

HOTZE

Healthy Living

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Merry Christmas!



A Letter From Dr. Hotze

For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace.

(ISAIAH 9:6)

Christmas is the time we celebrate the first coming of our Savior and Lord, Jesus Christ, the King of kings.

“The angel of the Lord appeared to Joseph in a dream and said to him, ‘Joseph, son of David, do not be afraid to take Mary as your wife; for the Child who has been conceived in her is of the Holy Spirit. She will bear a Son; and you shall call His name Jesus, for He will save His people from their sins.’ Now all this took place to fulfill what was spoken by the Lord through the prophet: ‘BEHOLD, THE VIRGIN SHALL BE WITH CHILD AND SHALL BEAR A SON, AND THEY SHALL CALL HIS NAME IMMANUEL,’ which translated means, ‘God with us.’” (Matthew 1:20-23)

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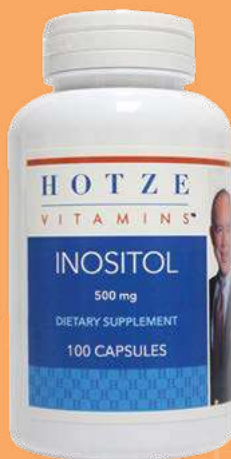


Vita-Minute

INOSITOL

Do you get easily stressed over the holidays? Inositol may be just what you need. Inositol is found in all cell membranes, with the highest concentrations in the brain and central nervous system, where it plays an important role in neurotransmitter signaling.

Inositol is well known for its calming effects. Inositol helps calm brain chatter by slowing down the brain waves. It is a water soluble B



vitamin, so you can take it when you need it throughout the day, as well as before bed to help calm your mind.



Call Jackie at 800-579-6545
or visit HotzeVitamins.com
to order **Inositol** today!

► From the *Pharmacist*

Physicians Preference Face and Body Revitalizer Oil: **Why You'll Love It!**

by Susan MacIvor, R.Ph., Physicians Preference Pharmacy



Would you like to have soft, silky skin and hair? Our Revitalizer Oil, a rich, intensely hydrating blend of oils, is a perfect alternative moisturizer to the chemically-laden products commercially available on the market. It is perfect for the whole family!

INGREDIENTS:

Argan Oil is rich in vitamin E and essential fatty acids. It is recognized for its moisturizing, rejuvenating and hydrating effects on the skin.

Rosehip Oil is rich in vitamins E, A and essential fatty acids. It is recognized for nourishing the skin and supporting the protein fibers collagen and elastin.

Squalane is the oil from olives. It has unique antioxidant properties that protect the skin from free radical damage.

Directions: Apply a small amount into hands and massage into affected areas in the morning and before bed. As a body moisturizer, it may be used all over damp skin after a shower or bath.

Contact Physicians Preference Pharmacy!
281-828-9088 or PhysiciansPreferenceRX.com



Save 20% off

A PRESCRIPTION ORDER OF REVITALIZER OIL
during the month of December.

7 BENEFITS OF REVITALIZER OIL:

- 1. Diminishes scarring caused by acne, eczema, surgery, chicken pox and burns; has potent cell regeneration properties that help aid in the healing process by replacing scar tissue with healthy normal tissue.
- 2. Fights aging by helping reduce the appearance of fine lines and wrinkles.
- 3. Hydrates the skin by helping restore the balance of healthy omega oils and water which rehydrate the skin.
- 4. Lightens pigmentation by helping to lighten pigmentation spots (including "pregnancy mask") because it increases the skin's ability to produce new cells.
- 5. Reduces stretch marks by helping to repair and replace damaged skin tissue. In doing so, it reduces the appearance of stretch marks and evens out skin tone.
- 6. Treats split ends.
- 7. Softens cuticles.

► From the *Pharmacy Team*

Meet Our Staff: Jonathan DeAnda, PhTR Pharmacy Technician



Jonathan is passionate about natural health and wellness and serving our guests. Read what he has to say:

“Passion is energy and I am determined to grow and expand in my personal health journey mentally, emotionally and spiritually. This energy fuels my daily disciplines and habits which guide me towards ‘whole person’ vitality.”

“I believe health is true wealth and that our Creator has designed all of us to live a vibrant and overflowing life in the present. I believe in addressing the ‘root-cause’ and applying natural solutions which activate our body’s self-healing mechanisms. Every day I walk through our doors, I am so grateful to have the opportunity to be surrounded by other professionals whose passion and enthusiasm for health and wellness is bright and contagious.”

“The way we treat our guests is as important, if not more important, than the treatment we provide for our guests. At Physicians Preference Pharmacy, we have an amazing team of professionals who have authentic ‘servant hearts.’ These individuals genuinely care and daily go the extra mile, and then some. They inspire, challenge and motivate me every day. We strive

to worship God in our work by helping our guests wholeheartedly with a Christ-like mentality. For Christ did not come to be served but to serve.”

FUN FACTS ABOUT JONATHAN:

- ✦ He has visited 47 of the 50 United States.
- ✦ He has donated original paintings to VFW posts.
- ✦ He is studying Japanese.



HOTZE HEALTHY MEALS

to the rescue!

You want to eat healthy this holiday season, but let's face it—you have so much going on! Shopping, events, parties and more! How will you ever find the time to prepare healthy meals for you and your family? We are here to help make eating organic and yeast-free convenient and simple.

We are excited to announce that now you can order your Hotze Healthy Meals in **bundles of 30 or 45**—and you get to choose the meals! Choose any 30 or 45 meals that you desire and have them delivered directly to your door. It's that simple.



Order at [HotzeHealthyMeals.com](https://www.HotzeHealthyMeals.com)
Pick up at [Hotze Vitamins!](#)

See offer
on back!



Gary Rogers:

Feeling Better Than He Did 10 Years Ago

GARY EXPERIENCED MANY NEGATIVE HEALTH SYMPTOMS THAT DECREASED HIS QUALITY OF LIFE.

He was grossly overweight at 316 lbs with pain in almost every joint in his body. The stiffness made it difficult sitting down and getting up out of a chair. He was unable to bend over and pick something up off the floor. He also had severe eczema breakouts, trouble thinking clearly and extreme fatigue. When he was on an airplane, his knees would ache severely after sitting still for 20 minutes.

Gary's symptoms interfered with almost any activity that required movement, due to fatigue and joint and foot pain. Getting in and out of a chair was a struggle. It interfered with any outdoor work particularly when it was hot. His fatigue limited his productivity.



His weight
is down by
85 pounds.

Said Gary, "I felt listless most of the time and I avoided any form of physical activity. I was unable to exercise because of pain and thus unable to do sufficient exercise to lose weight."

"Mainstream doctors really had no solutions for me. They tried to give me cholesterol medication, but I resisted. They just told me I needed to lose weight, which I was trying to do, without success. I had one doctor tell me that I couldn't lose weight."

"When we moved from Amarillo to Houston, I decided that I wanted to go to someone who would take a holistic approach to address all my symptoms. I wasn't ready to give up on life. My new manager at work suggested that I look into the Hotze Health & Wellness Center. I took his advice and the rest is history."

Gary said about his experience at our Wellness Center:



"Exceptional. Dr Ellsworth has been incredibly helpful. On my first visit, he gave me some neutralizing drops that had a profound and immediate effect. He obviously cares and has highly developed skills. He listens and responds. I think that one of the best things he did was at the end of my first visit. He told me that I was going to do very well."

"That expression of confidence on his part helped me to maintain a discipline in the program that has paid dividends. You know, most people don't care what you know until they know that you care. Dr Ellsworth obviously cares. Because of his work with me, my whole life has turned around. He tailored a regimen of hormones, vitamins, eating plan and exercise that has resulted in a marked improvement in every area where I was struggling."

Today, Gary is doing fantastic! His weight is down by 85 pounds. His coat size is 10" smaller and his pant size in down by 10". His shirt size is down from a tight 3XL to a comfortable XL. Most of his joint pain has gone away. His chronic back and knee pain resulting from injuries has become intermittent. He can now look at a 6 to 8 digit series of numbers and letters and remember them. He is thinking clearly. His flexibility has markedly improved. Said Gary, "I am working with a personal trainer and have experienced a measurable and noticeable increase in muscle mass and fat loss. I am feeling better than I did 10 years ago!"

Said Gary, "We do not have to continue feeling the way we are feeling. We don't have to feel old just because we were born a long time ago. The later years of our lives can truly be the best times of our lives. There are people at the Hotze Health & Wellness Center who care and who can help you. You don't have to give up on the things you like to do best."

A Letter From **Dr. Hotze** CONTINUED FROM FRONT PAGE

This is the greatest news ever given in the history of the world. God, in His grace, reached down to redeem lost souls like you and me, separated from Him by our sins. God the Father sent His Son, Jesus Christ, to pay for the penalty of our sins by dying on Calvary's Cross. God declared Jesus to be His Son by raising Him from the dead. Jesus Christ is now seated at the right hand of God the Father, where He makes intercession on our behalf. He is our advocate with the Father.

Jesus proclaimed, "I am the way, the truth, and the life. No man can come to the Father but through Me." (John 14:6) Jesus also said that "I came that you may have life, and have it abundantly." (John 10:10)

Jesus said, "I am the bread of life. He who comes to Me shall not hunger, and he who believes in Me shall never thirst." (John 6:35)

The apostle John gives a wonderful promise in his gospel. "Jesus came to His

own, and those who were His own did not receive Him. But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name." (John 1:11-12)

Joy to the world, the Lord is come! Joy to the world, the Savior reigns! Let earth receive her King. Let every heart prepare Him room, and heaven and nature sing!

This Christmas, and every day, may Jesus Christ fill your lives with joy inexpressible and full of glory.

Thank you for giving our staff and me the privilege of serving you and your family.

Have a most joyous Christmas season!

Sincerely yours,



Steven F. Hotze, M.D.



Dr. Hotze's Wellness Revolution is a paradigm shift in the way we look at modern medicine and gives listeners hope to get to the root cause of their symptoms, naturally.

SUBSCRIBE today!



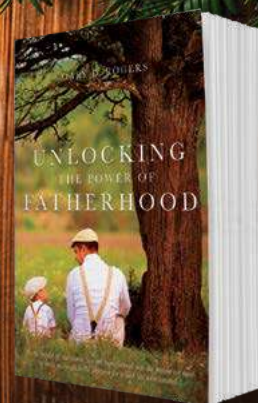
hotzehwc.com/referralprogram

Merry Christmas
from your Pharmacy Team!



Book of the Month

This is one of Dr. Hotze's favorites:
Unlocking the Power of Fatherhood
by Gary D. Rogers





READY FOR A NEW YOU? **OR** READY FOR A CHALLENGE?

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- ✓ Meal plan, recipes, support & helpful tips
- ✓ Easy to follow

Join today! hotzehwc.com/slimdown

2019 HOLIDAY HOURS

► CLOSED

Dec. 24: Christmas Eve
Dec. 25: Christmas Day
Jan. 1: New Year's Day

► CLOSE AT NOON

Dec. 31: New Year's Eve

CHRISTMAS RECIPE

Yeast-Free Sugar & Spice Holiday Nuts

► INGREDIENTS

- 1 egg white
- 2-12 oz. cans (5 cups total) raw, mixed nuts
- 1 Tbsp. pumpkin pie spice
- 1 tsp. water
- 1 cup Sweet-N-Natural

► DIRECTIONS

- Preheat oven to 325° F. Grease 15 x 10 x 1 baking pan. In a large bowl, beat egg white and water until frothy. Add nuts; toss to coat.
- Combine sugar and spice. Sprinkle on nuts; toss to coat. Spread nuts in single layer in prepared pan. Bake 20 minutes. Cool 10 minutes. Transfer to waxed paper to cool. Break into clusters.

Give the gift of health
this Christmas!

Call 281-698-8698
for complimentary
gift-wrapped copies
of Dr. Hotze's
books and for more
information.

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Dr. Hotze Gives 'Thumbs Up' to the Highest Quality Full Spectrum Hemp Oil

by Steven F. Hotze, M.D., Founder and CEO



Are you experiencing insomnia, anxiety, recurrent or chronic joint and muscle pain, or a decline in your mental sharpness? If so, how is that affecting your life? *Imagine what it would be like if these symptoms were resolved.*

Recently, there has been increasing interest in CBD/Full Spectrum Hemp Oil. I have been withholding judgement about this product to see if the promotion of Full Spectrum Hemp Oil was based in fact or not. Over time, I have reviewed studies on the effectiveness of Full Spectrum Hemp Oil, consulted with physicians who prescribe it, and with individuals who have used it. *From this feedback, it is easy to see why CBD/Full Spectrum Hemp Oil has become so popular.* Some benefits that have been recognized are decreased anxiety, improved sleep, decreased joint and muscle pain, and improved mental sharpness and memory.

CBD stands for cannabidiol, one of the over 100 cannabinoids found in cannabis plants. CBD makes up about 40% of the oil extracted from cannabis plants.

Full Spectrum Hemp Oil is derived from the hemp plant, **which is not marijuana**. The scientific name for hemp is *cannabis ruderalis*. The scientific name for marijuana is *cannabis sativa*. By law, commercially available Full Spectrum Hemp Oil products may not contain more than 0.3% tetrahydrocannabinol (THC), the mind-altering chemical in marijuana that causes individuals to feel "high." Unlike opioids and prescription pain relievers, **Full Spectrum Hemp Oil is not addictive**.

After visiting with my friend and colleague, Dr. Derrick DeSilva, M.D., a board-certified internist and world-renowned leader in Integrative Medicine, *I was finally convinced that I should offer the highest quality Full Spectrum Hemp Oil to our guests at the Hotze Health & Wellness Center.* Dr. DeSilva shared with me the benefits that his patients experienced from using of Full Spectrum Hemp Oil.

Research has established that you have an **endocannabinoid system with receptors in the trillions of cells in your body**. Two endocannabinoids are made in the human body, anandamide and 2-arachidonyl glycerol. This system is a primary tool which allows your cells to maintain internal equilibrium or homeostasis and good health. *It is a crucial neurotransmitter system within your*

body. When you are injured, these receptors get switched on and send a pain signal to your brain. To stop the pain, these receptors must switch off. If they don't, you may have the potential to develop chronic pain.

Think of a receptor as a keyhole on a lock. When the lock is switched on, then the pain, anxiety, memory loss, and sleep disturbance signals are on. The cannabinoids are the keys that fit into the endocannabinoid receptors on your cells and *have the potential to turn off these symptoms.*

When you decide to use Full Spectrum Hemp Oil, *it is essential that you use the highest quality product available.* There are hundreds of cannabinoid products on the market today and **they are not all created equal.**

There are 4 KEY POINTS to keep in mind when purchasing this product:

- ▶ 1. **It must be a Full Spectrum Hemp Oil.** There are 100+ cannabinoids in hemp, along with terpenes and flavonoids. The combination of these components of the hemp plant work in synergy, providing you the best results.
- ▶ 2. **The Full Spectrum Hemp Oil must be water soluble and easily absorbable when taken sublingually,** meaning under the tongue. By using this means of delivery, the digestive tract, where there is poorer absorption, is bypassed. When the oil is delivered into the body through a micro-liposomal delivery system, it greatly increases bioavailability. **It is essential that you use Full Spectrum Hemp Oil in a micro-liposomal form.** If the oil that you are using separates and sits on top of water, it is not a soluble form. **Most Full Spectrum Hemp Oils on the market are not in a micro-liposomal form** and are therefore poorly absorbed.
- ▶ 3. The Full Spectrum Hemp Oil that you use should be **organically grown** in the U.S.
- ▶ 4. **Third party testing is essential** to verify that the Full Spectrum Hemp Oil you are using contains the full spectrum of cannabinoids, and that no THC has been added and contains less than 0.3% THC. This test should also ensure that there are **no pesticides in the product.**

Based upon the above criteria, *I will be offering what I consider the finest quality Full Spectrum Hemp Oil on the market through Hotze Vitamins.* This Full Spectrum Hemp Oil meets the 4 key points described above, and has the human studies to back it up.

Please accept my invitation to hear Dr. Derrick DeSilva's presentation on the benefits of Full Spectrum Hemp Oil at Hotze Health & Wellness Center during our Bubbly and Bows event **Wednesday, December 11** beginning at 4 PM. Dr. DeSilva will make his presentation starting at 5:30 p.m.

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