

HOTZE

Healthy Living

November 2019 · Vol. 4, No. 11

Happy

THANKSGIVING



A Letter From Dr. Hotze

"We give thanks to You, O God, we give thanks, for Your name is near; we declare Your wondrous works." (PSALM 75:1)

Before the Thanksgiving Day meal, our family gathers together, seven children with their spouses and 23 grandchildren, and we read out loud George Washington's 1789 Thanksgiving Proclamation. It has been a Hotze family tradition for decades.

Washington's 1789 Thanksgiving Proclamation reflects the Biblical worldview of our Founding Fathers. This worldview needs to be kept alive. This can be achieved by reading this proclamation with your family members on Thanksgiving Day. Our nation's Christian heritage must be passed on to our children and grandchildren.

You will find the George Washington's 1789 Thanksgiving Proclamation on page 5.

My prayer is that you and your family have a wonderful Thanksgiving Day and weekend.

Sincerely yours,

Steven F. Hotze, M.D.

WHAT'S INSIDE:

2 ▶ Vita-Minute: PowerPak

Physicians Preference
Pharmacy Skin Renewal
Serum: Why You'll Love It

3 ▶ Tips to Prepare for Your
Follow-up Visit

4 ▶ Need A Reason To Get
Your Heart Checked?

Thanksgiving Recipe

5 ▶ George Washington's
1789 Thanksgiving
Proclamation

Book of the Month



Vita-Minute

Dr. Hotze's PowerPak makes taking vitamins easier than ever. Including all of your essential vitamins and minerals in daily, convenient vitamin packets, Dr. Hotze's PowerPak provides you with the most pure and high-quality nutrients that you need to fuel your body, boost your immune system and live a happy, healthy life. **Get yours today at HotzeVitamins.com!**



CERTIFIED HOLISTIC NUTRITIONISTS TO SERVE YOU



Did you know that we have Certified Holistic Nutritionists and Vitamin Consultants available for you to call anytime about your nutrition needs? Jackie Martinez and Jessica Ingram are professionally certified in holistic nutrition, whole foods and plant-based nutrition. They are able to coach you on how to identify and help correct the nutritional causes of major health complaints. They can counsel you on good holistic nutrition, healthy wholesome eating habits, and nutrition monitoring to improve your quality of life. **Give them a call today at 800-579-6545.**

From the *Pharmacist*

Physicians Preference Pharmacy Skin Renewal Serum: Why You'll Love It!

by Lucia McEntee, R.Ph., Physicians Preference Pharmacy



Would you like to have glowing, youthful skin? Physicians Preference Skin Renewal Serum is designed for daily use on the face and décolletage. This nutrient-rich, lightweight serum tones and tightens the skin, evens out the complexion, and minimizes the appearance of fine lines and wrinkles.

Our Skin Renewal Serum is comprised of Vitamin C, Alpha Lipoic Acid, DMAE, CoEnzyme Q-10, Azelaic Acid, Estriol, Progesterone, Aloe Vera Oil and GHK-Cu peptide in a paraben-free serum.

BENEFITS OF THE SKIN RENEWAL SERUM:

- Fights aging
- Helps promote skin cell turnover
- Has anti-inflammatory properties
- Improves skin tone and texture
- Decreases enlarged pores/clogged pores

It may be used under other skin care products, moisturizer, and makeup. *It is also available estriol-free and progesterone-free so that young ladies and men may use it, as well.*



Save 20% off

A PRESCRIPTION ORDER OF SKIN RENEWAL SERUM during the month of November.

ARE YOU TAKING ARMOUR THYROID OR NATURE-THROID?

We have a better option.

5 REASONS TO SWITCH TO COMPOUNDED T3/T4:

- ▶ 1. It is bioidentical and has less fillers than thyroid medication tablets do.
- ▶ 2. It is dye-free.
- ▶ 3. It can be customized for the patient because we can compound any dose of T3 and T4 needed.
- ▶ 4. It is made in dye-free caps which suits those who have an allergy or can't take desiccated thyroid for religious reasons.
- ▶ 5. It may be more cost effective than taking multiple tablets and multiple strengths of Armour Thyroid because we can customize your dose to fit in one capsule.

Call Physicians Preference Pharmacy at **281-828-9088** to get your prescription of compounded T3/T4 today.

► From the *Hotze Medical Team*

Tips to Prepare for Your Follow-up Visit

by Selene Malek, BBA, Hotze Health & Wellness Center



Most of our guests prefer having their final lab results available prior to their follow-up appointment. In the weeks leading up to your visit, we strive to help you get your blood drawn at a convenient time and place.

With our routine labs, we recommend fasting for

at least 6 hours and drinking plenty of water so you are well-hydrated (this makes it easier on you and the phlebotomist). Depending on which tests are needed, we may discuss other instructions when you call. Please feel welcome to call us at **281-579-3600** a few weeks prior to your scheduled appointment so we may assist you.



Meet Selene Malek Medical Administrative Assistant

Selene is originally from Alabama (Roll Tide!) but grew up in San Antonio (Go Spurs Go!) where she graduated from St. Mary's University. She has been in Houston since marrying her husband George 14 years ago. They have two boys, Gavin and Joey, who are both in Junior High. They also have four rescue dogs. Says Selene, "Our house is crazy but I wouldn't have it any other way!"

Selene spends most of her time at her sons' practices, games and swim meets. "I love watching my boys do what they love! I also enjoy reading



and catching up with friends."

"It's a privilege to be on such an amazing team. Our nurses, providers, and everyone else on the Medical Team go above and beyond every day for our guests," says Selene. In addition to supporting the administrative needs of our providers and nurses, Selene updates the guests' charts in preparation for their visits, both in-office and over the phone.

"It's very fulfilling to be a part of our guests' journeys. I've been with the wellness center for almost three years now and there's nothing better than being witness to someone getting their life back! I've seen many times over the impact natural health and wellness can have. It truly can be life-changing!"

Become a part of the

LEGACY REFERRAL PROGRAM

Join us in the Wellness Revolution
by helping others enjoy a life-
changing health transformation.

H O T Z E
HEALTH & WELLNESS CENTER INTL

When you refer a friend or family member who becomes a guest, you will receive rewards for your referral.

For any questions or more information please contact the New Guest Department at **(281) 698-8698**.

Thanx 

★Download the Thanx app to get your rewards!

NEED A REASON TO GET YOUR HEART CHECKED?



In the US, there are about 1.2 deaths due to heart disease *every second*.

Enjoy **\$50 off** your heart scan.

Call **281-579-3600** to schedule your scan today.

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.



THANKSGIVING RECIPE

Roasted Sweet Potatoes with Honey & Cinnamon



▶ INGREDIENTS

- 4 sweet potatoes, peeled and cut into 1-inch cubes
- ¼ cup extra-virgin olive oil, plus more for drizzling
- ¼ cup honey
- 2 teaspoons ground cinnamon
- Salt and freshly ground black pepper

▶ DIRECTIONS

Preheat oven to 375° F. Lay sweet potatoes out in single layer on roasting tray. Drizzle oil, honey, cinnamon, salt and pepper over potatoes. Roast for 25 to 30 minutes in oven or until tender. Take sweet potatoes out of oven and transfer them to serving platter. Drizzle with more oil.

**To make this recipe yeast-free, remove the honey.*



SAVE THE DATE!

10am -5pm
December 11

Bubbly & Bows Holiday Party

We will have drinks and lite bites as well as gift giving ideas for the family!

PROTECT YOUR RIGHTS TO TAKE HORMONES

The **FDA** is currently considering policies that would at a minimum make it harder for you to get your prescriptions filled for bioidentical hormones, and at worse outlaw most compounded hormones that they think compete with one-size-fits-all drug company products.



LET CONGRESS AND THE FDA KNOW THAT YOU WANT TO KEEP YOUR HORMONES BY VISITING:

SAVEMYCOMPOUNDS.COM

YOUR HEALTH DEPENDS ON IT!




George Washington's
**1789 THANKSGIVING
PROCLAMATION**

WHEREAS it is the duty of all nations to acknowledge the providence of Almighty God, to obey His will, to be grateful for His benefits, and humbly to implore His protection and favor; and Whereas both Houses of Congress have, by their joint committee, requested me to recommend to the people of the United States a day of public thanksgiving and prayer, to be observed by acknowledging with grateful hearts the many and signal favors of Almighty God, especially by affording them an opportunity peaceably to establish a form of government for their safety and happiness.

NOW, THEREFORE, I do recommend and assign Thursday, the 26th day of November next, to be devoted by the people of these States to the service of that great and glorious Being who is the beneficent author of all the good that was, that is, or that will be; that we may then all unite in rendering unto Him our sincere and humble thanks for His kind care and protection of the people of this country previous to their becoming a nation; for the signal and manifold mercies and the favorable interpositions of His providence in the course and conclusion of the late war; for the great degree of tranquility, union, and plenty which we have since enjoyed; for the peaceable and rational manner in which we have been able to establish constitutions of government for our safety and happiness, and particularly the national one now lately instituted for the civil and religious liberty with which we are blessed, and the means we have of acquiring and diffusing useful knowledge; and, in general, for all the great and various favors which He has been pleased to confer upon us.

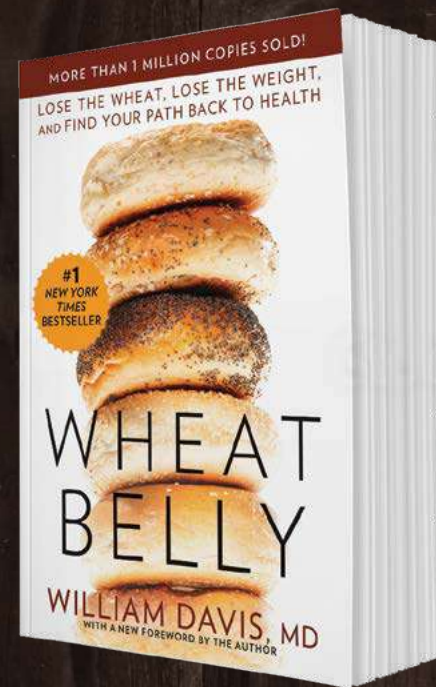
AND ALSO that we may then unite in most humbly offering our prayers and supplications to the great Lord and Ruler of Nations and beseech Him to pardon our national and other transgressions; to enable us all, whether in public or private stations, to perform our several and relative duties properly and punctually; to render our National Government a blessing to all the people by constantly being a Government of wise, just, and constitutional laws, discreetly and faithfully executed and obeyed; to protect and guide all sovereigns and nations, especially such as have shown kindness to us, and to bless them with good governments, peace, and concord; to promote the knowledge and practice of true religion and virtue, and the increase of science among them and us; and, generally to grant unto all mankind such a degree of temporal prosperity as He alone knows to be best.



Book of the Month

This is one of Dr. Hotze's favorites:

Wheat Belly **by William Davis, M.D.**



2019 HOLIDAY HOURS

► **CLOSED**

Nov. 28: Thanksgiving Day
Nov. 29: Thanksgiving Friday
Dec. 24: Christmas Eve
Dec. 25: Christmas Day
Jan. 1: New Year's Day

► **CLOSE AT NOON**

Dec. 31: New Year's Eve

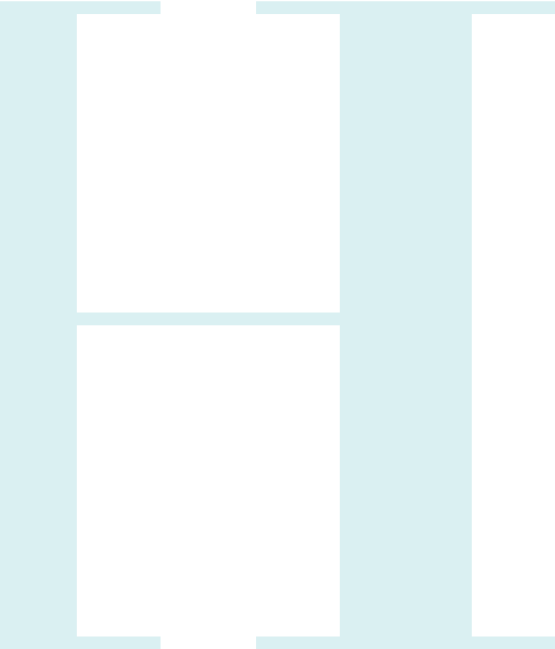


hotzehwc.com/referralprogram

H O T Z E

HEALTH & WELLNESS CENTER [INTL](#)

20214 Braidwood Drive, Suite 215
Houston, Texas 77450



Have you joined us
on **social media**?

 HotzeHWC

  @HotzeHealth

 /user/HotzeHealth

What questions
do you have for
Dr. Hotze to be
answered in our
next newsletter?

Email us at
ADMIN@HOTZEMAIL.COM.

THE HOTZE *Sampler* 18 Meals for \$200

For a limited time, try the entire menu for
a special discounted price. Act fast, this offer
won't be around for long!

 H O T Z E
Healthy MEALS

HotzeHealthyMeals.com

