

HOTZE

Healthy Living

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LET'S ALWAYS BE
THANKFUL



A Letter From Dr. Hotze

"Oh give thanks to the Lord, for He is good, for His loving kindness is everlasting." —PSALM 107:1

For those of us who have kept our eyes fixed upon God's sovereignty, we can look back with thankfulness for a wonderful and successful year.

We have enjoyed the benefits of facing and overcoming adversity, and reaping the benefits. For those of you who took charge of your health this year, you have reaped the benefits of increased energy, vitality and enthusiasm for life.

As we prepare to celebrate Thanksgiving, we would do well to hearken back to the first Thanksgiving in 1621, nearly 400 years ago, at Plymouth Plantation in Massachusetts. On November 11, 1620, after the Pilgrims had landed on Plymouth Rock on Massachusetts, they signed the **Mayflower Compact**.

"IN THE NAME OF GOD, AMEN. We, whose names are underwritten, the Loyal Subjects of our dread Sovereign Lord King James, by the Grace of God, of Great Britain, France, and Ireland, King, Defender of the Faith, etc. Having undertaken for

the Glory of God, and Advancement of the Christian Faith, and the Honour of our King and Country, a Voyage to plant the first Colony in the northern Parts of Virginia; Do by these Presents, solemnly and mutually, in the Presence of God and one another, covenant and combine ourselves together into a civil Body Politick, for our better Ordering and Preservation, and Furtherance of the Ends aforesaid: And by Virtue hereof do enact, constitute, and frame, such just and equal Laws, Ordinances, Acts, Constitutions, and Officers, from time to time, as shall be thought most meet and convenient for the general Good of the Colony; unto which we promise all due Submission and Obedience. IN WITNESS whereof we have hereunto subscribed our names at Cape-Cod the eleventh of November, in the Reign of our Sovereign Lord King James, of England, France, and Ireland, the eighteenth, and of Scotland the fifty-fourth, Anno Domini; 1620."

The Pilgrims were a Bible-believing Christian group who came to America to practice their religious freedom, having been oppressed by the Church of England. Their voyage was undertaken to the glory of God and to advance the Christian faith. This is the founding principle upon which America was established. → NEXT PAGE

This Thanksgiving, we should recommit ourselves to restore our nation's Godly heritage, following the strategy that our Pilgrim forefathers gave us, which is to love God, and to place our hope and faith in the God of the Bible and our Lord Jesus Christ. This faith gives us wisdom and instructs us on how to live our lives. This wisdom from God builds our character and transforms our hearts.

Civil law should be derived from God's law found in the Ten Commandments, and its purpose is to provide society with order and a foundation for our freedom, providing mercy, justice and equity under the law.

Civil government's purpose is to protect our God-given, unalienable rights and liberties.

As parents and elders we should educate our children to follow these beliefs and principles in order to ensure liberty for future generations.

Liberty under the law is the result of this strategy which will ultimately defeat tyranny and result in a strong, peaceful and prosperous nation.

Washington's 1789 Thanksgiving Proclamation (below) reflects the Biblical worldview of our Founding Fathers. More than ever, 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.

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

I remain, sincerely yours,



Steven F. Hotze, M.D.



A P R O C L A M A T I O N .

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 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 which we experienced 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 enabled 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 hath 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 shewn kindness unto us, and to bless them with good government, peace, and concord—to promote the knowledge and practice of true religion and virtue, and the encrease 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.

Stress, Anxiety & Depression Are Not “All in Your Head”

A guest comes in with complaints of anxiety, depression, irritability, low energy, brain fog, weight changes and other symptoms. She has consulted multiple doctors trying to get help, only to be told that her blood tests are normal and they cannot find anything wrong. Assuming it must be “all in her head,” she is diagnosed with depression and anxiety and started on an antidepressant. When that fails to help, the dose is increased and an antipsychotic or anti-anxiety drug is added for good measure. Now she is worse off than ever.

Somehow she finds her way to Hotze Health & Wellness Center. To her great relief, our doctor reassures her that, lab tests aside, there is an underlying problem causing her symptoms, and we will find it and treat it. For the first time in years, she feels hopeful. And so begins her journey back to health.

This is a scenario that plays out time and time again. Our files are filled with inspiring stories of guests who came to us burdened with stress and worry, full of despair and just barely hanging on. Their before-and-after experiences, which include life-changing improvements in anxiety and depression, restored self-confidence, saved marriages and relationships, hoped-for pregnancies and more, are nothing short of miraculous.

Let’s look at some of the underlying causes of depression, anxiety and other stress-related problems and how we treat them.

Could It Be Your Thyroid?

One of the most common causes of mood disorders is hypothyroidism. Thyroid hormones control metabolism, and when thyroid function is low, things slow down. Hypothyroidism makes you feel tired and lethargic; you lose your get-up-and-go. Low thyroid function is also linked with weight gain, brain fog, thinning hair and constipation, and it is notorious for causing mood changes. Because it is associated with drops in GABA, an inhibitory or calming neurotransmitter, many people experience both depression and anxiety.

Although hypothyroidism is incredibly common, affecting an estimated one in 10 adults and one in five older women, it is often overlooked. Most doctors rely on the standard TSH (thyroid stimulating hormone) blood test to determine thyroid function. If your level is within the reference range, you are told you have normal thyroid function, even if you have all the signs and symptoms of hypothyroidism.

This is absurd. For starters, the range is so broad that 95

percent of people will have a “normal” TSH, so additional testing is obviously indicated. Most importantly, doctors should pay more attention to how their patients feel than to their lab tests. A therapeutic trial of compounded thyroid hormone, which contains T3 and T4, may be all it takes to get you back on track.

Estrogen Dominance, Postpartum Depression, PMS & Infertility

Imbalances in estrogen and progesterone may also be at the root of mood disorders. This is certainly the case in postpartum depression. During pregnancy, the placenta produces high levels of progesterone. After the baby is born and the placenta is expelled, the mother’s progesterone level plummets. Estrogen declines as well, although to a lesser degree, and this results in a hormonal imbalance called estrogen dominance. Because progesterone is a mood-boosting hormone, this imbalance contributes to postpartum depression.

It is estimated that 50–75 percent of new mothers experience the “baby blues” as hormone levels stabilize. Unfortunately, one in nine develop severe long-term depression. So what do doctors do? They prescribe an ever-increasing regimen of psychotropic drugs. These women do not need antidepressants. They need a personalized regimen of natural progesterone, perhaps with other bioidentical hormones, to bring them back into balance.

Estrogen dominance is also a common culprit in PMS. Production of both estrogen and progesterone tapers off as women get older, but progesterone declines to a greater degree, leading to imbalances that can result in longer periods, cramping, headaches, mood swings, fluid retention, weight gain and other signs of PMS. Once again, conventional doctors’ go-to is antidepressants and other drugs. Why not address the underlying imbalances and treat them with natural progesterone? That is our approach, and symptoms most often improve.

Infertility is often linked with low progesterone as well, especially for women in their mid-30s and older. This hormone is essential for the implantation of a fertilized egg in the uterus and a normal pregnancy, and it is often prescribed for women with recurrent miscarriages and during infertility treatment. However, more than a few of our guests have welcomed “miracle babies” after being treated with natural progesterone alone.

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Menopause, Andropause & Mood

Estrogen really takes a dive during menopause, resulting in mood swings, anxiety, depression, hot flashes, night sweats, loss of libido, vaginal dryness...the whole nine yards. Estrogen replacement therapy can make a world of difference during the menopausal transition, but many women are leery. They should be leery of conventional hormones such as horse estrogen and synthetic progestins, as these drugs are riddled with adverse side effects. Bioidentical estrogen and progesterone, on the other hand, are safe and highly effective at relieving mood disorders and other menopausal symptoms.

Men also go through a change of life, driven by a gradual decline in testosterone levels. After peaking around age 25, testosterone secretion begins a slow downward slope. By the time men hit 60, their level is about a quarter of what it once was. This decline, called andropause, is marked by an increase in fatigue and body fat, a decrease in muscle and bone mass and reduced erectile function. But it also has more subtle effects.

Andropause is associated with changes in mood, self-confidence, assertiveness, drive and mental sharpness. Men may feel indecisive and insecure, and because they tend to be reluctant to discuss such things, symptoms are likely to worsen, leading to increasing irritability, withdrawal, anxiety and depression. They turn into grumpy old men. If this rings a bell, come in and talk to us. Testosterone replacement can have a profound effect on your stress level, mood, sense of well-being and overall health.

Refill, Rebalance & Recover

If you are thirsty, what do you do? You drink water. Hungry or tired? You eat or sleep. Low on hormones? You restore and rebalance them with bioidentical hormones. It is that simple.

➡ Bioidentical hormone replacement therapy has been a specialty of ours here at the Hotze Health & Wellness Center for decades, and we have helped literally thousands of women and men regain their physical and emotional health with safe, effective bioidentical hormones. Give us a call at **281.698.8698** and learn how we can help.

REFERENCE: Dwyer JB, et al. Hormonal Treatments for Major Depressive Disorder: State of the Art. *Am J Psychiatry*. 2020 Aug 1;177(8):686-705. doi: 10.1176/appi.ajp.2020.19080848.

SAY NO TO ANTIDEPRESSANTS

The CDC reports that more than 13 percent of U.S. adults and 24 percent of women age 60 and older take antidepressants, and these stats are from before the government's misguided response to the coronavirus upended Americans' lives.

The most popular antidepressants are selective serotonin reuptake inhibitors (SSRIs such as Paxil, Zoloft and Prozac), and primary care physicians hand them out like candy at Halloween. You do not even have to be depressed to get a prescription. Anxiety, ADHD, hot flashes, phobias, smoking, alcohol abuse, eating disorders, fibromyalgia, chronic pain? Line up for your antidepressant.

If these drugs were safe and effective, that would be one thing, but they are not. Danish researchers reviewed 131 randomized placebo-controlled clinical trials involving 27,422 participants on the effects of SSRIs for major depression. They found that SSRIs "might" have some effect on depression, but there was no doubt that the drugs caused a significant increase in adverse events. They concluded, "The potential small beneficial effects seem to be outweighed by harmful effects."

That is an understatement. These drugs mess with your brain chemistry and are

downright dangerous. Side effects include:

- Agitation & impulsivity
- Emotional numbness & social withdrawal
- Suicidal thoughts, especially in younger people
- Irritability & hostility
- Insomnia
- Weight gain
- Loss of libido & sexual dysfunction
- Increased risk of diabetes
- Serious withdrawal symptoms when stopped

Nobody is depressed, anxious, moody, irritable, foggy, fatigued or in pain because they have a low blood level of antidepressants. Drugs are not the answer, and it is irresponsible, even criminal, that doctors are so cavalier about prescribing these dangerous drugs.

WARNING: Do not stop antidepressants or other psychiatric drugs on your own. Abrupt discontinuation can worsen depression and cause serious withdrawal symptoms. Work with a doctor and taper down slowly.

REFERENCE: Jakobsen JC, et al. Selective serotonin reuptake inhibitors versus placebo in patients with major depressive disorder. *BMC Psychiatry* 17, 58 (2017). <https://doi.org/10.1186/s12888-016-1173-2>

Exosome Therapy

Put an End to Chronic Back Pain

Most of us have experienced back pain at one time or another, and it usually improves after a few days to a few weeks with rest, anti-inflammatories, chiropractic and other therapies. Unfortunately, in about 20 percent of cases, back pain becomes chronic, and it can make life miserable. That is why I am excited to introduce Steve Martinez, a 38-year-old physician assistant at Restore Wellness in McAllen who had a remarkable recovery from excruciating low back pain with exosome therapy.

STEVE MARTINEZ: “I’ve Got My Life Back”

“I’m a veteran of the United States Air Force, and in 2005, I was in a training exercise, running information down a hill with a 50-pound pack on my back. It was 4:00–5:00 in the morning and pitch black outside, and I stepped in a hole, fell and my lower back rotated 180 degrees. It was like bubble wrap: pop, pop, pop... three ruptures in my lumbar spine.



“Since that time, I’ve experienced a lot of pain. Exercises, stretching, core work, chiropractic, yoga and things like that never took all the pain away, but I was getting by until 2016, when I couldn’t deal with it anymore. So I had a microdiscectomy, a surgery where they take out a piece of the discs that were impinging on my spinal column. I wasn’t 100 percent, but I was able to get back to my normal daily functions.

“Then in November of 2019, I re-ruptured the discs. This was pain I’d never experienced before. I had a hard time sleeping, walking, sitting, showering and dressing. I couldn’t even play with my four-year-old boy. It just crushed me. No pain medication was touching it, nothing was helping. I figured the only option was another surgery.

The Road Back From Crushing Pain

“Then I learned about exosomes. I reached out to you, came to the Center in June, and underwent exosome treatment with injections in the L4-L5 lumbar vertebrae plus intravenous exosomes.

“The first 10–14 days, I didn’t really feel much of a change. Then slowly and progressively things started coming back. It was easier to bend over to tie my shoes, shower and dress myself. These things had been taken away from me, so these little victories were really encouraging.

“After month one, I was able to walk without pain. On month two, I could get a full night’s sleep without waking up in severe pain. I started going for longer walks and doing light exercises with no residual pain. Month three is when the magic was really made because that’s when I was able to play with my little boy. I was also able to do chores and take it up a notch with my training exercises.

“A Complete Life Changer”

“Like I said, it’s been a journey. I’m still not exactly where I want to be. But from where I was on day one walking into your clinic, Dr. Hotze, to where I am now, it has been a complete life changer. I literally feel like I’ve got my life back. I’m able to be a dad and husband again. I’m able to think clearly and be a better clinician.

“So many people out there are searching for real answers for back pain rather than just covering up symptoms. Exosome therapy could be the answer to your prayers.”

📢 **Share your success story**—and let your experience inspire others. Email us at admin@hotzemail.com.

BENEFITS OF EXOSOMES

Exosome therapy is the latest in regenerative medicine, a natural approach to activating tissue and organ repair and establishing normal function. Exosomes are bioactive molecules produced by stem cells that create an environment where injured tissues can regenerate and rejuvenate.

Given intravenously or injected directly into painful areas such as the back, knees, and other joints, exosomes are readily taken up by your cells. By decreasing inflammation,

modulating the immune system and enhancing the activity of the mitochondria (the cellular power plants that generate energy), exosomes stimulate your body’s natural healing processes. They are truly a catalyst for whole-body health.

Conditions that the regenerative properties of exosomes have benefited include:

- **Back and neck pain**
- **Arthritis**
- **COPD and other lung diseases**
- **Immune dysfunction**
- **Alzheimer’s disease**
- **Traumatic brain injury**
- **Autism**
- **Age-related degeneration**

➔ If you are experiencing any symptoms and want more information about exosome treatments, call us for a free consultation at **281.698.8698**.

Are you having trouble tuning out all the bad news that just keeps on coming? Are worries keeping you awake at night? Join the crowd. The percentage of people reporting symptoms of psychological distress has spiked in recent months, and prescriptions for sleeping pills, antidepressants, and anti-anxiety medications have increased in tandem. It is important to get a handle on stress, but there are much safer solutions, and one of them is Full-Spectrum Hemp Oil.

Full-Spectrum Hemp Oil is a concentrated source of cannabidiol (CBD), a natural cannabinoid in hemp plants. CBD interacts with your body's endocannabinoid system, which helps regulate sleep, mood, pain response, immune function and more. When taken in therapeutic doses,

CBD promotes relaxation and sleep, relieves stress and anxiety and decreases pain and inflammation. And unlike THC, the psychoactive cannabinoid in marijuana, which is also from hemp plants, CBD does not produce a mind-altering "high."

Interest in CBD/hemp oil has exploded, and the market has been flooded with questionable products containing paltry amounts of CBD. Purchase only from a trusted source and expect to pay more for quality products that contain organic full-spectrum hemp oil with a standardized amount of CBD. Use as directed.

➔ Visit hotzevitamins.com or call **800.579.6545** to order Full-Spectrum Hemp Oil and talk to us about other supplements for stress and anxiety.

▶ FROM THE PHARMACIST

Oxytocin for Depression & Anxiety

Cuddling with a loved one, bonding with your baby, connecting with a dear friend ... The warm and fuzzy feelings these experiences promote are due in part to oxytocin, a.k.a. the "love hormone." Produced in the hypothalamus and released by the pituitary gland, oxytocin plays a central role in childbirth and nursing, sexual intimacy and social bonding.

Because of these positive effects, oxytocin has emerged as a promising therapy. Several small studies have demonstrated the benefits of supplemental oxytocin for improving anxiety, social functioning, cooperation, and mood. Oxytocin is poorly absorbed orally, so Physicians Preference Pharmacy compounds it into sublingual tablets that rapidly dissolve under your tongue.

Oxytocin can also be specially compounded with other active ingredients. A guest favorite is oxytocin + tadalafil (we call it "The Game Changer"), formulated for optimal sexual performance for both men and women. Taken once a day or before sex, it works especially well when both partners are dosing together.

➔ For more information about Physicians Preference Pharmacy's compounded sublingual oxytocin tablets, contact the pharmacy at **281.828.9088**.

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REFERENCES: Matsushita H, et al. Oxytocin and Stress: Neural Mechanisms, Stress-Related Disorders, and Therapeutic Approaches. *Neuroscience*. 2019 Oct 1;417:1-10. doi: [10.1016/j.neuroscience.2019.07.046](https://doi.org/10.1016/j.neuroscience.2019.07.046).

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Fish Oil Protects Against Fatal Heart Attacks

Despite all the focus on COVID-19, cardiovascular disease is still our leading cause of death. In fact, in yet another unintended consequence of the overblown fears generated by the government and media, the death rate from heart attacks has surged in the past few months. At the first signs of a heart attack, do not think twice about COVID. Call 911 and get to an emergency room ASAP.

That said, prevention is the best medicine, and according to a new study published in *Mayo Clinic Proceedings*, one of the best things you can do to prevent fatal heart attacks is to take fish oil. Researchers analyzed the results of 40 clinical trials, involving 135,267

participants, studying the cardiovascular effects of supplemental EPA+DHA, the omega-3 fatty acids in fish oil. They found that EPA+DHA supplements reduced the risk of fatal heart attacks by an astounding 35 percent, and the higher the dose, the greater the protective effect. You can get omega-3s from fish, but few people, including those who eat fish regularly, get enough. Therefore, the researchers suggested that all doctors should recommend 1,000–2,000 mg of supplemental EPA+DHA daily for protection against cardiovascular disease.

➔ Each Omega Complete Fish Oil capsule contains 600 mg of high-quality EPA+DHA. Take two or three capsules a day and you're covered. To order, visit hotzevitamins.com or call 281.646.1659.

Low-Dose Naltrexone for Autoimmune Conditions

Autoimmunity occurs when the body's immune system goes awry and attacks its own healthy tissues. More than 24 million Americans have been diagnosed with Hashimoto's, psoriasis, rheumatoid arthritis, multiple sclerosis, Crohn's, Sjögren's, lupus and other autoimmune conditions. As prevalent as these conditions are, their causes are not always clear. Genetics, infections, environmental factors and vitamin D deficiency can play a role, and recent research suggests that stress can also trigger their onset and exacerbation.

Symptoms vary, but all these disorders are characterized by an overactive immune response and excessive inflammation. That is why low-dose naltrexone (LDN) has gained a following as a treatment for autoimmune

conditions. LDN is a unique compounded medication which blocks receptors in the body that increase the release of endorphins, reduce pain perception and inflammation, improve mood and regulate the immune system. LDN may also improve resilience to stress.

Safe for both adults and children, LDN is also prescribed for allergies, eczema, cancer and other health challenges. Depending on the condition being treated, Physicians Preference Pharmacy can compound LDN into oral capsules, sublingual tablets or topical creams, which are generally dosed just once daily. Along with a gluten-free, dairy-free and yeast-free eating plan, LDN can make autoimmune conditions much easier to control.

➔ LDN is available by compounded prescription only. Physicians Preference Pharmacy is a recognized member of the LDN Research Trust Organization, signifying its dedication to quality and experience in compounding LDN.

REFERENCES: Bernasconi AA, et al. Effect of Omega-3 Dosage on Cardiovascular Outcomes. *Mayo Clinic Proceedings*. 2020 Sept 7; DOI: [10.1016/j.mayocp.2020.08.034](https://doi.org/10.1016/j.mayocp.2020.08.034) Zagon IS, et al. Intermittent blockade of OGFr and treatment of autoimmune disorders. *Exp Biol Med (Maywood)*. 2018 Dec;243(17-18):1323-1330. doi: [10.1177/1535370218817746](https://doi.org/10.1177/1535370218817746).

PROTECT YOUR RIGHT 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.



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