh, Hotze Pharmacy™

Finding a good skincare regimen can be intimidating. When you walk the aisles of your beauty department, there are so many options, each with a different claim about health and beauty. Whatever product you choose, I encourage you to select products that are the best - not just for your skin, but also for your overall health. You might not even realize how dangerous some ingredients are in the products you use every day.

Why you should change your skincare products

Change is hard. It's even more difficult when you have found the perfect products for your skin. But did you know that most of us are slathering our faces with cosmetics that are filled with chemicals? Parabens, in particular, are some of the most prevalent chemicals to avoid in cosmetics.

Parabens are added to cosmetic and pharmaceutical products to act as a preservative, but can have dangerous effects

on your body and have even been linked to breast cancer. Parabens mimic estrogen, and therefore can disrupt virtually every system in your body, including your thyroid.

Make sure to check the label when shopping for anything that you think might need to be preserved. You want to avoid products with any of these ingredients:

- Methylparaben
- Propylparaben
- Isopropylparaben
- Isobutylparaben
- Butylparaben
- Sodium Butylparaben

If you're currently using Hotze Pharmacy's compounded skincare, you can rest assured. Our preparations are compounded using only paraben-free ingredients so you can be sure you are getting the finest quality. If you have any questions about your current regimen and need some guidance, we are here to serve you. Give us a call at (281) 828-9088.

INGREDIENTS TO AVOID:

- GMOs
- Petrochemicals
- Phthalates
- Sulfates
- Synthetic Colors
- Dyes
- Fragrances
- Triclosan
- PEG
- MEA
- TEA
- DEA
- Parabens

