

A LETTER FROM DR. HOTZE

Joyous New Year to you and your family!

January gives each and every one of us a chance to make a fresh start, wouldn't you agree? This is a wonderful opportunity to evaluate our lives and write new goals so that we can chart our course for the year and experience the blessings that come from living intentionally and with purpose. The famous writer who studied success, Napoleon Hill, said:

"In achieving the goals you have set for yourself, there are only two alternatives: Either you are moving toward your goal, or you are drifting away from it. Choose your purpose in life and attack it with a vengeance. When you have the courage of your convictions, when the choice is one you've made for yourself, you will have the strength to persevere until you succeed."

I would like to show you how you can identify and achieve your goals. Please allow me to ask you a few questions about yourself. First, did you set goals for your health last year? Second, did you achieve them? Third, do you feel good about what you have achieved or do you need to get back on track? Fourth, did you know that the average weight gain between Halloween and New Year's is 2 - 5 pounds? It's easy to overindulge when you're surrounded by candies, cookies, bread and cornbread stuffing, isn't it?

This may not be relevant to you, but our annual **Yeast-Free with Me** begins on Monday, January 11. This is a great way to press the reset button and kick off the New Year with a renewed purpose. While it can be hard to get started, I am confident that you will feel so much better when you do. One of the things you're

really going to love is that we have updated the yeast-free eating program. You can read more about these changes in the pages of this newsletter. I would like to suggest that you circle January 11th on your calendar and make **Yeast-Free with Me** one of your health goals this year.

Experience shows that there is power in writing out your goals, their benefits and your plans, and then working together in harmony with others to achieve those goals. Goals give direction, meaning, and a purpose to our lives. Without goals our lives would be like rudderless ships on a vast ocean. "The plans of the diligent lead surely to the advantage." (Proverbs 21:5) Imagine yourself this time next year, having experienced the benefits of achieving your goals.

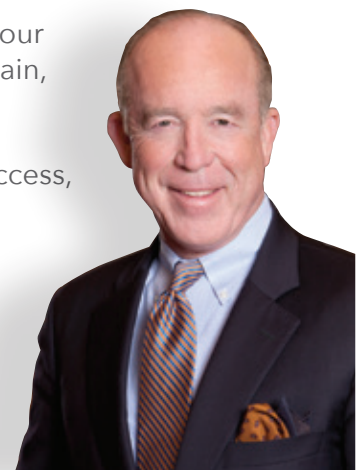
I would like to suggest that you choose to invest 30 minutes to an hour in yourself and write out your goals for a healthy and prosperous 2016. Then take an initial action step right away toward achieving them. You will be surprised at how your goals will begin to move toward you!

With much appreciation for your friendship and support, I remain, as always,

Committed to your health success,



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



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ACCEPTABLE CHEESES

for the Yeast-Free Diet

Cheddar
Monterey Jack
Pepper Jack
Colby
Parmigiana/Parmesan
Romano
Grana Padano
Manchego
Swiss
Pecorino
Raclette
Gouda
Emmentaler
Gruyere
Wensleydale
Fontina
Hard Blue Cheeses
(i.e. stilton)
Other Hard/Semi-Hard
Cheeses



CHEESES NOT INCLUDED

in the Yeast-Free Diet

Feta
Mozzarella
Brie
Camembert
Queso Fresco
Soft Blue Cheeses

YEAST-FREE WITH ME IS BACK AND BETTER THAN EVER!

With every New Year comes a fresh start. A chance to feel healthier, look better, and achieve even more success than the year before. For us, *Yeast-Free with Me* is a way to accomplish all of those things: energy, mental clarity, not to mention losing some extra inches you picked up over the holidays, are just a few perks of this annual challenge. And, you won't be alone. There will be hundreds of people doing it with you, and we'll be here to support you every step of the way.

Still need convincing? We've made a few changes that will make the 30 days not just bearable but enjoyable.

» 1. NO LEAN MEAT RESTRICTION

As more and more data becomes available indicating that fat and even saturated fat is not bad for us after all, we have decided to loosen up our restrictions on meats being lean. Fat is satisfying and most people find that upping their fat intake on a low-carb diet keeps them from feeling hungry. So have the chicken skin! Ribeye instead of sirloin? Absolutely! Just remember it is still important to buy organic, grass-fed meats whenever possible. And processed meats like bacon need to be free of sugar, preservatives and nitrates.

» 2. CHEESE! YES, CHEESE!

Unless you or your provider think you are dairy allergic, you can now have hard cheeses throughout the duration of the Yeast-Free Diet. Cheese is so low in lactose (milk sugar) that it is unlikely to have any deleterious effect on the diet,

and there's nothing like being able to add a sprinkle of parmesan cheese to spruce up your roasted vegetables. So enjoy!



JUST TRY TO REMEMBER THE FOLLOWING OVERALL IDEAS:

- This is intended to be done in moderate amounts (i.e. grated over some vegetables). It may not be best to be eating big slices of cheese as a snack.
- When in doubt, if the cheese is dry, crumbly and doesn't stick to your fingers, it's probably okay. If it feels moist, sticky and can be spread, it is not okay.

» 3. BUTTER

Along the same lines as cheese, we are lifting the 2-week restriction on butter due to its low lactose content, so you can now enjoy it throughout the Yeast-Free Diet. Be sure you are using real butter, preferably organic. No "spreads" or margarines are allowed.

» 4. OAT FLOUR

Now the not-so-good news. We are no longer allowing oat flour. Oat flour may not be gluten-free, and it is definitely not grain-free. Because of this and the tendency to consume it in large quantities (oat flour cookies!) which is too many carbs, we feel it is best to completely get rid of it. Sorry... but hopefully the other additions will more than make up for this loss!

As always, please contact your Hotze Vitamin Consultant or the Phone nurse with any questions about these changes. Let's make this the best *Yeast-Free with Me* yet. Are you with us?



TEXT US!

Live texting and appointment scheduling are now available in the following departments:

AESTHETICS - 281.698.8770
FRONT OFFICE - 281.579.3600
VITAMINS - 281.646.1659
NEW GUEST SCHEDULING - 281.698.8698

For information about texting phone nurse, email Brenda.Gonzalez@hotzehwc.com.

YEAST-FREE SURVIVAL TIPS

from Hotze Vitamins®

For a lot of people, the yeast-free diet can be pretty tough. Why? Because it takes dedication, commitment and willpower. While it may not be easy, it is so worth it when it comes to your health. From helping with weight loss and increasing energy, to keeping your immune system strong, this eating plan can literally change your life...forever.

Here are our top tips to not just surviving, but thriving, on the yeast-free diet:

» **SET A GOAL.** Ask yourself "What do I want to accomplish in completing the yeast-free diet?" Is it to lose weight? Feel less bloated? Have more energy? Support overall hormone health? By writing down your overarching goal, you're already 25% more likely to achieve that goal.



» **SURROUND YOURSELF WITH SUPPORTIVE PEOPLE.** Remember that goal you wrote down? Studies have shown that when you share the goal with a friend and send them routine updates, you're actually 33% more successful in achieving the goal. Find the people in your life who will hold you accountable, help them understand what you're doing and why. Better yet, get your friends and family to join you.

» **UNDERSTAND THAT EVERYBODY AND EVERYBODY IS DIFFERENT.** Though the guidelines for the yeast-free diet are the same for everyone, the results from person to person will vary. While one person may shed a few pounds, another person will achieve glowing skin and more energy. (So remember this when your husband loses 20 pounds and you've lost less than 10!)

» **KEEP IT SIMPLE.** The yeast-free diet can seem overwhelming, especially with all the different recipes out there. By sticking with real, whole foods at each meal, you can almost guarantee you won't veer from the eating plan. For breakfast, try eggs and vegetables. For lunch, leftovers from the night before or a big salad are both perfect. And for dinner, opt for a simple protein served with vegetables and a salad. This basic structure will help you feel slightly less overwhelmed and keep you focused on eating real foods that are good for you.

» **VITAMINS, SUPPLEMENTS, ANTI-FUNGALS... OH MY!** In order to get rid of the yeast for good, remember to take your recommended supplements and/or prescriptions: Probiotic Blend, Nystatin, Fluconazole and Neutra Tabs.

Need some guidance? We've got you covered! Contact our nutritionists today by calling 281.646.1659.

Happy, Healthy **2016!**

Enjoy 10% off your next purchase in Hotze Vitamins!
Use code **NEWYEAR** at checkout Valid through 1/31/16.

PROTECT YOUR SKIN FROM THE INSIDE OUT

by Sally Kerr

The winter weather can be harsh on your skin. Here are some tips to retain moisture and keep your skin glowing during these colder months.

» **USE SUNSCREEN.** And not just on sunny days. Using sunscreen protects your skin on the cloudy, overcast days or when you are hitting the slopes. Apply every 2 hours as well as moisturizing your skin to protect from the extreme temperature changes. Also, be sure to wear gloves to protect your hands.

» **DRINK WATER.** Increase your fluid intake during the winter months when thirst is usually not a good indicator of hydration.

» **TAKE ADVANTAGE OF SEASONAL PRODUCE** that will give your skin a boost: beets, pumpkin, cinnamon, butternut squash, sweet potatoes, cranberries and pomegranate are a few of our seasonal favorites. Also, enjoy cocoa (think dark and sweetened with stevia or Sweet-n-Natural), green tea and red wine for their antioxidant punch!

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My favorite quick antioxidant facial treatment: combine 1-2 tablespoons of pumpkin with 1 tablespoon of honey, and ½ tsp cinnamon. Apply after cleansing face and rinse off for a holiday glow.



- » **SLEEP.** Don't skimp on your beauty rest. If you need some help, try melatonin or Dr. Hotze's Sleep Formula.
- » **CHEERS?** If you're having a cocktail, make sure to have one glass of water for every alcoholic beverage that you consume.
- » **ALWAYS REMOVE YOUR MAKE-UP AND APPLY MOISTURIZER.** Our go-to "not to be caught without" is Hotze Renewal Cream and Night Repair.
- » **INCREASE YOUR INTAKE OF HEALTHY FATS** to help lubricate your skin. Fish, olive, macadamia nut and coconut oils are a few of our favorites.
- » **SCHEDULE SOME "ME" TIME.** Meet with a member of our Aesthetic Team to design your very own customized skin care regimen including my favorite...Forever Young BBL treatments to put a halt on the aging process!

**New Year,
New You,
New Skin**

Purchase any 5-session skin rejuvenation package in January and get a Forever Young BBL treatment free! (\$600 value)



YEAST-FREE
with Me

BEGINS JANUARY 11TH • YEASTFREEWITHME.COM

HOW TO GET RID OF YEAST FOR GOOD

The yeast-free diet is a great way to shed unwanted pounds, enjoy a healthier lifestyle and feel more energy. In order to get rid of the yeast for good, it's crucial to kill the yeast in the gastrointestinal (GI) tract, which usually requires the following medications.

NYSTATIN:

- Anti-yeast medication that works in the GI tract to eliminate yeast
- Only affects the GI tract and is not metabolized by the liver or absorbed into the bloodstream
- Side effects are generally related to yeast die-off, such as bloating, gas and abdominal cramps. These side effects typically occur at the beginning of treatment and subside after a few days.
- Unlike some nystatin on the market, Hotze Pharmacy's nystatin is sugar-free.

Yeast can be finicky, and when you try to eliminate it in the colon, it likes to show up in other places, i.e. athlete's foot fungal infections, vaginal yeast infections, fungal skin rashes, and fungal toenail infections. To keep this from happening, your provider may also prescribe fluconazole.

FLUCONAZOLE:

- Systemic yeast medication which enters the bloodstream and throughout the body.
- This is usually a short, 7-day treatment.
- Has several known drug interactions, so if you are taking other prescriptions, please discuss with your pharmacist before taking it.

Whether you join us for Yeast Free with Me or are beginning the program on your own, if you have questions about your medications, please contact Hotze Pharmacy at (281) 828-9088.

Bring a friend to the
2016 Wellness SUMMIT
Saturday, January 9, 2016
hotzehwc.com/WellnessSummit

