

my Dad turned to me and said, “Son, don’t poison your patients like all the other doctors do.” This planted a seed in my mind that ultimately grew into the Hotze Health & Wellness Center.

When I first started in medicine, I practiced conventional medicine until a pivotal turning point in 1988 altered the course of my medical career forever. One of my elderly patients told me, “Ever since I threw away all the medicine you’ve been giving me, I feel like a million dollars!” That was a wake-up call. I remembered my Dad saying, “Son, don’t poison your patients like all the other doctors do.”

Then my father underwent a failed repair of his coronary artery, which left him with a damaged heart. In order to regain his health after surgery, he fired his doctor and asked me to oversee his care and learn about vitamins.

Both incidents reminded me of my mother’s advice to me when I was a young man, “Never follow the herd, because the herd is usually going in the wrong direction.”

Since then, my mission has been to change the way women and men are treated through bioidentical hormone replacement, vitamin and mineral supplementation, a ketogenic eating program, which focuses on healthy fats and eliminates sugar, grains and carbohydrates, and the treatment

of airborne and food allergies.

Over the years it has been gratifying to watch our guests, who came to us because they were sick and tired of being sick and tired, do a 180 and take charge of their health. The testimonies on our website are examples of how we have been able to partner with our guests to enable them to experience life-changing health transformations.

Our **30th Anniversary** is a time to celebrate and reflect on how God has blessed us with the opportunity to serve you. We are looking forward to the next 30 years of transforming even more lives.

Thank you for giving us the privilege of serving you and having you be a part of our family. Thank you also for the kind referral of your family members and friends.

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

Committed to your health success,

Steven F. Hotze, M.D.

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

H O T Z E

HEALTH & WELLNESS CENTER INTL

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An anniversary gift for everyone to support the **Hotze Lifestyle!**

H O T Z E
Healthy MEALS

New!

Available July 15th

Organic meals cooked from scratch and delivered to your home to support your healthy lifestyle.

Visit **HotzeHealthyMeals.com** to order!



Safe Water FOR KORSAKROM

The people of the Korsakrom community desperately needed safe water. Their only water source was a small stream fed by run-off water from nearby cocoa farms. The stream was contaminated with pesticides and fertilizers and filled with rotten leaves. It smelled and tasted terrible! Community members were often sick with typhoid, cholera, and dysentery. Simply touching the water caused skin rashes. The people knew the stream was making them sick, but had no other water source. Every summer the stream dried up completely. Women and children had to leave home as early as 1 a.m. in the morning to search for water. They often walked several kilometers in the dark. It was extremely dangerous, and the water they found was just as contaminated as their filthy stream.



Leaders in Korsakrom reached out to Living Water International for help. The Living Water staff in Ghana found that the community desperately needed safe water. They also saw that the people of Korsakrom were ready to take ownership of safe water management. Living Water International drilled a new well, conducted sanitation and hygiene education, and hosted handwashing practice sessions. Living Water helped the community form a committee that will govern the well and collect small voluntary fees to help with future repairs. A Living Water evangelist also shared the gospel with them. Thanks to gifts supporting the thirsty, the people of Korsakrom now have safe water and the message of Christ, the living water!

Did you know that whenever you refer a friend to Hotze Health & Wellness Center, we make a donation to Living Water?
www.hotzehwc.com/referralprogram



WHAT'S NEW AT HOTZE:

Healthy Garden Party
for the whole family!

1st Annual **Hotze Health Fair**
Healthy activities, treats, specials and fun!
Coming in September. Watch for more details!

HOTZE on WELLNESS

July 2019

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H O T Z E
Health & Wellness Center

Happy 30th Anniversary
Hotze Health & Wellness Center

A LETTER FROM DR. HOTZE

Greetings to you and your family!

The Hotze Health & Wellness Center celebrates its 30th Anniversary this month on July 16.

Since 1989, it has been our privilege to lead a **Wellness Revolution** and help over 31,000 guests get their lives back, naturally. In 1993, I established a vitamin store and in 2001, a compounding pharmacy, both of which are located in the Hotze Health & Wellness Center building. We have approximately 85 team members, including 5 providers, who work in these three enterprises and provide medical care in a warm, friendly and relaxed, yet refined environment.

Our medical enterprises have been built on my belief that you deserve a doctor and a team of professionals who have been trained to coach you onto a path of health and wellness, naturally, without the use of pharmaceutical drugs, so that you can enjoy a life-changing health transformation. I believe that you should be brimming with energy, full of

vitality and enthusiastic about your life.

During this time, I have published three books to help advance the Wellness Revolution: *Hormones, Health, and Happiness*, *Hypothyroidism, Health & Happiness*, and *Do a 180*. My goal in writing these books was to encourage you to question the actions of conventional medical doctors who simply prescribe drugs or surgery to mask symptoms rather than determining the root cause of the problem. I want you to learn to ask “Why?” whenever a doctor gives you a diagnosis, and when he recommends drugs or surgery. My books explain the root causes of most medical symptoms and how they can be resolved naturally, without the use of pharmaceutical drugs. You are probably aware of many family members and friends who would benefit from my medical recommendations, so feel free to pick up these books, which I will provide you complimentary, and pass them along.

When I graduated from the University of Texas Medical School in Houston on July 30, 1976, my father held a banquet for me at **The Houston Club**. Over dinner continued on page 5

DR. HOTZE *Through the years*



DR. HOTZE CREATED HOTZE VITAMINS JUST FOR YOU!

by Jackie Martinez, Certified Holistic Nutritionist

Over 25 years ago, just a few years after the opening of the Hotze Health & Wellness Center, Dr. Hotze opened Hotze Vitamins, formerly called Physician's Preference. He created it just for you, the guests of the Wellness Center. While everyone has always been welcome, with the initial opening, he had a few special ideas in mind for his guests. **Here are 3 reasons Dr. Hotze opened Hotze Vitamins:**

1. Highest-Quality Supplements

The supplement market is regulated by the FDA, but despite regulations, there are still dangerous vitamins on the market. Some are tainted with chemicals, some vitamins are produced in the wrong forms, and some may not have any nutrients in them at all. Dr. Hotze wanted the best, purest products for his patients. Every product is tested for purity, potency and identity, because Hotze Vitamins operates under the highest-quality standards.

2. Convenience

Dr. Hotze realized that his patients were having to drive all over town to get the vitamins he recommended. He opened the vitamin store to make it easier for his patients to get what they needed.

3. Optimal Formulas

Dr. Hotze is especially knowledgeable about nutrition and vitamins, so he knew what type of formulas he wanted his patients to take. However, they weren't always available on the market, so he created the vitamin store to carry his optimal formulas. These proprietary supplements, like Energy Formula, Joint Comfort, and Sleep Formula, have helped countless numbers of men and women.

In honor of the 30th Anniversary of the Wellness Center, we want to thank you for your business. It continues to be our pleasure to serve you with the highest-quality products, convenience, and the best formulas. ▶

Get
15% off
your purchase of
PowerPak (30
packets), **Energy
Formula**, and **Sleep
Formula** during the
month of July.

Use Promo Code 30YEARS
at checkout.

Visit
hotzevitamins.com
or call
(281) 646-1659
to order.



BENEFITS OF BIOIDENTICAL HORMONES FOR OPTIMAL HEALTH

by Kimberly Bennett, RPH, Pharmacist in Charge/Director, Physicians Preference Pharmacy

Dr. Hotze's goal is to change the way women and men are treated through the use of bioidentical hormone therapy. His 8-Point Treatment Regimen has helped thousands of individuals get on a path of health and wellness, naturally, and enjoy a better quality of life without the use of pharmaceutical drugs.

Restoring and balancing hormones is the foundation of our treatment plan and transforms people's lives for the better. Women get their energy back, lose weight and feel like their old self again. Men also get their energy back, as well as their motivation, drive and sense of well-being. There have been so many amazing transformation testimonials throughout the years.

Hormone decline and imbalance contribute to many negative health symptoms in both women and men, including feeling tired all the time, not able to sleep well, unexplained weight gain, irritable or depressed moods, anxiety, hair loss, low libido, headaches, hot flashes, loss of muscle mass and strength, and irregular menstrual cycles.

We use bioidentical hormones because they are identical in molecular structure to the hormones produced by our own body. The fact that our bodies recognize bioidentical hormones as their own is significant since we want to stay healthy and well. Just as a key fits perfectly into the right keyhole, bioidentical hormones do the same in your cells. Only bioidentical hormones can help achieve the above goal of resolving your symptoms due to their similarity to your own hormone structure.

In 2001, Dr. Hotze founded Physician's Preference Pharmacy (Formerly Premier Pharmacy, then Hotze Pharmacy) in order to provide the highest-quality compounded bioidentical hormones for our guests. ▶ Call us at **281-828-9088** for your hormone needs today. It is our privilege to serve you!

Our
anniversary
gift to you:

RECEIVE **\$30 off**
your prescription order of \$200 or
more during the month of July.

RON MOBBS: FROM POOR HEALTH TO HIGH ENERGY, EARNING 2 DEGREES AND RUNNING A HALF-MARATHON

At 31 years of age, Ron Mobbs, a U.S. Marine who served in active duty during Desert Storm/Gulf War, felt like he was approaching the golden years of his life. When he was 30, he had his first child, his father passed away, and within 18 months of his dad's passing, his mom passed away. His immune system took a serious dive, and his health reflected it.

Ron experienced:

1. Ongoing sinus infections, antibiotics, steroids.
2. Ongoing intestinal dysfunction – constipation, diarrhea, days without a bowel movement, abdominal aches.
3. Balding.
4. Low libido (erectile dysfunction).
5. Absolute loss of motivation and energy.
6. Feeling of despair.
7. Poor sleep.
8. Sensitivity to cold.

Ron's poor health interfered with all aspects of his life. He let himself go physically and stopped exercising (something he immensely enjoyed) for nearly 4 years. His work suffered. His ability to think, make decisions, and simply perform was at an all-time low. He experienced a layoff in his career. He did just enough to meet his quotas, but he was far from excelling in his role as a territory manager and later, technical recruiter.

Ron sought the help of mainstream doctors and he even volunteered for a medical trial for Nexium. After a year of being a model patient, but not feeling better, he decided to take his health into his own hands. He stopped taking prescription drugs and began walking, then jogging. He stopped eating sugar, wheat, and dairy. He enjoyed some improvements, but something was still missing.

One day, while driving for work, Ron heard a radio interview with Dr. Hotze and Dr. Ellsworth. He called and scheduled an appointment. Said Ron, "My experience

with Dr. Ellsworth was extraordinary! I have been with Dr. E now going on 13 years. Our relationship today is more a partnership than anything else. I credit Dr. E with diagnosing my thyroid condition/dysfunction (two antibodies to my thyroid gland) and prescribing me the desiccated thyroid hormone replacement, and other immune-boosting modalities, i.e. the 30-day yeast-free eating program."

Today, Ron's symptoms have subsided. Said Ron, "Since becoming a patient/guest of Hotze in 2005, I have not taken antibiotics for an infection. That alone is incredible. In 2018, I ran a half-marathon – my first! My energy level at almost 49 (my birthday is July 9) is remarkable. I have more energy and feel better today than I did at age 32! In terms of sleep – I sleep deeply and after my 8 hours I'm ready for peak performance. My libido is doing just fine."

"I've earned two academic degrees, an AS in Chemistry/Physics and a Bachelor's in Business, since becoming a patient of Dr. Hotze. I was able to be an excellent single father to my 2 daughters over the last 13 years. And most recently, I have been able to find and marry an exceptional woman who I adore. I have taken on a leadership role with my small consulting firm. I am essentially the right-hand to the owner. My income has doubled in the last 3 years. All is good."

In honor of Independence Day, we want to thank you, Ron, for your brave service to our country. Says Ron, "As a Veteran, I have given much, but have received much more. It was a privilege and an honor to serve our country and I gave willingly."

I HAVE MORE ENERGY AND FEEL BETTER
TODAY THAN I DID AT AGE 32!

