

HOTZE on WELLNESS

October 2019

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*Fall
is here!*

A LETTER FROM DR. HOTZE

Have you been experiencing increased drainage and congestion lately? Historically, October is the worst allergy month of the year. This is due to the fact that ragweed is at its highest levels during the month of October.

As cool fronts begin to reach Houston, they carry weed pollens all the way from south Kansas. It is not until the first hard freeze that the weed pollens diminish.

You may be aware that the Hotze Health & Wellness Center initially began as an allergy practice, where we treat both airborne and food allergies.

We often see individuals who suddenly begin experiencing allergies and recurrent upper respiratory infections. For women, these symptoms may occur after childbirth. They may also be associated with a change in menstrual cycles, tubal ligation, hysterectomy, or menopause. Many people are not aware that allergies can occur at any age, including midlife. Unless these allergies are identified and treated, chronic health problems can result.

It is important to pay attention to how you react in certain situations. For example, do your symptoms worsen during a particular season, such as spring or fall? Do your symptoms change when you go indoors or outdoors, or when you come into contact with dust? Are your symptoms worse when you wake up in the morning? Do you awaken in the middle of the night with congestion? Do you have mood swings or feel depressed for no reason? Fatigue is also a very common symptom of allergy.

If you are experiencing symptoms that are negatively affecting your quality of life such as sneezing, itchy and watery eyes, postnasal drainage, bronchitis, dizziness, sinus infections, headaches, stuffy nose, ear infections, coughing, wheezing and asthma, then be sure to schedule an appointment today so that you can be evaluated and treated properly instead of simply managing your symptoms.

You will be glad to know that we do not use shots, instead, we use allergy drops that are taken under *continued on page 2* ■



DEBUNKING A MYTH: PHYSICIANS PREFERENCE PHARMACY IS EXPENSIVE

by Raquel Bruce, R.Ph., Physicians Preference Pharmacy

Our pricing is a reflection of our commitment to consistently provide the finest quality compounded prescriptions available. It reflects not only the labor involved in preparing the hormone prescriptions, but also the extensive quality control testing that we employ to ensure that our compounds are of the highest quality.

1. The pricing for our compounds is based on labor, not on strength, so you can save money by combining multiple lower strength capsules into a higher strength capsule. For example, if you are taking (2) 12.5 mg capsules of progesterone, we can request to

increase your strength, so you take (1) 25 mg capsule.

2. By signing up for our Autofill Program, your prescriptions will be sent to you automatically every 1, 2 or 3 months. You can save 10% on each order. You will want to make sure that you and your doctor have determined your ideal doses before signing up, as there are often dosage adjustments during the first few months.

3. A 10% concession is applied to all orders placed online at: physicianspreferencerx.com



HELP FOR ALLERGIES

by Jessica Ingram, Vitamin Consultant, Hotze Vitamins®

Visit HotzeVitamins.com today or call our Certified Holistic Nutritionists and Vitamin Consultants at **800-579-6545**.

Vitamin C is a natural antihistamine.

Vitamin D improves immune system function.

Probiotic Blend may boost the immune system and improve allergies.

Xlear Nasal Spray soothes and moisturizes the sinus and nasal passages, and Xylitol helps kill bacteria in the sinus cavity.

Argentyn 23 is a hydrosol silver product that works as a natural antibiotic to help kill infections. It is very effective as a nasal spray for sinus infections.

▶ A LETTER FROM DR. HOTZE *continued from front page*

the tongue on a daily basis. You can greatly reduce and even eliminate your allergy and asthma symptoms naturally by resolving the underlying cause, which involves strengthening your immune system. These drops are a safe, effective and convenient allergy desensitization treatment.

I believe that you deserve a doctor and a team of professionals to coach you onto a path of health and wellness naturally, without the use of pharmaceutical drugs, so you can enjoy a better quality of life. If you are ready to do a 180

and take charge of your allergies, then contact us today at 281-579-3600.

Thanking you for your friendship and support, I remain, as always,

Committed to your health success,

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

DEBBIE BROOKS: FROM FEELING HORRIBLE TO FEELING GREAT

Debbie was so tired all the time. She had problems with her menstrual cycle, fibroids, terrible bleeding, back aches, headaches and horrible mood swings. Her doctors put her on birth control pills and antidepressants, but that didn't solve her health problems.

She had a hysterectomy at age 35, but left her ovaries in. She still had issues after the surgery, such as moodiness and headaches, because she was estrogen dominant. So her doctors put her back on birth control pills, but again, this didn't solve her issues.

One day she was listening to Dr. Hotze on the radio and she realized there is an answer. She made an appointment at our Center and saw Debbie Janak.

She was placed on bioidentical progesterone, thyroid, testosterone and vitamins and minerals. Debbie felt a lot better, but something was still off. She found out she had Lyme Disease. After getting treatment from a doctor in Florida, she continued her treatment at our Center.

Today, Debbie is doing great! Her friends can see a big difference in her. Debbie says, "I feel the best I've ever felt!" She says that her energy is a 10+ now!



"I FEEL THE BEST I'VE EVER FELT!"

CONCOMITANT FOODS

Definition: foods that are cross-reactive with airborne/inhalant allergens

RAGWEED SEASON: August through first hard frost

Completely avoid the following:

- Milk
- Melons
- Mint
- Cucumber
- Zucchini
- Chamomile

Eat with caution:

- Banana
- Sunflower seeds
- Pumpkin
- Echinacea
- Potentially any vine fruit or vegetable



DUST: All year round

Avoid:

- Peanuts
- Peanut butters
- Shrimp
- Oysters
- Snails



MOLD: All year round

Avoid:

- Mushrooms
- Aged cheeses
- Coffee
- Fermented beverages

» Use green tea instead of black tea





FROM THE DESK OF DR. HOTZE

CONSIDERATIONS AND EXPLANATIONS ON THE FEAR OF THE LORD

by Steven F. Hotze, MD, Hotze Health & Wellness Center

As we enter this season of thankfulness, I want to share some thoughts for you to ponder.

“The reward of humility and the fear of the Lord are riches, honor and life.” (Proverbs 22:4)

The Bible instructs us that *“God is opposed to the proud, but gives grace to the humble.”* (1 Peter 5:5b) We are told to *“humble ourselves under the mighty hand of God that He may exalt you at the proper time.”* (1 Peter 5:6)

Humility is making a proper estimation of ourselves, realizing that we are the creatures and that Almighty God is the Creator, the King of the nations, the Sovereign Ruler over all creation. He deserves our complete submission and fealty to His authority. Humility recognizes that we cannot save ourselves and must rely upon the mercy and grace of God to redeem us from our sins.

What is the fear of the Lord? In another chapter in Proverbs we are instructed that, *“The fear of the Lord is to hate evil; pride, arrogance and the evil way and the perverted mouth, these things I hate.”* (Proverbs 8:13)

We demonstrate that we fear of God by our actions.

First, we must hate anything that is evil, anything that violates God’s Law Word. Evil is anything that is immoral, wicked, sinful and corrupt. God has given us His standards, so we can know which actions are right and which are wrong.

Secondly, we must hate pride and arrogance in our own lives.

Pride is the first of the seven deadly sins. Pride is an inordinate self-love, whereby an individual sees himself as the sole source of his success. He views himself above others and looks down on them with disdain. He takes all the credit when something is successful and blames others whenever there is a problem. Pride is the root of all other sins because the prideful person will not submit himself to God or God’s law. The proud person does not rely on Jesus Christ alone for his salvation, but trusts in his own good works to make himself acceptable to God.

“The wages of sin is death, but the free gift of God is eternal life in Christ Jesus.” (Romans 6:23)

Arrogance is a synonym for pride. Arrogance is the quality of being full of self-worth and self-importance, the outward expression of feeling superior to others.

Proverbs 8:13 contains the words pride and arrogance, back to back. God doubles down here to impress upon us how much He hates these sins. If you want God to oppose you, then just fill yourself with pride and arrogance.

Thirdly, we must hate the evil way. The evil way is full of sinful actions, habits and customs. It is the wide pathway that leads to our spiritual destruction. *“Enter through the narrow gate; for the gate is wide and the way is broad that leads to destruction, and there are many who enter through it. For the gate is small and the way is narrow that leads to life, and there are few who find it.”* (Matthew 7:13-14)

Finally, we must hate a perverted mouth, the mouth that espouses false doctrines, wicked counsels, profanities, cursings and lies.

We demonstrate our fear of God by hating all manifestations of evil in our own lives and *“disciplining ourselves for the purpose of godliness.”* (1 Timothy 4:7b)

God’s word promises us in Proverbs 22:4 that if we are humble and fear the Lord, He will give us riches, honor and life. This verse is reminiscent of Psalm 1:1-5 and Joshua 1:8 which reads, *“This book of the law shall not depart from your mouth, but you shall meditate upon it day and night, to be careful to do according to all that is written in it. For then God will make your way prosperous and you will have success.”*

Our Sovereign God deserves our loyalty and obedience. Obedience leads to blessings.

H O T Z E

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

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 /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!

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