

HOTZE

Healthy Living

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A Letter From Dr. Hotze

Happy Father's Day to all you Dads!

My father, Ernest Hotze, was a terrific dad and mentor. He was a successful entrepreneur who graduated with a petroleum engineering degree from Oklahoma University in 1935 during the Great Depression.

When I graduated from the University of Texas Medical School in Houston on July 30, 1976, my father held a banquet for me at the Houston Club. Over dinner, Dad turned to me and said, "Son, don't poison your patients like all the other doctors do."

My dad's common-sense advice turned out to be prophetic. Over the next 13 years, those words that he had sown in my thoughts grew into a passion to pursue natural approaches to health, which ultimately gave birth to the Hotze Health & Wellness Center in 1989. I will forever be grateful to my father for his love and influence, which encouraged me to help others get on a path of health and wellness.

Over the years we have helped over 32,000 individuals get their lives back by adopting a healthy eating and exercise plan, treating yeast and airborne and food allergies, supplementing with vitamins and minerals and balancing hormones with bioidentical hormone replenishment. One of the hormones we have used with tremendous success over the years is testosterone.

Testosterone is the hormone that turns scrawny little boys with squeaky voices into men who shave, have deep voices, develop muscles and think they are invincible. Testosterone levels reach a peak when men are in their early 20s and then begin a natural decline. At age 40, your testosterone level is two-thirds of what it was at its peak, at 50 it is one-half your peak level, and at 60 it is just one-quarter of what it was in your 20s.

Unfortunately, testosterone levels are also declining in younger men. Sperm count has decreased as well, by 50% over the last 50 years as a result of exposure to petrochemicals in the environment, which exert an estrogenic effect in males and disrupt testosterone production and utilization.

Testosterone plays a huge role in the long-term health of men, and these declines have numerous adverse health consequences. For men with low testosterone, treatment with bioidentical testosterone therapy, as discussed on page 2, is a game changer. I am not going to tell you that you need a health coach, a doctor and staff of professionals who can help you "Do a 180" and take charge of your health, so that as you mature you are brimming with energy, vitality and enthusiasm about your life. You will have to decide that for yourself.

If you think you would benefit from testosterone treatment, then please contact us today at 281.698.8698 for a complimentary consultation.

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

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



Testosterone: Put a Tiger Back in Your Tank

Men, are you tired all the time? Have you lost muscle mass and tone but gained a spare tire around your waist? Is your motivation, drive or self-confidence not what it used to be? Are you more irritable and moody and less mentally sharp? Have you lost your desire for romance and your zest for life?

These complaints are all signs of low testosterone. They are most noticeable in older men, since testosterone levels dramatically decline with age. Yet, low testosterone is increasingly common in younger men. If you are experiencing these symptoms, no matter what your age, testosterone deficiency is a probable culprit.

Testosterone is the quintessential male hormone, and a healthy level is one of the key ingredients for optimal health and well-being. Testosterone positively affects your weight, muscle tone, heart, blood pressure, cholesterol levels, immunity, mood, cognitive function, bone strength, skin, sexual function, sperm production and sleep. In other words, testosterone supports virtually every aspect of your health.

The Solution: Bioidentical Testosterone

When your car or truck is running low on fuel, what do you do? You gas up. When your testosterone level is low, you replenish it with bioidentical testosterone, which is identical to the hormone produced by the human body.

Here at the Hotze Health & Wellness Center, we have been specializing in hormone replacement therapy for over 33 years, and we have had great success helping men resolve their symptoms and get their lives back with bioidentical testosterone.

We start by checking your blood level of testosterone. This includes free testosterone, the form that is most easily used by the body. If your level is in the normal range, most doctors will tell you that your testosterone is just fine. What they may not mention, however, is that the normal reference range is different for every age group. What is considered normal for men in their 50s, 60s and beyond is much lower than the level for young men.

Furthermore, "normal" is not optimal. Our goal is to raise your testosterone level to that of a healthy man in his 20s, when testosterone production was at its peak. We are not aiming for the super-high levels some men seek to build muscle. That is a dangerous practice with many long-term adverse effects. Having the correct dosage for your individual needs is essential, and there is no one

size fits all. Our providers are known for their expertise in monitoring and adjusting levels to make sure they are in the safe, therapeutic range so you will feel and look your best.

It's time to take charge of your health. By restoring your testosterone levels, you can regain your energy, vitality and zest for life. You can put a tiger back in your tank!

➔ Call us at **281.698.8698** or visit www.HotzeHWC.com and find out how bioidentical testosterone can turn your health and your life around.

TOP 10 BENEFITS OF TESTOSTERONE SUPPLEMENTATION FOR MEN

- 1. Enhances Brain Health:** Testosterone is critical for maintaining mental sharpness and memory. It increases initiative, assertiveness, self-confidence, goal orientation, drive, decisiveness and analytical abilities.
- 2. Builds Strong Muscles:** Testosterone improves muscle mass, strength and tone and increases stamina and endurance.
- 3. Protects Heart Health:** Testosterone protects the heart and arteries, lowers blood pressure and decreases your risk of heart disease. Men with atherosclerosis, or hardening of the arteries, tend to have low testosterone levels.
- 4. Increases Energy:** Testosterone helps maintain healthy metabolism and significantly increases energy production. Testosterone also works in harmony with thyroid hormones, which enable the cells to produce and use energy.
- 5. Improves Love Life:** Testosterone improves romantic moods and inclinations as well as male sexual potency.
- 6. Supports Bone Health:** Testosterone stimulates osteoblast activity, which builds strong bones. Low testosterone is an acknowledged cause of bone loss and osteoporosis, and men with low testosterone are at increased risk of fracture.
- 7. Increases Quality of Life and Sense of Well-Being:** Testosterone increases a man's sense of well-being and improves his quality of life.
- 8. Enhances Weight Loss:** Testosterone decreases body fat around the waist and promotes sustained weight loss and healthy muscle-to-fat ratio, especially when paired with lifestyle changes.
- 9. Improves Mood, Anxiety and Depression:** Testosterone supplementation boosts mood and relieves anxiety, depression, nervousness and irritability, which tend to increase in men as they age.
- 10. Improves Sleep:** Testosterone improves sleep and symptoms of sleep apnea, which is more common in men with low testosterone.

REFERENCE: [Barbonetti A, et al. Testosterone replacement therapy. *Andrology*. 2020 Nov;8\(6\):1551-1566. doi: 10.1111/andr.12774](https://doi.org/10.1111/andr.12774)

▶ HOW HOTZE HELPED ME

Robert Schoppe, 20-Year Guest

“Twenty years ago, I was listening to Dr. Hotze’s radio show, and what he was saying described me so well he all but said my name. I was sick all the time, had allergies and zero energy. I had watched my father come home after work, sit in a chair and become increasingly grumpy and lethargic. I told myself I would never let that happen, so I went to see Dr. Hotze.

“He started me on thyroid and testosterone, and I felt better almost immediately. I had energy to burn and so much motivation that I felt 10 feet tall. I lost 15 pounds or so, and according to my wife, I even stopped complaining. In fact, the difference she saw in me inspired her to become a guest. She was having PMS four weeks out of every month. (That may be a slight exaggeration.) As it turned out, her hormones were out of whack. Bioidentical hormones corrected that, and our arguments that used to last a day were over in a few minutes.

“I am now 62, and many of my buddies cannot wait to retire. They don’t feel like doing anything. Retiring is not

for me. I want to keep building my business, Drop Dead Pest Control. We specialize in organic and nontoxic pest control for everything from bedbugs and roaches to humane trapping and removal of bats, raccoons and other nuisance animals.

We started out with regular pest control products, but these chemicals are very bad for your health. It was Dr. Hotze who suggested I look into organic pest control, and the rest is history.

“I strongly encourage anyone dealing with health challenges to check out Hotze Health & Wellness Center. Mainstream medicine will let you down. The doctor I saw before thought I was a hypochondriac. People pay cash to fix their vehicles. Why not spend money to fix yourself?”



▶ FROM THE PHARMACIST

Can Hair Loss Be Turned Around?

Michael Jordan, Dwayne Johnson, Bruce Willis and the many men who shave their heads are living proof that bald is in. But the hairless look is not for everyone. If you would like to slow thinning and improve the thickness of your hair, give Phys Pref Hair Support Solution a try.

This proprietary formula features GHK-Cu, a naturally occurring copper tripeptide that penetrates the hair follicles. By boosting the synthesis of collagen and stimulating the function of blood vessels to bring oxygen to the affected areas, GHK-Cu provides antioxidant and anti-inflammatory benefits for both the hair follicles and the scalp. Phys Pref Hair Support Solution also contains a low dose of progesterone, which triggers hair growth by inhibiting an enzyme that contributes to both male and female pattern hair loss. In addition to increasing hair growth, this proprietary compound enlarges follicle size, which may result in thicker, fuller-appearing hair.

Effective for both men and women, this topical compounded solution is applied to the affected areas of the scalp once or twice a day. It may not restore the head

of hair you had when you were 20, but many of our guests report obvious improvements in hair loss and new growth within a few weeks.



➔ *Phys Pref Hair Support Solution* is available only at Physicians Preference Pharmacy. **281.828.9088** • [physicianspreferencex.com](https://www.physicianspreferencex.com)

▶ To learn more about what makes Physicians Preference one of the top compounding pharmacies in the U.S., take a quick tour with us:
> [Watch a short video now](#)

REFERENCE: Pickart L, et al. Regenerative and Protective Actions of the GHK-Cu Peptide in the Light of the New Gene Data. *Int J Mol Sci.* 2018;19(7):1987. doi:10.3390/ijms19071987

Beyond Hormones: Functional Medicine at Hotze Health

Hotze Health & Wellness Center is known for our expertise in natural bioidentical hormones, but balancing hormones is just one aspect of what we do. Our primary focus is and has always been to work closely with our guests to determine the underlying causes of your health challenges and help you regain and maintain optimal health. Hormones may well be part of your treatment program, but so is a healthy eating plan, targeted nutritional supplements, IV nutrients, allergy treatment and/or other effective therapies.

This type of medicine has been described as complementary, alternative, integrative and holistic, but the most appropriate term is Functional Medicine. Functional Medicine is “an individualized, patient-centered, science-based approach that empowers

patients and practitioners to work together to address the underlying causes of disease and promote optimal wellness.” The Institute for Functional Medicine (IFM) is a respected organization that offers continuing medical education courses and seminars on the latest research and drug-free approaches to disease treatment and prevention. IFM also awards select practitioners who complete extensive coursework and rigorous testing with the sought-after designation of Institute for Functional Medicine Certified Practitioner (IFMCP).

We are proud to announce that two medical providers on our staff, Dr. Donald Ellsworth and Certified Physician Assistant Angelica Clark, recently achieved this prestigious certification. What does this bring to the Hotze Health & Wellness Center and how will it help our guests?

“As a nutritionist for 18 years and a Physician Assistant for 12 years, I have always been passionate about nutritional/lifestyle counseling and chronic disease management. Since 2016, I have been taking the IFM certification courses and putting what I’ve learned into practice, and I have learned so much! The good news is we have been doing things right all along. This knowledge has simply given us additional tools, tests and treatments to expand upon what we already do. Our protocols are more refined, and our clinical decisions are sharper now with this training behind us.

“Here is just one example. A guest who had been taking Nexium for heartburn and acid reflux for more than a decade had tried numerous times to get off this drug without success. Using the IFM tools and protocols, she was able to taper off Nexium, and her stomach problems have resolved without drugs.

“At Hotze Health & Wellness Center, we know that good medicine is more than a pill for every ill. We believe that every patient deserves to have a healthcare provider who will be their health coach, to help them along the path of health and wellness naturally without the use of pharmaceutical drugs so that they can enjoy a better quality of life.”

— Angelica Clark,
PA-C, IFMCP



“Doctors are taught shockingly little about nutrition and next to nothing about natural treatments in medical school. I only learned about them when my family and I moved to newly independent Uzbekistan in 1994, where I served as Medical Director of a nonprofit and had to treat illnesses with the meager resources on hand. For example, I spearheaded a successful program for treating and preventing hypothyroidism with iodine, which was the only available therapy.

“After eight years, we returned to Houston where I met Dr. Hotze, who shared my enthusiasm for natural medicine and the importance of getting to the root causes of disease rather than just treating symptoms. Although we were practicing Functional Medicine long before it was called that, the coursework and testing for IFM certification have been exceptionally valuable. It has not only kept me abreast of the most current medical research but has also introduced new tests and treatments for helping our guests obtain and maintain health and wellness naturally.”

— Donald Ellsworth,
M.D., IFMCP



Mandatory Experimental “Vaccines” Violate Nuremberg Code and Federal Law

Steven Hotze, M.D., founder & CEO of Hotze Health & Wellness Center

International and federal law makes it clear that it is illegal for businesses, organizations and government entities to coerce or mandate individuals to take the experimental COVID-19 gene modification injection (experimental “vaccine”) as a condition of employment. It is also immoral.

This experimental “vaccine” is not approved by the FDA. It has only been authorized under the Emergency Use Authorization Act (EUA). Emergency use authorization is not FDA approval. FDA approval of a medical product, drug or vaccine requires clinical trials in animals, followed by human clinical trials, to ensure safety. This routinely takes five years or longer. This experimental COVID-19 gene modifying injection has not undergone the clinical trials necessary for FDA approval. Therefore, its use in humans is strictly experimental.

The Methodist Hospital System, in the greater Houston area, is coercing and forcing its 25,000-plus employees to be human guinea pigs for this experimental “vaccine” under the threat of being fired if they refuse. It is outrageous that an employer would coerce and force its employees to participate in an experimental “vaccine” trial as a condition for continued employment. Unless this illegal activity is blocked by the federal courts, a terrible precedent will have been set, opening the door for other organizations and government entities to mandate individuals to take this experimental “vaccine.” If allowed to occur, this will undermine and destroy our God-given, unalienable individual rights and liberties.

In writing to his Methodist employees, David Bernard, CEO of Houston Methodist, Baytown Hospital stated, “100% vaccination is more important than your individual freedom. Every one of you is replaceable. If you don’t like what you’re doing you can leave and we will replace your spot.” This threatening language is reprehensible. It is coercive, illegal and immoral.

This type of compelled medical experimentation on humans violates the 1947 Nuremberg Code which was developed after the Nuremberg Trial of medical doctors who experimented on prisoners at Nazi concentration camps. Those physicians were convicted of crimes against humanity and executed.

The first principle of the Nuremberg Code is that an individual must freely give his informed consent to participate in a medical experiment. This requires that the individual be informed of the risks and benefits of the experiment. The individual must have freedom of choice without force, deceit, fraud, threat, solicitation, or any type of coercion. The Methodist Hospital System failed to inform its employees that they are taking part in an ongoing investigational “vaccine” trial, which is a medical experiment by definition, and that their informed consent is required under the 1947 Nuremberg Code and under federal law, 45 CFR Sec. 46.116.

Any business, organization or government entity that coerces or forces individuals by threats to receive this experimental COVID-19 gene modification injection without their freely given informed consent is in blatant violation of the Nuremberg Code and federal law.

It is also a well-settled legal doctrine under federal law that medical experiments must detail the benefits and



*1947: Nuremberg trial of Nazi doctors who experimented on prisoners in concentration camps
Photo © picture-alliance/AP Photo*

risks associated with the experiment, so that individuals are enabled to make an intelligent, informed decision about participating.

The right to avoid forced human experimentation is a fundamental right.

Lawsuit Against Methodist Hospital

Attorney Jared Woodfill filed a lawsuit, *Bridges v. Houston Methodist Hospital*, in Federal District Court in Houston on behalf of 117 Methodist Hospital employees who have refused to take the experimental gene modification injection. They were suspended on June 7 and will be fired on June 21, 2021, if they do not receive the experimental injection.

Eminent cardiologist Peter McCullough, M.D., who is a Professor of Medicine at Texas A&M University of

Catastrophic Health Consequences

This experimental gene modification injection has the potential of causing the following significant and catastrophic health consequences:

1. **Autoimmune disease**, where the immune system attacks the cells of the body
2. **Runaway production of the viral spike protein, causing a hyper-inflammatory reaction**, known as an antibody-dependent enhancement reaction, that worsens the infectious disease process, causing a cytokine storm and leading to organ failure or neurological damage
3. **An increased risk of arterial inflammation and blood clotting**
4. **A disruption of the normal protein-producing abilities of the cells**, which could lead to hormone imbalances, infertility and heart, liver and neurological diseases, among others
5. **The development of Prion disease**, where the spike protein causes abnormal folding of brain cell proteins, leading to neurodegenerative disorders, such as Creutzfeldt-Jakob disease (CJD), that is a spongiform encephalopathy, similar to mad cow disease, Alzheimer's disease, dementia and amyotrophic lateral sclerosis (ALS)
6. **Damage to the ovaries and placenta where the spike proteins concentrate**, leading to infertility and miscarriages
7. **Incorporation of the genetic modification of the mRNA into the DNA by means of reverse transcriptase**, causing the genetic trait of producing the spike protein to be passed on to future offspring
8. **Transmission of the spike protein from vaccinated individuals to those who are unvaccinated**, leading to health problems in the unvaccinated

Medicine, Baylor Dallas Campus, served as the expert witness for the plaintiffs. Dr. McCullough testified in his expert witness affidavit, "Of the currently available vaccines for COVID-19 in investigational use in the United States **none have received final full approval from the FDA.** Rather, each one of the COVID-19 vaccines is an "unapproved product" that has been granted Emergency Use Authorization (EUA). **The FDA itself refers to the COVID-19 vaccines as investigational products.**" **By definition, investigational means experimental.** McCullough further testified, "As a researcher and practitioner, this study, and others, credibly informs me that **these mRNA/ adeno viral DNA vaccines are not safe for their intended use.**" **Therefore, they are dangerous.**

On Friday, June 11, the federal district judge ruled in favor of Methodist Hospital's motion for dismissal. In the decision the judge wrote this about Bridges' (the lead plaintiff) pleadings that the COVID-19 vaccines were experimental and dangerous, "**This claim is false, and it is also irrelevant.**"

The judge further opined, "Although her claims fail as a matter of law, it is also necessary to clarify that Bridges has not been coerced. Bridges says that she is being forced to be injected with a vaccine or be fired. This is not coercion."

Coercion is the act of compelling an unwilling person to do something by using threats. Methodist Hospital threatened its 25,000-plus employees to be vaccinated or be fired. By definition this is coercion.

Jared Woodfill, attorney for the plaintiffs, will appeal this decision to the United States Fifth Circuit Court of Appeals.

You can view the lawsuit against the Methodist Hospital System here: crtxnews.com/lawsuit-houston-methodist/

Any business, school, organization or government entity that mandates its employees, students or members to take this experimental gene modification injection will be liable for any injury damages that may occur.

Not a Vaccine

The so-called COVID-19 "vaccine" is not a vaccine at all, rather it is an experimental mRNA gene modification procedure that injects foreign mRNA, made in a pharmaceutical lab, into your body, which then enters the cells of your body. This foreign mRNA, which carries genetic information, hijacks your cells and

causes them to produce the dangerous SARS-CoV-2 virus spike proteins.

It is this spike protein, independent of the COVID-19 (SARS-CoV-2) virus, that has been shown to damage blood vessels, cause blood clots and damage multiple organ systems, including the heart, lungs, liver, brain, bone marrow, ovaries and testicles.

The spike protein causes a hyperreactive immune response and inflammation. When the spike protein binds to ACE2 receptors on the host's cells, it causes the immune system's natural killer (NK) cells to destroy those cells.

The Pfizer, Moderna, Johnson & Johnson and AstraZeneca websites state that their "vaccines" do NOT have FDA approval. They have only been authorized by the FDA under the **Emergency Use Authorization (EUA) Act.**

Obtaining FDA approval requires published animal experimental trials, followed by **human clinical trials, which are experimental by definition.** These trials may take five to ten years. There have been no published animal studies on any of the experimental COVID-19 gene modification injections, and they have never before been used in humans. **This means that those individuals who have taken this experimental COVID-19 mRNA gene modification injection, are human guinea pigs.**

The experimental COVID-19 mRNA gene modification injection neither provides immunity nor prevents transmission of the virus. That is why the CDC recommends that individuals who receive it should still wear masks and social distance.

The experimental COVID-19 gene modification injections have been a massive health catastrophe, injuring and killing scores of Americans. The experimental COVID-19 "vaccines" should be banned immediately. Review the statistics below from the reported COVID-19 vaccine adverse events just in the first 5½ months. Bill Gates, Tony Fauci and the public health officials, conventional doctors and politicians who have perpetrated this medical disaster will one day be held accountable.

From August 1, 2007–November 30, 2020, only a total of 3,001 vaccine deaths from all vaccinations were reported to **VAERS**. That averages 231 reported vaccine deaths per year over 13 years. **In less than six months, there have already been 5,888 deaths reported to VAERS from the experimental COVID-19 gene modification injection.**

There have also been 329,021 adverse reactions due to the experimental COVID-19 injection reported to

VAERS during the past 5½ months. Studies have shown that only 1% of adverse reactions to vaccinations are reported to **VAERS**. **This means there could have been upwards of 33 million adverse reactions.**

The following adverse events, between December 14, 2020, and June 4, 2021 have been reported to the CDC and verified with a VAERS number.

5,888	Deaths	2,190	Heart attacks
19,597	Hospitalizations	1,087	Cases of myocarditis/pericarditis
43,891	Urgent care visits	1,564	Cases of thrombocytopenia (low platelets)
58,800	Office visits		Miscarriages
1,459	Cases of anaphylaxis	652	Severe allergic reactions
1,737	Cases of Bell's Palsy	15,052	Disabling illnesses
5,885	Life-threatening events	4,583	

In 1976, there was a massive Swine Flu vaccination program, in which 55 million Americans were vaccinated. Because there were 500 cases of Guillain-Barre syndrome, a neurodegenerative disease, and 25 total deaths reported as a result of this vaccination, the Swine Flu vaccine program was abruptly halted and considered to be a public health disaster. The Swine Flu debacle pales in comparison to the massive death and suffering caused by this experimental COVID-19 gene modification injection. **Any other drug or vaccine with these disastrous results would have already been banned.**

This has all the appearances of an evil eugenics, depopulation program concocted by the likes of Bill Gates, Klaus Schwab, Anthony Fauci and their ilk. Watch Bill Gates' TED talk on depopulation and vaccinations, <https://youtu.be/eNmj6Ug-a4A>. **The goal of the wealthy elite and world leaders, who are working to establish a New World Order, is to dramatically reduce the world population, causing billions to die.** The experimental COVID-19 gene modification injections appear to be the sinister means by which they intend to accomplish this.

As a Christian and as a medical doctor, it is my moral and ethical duty and responsibility to warn you and protect you from this impending disaster, like a watchman on the wall.

Stay as far away from the experimental COVID-19 gene modification injection as you would a West Texas rattlesnake.

👉 **If you or anyone you know of has been injured or died from this experimental "vaccine," contact my office at 281.698.8698 or www.hotzehwc.com.**

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Houston, Texas 77450

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Introducing a new path to TRANQUILITY

There's a new supplement in town, and its name, Tranquil, says it all. Tranquil contains three natural compounds that promote calmness and relaxation and help put the brakes on stress and anxiety. First is hemp oil, a concentrated source of cannabinoids that mimics the activity of your body's own cannabinoids to improve mood, sleep, stress and anxiety. Next is inositol, a natural compound that plays a role in neurotransmitter binding in the brain and has been demonstrated in clinical trials to reduce symptoms of depression and anxiety. Last but not least, Tranquil contains L-theanine,

an amino acid that is abundant in green tea. Supplemental L-theanine was shown in a 2020 review study to help reduce stress and anxiety in individuals dealing with stressful situations.

The ingredients in Tranquil have a synergy that makes them work particularly well when taken together. Plus, they exert their calming effects in a safe and gentle manner. Unlike medications for stress and anxiety, Tranquil does not cause lethargy or drowsiness. It simply helps you feel more relaxed, at peace and tranquil.

Visit [physicianspreference.com](https://www.physicianspreference.com) or call 800.579.6545 to order Tranquil and to learn about other natural approaches to stress and anxiety.

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