

HOTZE

Healthy Living

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Joyous CHRISTMAS



A Letter From Dr. Hotze

For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace —ISAIAH 9:6

Christmas is the time we celebrate the first coming of our Savior and Lord, Jesus Christ, the King of kings. "The angel of the Lord appeared to Joseph in a dream and said to him, 'Joseph, son of David, do not be afraid to take Mary as your wife; for the Child who has been conceived in her is of the Holy Spirit. She will bear a Son; and you shall call His name Jesus, for He will save His people from their sins.' Now all this took place to fulfill what was spoken by the Lord through the prophet: 'Behold, the virgin shall be with child and shall bear a Son, and they shall call His name Immanuel,' which translated means, 'God with us.'" (Matthew 1:20-23)

This is the greatest news ever given in the history of the world. God, in His grace, reached down to redeem

lost souls like you and me, separated from Him by our sins. God the Father sent His Son, Jesus Christ, to pay for the penalty of our sins by dying on Calvary's Cross. God declared Jesus to be His Son by raising Him from the dead. Jesus Christ is now seated at the right hand of God the Father, where He makes intercession on our behalf. He is our advocate with the Father.

Jesus proclaimed, "I am the way, the truth, and the life. No man can come to the Father but through Me." (John 14:6) Jesus also said, "I came that you may have life, and have it abundantly." (John 10:10) "I am the bread of life. He who comes to Me shall not hunger, and he who believes in Me shall never thirst." (John 6:35)

This Christmas, and every day, may Jesus Christ fill your lives with joy inexpressible and full of glory.

Thank you for giving our staff and me the privilege of serving you and your family. Have a most joyous Christmas season! I remain, sincerely yours,

A handwritten signature in black ink that reads "Steven F. Hotze, M.D." with a stylized flourish at the end.

Steven F. Hotze, M.D.

Ivermectin: The Preventative Treatment for COVID-19

Ivermectin is a highly effective medication that prevents and treats COVID-19 infections. We have had great results using Ivermectin with our guests. That is why we are recommending it in addition to our Immune Pak.

Strengthening our guests' immune system has been the primary goal of our treatment program at the Hotze Health & Wellness Center since 1989. To achieve this, we recommend a whole-food eating plan, hormone replenishment with natural bioidentical hormones, allergy treatment, an exercise program and vitamin and mineral supplementation (**Dr. Hotze's Immune Pak** contains vitamins A 10,000 IU, B Complex, C 6,000 mg, D3 10,000 IU, zinc 30 mg, magnesium 300 mg and probiotics).

This comprehensive program is why so few of our thousands of guests have contracted the coronavirus, and why those who have recovered quickly.

Donald Ellsworth, M.D., has done significant research on the use of Ivermectin in the prevention and treatment of COVID-19. It is because of Dr. Ellsworth's research and his clinical experience using this medication that we have decided to recommend it to our guests as a preventative measure against COVID-19.

What Is Ivermectin?

Ivermectin is an FDA-approved anti-parasite medication, discovered in 1978 by biologist William C. Campbell. In 2015, Dr. Campbell was awarded the Nobel Prize in Medicine based on the worldwide impact Ivermectin had made in reducing parasitic diseases.

Studies in numerous countries throughout the world have demonstrated that Ivermectin also inhibits viruses. This includes the flu virus as well as the coronavirus that causes COVID-19, reducing it by 99.8% within the first 24 hours. These studies have demonstrated that patients with COVID-19 who are treated with Ivermectin experienced significantly milder symptoms, a shorter duration of illness and, in the infirm and elderly, a dramatically decreased fatality rate. The earlier Ivermectin was given in the course of an illness, the better the outcome.

Unlike the 1980s, when Ivermectin was mass produced and widely distributed to cure parasitic diseases, it has largely gone unrecognized in the United States as an effective medication to prevent and treat COVID-19. This is unfortunate, because our research and the use of Ivermectin at our Center have proven it to be a safe, well-tolerated and effective way to prevent COVID-19.

Even if you consider yourself healthy and are not worried about COVID-19, it seems to make sense to take Ivermectin to prevent contracting it. An ounce of prevention is worth a pound of cure.

We recommend regular dosing of Ivermectin, one day every other week for prevention, and increased dosing if you exhibit symptoms consistent with a COVID-19 infection. These symptoms are similar to those of the common flu and include fever, fatigue, muscle aches, headaches, loss of smell and taste, nasal and sinus congestion, cough and bronchitis.

Ivermectin is particularly important for infirm, elderly people with pre-existing health conditions, who have the highest risk of developing severe cases of COVID-19 (or influenza).



Dr. Ellsworth with Paul Marik M.D., who put together a program for COVID-19 that features Ivermectin. Visit [FLCCC.net](https://flccc.net) (Frontline COVID-19 Critical Care Alliance) to learn more.

How to Get Ivermectin

Active guests of Hotze Health & Wellness Center can request Ivermectin by sending us a message through the **patient portal/Healow app** or through our secure texting system. Go to patient.klara.com and log in with your cell phone number (no username or password needed). Include this information: 1) your most recent weight, 2) whether you are taking warfarin (Coumadin), and 3) if you have had any vaccinations aside from flu in the last month.

Alternatively, you can also call our office at **281.579.3600** to obtain a prescription for prevention. If you think you have COVID-19, let us know your symptoms and when they began. Our providers can determine the proper course of therapy. If indicated, a prescription for Ivermectin can be called in to our pharmacy.

We do not recommend being tested for COVID-19. As you are probably well aware, there are many false positives. Once you are tested, your name may be placed on a government list for contact tracing.

REFERENCES: Frontline COVID-19 Critical Care Alliance. FLCCC Alliance. Dec. 10, 2020. <https://flccc.net/>
COVID Care Protocol. EVMS. Nov. 2, 2020. <https://www.evms.edu/covid-19/covid-care-for-clinicians/>

The “Great Plannedemic”

Since the beginning of the “Great Plannedemic,” I have written that government health bureaucrats, fake news media and politicians have intentionally created irrational fear, mass hysteria and panic over the coronavirus. When people operate on the basis of fear rather than facts, they are willing to take whatever medicine is prescribed, no matter how harmful the side effects may be. This has allowed politicians to act like tin-pot dictators and strip citizens of their civil rights and liberties.

Having been a physician since 1976, whose medical center has treated over 40,000 individuals, I have a different perspective on the way we should have handled the coronavirus situation. I have advocated that you take Ivermectin to prevent contracting COVID-19 and do everything possible to strengthen your immune system naturally, including adopting a healthy eating plan, vitamin and mineral supplementation, hormone replenishment, adrenal support, treatment of allergies, exercise and a good night’s sleep.

I have denounced the mandated lockdowns, social distancing and mask requirements as unnecessary and ineffective. In the following section, The Great Barrington Declaration, you will see that nearly 13,000 scientists and over 38,00 physicians agree with my position.

The Great Barrington Declaration

In early October, Professors Martin Kulldorff of Harvard, Sunetra Gupta of Oxford and Jay Bhattacharya of Stanford met in Great Barrington, Massachusetts, to discuss alternatives to the current COVID-19 policies.

These eminent infectious disease specialists and epidemiologists acknowledged the importance of protecting the vulnerable but recognized the folly of policies that place extreme restrictions on everyone. They knew that historically this approach has never worked and, in fact, makes matters worse over the long run. They further maintained that staying on the track we are on now will cause even more irreparable collateral damage, with the heaviest burden falling on children, poor people and those who cannot work from home.

They agreed on an alternative plan, posted it online and encouraged others to add their signatures. The Great Barrington Declaration resonated far and wide. Hundreds of thousands of scientists, practicing physicians and concerned citizens have signed it, and more signatures are being added every day.

It certainly resonated with me because it echoes what I have been saying since March.

“Focused Protection”

The Declaration states, “The most compassionate approach that balances the risks and benefits of reaching herd immunity is to allow those who are at minimal risk of death to live their lives normally to build up immunity to the virus through natural infection, while better protecting those who are at highest risk.”

Key points include:

- “Adopting measures to protect the vulnerable should be the central aim of public health responses to COVID-19.”
- “Those who are not vulnerable should immediately be allowed to resume life as normal.”
- “Simple hygiene measures, such as hand washing and staying home when sick, should be practiced by everyone to reduce the herd immunity threshold.”
- “Schools and universities should be open for in-person teaching.”
- “Extracurricular activities, such as sports, should be resumed.”
- “Young low-risk adults should work normally, rather than from home.”
- “Restaurants and other businesses should open.”
- “Arts, music, sport and other cultural activities should resume.”
- “People who are more at risk may participate if they wish, while society as a whole enjoys the protection conferred upon the vulnerable by those who have built up herd immunity.”

Harms of Lockdowns Outweigh Benefits

As you can imagine, The Great Barrington Declaration has stirred up a whirlwind of controversy. The fact that these highly regarded scientists would dare to point out the fallacies of lockdowns and other widely promoted measures has made them a target. Their common-sense recommendations have been called reckless, dangerous, inhuman and unethical.

This does not mean they are wrong. The documented survival rate for people under age 70 is 99.98%, and for children, the flu is more dangerous than COVID-19. The harms inflicted by current policies include skyrocketing rates of child abuse, deepening educational → PAGE 6

COVID-19 Vaccine: Just Say “No!”

You simply must avoid being stampeded into taking the COVID-19 vaccine. As I will explain, this new vaccine has the potential to cause you tremendous harm.

As you are probably well aware, the COVID-19 vaccine is already being distributed. Healthcare workers, nursing home residents and other high-risk individuals are included in this initial round. Once this vaccine is available in sufficient quantities, all adults including those who are young and healthy with no risk factors, will be pressured to get vaccinated. There have even been discussions that the state or federal governments may require mandatory vaccinations.

The safety and efficacy of the COVID-19 vaccine is questionable at best, despite the glowing reports from public health bureaucrats, politicians and the fake news media. Information is not readily available about the harmful side effects of this vaccine. This information is being withheld to reduce skepticism and increase compliance by the public.

On October 22, 2020, the FDA issued its Plans for Monitoring COVID-19 Vaccine Safety and Effectiveness, which includes a working list of possible adverse event outcomes from the COVID-19 vaccine.

The question you have to ask yourself is this, “How many of these possible adverse effects, listed on this page, am I willing to risk developing, living with or dying from, especially if I have a healthy immune system and a 99.98% likelihood of surviving a COVID-19 infection?”

Human Guinea Pigs

The theory behind conventional vaccines is to inject a small amount of the infecting virus’ protein into your body, which in turn would cause your immune system to produce antibodies to that virus.

The COVID-19 vaccine works differently. It will be the first of its kind, a messenger ribonucleic acid (mRNA) vaccine. The theory behind the mRNA vaccine is that when it is injected into your body, it will cause your cells to produce the coronavirus protein. In turn, your immune system is expected to produce antibodies to the coronavirus protein made by your own cells. Since this is the first time an mRNA vaccine has been used in humans, it carries unknown risks, including systemic inflammatory responses that could lead to autoimmune conditions.

Historically, all vaccines have undergone animal safety testing. The COVID-19 vaccine is the first ever not to be scheduled to undergo animal safety testing. So humans

are literally going to be the guinea pigs. Routinely, before a vaccine is approved by the FDA, it undergoes not only animal testing but two years of testing on humans to determine if there are any long-term adverse effects. The COVID-19 vaccine has only been tested on humans for a couple of months. Wouldn’t it be prudent to have long-term human studies on this vaccine before recommending mass immunization?

POTENTIAL DANGERS OF COVID-19 VACCINES

FDA SAFETY SURVEILLANCE OF COVID-19 VACCINES

- Guillain-Barré syndrome
- Acute disseminated encephalomyelitis
- Transverse myelitis
- Encephalitis/myelitis/encephalomyelitis/meningoencephalitis/meningitis/encephalopathy
- Convulsions/seizures
- Stroke
- Narcolepsy and cataplexy
- Anaphylaxis
- Acute myocardial infarction
- Myocarditis/pericarditis
- Autoimmune disease
- Deaths
- Pregnancy and birth outcomes
- Other acute demyelinating diseases
- Non-anaphylactic allergic reactions
- Thrombocytopenia
- Disseminated intravascular coagulation
- Venous thromboembolism
- Arthritis and arthralgia/joint pain
- Kawasaki disease
- Multisystem Inflammatory Syndrome in Children
- Vaccine enhanced disease

REFERENCE: Anderson S. CBER Plans for Monitoring COVID-19 Vaccine Safety and Effectiveness. FDA. Oct. 22, 2020. <https://www.fda.gov/media/143557/download>

Adverse Effects Are Inevitable

For virtually all vaccines and drugs, post-approval adverse side effects occur, and sometimes they are serious

enough to result in withdrawal from the market.

This happened with the Swine Flu vaccine disaster of 1976. At the government's urging and incessant propaganda, 46 million people were vaccinated. When it was all said and done, only one person died from the Swine Flu, but the vaccine caused hundreds of deaths and thousands of serious injuries, such as Guillain-Barré Syndrome, a serious neurological disorder.

Because the health bureaucrats are planning to vaccinate a large percentage of the population, there will inevitably be a substantial number of serious side effects. In fact, the British government is working with "extreme urgency" to set up a software system to handle "the expected high volume of Covid-19 Vaccine Adverse Drug Reactions," which they anticipate will overwhelm their current system. These actions by the British healthcare system should be a warning to you that the COVID-19 vaccine will be accompanied by serious adverse health effects.

In the rush to get vaccines to market, policymakers seem to be just taking the drug companies' word that their vaccines are safe. Dr. Anthony Fauci had this to say after Britain approved Pfizer's mRNA COVID-19 vaccine: "They just took the data from the Pfizer company. And instead of scrutinizing it really, really carefully, they said, OK, let's approve it. That's it. And they went with it."

You may not be aware that pharmaceutical companies are protected from lawsuits for any injury caused by vaccines. In 1986, Congress passed the National Childhood Vaccine Injury Act, which removed pharmaceutical companies' liability for vaccine injuries. A federal Vaccine Injury Compensation Program (VICP) was created to evaluate and to compensate, with your tax dollars, individuals harmed by vaccines, basically letting pharmaceutical companies off the hook.

In other words, the pharmaceutical companies that produce the COVID-19 vaccines will generate enormous profits with no downside risk of product liability.

Should You Be Vaccinated?

With all the unknowns and uncertainties about potential adverse side effects of the COVID-19 vaccine, I am not recommending vaccination for any of my patients. A coronavirus infection can be easily prevented and treated. In this newsletter, I have written about Ivermectin as a preventative therapy, as well as the benefits of strengthening your immune system through vitamin and

mineral supplementation, healthy eating, natural hormone replenishment, support of the adrenal glands, treatment of allergies, exercise, a good night's sleep, and getting down to an ideal body weight. Everyone should take charge of their health in this manner.

The COVID-19 infection poses no significant health risk, except in the infirm, elderly and those with severe pre-existing conditions. In general, people who contract COVID-19 have mild to moderate symptoms for a few days, similar to the flu, and their survival rate is 99.98%. So the general population should not worry about getting vaccinated.

The vaccine is being heralded as a cure-all for COVID-19, but don't hold your breath. Vaccines will not eradicate the coronavirus that causes COVID-19, any more than the flu vaccine has eliminated the flu. These viruses mutate, so the flu vaccination that is given annually is derived from the previous year's flu virus, which was a different strain. It will be the same case with the coronavirus vaccine.

By the time the vaccine is widely available, an estimated 20–25% of Americans will have already had COVID-19, and we will be well on our way to developing herd immunity. Herd immunity is far more effective than a vaccine could ever be.

There has been serious discussion about requiring proof of vaccination or immunity prior to traveling, returning to work or school, participating in sports and other activities and more. "Big Brother" is already an overbearing influence in our lives, and forced vaccinations are a direct attack on your Constitutional rights and liberties. No one should be able to force you to get vaccinated.

As an American, you have the Constitutional right to just say "No!"

REFERENCES: 60 Minutes: Swine Flu, 1976. <https://m.youtube.com/watch?v=4bOHYZhLOWQ>.

Adams M. Vaccine Death Wave. *Natural News*. Nov. 16, 2020. <https://www.naturalnews.com/2020-11-16-uk-government-posts-bid-for-ai-system-flood-of-covid-19-vaccine-injuries.html>.

inequality due to school closures and deteriorating mental health. There has been an 80% drop in cancer screenings and an increase in cardiovascular deaths, and over 130 million people worldwide are on the brink of starvation. Add to this list lost jobs, closed businesses, drained savings and shattered hopes for the future, not to mention the loss of our Constitutional rights and liberties.

I am in 100% agreement with The Great Barrington Declaration. I encourage you to visit gbdeclaration.org, read the Declaration, learn more by watching the videos on the site and add your name to the growing list of signers.

REFERENCE: Great Barrington Declaration. <https://gbdeclaration.org/>. Accessed 2020 Dec 7.

▶ FROM THE PHARMACIST

Help for Hair Loss

Left: before
Right: after 3 weeks



Nearly 60 million Americans have noticeable hair loss or thinning by age 40. If you are among them, you can probably blame it on your genes. Although there are many causes of hair loss, including hormonal imbalances, serious illness and stress, the most common is hereditary.

You can't change your genes, but you can slow hair loss and promote new growth. *Phys Pref Hair Support Solution* is a unique compounded product that gets to the root of the problem. A chief ingredient is GHK-Cu, a naturally occurring copper tripeptide that plays a role in hair growth and skin repair. A potent antioxidant, it easily penetrates the hair follicles and helps preserve both color and shine. GHK-Cu stimulates blood flow to the scalp, which improves the delivery of oxygen and nutrients, and lengthens the hair's

active growth phase, resulting in more new hair follicles. *Phys Pref Hair Support Solution* also contains progesterone, which has been shown to stimulate hair growth while inhibiting an enzyme that contributes to hair loss.

Phys Pref Hair Support Solution is easy to use, and it starts working right away. After applying a few drops to the affected area once or twice daily, many of our guests are reporting a decrease in hair loss and noticeable new growth within just weeks.

➔ Ask your doctor about *Phys Pref Hair Support Solution*, available only at Physicians Preference Pharmacy. 281.828.9088 • [physicianspreferencrx.com](https://www.physicianspreferencrx.com)

f [Physicians-Preference-Pharmacy-108931293855640/](https://www.physicianspreferencrx.com)

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▶ VITA-MINUTE

Inositol for Anxiety & Depression

Although inositol is often lumped in with B-complex vitamins, it is a distinct natural compound that plays a role in cell signaling, including the binding of neurotransmitters, insulin and other hormones to target cells. One particular form, myo-inositol, is particularly concentrated in the brain, and studies have found levels to be reduced or imbalanced in patients with conditions such as depression, anxiety and panic attacks.

Supplemental inositol has been shown to reduce symptoms of depression and anxiety, as well as panic attacks. A double-blind, placebo-controlled study compared the effects of inositol versus fluvoxamine, an SSRI antidepressant used to treat panic disorder. Inositol

reduced the number of panic attacks by four per week compared to only 2.4 for the drug.

For anxiety, panic and depression, I recommend 900–1,000 mg every 3–6 hours, increasing your dose as needed. Some of the studies used as much as 12,000–18,000 mg per day. This natural compound is safe and well tolerated, even at higher doses.

➔ Visit [hotzevitamins.com](https://www.hotzevitamins.com) or call 800.579.6545 to learn more about natural therapies for anxiety and depression.

REFERENCE: López-Gamero AJ, et al. The Biomedical Uses of Inositols: A Nutraceutical Approach to Metabolic Dysfunction in Aging and Neurodegenerative Diseases. 2020 Aug 20;8(9):295. doi:10.3390/biomedicines8090295

Transform your Skin and Appearance

HOTZE AESTHETICS: Put Your Best Face Forward

Male or female, young or older, we all want to put our best face forward, and if you opt for a facelift or another cosmetic surgery, more power to you. But surgery isn't your only option. A number of nonsurgical procedures are now available that are remarkably effective for improving the appearance and health of your face and skin. Relatively inexpensive and requiring no prolonged recovery time, these treatments can truly make a difference in how you look and feel.

The Healing Power of Light

Light has multiple applications as a medical therapy. Phototherapy, as light-based treatments are called, is especially beneficial for skin problems. Harnessing the healing power of precise wavelengths of light is an excellent therapy not only for conditions like vitiligo and psoriasis but also for improving overall skin health and appearance.

Aging skin: Age obviously takes a toll on the skin, as many of us are reminded every time we look in a mirror. Most of these age-related changes are due to a decline in collagen. Efficient collagen production keeps younger skin smooth, plump and taut. Unfortunately, free radical damage and inflammation caused by years of living and exacerbated by UV radiation, pollution, etc., result in sagging, wrinkled, rougher skin.

Phototherapy is a great treatment for aging skin because it stimulates fibroblasts, cells in the dermis (the thick inner layer of skin) that trigger the production of collagen. The all-star treatment for revitalizing aging skin is laser therapy, which penetrates more deeply into the dermis, where it rapidly revs up collagen production, leaving the skin smoother and firmer with fewer fine lines and wrinkles. And since these therapies promote ongoing collagen renewal, improvements can last for years.

Discoloration: If you are concerned about age spots, redness, small blood vessels or sun damage, phototherapy can help. Intense pulses of specific wavelengths of light applied to areas of discoloration are absorbed by pigment cells, which are dispatched without harming other cells.

Phototherapy can be used to even out skin tone not only on your face but also on your hands, décolletage and elsewhere. For more extensive discoloration such as melasma or hyperpigmentation, laser treatment may be indicated.

Acne: The bane of teenagers as well as a surprising number of adults, acne responds well to phototherapy. Red light reduces inflammation and scarring while blue light suppresses the production of excessive sebum (oil) and kills *Cutibacterium acnes*, the bacteria that is a common cause of acne. The combination of the two wavelengths of light helps clear up outbreaks in record time.

Scarring: Scars are a normal part of your skin's healing process, and

although they fade over time, tell-tale signs often remain. Although it may not be possible to completely eliminate scars, phototherapy does a great job of minimizing their appearance and helping them blend in with surrounding skin.

Maintenance: Did you know collagen production begins to decline around age 25? That is why more and more people, men as well as women, in their 30s and 40s are seeking out skincare solutions. Recommended treatment regimens are less intensive and frequent for younger people, but early intervention will keep your skin healthier and help you weather the worst of the inevitable changes that come with aging.

State-of-the-Art Phototherapy

A number of phototherapy and skin lasers are available, but Hotze Aesthetics uses only the most advanced and effective equipment. All these modalities have been shown in scientific studies to be safe and well-tolerated, provide superior results and require less downtime than more aggressive treatments.

- **Forever Young BBL and BBL Photofacial:** Sciton's broadband light (BBL) treatments not only enhance skin appearance but also positively modify gene expression for long-lasting results.
- **HALO Hybrid Fractional Laser:** This breakthrough laser penetrates deeply into the dermis to address decades of damage and improve fine lines and wrinkles, uneven skin tone, enlarged pores, scarring and more.
- **Red/Blue Light Therapy:** The ability of these wavelengths of light to kill bacteria, reduce inflammation and curb excessive oil production facilitates healing of current blemishes and reduces future breakouts.
- **Additional Phototherapy Treatments:** SkinTyte, which uses infrared energy to firm the skin, and SkinPen, which targets wrinkles and scars, can be utilized alone or as add-on treatments.

Hotze Aesthetics also offers Botox, Juvederm fillers and a complete line of top-shelf skincare products. Because your comfort and safety are paramount, all services are performed by licensed and certified aestheticians at Hotze Health & Wellness Center. Let us pamper you and help you look and feel younger and better than you have in years.

➔ Contact [Hotze Aesthetics](http://www.HotzeAesthetics.com) at **281.698.8770** to learn more and to schedule your Visia Complexion Analysis, a top-of-the-line facial imaging system that will give you a complete 3D visual of your skin. **For a limited time we are waiving the \$50 consultation fee. Gift Certificates are available.**

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H I

INTRODUCING

aesthetic treatments


If you are unhappy with any of the following or "thinking" about a facelift:

Acne/Acne scarring
Fine lines / Frown lines
Crow's feet
Wrinkles
Uneven skin tone
Dull skin
Sunspots
Sagging skin
Brown discoloration
Redness
Broken blood vessels

Our Treatments, administered by a certified laser technician, PA's and NP's should be your answer:

BBL (Broadband Light Therapy)
Forever Young BBL
Halo and Halo Lite
SkinTyte
SkinPen
Red/Blue Light Therapy
VI Skin Peel

Coming in 2021
BOTOX®
JUVÉDERM®



Call 281-698-8770 today to schedule your consultation or visit us at hotzebeauty.com
For a limited time, we are waiving the \$50 consultation fee.

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