

HOTZE

Healthy Living

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NEW YEAR, new you



A Letter From Dr. Hotze

Every New Year provides us with the opportunity to evaluate our lives and to set goals for what we want to accomplish in the coming year. By setting goals and working to achieve them you will be living intentionally. Goals will give you direction, meaning and purpose in your life. *"The plans of the diligent lead surely to the advantage."* (Proverbs 21:5)

Did you set goals for your health last year? Did you achieve them? Do you feel good about your progress or do you need to get back on track?

Considering these questions will help you to determine what goals you need to set this year. Achieving an ideal body weight will help you obtain and maintain health and wellness, naturally. I encourage you to join our annual [Yeast-Free with Me Challenge](#) that begins on January 11, 2021. This is a great way to press the reset button and begin the New Year with a renewed purpose.

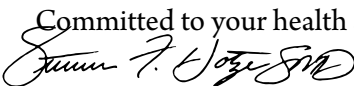
While it can be hard to get started, I am confident that you will feel so much better when you do. Plus, you won't be alone. You'll have a community of people working toward the same goal. If you want to feel your healthiest in 2021, then circle January 11 on your calendar and commit to

completing [Yeast-Free with Me](#) as one of your health goals this year. There is no better time to set your goals than now.

Once you set your goals, be sure to write out the benefits of achieving those goals, who can help you with your goals and what obstacles you are going to have to overcome. Then write out your plan and take action immediately. This action will create the energy that will enable you to accomplish your goals.

Healthy living is a journey, not a day trip. We partner with you to help you achieve your goals. You are the health athlete, and our doctors and our staff of health care professionals are your health coaches. You are in the Health Olympics and we want you to win a gold medal. Like any coach, we will make recommendations to help you win that gold medal, but it is your responsibility to follow through on these recommendations.

It would be a privilege for us to help you make 2021 your best and healthiest year ever. We are honored that you have chosen us as your partners in health. *Make it a terrific New Year!*

Committed to your health success, I remain, as always,

Steven F. Hotze, M.D.

Yeast-Free With Me:

Your Ticket to Better Health & Enduring Weight Loss

Well over half of Americans make New Year's resolutions, and weight loss and better health are perennial favorites.

As you may know, achieving these goals is easier said than done. Vowing to exercise and eat less are noble goals, but they are vague, lack accountability and are therefore unlikely to achieve desired results. What you need is a proven program, a step-by-step plan that gives you specific guidelines for a finite time period and provides support along the way.

What you need is Yeast-Free With Me.

The Dark Side of Yeast

Yeast-Free With Me is a program that tackles a common but overlooked cause of weight gain, digestive problems and other health challenges: yeast overgrowth. If you experience bloating, gas, belching and heartburn, you can probably blame it on yeast. Headaches, skin rashes, chronic infections, joint pain, concentration difficulties, fatigue... all can be caused by yeast overgrowth.

Yeast is a type of fungus that, along with trillions of other microorganisms, resides in and on your body. It is part of your normal gut flora and, as such, presents no problem as long as it is in balance with other microbes.

When that delicate balance is disrupted, yeast can take over and overpopulate the gut.

The greatest disruptor is antibiotics, which cause a massive die-off of gut bacteria, clearing the way for yeast overgrowth. Eating lots of sugars and starches, which are rapidly converted to sugars, is another common offender. If you've ever made bread, you know that you "proof" yeast by adding a spoonful of sugar. This activates (feeds) the yeast and causes it to bubble up. The same thing happens in your gut when you eat carbohydrates. No wonder you feel gassy and bloated!

In addition to causing digestive symptoms, excessive yeast also damages the intestinal walls. This is called leaky gut or intestinal permeability, and it allows yeast, bacteria, partially undigested food and toxins to pass into the bloodstream. Yeast cells also produce toxins that depress the immune system and make it more reactive to allergens. Now you can see why yeast overgrowth can cause such a wide range of symptoms throughout the body.

Yeast-Free With Me

The only way to get rid of yeast is to remove its food source. This means cutting out all sugars and grain

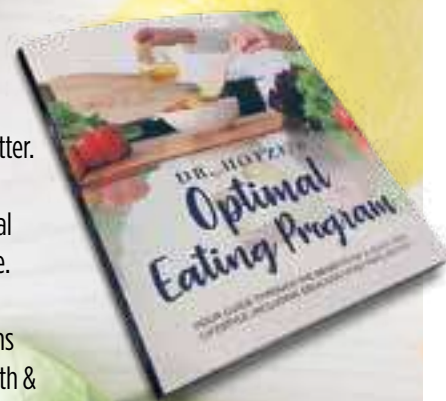
30-DAY YEAST-FREE WITH ME 2021 NEW YEAR CHALLENGE

Yeast-Free With Me is a 30-day support system designed to help guide you through the yeast-free eating plan so you will feel better, accomplish your health goals and lead the healthiest life possible. Following the yeast-free eating plan for 30 days, or more, will change the way you think about food and therefore change your life for the better.

We are kicking off our 2021 New Year Challenge on January 11. Join us and receive a FREE copy of Dr. Hotze's Optimal Eating Program Cookbook with delicious recipes and guidance plus emails and tips for staying on track and more.

There is no charge for this program, but we highly recommend My HotzePak Yeast-Free Starter Kit, which contains essential nutrients that will enhance your success. To order, visit hotzevitamins.com or call 281.646.1659. Hotze Health & Wellness Center guests can contact Physicians Preference Pharmacy to get a Nystatin and Fluconazole prescription filled.

To sign up for Yeast-Free with Me, go to hotzehwc.com/yeast-free-with-me.





products, along with some fruits, starchy vegetables, dairy products and processed foods. For optimal results, we also recommend nystatin and fluconazole, antifungal medications that kill off yeast, along with a high-potency probiotic to replenish beneficial gut bacteria. (Note: Nystatin should be obtained from a compounding pharmacy to ensure that it is sugar-free.)

Making changes such as this can be daunting, especially if these foods have been a mainstay for you. But our Yeast-Free With Me program makes it easier than you may think. We provide shopping lists, meal plans, recipes and helpful hints plus supportive email reminders and words of encouragement. We also break it down into manageable chunks, similar to our 30-day [Yeast Free With Me Challenge](#).

After your initial 30 days, you may need to continue the program for another month or two until your symptoms have resolved. However, most of our guests report feeling so much better after that first month that they are more than willing to stick with the program. Once you have successfully eradicated yeast, you can resume eating some of these foods, but don't go overboard. Sugar has no place in a healthy eating plan.

If you suspect you have yeast overgrowth, make an appointment with us to get started on Yeast-Free With Me and to get a prescription for antifungal drugs, if indicated. We will also determine if thyroid and other hormonal imbalances, allergies or other underlying factors may be contributing to your weight and health problems and treat them as well.

➔ Your health is our priority. Call us at **281.698.8698** or visit www.HotzeHWC.com today and start the new year off with a bang!



MAGGIE'S STORY

Maggie suffered with depression and fatigue for years, ever since giving birth to her second child. She had gained 30 pounds that she couldn't lose, and even after sleep she never felt rested. She had a lifelong history of cold hands and feet and was experiencing significant hair loss and muscle aches. She developed allergies, lost all sexual desire and felt like she was in a "brain fog."

Over the years, Maggie had sought the care of numerous physicians who told her that she was depressed and prescribed antidepressants. They made her feel that she was a hypochondriac and emotionally inadequate.

After enduring this for seven years, Maggie came to see us. We explained that her symptoms were very common in women in her age group and were easily treated. She was started on bioidentical hormones, thyroid replacement and sublingual immunizing drops to treat her allergies. Within two months her depression and fatigue had disappeared. She told us, "I have not felt this good in years. Thank you for giving me my life back!"

Are You Maggie?

Maggie's name could easily be replaced with the names of thousands of other women in midlife we have evaluated and treated at the Hotze Health & Wellness Center. These women have an imbalance in female hormones that adversely affects the body's ability to use thyroid hormones. These imbalances can also trigger allergy symptoms, which can wreak havoc with your overall health.

Women should feel healthy, vibrant and strong throughout their adult lives. **If you've been told "It's all in your head," or "Learn to live with it," find out how we can help.**

"I HAVE NOT FELT THIS GOOD IN YEARS."



Exosomes for Regeneration & Rejuvenation

Have you ever heard that your body regenerates itself every seven years? Although each cell type is on its own schedule for renewal and replacement, there is a lot of truth to this. God has given you a remarkable capacity for regeneration and rejuvenation.

Our goal here at Hotze Health & Wellness Center has always been to enhance that God-given capacity and help you regain and maintain optimal health, energy, vitality and enthusiasm for life. A yeast-free eating plan, exercise, vitamin and mineral supplements, bioidentical hormone replacement therapy and allergy treatment have long been our mainstays for achieving this.

Over the years we have added new regenerative therapies, and one of the most powerful is stem cell exosomes.

Boost Your Body's Innate Healers

Exosomes are “nano-vesicles” naturally produced by stem cells that contain proteins, peptides, growth factors and cytokines that stimulate repair and healing. Whenever you are ill or injured, your body mobilizes exosomes, which home in on affected areas and get to work. Exosome therapy simply gives this natural process a boost.

The exosomes we use are isolated from placentas from full-term, live C-section births donated by carefully screened mothers. They are processed in a top FDA-registered tissue bank and carefully tested for sterility, purity and potency. Depending on the condition being treated, tens of billions of exosomes are either administered intravenously or injected into a problematic area such as an injured joint or back.

From there, your body's innate wisdom takes over. Exosomes rapidly migrate to areas of inflammation, degeneration or injury, where they facilitate the natural reparative processes. Because exosomes tap into this basic healing mechanism, they benefit a broad range of conditions, including arthritis and joint injuries, dementia, traumatic brain and spinal cord injuries, heart disease, COPD, autoimmune diseases, autism, ulcerative colitis, sexual dysfunction, wound and fracture healing and the normal wear and tear of aging.

How Exosomes Can Help You

Here at Hotze Health & Wellness Center, we have had the most experience treating back and joint pain. More than half of men and women over age 65 have arthritis, and 20% of people all ages have chronic back pain. One of our

guests who was recently treated with exosomes is Steve Martinez, a young Physician Assistant who suffered for years with excruciating back pain following an injury.

Steve was on the verge of undergoing yet another surgery when he came to us for exosome therapy. Within two weeks after treatment, he began regaining lost function. After two months, he could walk without pain, get a full night's sleep and do light exercises. “Month three is when the magic was really made because that's when I was able to play with my little boy.”

After seeing patients like Steve, who have shown us how exosome therapy bolsters the body's own regenerative capacity, reduces pain and debility and dramatically improves quality of life, we are more excited than ever to be offering this regenerative treatment.

➔ Contact one of our Wellness Consultants today at **281.698.8698** to learn more about exosome therapy and how it could benefit you.

▶ See Steve's interview at <https://www.hotzehwc.com/2020/09/the-benefits-of-exosomes-for-back-pain/>.

▶ FROM THE PHARMACIST

Burned Out? Help for Adrenal Fatigue

The fast pace and heavy demands of today's world have placed tremendous stress on many people. Any time you are feeling stressed, your adrenal glands release cortisol (the “stress hormone”). Unrelenting stress is marked by excessive cortisol release, which takes a toll on the adrenals and, over time, impairs their ability to produce this critical hormone. This is known as adrenal fatigue.

If you are experiencing anxiety, fatigue, brain fog, dizziness, lower resistance to disease and difficulty coping with stress, talk to your doctor about adrenal fatigue. Bioidentical cortisol, compounded by Physicians Preference Pharmacy in sublingual tablets or capsules, supports adrenal function and can help reduce these symptoms.

➔ To learn more or fill a prescription for bioidentical cortisol, contact Physicians Preference Pharmacy at **281.828.9088** or physicianspreferencex.com.

Look Good/Feel Good

Nearly 2 million cosmetic surgical procedures are performed in the United States every year. Breast augmentation, liposuction and tummy tucks are among the most popular, along with facelifts, nose and eyelid surgeries and other procedures involving the face.

Facelifts and other cosmetic surgeries are very effective at tightening sagging skin, reducing wrinkles and revamping certain features. The downside is that they are pricey and invasive. Recovery is a painful experience, and a considerable amount of downtime is required for a full recovery. In addition, the results are often so dramatic that you, your family and friends see a different person. Facelifts can look unnatural.

If you are looking for something less invasive and more economical that produces noticeable, natural and lasting results with little downtime, you should consider BroadBand Light (BBL) Therapy.

BBL Photo-Rejuvenation

Unlike topical creams and lotions, BBL goes beyond the skin's surface to the dermis, the inner layer of skin. This is where collagen, the connective tissue that serves as the skin's scaffolding or structural support, is produced. Only by stimulating collagen synthesis and growth factors involved in skin rejuvenation can enduring results be obtained.

ANSWERS FOR ACNE

Most teenagers deal with acne at one time or another, and for some it is a crushing experience. Stress is a well-known trigger of breakouts, and the past year has been particularly hard on teens. Whether it is due to the adverse effects of psychological stress, irritation from face masks or other causes, surveys report that acne flare-ups are at an all-time high.

BBL can do wonders for acne. Targeted wavelengths of light reduce inflammation, suppress excessive oil production and kill *Cutibacterium acnes*, the bacteria that causes acne. In addition to clearing up blemishes quickly and effectively, BBL also diminishes acne scarring. Depending on the severity, you will see results in as few as two or three treatments.

The teenage years are a critical time for developing self-confidence and zest for life. It's also a tough time for many of them, fraught with anxiety, depression and poor self-image. For teens and adults with persistent acne or acne scars, BBL treatment is a giant step in the right direction.

In addition to boosting collagen production, these treatments reduce inflammation, enhance skin turnover and promote healing and new cell growth, resulting in smoother, tauter skin with fewer fine lines and wrinkles. Some of the conditions we have successfully treated with BBL include:

- Acne/acne scarring
- Wrinkles & fine lines
- Frown lines & crow's feet
- Uneven skin tone
- Dull skin
- Sunspots
- Sagging skin
- Brown discoloration
- Redness
- Broken blood vessels

At Hotze Aesthetics, we use only the most advanced BBL to treat acne and other skin conditions and to regenerate and improve the appearance of your skin. Our therapies include Sciton's Forever Young BBL and BBL Photofacial, HALO Hybrid Fractional Laser, SkinTyte and SkinPen. We also offer Botox and Juvederm as well as a fantastic line of skincare products.

New Year, New You

Looking your best increases your mood and self-confidence, and this spills over into your overall health. You are never too old, or too young, to care about your skin. Whether you are concerned about aging skin, acne or scarring, or you just want to maintain your youthful glow and look your best, BBL can truly transform your skin. Find out how Nina Bergeron, our BBL Laser Tech, and the rest of the team at Hotze Aesthetics can help you usher in the new year with your best face forward!

➔ Contact [Hotze Aesthetics](https://www.hotzehwc.com) at **281.698.8770** to learn more and to schedule your Visia Complexion Analysis, a top-of-the-line facial imaging system that will give you a complete 3D visual of your skin. **For a limited time, we are waiving your \$50 consultation fee.**

Natural Relief for Flu, Colds & Other Viral Infections

If you come down with a cough, sniffles, congestion or a fever, don't panic. Respiratory symptoms do not mean you have COVID-19. Even if you do, COVID is not the lethal threat it is made out to be. The overwhelming majority of people will experience mild to moderate flu-like symptoms for a few days and recover with no lingering problems.

Nevertheless, when you are sick with the flu or a bad cold, you want to do everything you can to relieve symptoms and get back on your feet as quickly as possible.

Get Well Faster

Antibiotics have zero effect on flu, colds and most sore throats. All they do for viral infections is disrupt your gut microbiota and open the door for yeast overgrowth. They are also a leading contributor to antibiotic-resistant superbugs.

Prescription antivirals such as Tamiflu and Relenza are not that great either. They reduce the duration of flu symptoms by half a day to a day and a half if you start them within 48 hours of symptom onset. The problem is that by the time most people see the doctor, that window has passed, so why bother?

The best remedies for speeding recovery from a viral illness are the old faithfuls such as rest, extra fluids and chicken soup. At the first sign of illness, I also recommend increasing levels of the following, which have been shown to shorten the duration of viral infections:

- **Vitamin C:** Take two 1,000 mg capsules every hour until loose stools occur, then cut back by 25 percent.
- **Vitamin D:** Boost your intake of vitamin D3 to 50,000 IU daily for seven days, then return to your usual dose.
- **Zinc:** Increase your daily zinc dose to 60–90 mg for a week.
- **Quercetin:** Add 250 mg of quercetin, a protective flavonoid, twice a day.
- **Ivermectin:** Take as prescribed.

It is important to stock up on these items so you will have them on hand. *For best results, they should be started at the first sign of illness, within 24 hours of initial symptom onset.*

Safe, Natural Symptom Relief

For symptom relief, many people opt for over the counter (OTC) cold and flu medicines. You may be surprised to learn that most of them work no better than placebos. Decongestant nasal sprays may help but using them for more a few days can lead to chronic congestion. And combo formulas that contain several medications expose you to unnecessary drugs that can only cause harm.

Acetaminophen (Tylenol) and NSAIDs (aspirin, ibuprofen) can help bring down a fever, but unless your temperature is above 102 degrees, it is best to let it be. Fever plays an important role in fighting infections, and experts recommend letting it run its course. Rather than OTC drugs, here are some safe, natural remedies for addressing symptoms:

- **Nano-silver:** For extra relief, consider nano-silver, a natural antimicrobial with proven activity against viruses and bacteria. Sprays such as Argentyn 23 Professional Silver Nasal Spray deliver tiny particles directly into the nasal passages.
- **Honey:** To quell a cough, a teaspoon or two of honey has been shown to work better than OTC cough medicines in children. (Children younger than one year should avoid honey.)
- **Herbal tea:** For coughs and sore throats, sip on warm herbal tea with a little honey and lemon.
- **Saline rinses and gargles:** To open up your sinuses, use saline nasal rinses with a neti pot or bottle twice a day. Gargling with salt water is an age-old remedy for sore throats.
- **Xlear Nasal Spray:** This unique nasal spray contains xylitol, a natural sugar that cleanses and hydrates the nasal passages and helps curb microbial growth.
- **N-acetylcysteine (NAC):** To thin and loosen mucus, take 600 mg of NAC twice a day. NAC boosts glutathione levels, has antiviral activity and has been shown to reduce the risk of influenza in older people.

Note: Viral infections can lead to serious complications, especially in older people and those with pre-existing medical conditions. Consult your doctor at once for severe or lingering illness.

PREVENTION IS THE BEST MEDICINE

Guests at Hotze Health & Wellness Center, friends I run into at church, interviewers on the scores of radio and TV programs I have been on over the past few months... They all ask the same question: "What can I take to protect against viral infections?" Here is what I tell them.

- **Vitamins & minerals:** A number of essential nutrients are backed by extensive scientific research for their immune-enhancing benefits. They include vitamins A 10,000 IU, B-complex, C 6,000 mg, D3 10,000 IU, zinc 30 mg and magnesium 300 mg. I also recommend a high-potency probiotic supplement.
- **Ivermectin:** This safe, nontoxic medication, which is FDA-approved for the treatment of parasites, is an incredibly effective antiviral that protects against viral infections, including influenza and COVID-19. In one study, Ivermectin inhibited the coronavirus that causes COVID-19 by 99.8% within the first 24 hours! Active guests can request a prescription by sending a message via the patient portal/Healow app or our secure texting system (patient.klara.com) or calling the office at **281.579.3600**.

Grave Concerns over COVID-19 Vaccine

United States health bureaucrats initiated Operation Warp Speed to fast track a COVID-19 vaccine. On December 11, the FDA approved the Pfizer and BioNTech COVID vaccine. This vaccine was approved without any animal studies or long-term human studies. This means that the individuals who take the vaccine will be the guinea pigs.

The COVID-19 vaccine is manufactured using cells derived from aborted human babies in the 1970s.

The theory behind conventional vaccines is to inject a small amount of the infecting virus' protein into your body, which in turn would cause your immune system to produce antibodies to that virus. The COVID-19 vaccine works differently. It will be the first of its kind, a messenger ribonucleic acid (mRNA) vaccine. The theory behind the mRNA vaccine is that when it is injected into your body, it will cause your cells to produce the coronavirus protein. In turn, your immune system is expected to produce antibodies to the coronavirus protein made by your own cells.

Rushed Approval, Inadequate Testing

This is the first time an mRNA vaccine has been used in humans. It carries unknown risks, including systemic inflammatory responses that could lead to autoimmune conditions. Historically, all vaccines have undergone animal safety testing. The COVID-19 vaccine is the first ever not to be scheduled to undergo animal safety testing. So humans are literally going to be the guinea pigs. Routinely, before a vaccine is approved by the FDA, it undergoes not only animal testing, but two years of testing on humans to determine if there are any long-term adverse effects. The COVID-19 vaccine has only been tested on humans for a couple of months. Wouldn't it be prudent to have long term human studies on this vaccine before recommending mass immunization?

Adverse effects are inevitable. For virtually all vaccines and drugs, post-approval adverse side effects occur, and sometimes they are serious enough to result in withdrawal from the market.

You may not be aware that pharmaceutical companies are protected from lawsuits for any injury caused by vaccines. In 1986, Congress passed the National Childhood Vaccine Injury Act, which removed pharmaceutical companies' liability for vaccine injuries. A federal Vaccine Injury Compensation Program (VICP) was created to evaluate and to compensate, with your tax dollars, individuals harmed by vaccines, basically letting pharmaceutical companies off the hook. The pharmaceutical companies that produce the COVID-19 vaccines will generate enormous profits with no downside risk of product liability.

Safe, Effective Prevention

With all these unknowns and uncertainties about potential adverse side effects, I am not recommending this vaccination. There are much safer ways to prevent COVID-19 infections.

I have written about Ivermectin, a nontoxic drug that protects against viral infections, and the benefits of strengthening your immune system with vitamin and mineral supplementation, healthy eating, natural hormone replenishment, support of the adrenal glands, treatment of allergies, exercise, adequate sleep and getting down to an ideal body weight. The COVID-19 infection poses no significant health risk, except in the infirm, elderly and those with severe pre-existing conditions. In general, people who contract COVID-19 have mild to moderate symptoms for a few days, similar to the flu, and their survival rate is 99.98%.

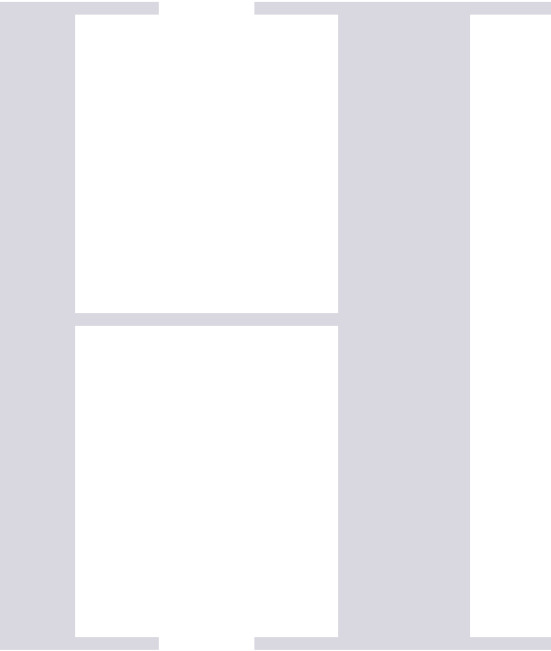
Vaccines will not eradicate the coronavirus that causes COVID-19, any more than the flu vaccine has eliminated the flu. These viruses mutate, so the flu vaccination that is given annually is derived from the previous year's flu virus, which was a different strain. It will be the same case with the coronavirus vaccine. By the time the vaccine is widely available, an estimated 20–25% of Americans will have already had COVID-19, and we will be well on our way to developing herd immunity. Herd immunity is far safer and more effective than this vaccine could ever be.



H O T Z E

HEALTH & WELLNESS CENTER INTL

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INTRODUCING

aesthetics treatments

If you are unhappy with any of the following or “thinking” about a facelift:

Acne/Acne scarring
Fine lines / Frown lines
Crow’s feet
Wrinkles
Uneven skin tone
Dull skin
Suns spots
Sagging skin
Brown discoloration
Redness
Broken blood vessels

Our Treatments, administered by a certified laser technician, PA’s and NP’s should be your answer:

BBL (Broadband Light Therapy)
Forever Young BBL
Halo and Halo Lite
SkinTyte
SkinPen
Red/Blue Light Therapy
VI Skin Peel

Coming in 2021
BOTOX®
JUVÉDERM®



Call 281-698-8770 today to schedule your consultation or visit us at hotzebeauty.com

For a limited time, we are waiving the \$50 consultation fee.

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