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HOTZE on WELLNESS

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A LETTER FROM DR. HOTZE

Christmas greetings to you & your family!

December is the time when we celebrate the first coming of our Lord and Savior Jesus Christ who came to take away the sins of the world. In spite of the joy that comes from celebrating His birth and the festivities surrounding it, Christmas is often a difficult time for many people.

If you have been suffering from loneliness and despair, please remember

God's message to you. *"For I know the plans that I have for you, declares the Lord, plans for welfare and not for calamity to give you a future and a hope."* (Jeremiah 29:11)

You have been fearfully and wonderfully made. God created your body to run optimally so that you can better serve Him and be a servant and encouragement to others. I would like to recommend that you read the Holy Scriptures and associate with like-minded Christians to bolster your faith.

Low moods and anxious thoughts are not necessarily a spiritual problem. They often have a physical cause. The

cells of your body require natural hormones, vitamins, minerals, and nutrients, to increase your energy level so that your body can obtain and maintain health and wellness, naturally. This will strengthen your mind and improve your thinking.

The unifying principle of disease is this. When your cells are toxic, they cannot produce the energy needed to keep your body healthy. If you have been listening to my radio program, then you know that I have been consistently focusing on this principle. Each cell in your body has power

 *continued on page 7*



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SIX WAYS TO MANAGE STRESS AND ANXIETY

by Debbie Janak, RN, FNP-C, Hotze Health & Wellness Center

Stress. We all have it. In our fast-paced world, it surrounds us 24/7. How we internalize and deal with stress either keeps it small and manageable or allows it to become overwhelming, which can lead to anxiety and adrenal fatigue.

During stressful situations, our bodies release cortisol and adrenaline

from the adrenal glands to prepare us for a fight-or-flight reaction that our ancestors needed to survive. We become extraordinarily alert, and our heart rate, breathing rate, blood pressure, and metabolism all speed up. Our pupils also dilate to sharpen vision. Today, we do not have many

saber tooth tigers chasing us, but it can feel like it at times. We still react in the same way.

The good news is that there are many ways to manage stress and keep our adrenals healthy. ⬇

1. The first is easy, and we do it all day without thought: breathing.

In stressful situations, we tend to take short, shallow breaths. So breathe deeply, exhale to let go of what is causing the stress, be mindful and feel yourself relax.

2. Eat a healthy, well-balanced diet.

Do not skip meals. When blood sugar gets too low, cortisol is released to maintain blood sugar, which stimulates your appetite and causes cravings. It can also mimic a fight-or-flight reaction in people with weak adrenals. Eat three meals per day with healthy, high-protein snacks in between to maintain a level blood sugar. Chew your food thoroughly, savoring the flavors versus wolfing down your meals. Avoid table sugar and high fructose corn syrup, which are hard on the adrenal glands and have no nutritional value. Highly processed foods are packed with unhealthy fats and too much sugar, so steer clear of those.

3. Drink at least two quarts of filtered water daily.

Limit caffeine and other stimulants such as sodas and energy drinks. A cup of coffee in the morning to help wake up is okay. However, continuous caffeine intake triggers adrenaline production. This keeps us alert but taxes our adrenal health at the same time. Limit alcohol intake, too. Alcohol is a refined carbohydrate

and acts like table sugar producing a release of insulin to decrease excess blood sugar. Nicotine is a stimulant, and chronic use lowers DHEA, another adrenal hormone.

4. Exercise regularly.

For cardiovascular fitness, it is recommended to get 30-45 minutes every other day. Alternate aerobic exercises with resistance training. A word of caution, if your adrenal glands are weak and you do not tolerate stress well, be gentle with your exercise. Do more stretching exercises like yoga, tai chi or walking.

5. Get enough sleep and rest.

Adults need around eight hours of sleep per night to recharge their body. Many insomniacs struggle to fall asleep at night because their cortisol curve is off and they release more cortisol in the evenings. These are the night owls or party people who can keep going when everyone else is ready for bed. It is tough on a night owl to work in the day world because their natural tendency is to sleep in.

6. Do things you enjoy.

Cut back on obligations. Simplify your life, clean out closets and get rid of "stuff." Avoid procrastination. Manage your money to avoid financial worries. Practice being positive and thankful and then stress will have no place to hide. Pray, and let go of stressful thoughts.

If you need additional support getting your stress levels in check, you don't have to do it alone. As a Hotze Health

& Wellness Center guest, you have a support system of people ready and willing to help you along the way.

📞 Give us a call.
(281) 579-3600

ROSE'S STORY: LIVING LIFE TO THE FULLEST

For a time in my life, the holidays seemed to be a drudgery and a mix of emotions.

I wanted to experience the festivity of the holidays, but I just couldn't find the energy to prepare for them, nor could I feel like I was going to enjoy them. Let me explain.

In 1999, I had a hysterectomy, which my doctor convinced me I needed for a number of reasons. No sooner did I have the surgery than I started to have another set of problems. The depression started immediately after the hysterectomy, and I was feeling anxious and irritable all the time. Not only was there a shift in my moods but also in my energy levels, and I was gaining weight. I felt tired like I needed naps, and I just knew something was wrong.

When I went back to my family doctor to talk to him about the depression, he said, "It's a part of the response that the body has after you've had a major surgery. Let's try these antidepressants. The depression will lift, and you will be fine." I didn't get a clear answer as to whether he knew that it was depression. When I took the antidepressants, I didn't feel like myself. It was like I was in a fog. The side effects of the drug

outweighed the benefits, so I decided to stop taking them. I saw three doctors for different symptoms but got no solutions.

To make matters worse, I found myself having anxiety and panic attacks, which I'd never had before, and they can be crippling. Once, on a trip, I was driving down a mountain with my youngest son, who was a year old, when I started to panic and think that I was going to drive off the mountain. It was a very difficult time for me and like nothing I'd ever experienced. My husband and I knew something was wrong. He was very concerned for my health, and he wanted his wife back.

At that point, I had resigned myself to living a miserable life, but we kept praying about what to do. By divine intervention, we found the Hotze Health & Wellness Center. A lady at my daughter's school had very similar symptoms to mine and was talking about what she did for her depression, so I asked for her doctor's name, which turned out to be Dr. Hotze. When I went home to talk to my husband about it, he came in with a magazine from an airline and said, "I think you need to go see these doctors."

Everything about the Hotze Center is different than your standard medical practice. You're called a guest. You feel welcomed. You feel like they care about you, they take the time to listen to you and give you undivided attention. They want to provide answers for you. Conventional medicine just treats the symptoms. The Hotze Center treats the core issues. Their approach is to get the body well - to put back into the body what it needs to be able to have a productive life.

Today, the holidays are fantastic. I'm excited about being around my family and sharing in the joy of the season. It's been 13 years since I started on the program, and I feel wonderful. At 54 years old, I feel like I'm 34. The Hotze Center has given me the opportunity to live my life to the fullest.





BEST HORMONES TO BEAT HOLIDAY STRESS

by Susan MacIvor, RPh, Hotze Pharmacy

If you were alive in the 60's and 70's then you remember the buzz around Valium; the pill known for being every mother's "little helper." While still used for its anxiety-relieving effects, the results are only temporary. Instead of turning to a pharmaceutical drug, it's important to address the underlying cause for more lasting results.

At this time of year, it's tempting to look for a quick fix, so you can "just get through the holidays." Because after all, the shopping, cooking, school functions, traveling and hosting add up quickly, causing you to become irritable, fatigued and anxious. So aside from incorporating healthy habits, like eating well and getting enough rest, what can you do to keep stress and anxiety at bay this year?

Your answer: take your hormones. Progesterone is an essential female hormone for managing stress. In fact, progesterone works directly with GABA receptors in your brain (just like an anti-anxiety medication would) to produce a calming effect. Without adequate levels of progesterone, you may begin to feel anxious, irritable and

not able to sleep through the night. All of which are a nasty combo for such a joyous time of year.

Just as progesterone is ideal for women, testosterone is critical for men. One of testosterone's most significant – and often unrecognized – benefits is its effect on brain function. Not only does it influence drive and decisiveness, but it helps with mood, anxiety, and stress, too.

For both men and women, adrenal hormones, such as cortisol and DHEA, are going to be your frontline stress-fighters. These hormones' sole purpose is to help you to adapt to stress, whether minor or severe, and bring you back to a state of equilibrium. Depleted adrenals will leave you feeling too exhausted to enjoy your favorite holiday activities.

Something to also keep in mind this month is your toxic exposure. Toxins in our food and environment can disrupt hormonal balance.

Small changes you can make to decrease your toxic load starting today are to:

- ✔ Use unscented clothing detergent.
- ✔ Shop organic when possible and on the outer edges of the grocery store.
- ✔ Try natural household cleaning products such as vinegar with lemon and thieves essential oils.
- ✔ Store and re-heat food in glass containers to limit BPA exposure.
- ✔ Drink out of glass or stainless steel water bottles.

It can be tough to avoid stress, especially during the holiday rush, but if you follow these simple tips, you will be able to enjoy the season rather than just survive it.





PREVENTING AND FIGHTING DEPRESSION

by Don Ellsworth, MD, Hotze Health & Wellness Center

If you ask most people what causes depression, they would very likely say a “chemical imbalance” and assume the answer to this presumed imbalance is a drug. The need for an antidepressant is implied by the very name, so most people incorrectly believe this is the best way to go in all circumstances when they are depressed. Is this true? We are not depressed because of a drug deficiency, and the actual presence of these imbalances, so-called chemical imbalances, is speculative.

Studies of antidepressants show they do little more than placebo to relieve depression, plus you get all their side effects, and these drugs are highly habit-forming. Special caution should be taken with adults under 25, as well as children and teens, since they have been shown to be at increased risk of suicidal thoughts or behavior when taking antidepressants. The risk of harming themselves or others is highest for about three weeks after starting, stopping or changing dosage. (Thus, never stop these medications on your own; they need to be slowly weaned under supervision. Read “The Antidepressant Solution” by Joseph Glenmullen).

So what are the real root causes of depression?

- Poor eating and exercise habits
- Poor gut (aka microbiome) health, i.e. leaky gut/yeast overgrowth/food sensitivities
- Negative thinking/perceptions
- Nutritional deficiencies
- Hormonal deficiencies
- Other toxins/trauma (Lyme disease, electromagnetic fields, heavy metals, head injury, etc.)

➤ EFFECTIVE TREATMENTS

What does work to fight depression?

Exercise: Walking daily for at least 30 minutes and more intense exercise 3x/week.

Get a healthy gut/microbiome:

Our “second brain,” the “gut,” has a tremendous effect on our moods. To get a healthy gut, we need to avoid the common gut busters: regular use of nonsteroidal medications like ibuprofen, antibiotics (cause yeast overgrowth), steroids, birth control pills, excessive alcohol, food sensitivities, stress, exhaustion, inflammatory and autoimmune disorders.

Avoid sugar, high fructose corn syrup, gluten, GMO (genetically modified) and processed foods which often contain excitotoxins (MSG-like ingredients). You should also limit natural fructose intake, i.e. avoid too many sugary fruits like bananas and grapes.

Avoid food allergies/

sensitivities: We find the most common severe reactions are due to grains, especially wheat, dairy, eggs, corn, and nuts. Testing for food allergies can often help determine what is keeping you down using a simple blood test.

Eradicate Candida/yeast:

Yeast makes toxic compounds that can poison cellular metabolism and contribute to depression. The optimal eating program involves eating healthy

along with a three-month program designed to eradicate Candida and replace the good bacteria, so you are left with a healthy gut.

Light up your life with light therapy: 45 minutes to an hour a day in front of a 10,000 LUX light therapy lamp has been shown to have better results than antidepressants. You can find these on Amazon.

Correct negative thinking/

perceptions: We now know that negative thinking is a significant component of negative feelings. Cognitive behavioral therapy (CBT) focuses on correcting our distortions in thinking which contribute to anxiety and depression. I recommend “Feeling Good” by David Burns which can be done on your own or working with a counselor. Interpersonal therapy (IPT) and problem-solving therapy have also been shown to be effective.

Vitamins and supplements:

Probiotics (Probiotic Blend), SAME (Ultra SAME) and B-vitamins such as methylfolate (active folate), B6 and B12 are very useful for depression. Fish oil, 5-HTP, and zinc can also help.

Hormones:

- **Thyroid:** T3-containing thyroid products, i.e. desiccated pork thyroid, significantly improve mood. It is critical that the focus is on optimizing the cellular health, not the blood. We find this is best accomplished by using clinical symptoms, physical exam and using the free thyroid level to keep the

level within range.

- Testosterone: It significantly improves mood and more, especially in men.
- Progesterone and Estrogen: Before menopause, progesterone alone may suffice, but as estrogen levels drop near and after menopause, most women need estrogen, too.

- DHEA (in men and women): Declines with age and replacing it can help improve mood.

Finally, our newest tool for a healthy brain is our Brain Renew program using light and sound to help improve brain health. Please call us for a demonstration.

To determine a solution for depression, we must first understand that it is often a symptom of an underlying condition. By addressing the cause, we can eliminate the depression, as well.

A LETTER FROM DR. HOTZE *continued from page 1*

plants in it called mitochondria. Some cells have just one while others have thousands. It all depends on the energy requirements of the organ where the cells live. Heart cells have over 2,000 mitochondria in each because the heart requires more energy than any other organ in the body.

When our cells become toxic, it adversely affects the ability of the mitochondria to produce energy. The chemicals in the environment poison your cells so that the mitochondria cannot produce adequate levels of energy. These chemicals are found in the air you breathe, the processed foods you eat, the fluids you drink and the lotions you apply to your body. Toxic cells cause a host of health problems for which conventional physicians prescribe pharmaceutical drugs, which

are themselves toxins, and which make your cells more toxic. It should come as no surprise that fatigue, caused by low energy production in your cells, is one of the most common symptoms afflicting Americans. We are literally being poisoned to death!

Every weekday I host *Dr. Hotze's Wellness Revolution*, which is broadcast on 950 AM from 1-2 pm Central. Each Wednesday on the program we feature a remarkable guest, Jeff Yates. Instead of going through another Christmas season weighing nearly 400 pounds, Jeff decided to "Do a 180" and take charge of his health. In just three months he has eliminated his blood pressure and oral diabetic medications, as well as the 80 units of insulin he was injecting daily. He has lost over 40 pounds and is on the pathway to health success! Jeff

now visualizes himself as slim and trim and at his high school football playing weight of 180 pounds.

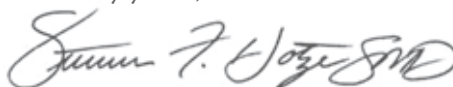
It is my hope that Jeff's story will also inspire you to take massive action, "Do a 180" and take charge of your health.

It is also my hope and prayer that you enjoy this wonderful season and remember why we celebrate Christmas. God loves you and sent His son, Jesus Christ, to redeem you.

Thank you for giving us the privilege of serving you.

Committed to you and your family's health success, I remain, as always,

Sincerely yours,



Steven F. Hotze, M.D.

Chief Executive Officer

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THREE GOOD-MOOD FOODS

by Jackie Martinez, Certified Holistic Nutritionist, Hotze Vitamins®

When you've had a rough day, are you tempted to reach for junk food? Do you crave caffeine in an attempt to find a jolt of energy?

The truth is, stress-eating an entire bag of potato chips or box of cookies will most likely not make you feel any better, and it certainly won't give you any form of energy. In fact, it will probably make you feel worse when you're already feeling low.

The good news is that certain foods can fight stress, knock out anxiety, and ward off depressed moods. Not only can these foods turn around a crummy day, but they are also nutritious and provide the vital nutrients that support brain chemistry and can help reduce feelings of depression. More than that, the combination of necessary vitamins, minerals, and antioxidants encourage energy production and in

turn, increase your capacity to handle the everyday stressors of life.

So what are these foods, and what can they do for you?

Salmon

Research suggests that not consuming adequate amounts of omega-3 fatty acids, such as those found in salmon, is associated with depression and stressed moods. Omega-3 fats are essential building blocks for your brain to function optimally and found in fatty fish, such as salmon.

Berries

A bowl full of berries or a berry-rich protein smoothie is an excellent way to start off your day. The antioxidants found in blueberries and strawberries help protect against free radicals and

toxins and can result in decreased symptoms of depression and a quicker recovery from stress.

Chocolate

Here's a great reason to indulge in a small piece of extra dark chocolate (72% or more): It's chock-full of polyphenols and endorphins, which have mood-boosting effects on the brain. Not just that, but dark chocolate contains high levels of magnesium, which is a natural stress-reducer and feel-good-maker.

If eating right and feeling your best are top of mind, especially for the new year, then join us for our 6th annual Yeast-Free with Me challenge beginning on January 10, 2016. Stay tuned for more details.

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INVESTMENT PLANNING: THE BASICS

by Karen Pong, CFP, President, Financial Advisor at KL Financial Services

Why do so many people never obtain the financial independence that they desire? Often it's because they don't take that first step—getting started. Besides procrastination, other excuses people make are that investing is too risky, too complicated, too time-consuming, and only for the rich.

The fact is, there's nothing complicated about common investing techniques, and it usually doesn't take much time to understand the basics. One of the biggest risks you face is not educating yourself about which investments may be able to help you pursue your financial goals and how to approach the investing process.

Saving versus investing

Both saving and investing have a place in your finances. However, don't confuse the two. Saving is the process of setting aside money to be used for a financial goal, whether that is done as part of a workplace retirement savings plan, an individual retirement account, a bank savings account, or some other savings vehicle. Investing is the process of deciding what you do with those savings. Some investments are designed to help protect your principal—the initial amount you've set aside—but may provide relatively little or no return. Other investments can go up or down in value and may or may not pay interest or dividends.

Why invest?

Because people are living longer, retirement costs are often higher than many people expect. You have to take responsibility for your finances, even if you need expert help to do so. Government programs such as

Social Security will probably play a less significant role for you than they did for previous generations. Corporations are switching from guaranteed pensions to plans that require you to make contributions and choose investments. The better you manage your dollars, the more likely it is that you'll have the money to make the future what you want it to be.

What is the best way to invest?

✔ Get in the habit of saving.

Set aside a portion of your income regularly. Automate that process if possible by having money automatically put into your investment account before you have a chance to spend it.

✔ Invest so that your money at least keeps pace with inflation over time.

✔ Don't put all your eggs in one basket.

Though asset allocation and diversification don't guarantee a profit or ensure against the possibility of loss, having multiple types of investments may help reduce the impact of a loss on any single investment.

✔ Focus on long-term potential rather than short-term price fluctuations.

✔ Ask questions and become educated before making any investment.

✔ Invest with your head, not with your stomach or heart.

Avoid the urge to invest based on how you feel about an investment.

Before you start

Organize your finances to help manage your money more efficiently. Remember, investing is just one component of your overall financial plan. Get a clear picture of where you are today.

What's your net worth? Compare your assets with your liabilities. Look at your cash flow. Be clear on where your income is going each month. List your expenses. You can typically identify enough expenses to account for at least 95 percent of your income. If not, look again. You could use those lost dollars for investing.

➤ *continued on page 10*



Are you drowning in credit card debt? If so, pay it off as quickly as possible before you start investing. Every dollar you save in interest charges is one more dollar that you can invest for your future.

Establish a solid financial base: Make sure you have an adequate emergency fund, sufficient insurance coverage, and a realistic budget. Also, take full advantage of benefits and retirement plans that your employer offers.

Understand the impact of time

Take advantage of the power of compounding, the earning of interest on interest or the reinvestment of income. For instance, if you invest \$1,000 and get a return of 8 percent, you will earn \$80. By reinvesting the

earnings and assuming the same rate of return, the following year you will earn \$86.40 on your \$1,080 investment. The next year, \$1,166.40 will earn \$93.31.*

Use the Rule of 72 to judge an investment's potential. Divide the projected return into 72. The answer is the number of years that it will take for the investment to double in value. For example, an investment that earns 8 percent per year will double in 9 years.

Consider whether you need expert help

For many people--especially those with substantial assets and multiple investment accounts--it may be worth getting expert help in creating a financial plan that integrates long-term

financial goals such as retirement with other, more short-term needs.

Review your progress

Financial management is an ongoing process. Keep good records and recalculate your net worth annually, which will help you for tax purposes and show how your investments are doing over time. Once you take that first step of getting started, you will be better able to manage your money to pay for today's needs and pursue tomorrow's goals.

**This hypothetical example is intended as an illustration and does not reflect the performance of a particular investment.*

Karen Pong, CFP is a financial advisor and president of KL Financial Services, a full-service financial firm committed to helping people pursue their financial goals. They offer a wide range of financial products and services to individuals and business owners. These are the views of Forefield Inc., not the named Representative nor Broker/Dealer, and should not be construed as investment advice. Neither the named Representative nor Broker/Dealer gives tax or legal advice. All information is believed to be from reliable sources; however, we make no representation as to its completeness or accuracy. The publisher is not engaged in rendering legal, accounting or other professional services. If other expert assistance is needed, the reader is advised to engage the services of a competent professional. Please consult your Financial Professional for further information. Securities offered through Questar Capital Corporation (QCC), Member FINRA/SIPC.

Why water?

Everything begins with water. It's the foundation for all other levels of development. That means, for the millions of thirsty people throughout the developing world, safe water can ultimately transform:

HEALTH

More than 840,000 are estimated to die each year from diarrhea as a result of unsafe drinking water, sanitation, and hand hygiene.

The simple behavior of handwashing with soap can save lives, cutting diarrhea by almost one-half and acute respiratory infections by nearly one-quarter.

SANITATION & HYGIENE

Even though more than 2 billion people have gained access to an improved sanitation facility since 1990, another 2.4 billion people still lack access to improved sanitation--technologies such as flush toilets, piped sewers, or even a ventilated pit latrine.

But when they have access, water sources can be kept safe and free of fecal contaminants.

JUSTICE ISSUES

On average, globally, women and children spend 200 million hours every day collecting water, often for water that's already contaminated.

Too often the journey is not safe. Trails can be steep and rocky or muddy and slippery. And when women walk alone, they are often vulnerable to sexual assault. Women and their children suffer most without water, but they're also poised to make the biggest changes in their communities once they gain safe-water access.



Thanks to your support, our contributions have funded three water wells for Living Water!



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4TH ANNUAL

Bubbly & Bows

PRIVATE SHOPPING EVENT

THURSDAY, DECEMBER 8
4:00-7:00 PM

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Mix

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I N T E R N A T I O N A L

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hope this Christmas.

Would you like to give a wrapped, complimentary copy of Dr. Steven Hotze's book, *Hormones, Health, and Happiness* to a loved one this Christmas?

If so, please visit this website for details:
www.HotzeHWC.com/GiveHope



Dr. Hotze's Green Smoothie

For a **healthy boost**, try Dr. Hotze's signature breakfast drink!

INGREDIENTS:

- 1/2 cup raw chopped broccoli
- 1/2 cup raw spinach
- 2 raw eggs
- All vitamins and minerals
- 10 oz. filtered water
- 1 Tbsp Cod Liver Oil
- 1 Tbsp Coconut Oil
- 1 tsp Medium Chain Triglycerides (MCT) Oil
- 6 drops organic stevia
- Dash of cinnamon
- 1/4 tsp vanilla extract
- Ice

» Blend until smooth. Enjoy!

