

HOTZE **on** WELLNESS

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A LETTER FROM DR. HOTZE

HELPING MEN GET THEIR LIVES BACK

It has certainly been a privilege for my team and me to help thousands of women positively transform their lives. As a physician, I have found that women tend to notice more quickly when their health is declining only because of the cyclical nature of their hormones.

For men, it is different as they tend to experience a gradual decline through the years. However, it is just as critical for them to have their hormones and nutrients replenished so they too can feel healthy and well and on top of their game.

For example, I just visited with a new guest who owns three Mexican restaurants in Austin, Texas. While he has obviously been very successful, he is in the process of opening a fourth restaurant and needs to become healthy and well so that he has the energy to keep expanding his businesses.

Another man recently came in for a follow-up visit this past May.

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HAS LOW TESTOSTERONE CHANGED YOUR HUSBAND?

As a woman, you already know about the many health symptoms you and your girlfriends experience as you get older, because you discuss them all the time. However, did you know that men go through many of those things, too? Sure, they may not be as vocal about it, but you have probably seen the changes due to symptoms of low testosterone whether you realize it or not.

In the past, the word "hormones" was mostly limited to women. Today, male hormones are talked about much more commonly: namely, testosterone. You've seen the ads about low T, which should tell you that many men are suffering from the symptoms of low testosterone. It's no small problem.

Women are very familiar with the symptoms they experience when their hormones are out of balance, indicating

that hormone replacement is needed. So how do you know when a man needs testosterone? As men age, their testosterone levels naturally decline and there are several symptoms that can reveal if a man might be deficient in testosterone.



HOW YOU CAN GET YOUR HUSBAND BACK

As a guest of the Hotze Health & Wellness Center, you know what it's like to feel like yourself again. Your husband may even say that he got back the woman he married. Now it's his turn.

Bioidentical testosterone can help restore his health and vitality so that he feels like his old self again. We are talking about simply replacing what is missing – bioidentical testosterone is molecularly identical to the God-given testosterone that is made by a man's body.

Harriss Got His Life Back

"I started to just gain weight for no reason. I couldn't think right. I own my own business—I was sitting at my desk trying to set goals one December and my plan for the next year, and I didn't care. I couldn't do it, I couldn't focus, I couldn't do anything, I just wanted to sleep. I wanted to sit down and rest all the time. My wife said 'this is not you.'"

"My wife made the appointment for me as a Christmas present... Today I feel like I'm about 25... I work out all the time—weights, P90X, doing bike riding. I can do 60 hours a week at work and my other job where I play music just for fun... and the energy level, the focus, the drive, the determination—just everything that I had, is back. It came back very quickly, actually."

— Harriss Lauderdale, Hotze Guest since 2006



Give the gift of health this Father's Day - call a wellness consultant today at **(281) 698-8698**. This is a great time to help your husband get his life back!

YOU KNOW A MAN COULD BENEFIT FROM TESTOSTERONE WHEN HE:



- is tired all the time
- starts gaining that spare tire around his waist
- doesn't have the energy he used to have
- has become irritable, grumpy and moody
- lacks drive and motivation
- has lost interest in intimacy with his wife
- can't focus at work
- doesn't sleep well
- has sleep apnea
- loses his motivation and zest for life
- is thinking about retiring early
- is having difficulty concentrating and has short term memory loss
- has decreased mental sharpness
- doesn't feel like doing the activities he used to enjoy
- lies on the couch until bedtime
- has a loss of muscle mass, strength and tone
- has a loss of initiative and assertiveness
- has a decline in sense of well-being and self-confidence

HARRISS' STORY: FEELING 25 AND LOVING LIFE

After years of seeing what traditional medicine had done to his family and friends, Harriss admits that he had always had a healthy distrust of doctors.

Fortunately, having always worked out regularly, eaten well and studied health books, he didn't have much need for doctors. Then, things changed.

In his mid-40s, Harriss started gaining weight for no reason, couldn't think right, and lost interest in things that used to be really important to him, like setting goals for his business. He couldn't focus and just wanted to sleep, to sit down and rest all the time. When his wife kept telling him, "this is not you," he finally went to see someone about it.

Before Hotze Health & Wellness Center, Harriss saw two doctors, only to be told he was "just getting older" and to "deal with it." They offered him statins and blood pressure meds, but he refused, knowing that the drugs had just made things worse for his friends.

One day, Harriss heard Drs. Hotze and Sheridan talking on the radio about everything he had been experiencing. Despite what he heard, he was still skeptical and reluctant to seek treatment. As he tells it, when his wife made the appointment for him, he sat in his car outside the Center for 30 minutes debating whether to come in.



The moment he walked through our doors, all of that changed. Harriss knew that his experience would be completely different from anything he'd experienced before. And it was. Unlike other doctors he'd seen, he actually felt cared for and like people wanted to help him. His treatment didn't just address individual symptoms. It was designed to improve all areas of his life, taking into account things like stress and work, and helping him to be a better person.

Today, Harriss feels like he's 25. He can work 60 hours a week at work and still make time to work out heavily and even play music just for fun. His energy level, drive, determination and everything he had before is back! "All of a sudden, life had more joy. It had more experience, had more light...thoughts, goals, dreams. Everything came back on."

Hear Harriss tell the whole story.

» Visit hotzehwc.com/harriss.

TEXT US!

Live texting and appointment scheduling are now available in the following departments:

AESTHETICS - 281.698.8770
FRONT OFFICE - 281.579.3600
VITAMINS - 281.646.1659
NEW GUEST SCHEDULING - 281.698.8698

For info about texting a phone nurse, email Brenda.Gonzalez@hotzehwc.com.





THE LIFE CHANGING BENEFITS OF TESTOSTERONE

by Lucia McEntee, RPh, Hotze Pharmacy™

As a man ages, his testosterone levels decline steadily. This typically starts in his thirties and continues throughout his life. Despite the well-documented role of testosterone in cardiovascular and bone density, the benefits of testosterone replacement therapy are often overlooked. While this includes a healthy libido, there are significant benefits beyond that, which can be life-changing.

Take a look at some of the things testosterone does for men:

- Improves muscle mass, strength and tone, and increases stamina and endurance.
- Protects the heart and arteries, decreases risk of heart disease, and lowers blood pressure by dilating the aorta and coronary arteries of the heart. Men with arteriosclerosis generally have low testosterone levels.
- Helps maintain a healthy metabolism and improve energy.
- Improves libido.
- Enhances cognitive function and memory. It is crucial for maintaining mental sharpness and clarity.
- Plays a role in building strong bones.
- Increases assertiveness, initiative and sense of well-being. It improves self-confidence and drive.
- Decreases body fat around the waist.
- Improves moods, and relieves anxiety and depression.
- Improves sleep and sleep apnea. Low testosterone causes men to wake up frequently, snore, and feel fatigued after waking.

NOT JUST FOR MEN

Women produce smaller amounts of testosterone than men even in

the prime of life. However, that does not mean that they are spared the effects of a decline in levels of this hormone. The benefits, besides enhancing sexual desire and pleasure, are: improves the tone of vagina and bladder, decreases body fat, improves muscle strength and bone density, enhances the function of thyroid hormone, relieves anxiety and depression and promotes clearer thinking.

DOSING & QUALITY

Testosterone comes in both injectable and compounded forms (transdermal cream, sublingual tablets and capsules). When choosing compounds, it's vital that quality standards are followed.

At Hotze Pharmacy, for example, we have a machine that tests them individually and gives us a complete report with accuracy, standard deviation, and more. In addition, we regularly send samples of compounds for testing to the same outside laboratory that is used by the Texas State Board of Pharmacy. This is above and beyond what is required by law. By testing these samples we validate our ingredients, our processes and procedures, so you can feel confident that you're getting just what the doctor ordered.

In fact, if you have ever switched to a different pharmacy and noticed that you weren't feeling quite the same, it could be due to a difference in quality standards. In addition to those outlined above, this could include additional fillers, lactose and other ingredients that could cause a reaction.

» If you think this may have happened to you, our Hotze pharmacists are always available to answer your questions. Give us a call at **(281) 828-9088**.





NATURAL NUTRITION TIPS TO PROTECT YOUR PROSTATE

by Krystal Hammett, Certified Holistic Nutritionist, Hotze Vitamins®

It is not uncommon to hear about elderly men struggling with prostate problems, including cancer. The alarming truth today is that younger men are now facing prostate and urinary difficulties at earlier ages. Today's food quality and overexposure to toxins in the environment, such as plastics and pollution, that act as hormone disruptors and damage cells are the true culprits. To help protect your prostate naturally, start with your diet.

Here are the top 7 foods for prostate health:

1. TOMATOES are known for prostate health because of their high lycopene content. Lycopene has been shown to reduce prostate cancer cell production, which may reduce the risk of developing prostate cancer. Incorporate fresh, organic tomatoes into your diet by adding them to a salad or simply enjoying them as a snack.

2. BROCCOLI, CAULIFLOWER, BRUSSELS SPROUTS & CABBAGE are all part of the cruciferous vegetable family. In a recent study, men who ate three or more half-cup servings of cruciferous vegetables per week had a 41 percent decreased risk of developing prostate cancer, compared to men who ate less than one serving per week.

3. GREEN TEA contains catechins, potent antioxidants that help protect your cells from free radical damage. In a Japanese study of 50,000 men, researchers found a 48 percent decreased risk of advanced prostate cancer in men who consumed greater than five cups of pure green tea. Don't

care for green tea? Add a green tea supplement to your vitamin regimen. Two capsules of Hotze Vitamins' Green Tea Extract equal about 4-6 cups of green tea!

4. WILD SALMON eaten several times a week plus a healthy dose of omega-3 fish oil supplemented daily may help drastically reduce inflammation throughout your body. Inflammation irritates and damages prostate cells.

5. GRASS-FED BEEF & BISON are surprisingly high in both omega-3s and zinc, which are prostate super nutrients, and low in fat. Zinc is crucial for healthy testosterone levels and balancing male hormones.

6. BRAZIL NUTS are loaded with selenium, which is powerful for cell protection and healthy testosterone levels. Make your own trail mix using healthy nuts, like almonds, macadamia nuts and Brazil nuts to get a variety of healthy fats, vitamins and minerals that protect your prostate.

7. EGGS are like the multivitamin of food. They contain amazing antioxidants, including vitamin E and lycopene, both key nutrients for optimal prostate protection.

When it comes to total prostate support, the best course of action is a solid plan of prevention. Whether you're in your 30s or 70s, a healthy diet rich in prostate-protecting nutrients can support your body's natural ability to protect and restore.

Sources:

- National Cancer Institute at the National Institutes of Health
- Fred Hutchinson Cancer Research Center

DR. HOTZE'S TOP SUPPLEMENTS FOR PROSTATE HEALTH

Zinc Chelate
Saw Palmetto
Vitamin D3
Prostate Pro by Dr. Hotze

Protecting your prostate and your overall health has never been easier. The **Men's Basic Plus Prostate Pro Pak** was designed to provide the perfect blend of essential nutrients to support overall wellness, while looking out for the health of your heart and your prostate, too. Don't wait another year, or even another day, to start being proactive about your prostate health. **Start today.**



Enjoy **\$20 off**
the Men's Basic
Plus Prostate
Pro Pak!*

Code: PROSTATE
Expires: June 30, 2016
*Offer cannot be
combined with any
other discount or
promotion.



PUTTING DREAMS ON DISPLAY

by Monica Luedecke, President

In Hotze World, goal setting is a part of our culture. We incorporate periodic staff trainings on the topic in our weekly staff meetings. Department leaders set company goals with each of their team members during one-on-one meetings. Dr. Hotze and I meet every year on January 1 to review the goals set and met in the preceding 12 months, and to flesh out and write down the goals for the New Year. We have studied together about the incorporation of goals into our lives and our work by reading and reviewing such books as *See You At the Top*, by Zig Ziglar; *Goals!*, by Brian Tracy; *Winning Every Day*, by Lou Holtz; and so many more.

As good as we are at systematically setting goals, this year, thanks to one of our business associates, we learned how to take it to another level! Adam Witty, and his crew at Advantage Media, our publishing company, taught us the value in having vivid pictures in front of us on a daily basis that capture the goals we are focused on achieving. So this year, we added a new process to our meetings with team members:



» **STEP 1:** All team members were invited to fill out a form that described the goals they most wanted to achieve this year.

» **STEP 2:** Our graphic design team was enlisted to bring the words to life, visually.

» **STEP 3:** Translate the graphics to a poster board.

» **STEP 4:** Present the completed Dream Board to the team member, who then displays it at their desk.

What we have heard from our team members who have added Dream Boards to their lives is that it has helped them stay focused on the goals they set for themselves. It is a great tool for keeping the momentum going on achieving goals, and one that I would highly recommend to you!



A LETTER FROM DR. HOTZE *continued from cover*

He had only been on our program a few months and had already lost over 30 pounds. It was great to hear him feeling so confident about his future.

Others simply say that having us help them get their lives back has been a tremendous gift.

Numerous men have also come to us after they have retired or were thinking of retiring. After being on our program, they decided to start a second career and are making more money than they did before and are enjoying it. I have told many of them on their first visit not to blame me if they double their income!

By the way, for those of you who are entrepreneurs or your spouse is an entrepreneur, or you work for someone yet consider yourself President and CEO of your life and career, then I highly recommend that you read the *E-Myth* by Michael Gerber. It explains how you

can work on your business instead of in your business. This was a game changer for my practice when I read this book in the 1990s, and it can transform the way you think about business as well.

You may be aware of friends and family who want to restore their health to get back on top of their game. Thank you in advance for referring them to us. We would love to partner with them so that they can also get their lives back!

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



EMBRACE FATHERHOOD, NOT FATHER TIME

by Sally Kerr, LVN, LSO

With Father's Day quickly approaching my thoughts go to skin care for men. Men want to look young, healthy and vibrant just like women.

Here are some tips to help them celebrate fatherhood NOT Father Time:

PROTECT! Sunscreen and a hat are musts in this hot Houston sun, and if you're traveling, don't forget to pack your sunscreen! Elta MD, found in Hotze Vitamins, is a great option, because it contains a physical sunblock.

HYDRATE! Water, water, water! Carry it with you wherever you go this summer. Just make sure you use a glass or stainless steel water bottle (plastic bottles contain toxins).

NOURISH! Make sure to add in those veggies and vibrant fruits for the ultimate in skin health! Stay away from sugar as much as possible. If you need to satisfy your sweet tooth, then

blueberries are a great sweet treat, as well as summer seasonal produce: watermelon (full of lycopene) and cantaloupe (full of Vitamin A).

REJUVENATE! Not sure where to start? Schedule a complimentary skin analysis utilizing the latest skin analyzing technology: Visia Complexion Analysis, which measures UV damage and also shows your TruSkin Age®. Using the Visia results, our team of licensed professionals will design a skin rejuvenation package for you or that special man in your life! From Dr. Hotze's relaxing, rejuvenating Signature Facial to complete skin rejuvenation utilizing broadband light

and lasers using top-of-the-line equipment, we have what you need to look even better than you feel.

» Are there any skin topics you'd like me to cover? Let me know! Email or call me:

sally.kerr@hotzehwc.com
(281) 698-8770

Yours in health,
Sally



CELEBRATE THE MAN IN YOUR LIFE!

Whether it's your husband, father, son or brother—show them the love with our Father's Day Celebration Bundle. (Psst, we couldn't just make it about him, so we threw in a little something for you, too!)

Purchase a 3-series SkinPen package (\$899) for him and **receive a complimentary facial for you!** (\$1200 value) Hurry, the offer only lasts until the end of June!

Call us today at **(281) 698-8770** to have your gift packaged in time for Father's Day!

A close-up photograph of a young girl with dark skin and hair, wearing a small gold earring and a colorful beaded bracelet. She is leaning over a weathered metal water tap, cupping her hands to catch water and drinking. The background is a soft-focus green, suggesting an outdoor setting with foliage.

YOUR REFERRALS
HELP CHILDREN
get safe water.



HELP US HELP THE CHILDREN.

The Hotze Health & Wellness Center team believes in giving back to those in need. When you refer a friend or family member to us who wants to restore their health, you are helping children in real need because for every referred guest we see this year, we are donating a portion of our income to Living Water International. www.water.cc/aboutlivingwater

Living Water International exists to demonstrate the love of God by helping communities around the world acquire desperately needed clean water, and to experience “living water”—the gospel of Jesus Christ—which alone satisfies the deepest thirst.

SO AGAIN, YOUR REFERRALS HELP THOSE IN REAL NEED.

Who do you know that needs help restoring their health? Not only will they be assured of outstanding guest service, products and results, but they will also be helping children and their families restore their health, as well.

It's easy to refer your family members, your friends, neighbors and associates who want to take charge of their health and get on a path of health and wellness, naturally. Simply send them to **www.hotzehwc.com/referrals**. We'll send them a complimentary copy of *Hormones, Health, and Happiness*, along with some information to help them get started.

Alternately, they can simply call our office at **(281) 698-8698**.