

# HOTZE on WELLNESS

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## A LETTER FROM DR. HOTZE

### DISCOVERING A RELAXED, HAPPIER YOU

An important lesson that I have learned throughout my medical career is that I have been able to better serve people whenever I have decided on the path less traveled instead of following the herd. For the past 27 years I have been relentlessly focused on discovering new ways to help people get their lives back, naturally.

As you can see in the pages of this newsletter, bioidentical hormones, vitamins and supplements of the highest quality along with an eating program to optimize wellness have long been the cornerstone of my practice. Many of you have shared with me that we have helped you get your life back!

When you decided to come to us for care you too had decided to take charge of your health and not rely on conventional medicine which tends to overprescribe pharmaceutical drugs instead of getting to the root cause.

Last month I shared with you that The E-Myth was one of

» continued on page 6

*Happy Birthday* DR. HOTZE!





# END EMOTIONAL EATING TODAY

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## WHAT YOU NEED TO KNOW ABOUT "THE CHANGE"

by David Sheridan, M.D., Hotze Health & Wellness Center

Have any of your friends reached the "change of life?" Are they unsure if their symptoms are menopause-related? Are they frustrated because they still don't feel better after seeing their doctor? **I am often asked, "How do I really know if I am in menopause?" and "What is the best treatment for it?" Let me help you out.**

Basically, many women don't feel well anymore once the "dreaded change" occurs. Besides the well known hot flashes and night sweats, they may have trouble sleeping and be tired all of the time. They're also frequently moody and irritable; have headaches, even migraines. Menopausal women may become anxious about small things that never used to bother them. They also tend to gain weight even though they exercise, eat a healthy diet and haven't changed any part of their daily routine. These myriad symptoms add to the result of hormonal decline and the result is often little or no libido. A once idyllic life can become miserable. Thankfully, women can feel like themselves again, and the "change" doesn't have to be "dreaded" after all!

The key is that women are well informed about safe, natural approaches to treating the symptoms of menopause. Yes, I said safe! We begin making hormones in the womb. Hormones are safe for unborn babies. That's pretty safe! What I refer to as "hormone death and destruction stories" are simply wrong. Such stories are invariably about drugs used to replace hormones—a bad idea!

If low levels of hormones are causing the symptoms, then the solution is to supplement with the exact hormones that you have lost. It's just common sense. The hormone dose is gently adjusted until symptoms are relieved, a pretty simple process. If any negative side effect

happens to occur, in almost all cases, the dose can be adjusted to minimize or eliminate symptoms and side effects.

Because bioidentical hormones are identical in structure to the hormones produced by the human body, a woman's cells respond to them in exactly the same way that they responded to the hormones she naturally produced when she was younger. The proof is in the pudding. **When I give my patients back what their body needs, they feel better. In fact, they feel great. It works.**

Keep in mind that if a woman has a hysterectomy, this puts her right into menopause. Even if her ovaries are left behind, they are left damaged and usually function poorly. Most traditional doctors will tell women that they don't need progesterone after a hysterectomy, but that couldn't be further from the truth. Your body will feel the difference without balanced doses of estrogen and progesterone.

Progesterone is not just "a uterus/pregnancy hormone!" It is probably our biggest anti-cancer compound! In fact, men make about the same amount of progesterone as women. Last I checked men don't have a uterus. We don't have babies, either! But we still make progesterone. Progesterone is a major bone builder and necessary for brain repair, as well. Definitely don't leave home without it!

» If you know anyone who is entering menopause, share our menopause quiz ([www.hotzehwc.com/menopausequiz](http://www.hotzehwc.com/menopausequiz)) and help her start on the path to good health.

### A WORD OF WARNING:



When women seek out a traditional doctor for help, chances are they will be prescribed pharmaceutical drugs such as Premarin, Provera, antidepressants, sleep medications or other drugs. At best, they mask symptoms while allowing the negative effects of hormonal decline to proceed. These will more often than not make them feel worse with a whole new set of symptoms. They simply can't solve the underlying hormone deficiencies. They are not hormones. I see this all the time in my patients when they come to me for help. They are frustrated that their doctor told them that this is how they should feel. They were prescribed drugs while being told they were hormones. Not surprisingly, the results are unsatisfactory and they remain unsatisfied with their treatment.



## STACEY'S STORY: GETTING MY LIFE BACK AFTER MENOPAUSE

ONE DAY, A PHONE CALL CAME FROM MY SON'S SCHOOL. THE VOICE CROAKED, "STACEY, YOUR SON HAS HURT HIS FINGER WHILE SWIMMING; HE JAMMED IT AGAINST THE POOL WALL AND NEEDS TO GO TO THE DOCTOR."

This call was the straw that broke the proverbial camel's back.

I could not take it anymore, the stress; the anxiety; the feeling inside of me as if someone had filled my belly with gasoline, and I was tied to a chair and could not move, but my system was revving out of control. It was more than I could bear.

On the way to his school, I called a friend to console me. Alternately, I was sobbing, screaming, and then uncontrollably crying. He begged, "Please talk to your doctor about the possibility that you are going through the change of life." How could this be? I was only 39 years old. That did not happen until much later in life, or so I thought.

Exercise, it has been said, is the cure-all for many ailments, so I decided to train for a marathon walking race. Instead of slimming down, I was plumping up. In just six months of training, walking a minimum of 15 miles a week, I gained 35 pounds!

My spirits were crushed, and I started to believe that I was losing my mind. Three months later, I was diagnosed with a large tumor in my throat that destroyed my thyroid. After surgery, I was prescribed Synthroid. My endocrinologist kept adjusting my dosage, never getting it right. My body was out of control, and neither I nor anyone around me was happy.

Mood swings, weight gain, fits of anger, anxiety, and

to top it off, sleepless nights became the norm for my life. Doctors did not seem to care; they treated me as if I was a patient on an assembly line. They would not listen. They just kept pushing drugs and telling me, "you will be fine; there is nothing to worry about."

While lying awake one night, I saw Suzanne Somers on television talking about bioidentical hormones. I had never heard of them and listened intently. She described my symptoms, she described my life. The next day, I purchased her book and read it front to back in one day. These bio-identical hormones seemed to be the answer to my prayers, but where could I find them?

I plugged "bioidentical hormones" into Google and Hotze Health & Wellness Center (HHWC) was the first hit. I scoured the website and devoured all it had to say. I immediately called. Much to my surprise and delight, the receptionist actually listened to me.

Upon arrival at the Center, I was welcomed with open arms. My visit with Dr. Ellsworth was very informative. He listened, he cared, he understood. My hormonal imbalance was coming to a screeching halt.

By the end of the first week, I was sleeping the night through, something I had not done in over two years. My nerves had calmed down, and my system was not revving like a drag racer waiting for the green light.

It has now been almost two years since my first fearful visit to Katy, Texas, and I feel wonderful.

I was really young when my menopausal symptoms reared their ugly heads. The HHWC staff educated me as to what was really happening to my body as a result of having my thyroid surgically removed, which started me prematurely on the path to menopause. Now, it is not a journey that I dread taking, it is a change of life, one that is natural and comes with a different perspective. Thank you, Dr. Ellsworth and your staff, for giving me back my life.

Since my visit to Hotze, I have referred two people there. As a result of the expertise of HHWC, three lives have been given back to individuals who so desperately needed their help.





## YOU CAN THRIVE IN MENOPAUSE

by Angela Foley, PharmD, Hotze Pharmacy™

Earlier, Dr. Sheridan explained that supplementing with bioidentical hormones can alleviate many of the symptoms of menopause, and that you can actually feel like yourself again. To understand why that is, you need to know about how the hormones work together.

During menopause, estrogen levels can drop by 40-60%, while progesterone levels can drop all the way to 0%, causing two problems. First, it creates a deficiency of both hormones, leading to frustrating symptoms such as hot flashes and night sweats from lack of estrogen and fluid retention and mood swings that are classic with low progesterone.

Perhaps the greater problem, though, is an imbalance we call estrogen dominance. While the term can be confusing, it simply means that there is not enough progesterone to balance the estrogen, bringing about its own set of problems.

You see, estrogen and progesterone work together in the body, as each makes the body more responsive to the other. Estrogen makes the target body tissues more sensitive to progesterone and vice versa. They "prime" each other's receptors.

Estrogen dominance isn't just limited to menopause. It can actually happen at any point in a woman's life, as early as puberty, during high-stress times and after childbirth.

Many of estrogen's undesirable side effects are prevented by the presence of progesterone. Progesterone protects cell membranes from estrogen-induced problems, and major health risks of estrogen dominance include increased risk of endometrial cancer, as well as the fact that it may promote breast cancer. This is why using unopposed estrogen without progesterone is not recommended.

The good news is that reversing estrogen dominance is quite simple. By replacing the estrogen that's missing and balancing it with progesterone, you can thrive throughout menopause.

» If you have questions about estrogen dominance and your hormones, please contact a Hotze pharmacist any time, **(281) 828-9088**.

## SYMPTOMS OF ESTROGEN DOMINANCE

- Acceleration of aging process
- Allergies
- Anxiety
- Breast tenderness
- Decreased libido
- Depression
- Increased fat (especially in abdomen, hips, thighs)
- Fatigue
- Foggy thinking
- Hair loss
- Headaches
- Insomnia
- Irritability
- Memory loss
- Thyroid dysfunction (mimicking hypothyroidism)
- Fluid retention/bloating
- Vaginal dryness
- Night sweats
- Hot flashes







## SUMMER SKIN CARE TIPS

by Jackie Martinez

Certified Holistic Nutritionist, Hotze Vitamins®

Summertime means one thing: sunshine! It also means sundresses, swimsuits and pool parties. With all of these come the effects of the sun on your skin. Did you know that any exposure to the sun is, essentially, putting you in danger of sun damage and aging? Unfortunately, this is true, but by taking proactive measures in preparing and caring for your skin, you can help protect and preserve your skin all summer long.

### Here are 6 ways you can care for your skin this summer:

#### 1. REMEMBER TO PACK A HAT AND SUNGLASSES.

Wearing a basic baseball cap or stylish floppy sun hat and sunglasses is one of the easiest ways to protect your face. Plus, sunglasses help prevent you from squinting, which can cause unnecessary fine lines and wrinkles.

#### 2. PROTECT YOUR SKIN TOPICALLY.

You hear it all the time, but I can't stress this enough. Apply all-natural, chemical-free sunscreen daily under your makeup and anytime you're exposed to direct sunlight. Be sure to reapply every 2 hours. Elta MD Sunscreen provides serious UV protection and superior hydration that's free of fragrance and parabens.

**3. RINSE.** Chlorine can dry out your skin and hair almost instantly. Be sure to rinse both immediately after swimming in a chlorinated pool.

**4. AVOID CITRUS.** Though I am a big advocate of the vitamins and minerals found in lemons, limes and oranges, citrus fruits and direct sunlight do not make a good combination. Sun exposure and citrus fruits can cause a reaction known as "phytophotodermatitis," which can cause your skin to become hypersensitive to UV light. On days you know you're going to be exposed to the sun, try and limit your intake of these fruits.

**5. STAY HYDRATED.** Aside from drinking plenty of water, incorporate hydrating foods into your diet, like melons, berries and cucumbers.

**6. LOAD UP!** Add the following protective and hydrating nutrients to your vitamin regimen.

- Pycnogenol
- Resveratrol
- Biotin
- Ultra E Complex
- Vitamin C
- Dr. Hotze's Hair, Skin & Nail Formula

## A LETTER FROM DR. HOTZE

*continued from cover*

the foundational books I used for building my practice. I have long been a believer of reading and acting upon positive information. What you think about and read about helps determine who you will become.

Imagine my excitement when I discovered an advanced method of training that helps you achieve success in various areas of your life. Through a process called "brain entrainment," you are able to achieve deep levels of relaxation and accelerated learning while listening to a guided visualization on the four areas that Americans struggle with: weight loss, sleep, increased focus and relaxation. This extraordinary combination of sound, light and the spoken word has been proven to help stimulate the brain and create the perfect state for learning or focusing on goals.

Please stay tuned this month as we will be sending you more information about this new opportunity for you to take your health to the next level.

As always, it is a privilege to be able to serve you!

Thank you in advance for the kind referral of your family and friends.

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

Sincerely yours,

*Steven F. Hotze M.D.*  
Steven F. Hotze, M.D.

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## TIPS, TRICKS AND TRENDS: STAY HEALTHY ON THE GO

Summer is here and in addition to the usual temptations, vacations, outdoor barbeques and more, frequent travel can conspire against us in our quest to stay healthy.

**Here are a few quick tips to feeling great this summer.**

**1. DRINK GREEN TEA INSTEAD OF SWEET TEA.** Sweet Tea (or as they call it here in the South, "Tea") typically has anywhere from 85 to 135 calories per serving. This can be just 15 calories less than a can of Coke! Green tea also has healthy antioxidants and natural components that speed up your metabolism.

**2. USE A SMALLER PLATE.** A recent study done by Cornell University researchers found that simply reducing the size of your plate from 12" to 10" reduced the average calorie consumption by 20-22 percent without changing any other aspect of your diet.

**3. PACK IT TO-GO.** Pre-packing your meals, especially for long trips, has not only been shown to save money, but also calories. While running around all day the temptation to stop for fast food looms large if you don't have a good meal waiting for you and ready to go.

## DR. HOTZE'S DETOX SHAKE

If you want a healthy, on-the-go smoothie recipe, then look no further! Dr. Hotze drinks this nutritious, refreshing smoothie every morning to help keep his immune system strong, energy levels high and support his body's natural detoxification process.

- 1 C unsweetened vanilla almond or coconut milk
- 5 broccoli florets
- 1 handful of spinach
- 2 celery sticks
- 1 Granny Smith apple
- 1/2 cucumber
- Pinch of cilantro
- 1 handful of walnuts or almonds
- Ice

Mix all ingredients in a Vitamix or high-speed blender until creamy. Enjoy!



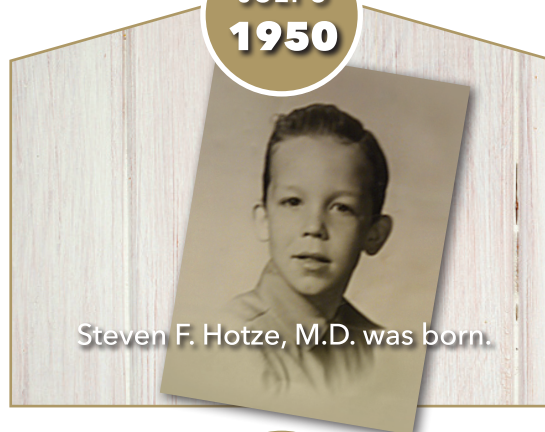
## THIS MONTH IN HISTORY

JULY 4  
**1776**



The United States of America declared its independence as a nation.

JULY 5  
**1950**



Steven F. Hotze, M.D. was born.

JULY 20  
**1969**

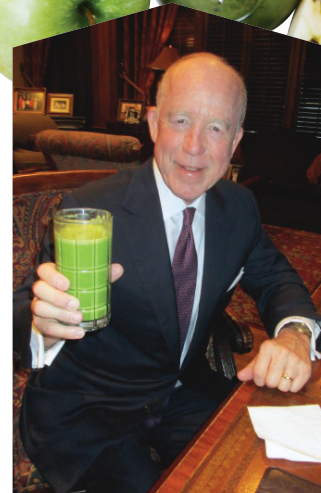


Neil Armstrong walked on the moon.

JULY 19  
**1989**



Hotze Health & Wellness Center was established.





## HAVE YOU HEARD?

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