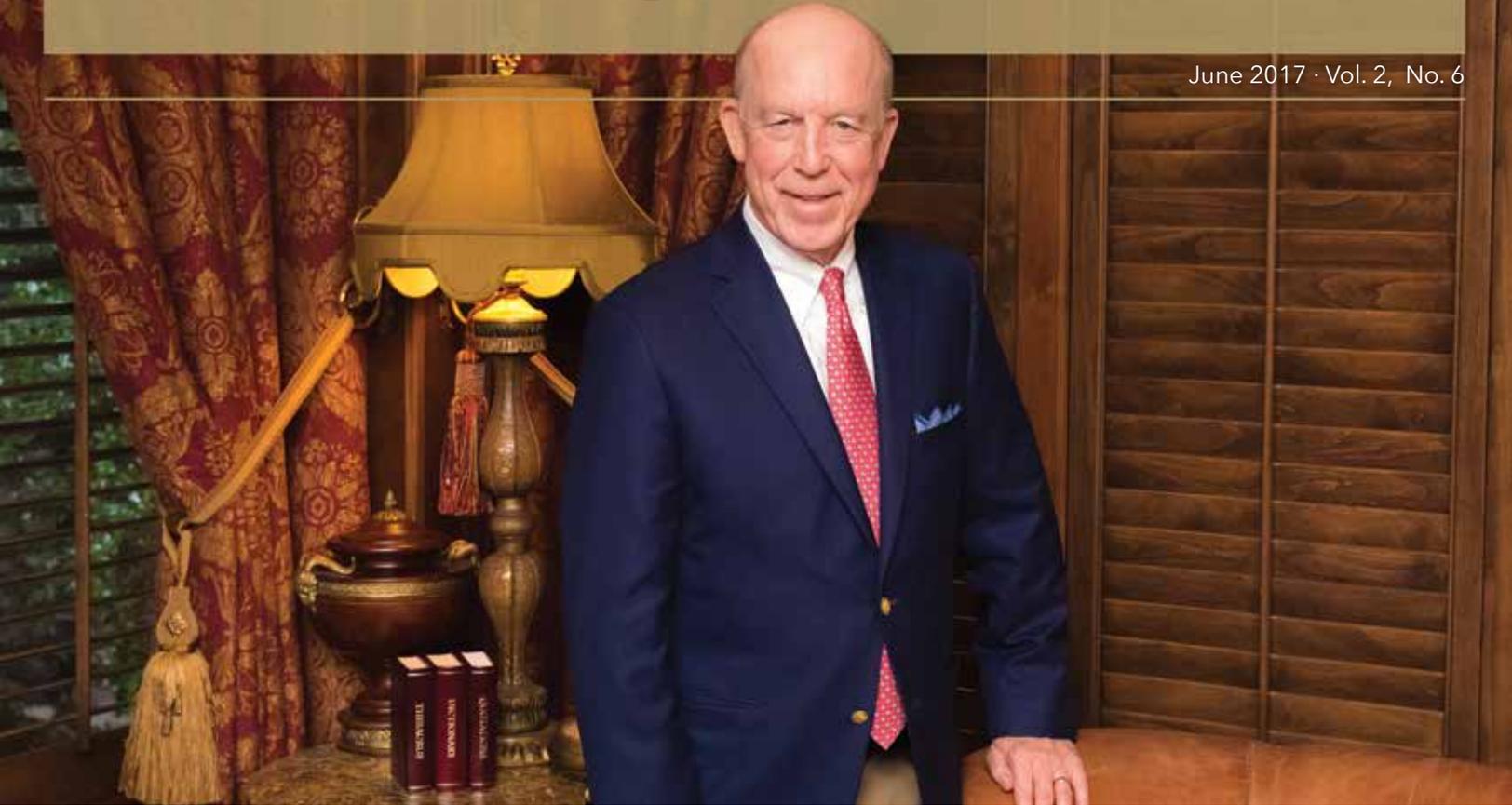


HOTZE on WELLNESS

June 2017 · Vol. 2, No. 6



A LETTER FROM DR. HOTZE

Greetings to you and your family! Men, it's time for you to take action to improve your health. June is Men's Health Month. In my experience, a lot of men will wait until something significant happens before seeking medical care. What many of them don't realize is that as their hormones gradually decline, their health slowly deteriorates. They often miss warning signs that could help them avoid a health problem in the first place. If you have been listening to me on the radio or reading my newsletters, then you know that I am passionate about

encouraging you to take proactive measures to help you avoid developing health problems. It's something I discuss in my third book, *Do A 180: Join the Wellness Revolution*, which will be published this month.

One important place to start is with a heart scan. If you are 40 or older, then allow me to strongly encourage you to schedule a heart scan at the **Hotze Health & Wellness Center** today. In a previous newsletter, I shared with you that I had insisted to several of my good friends that they get their hearts scanned, even though they didn't think that they needed it. The scan revealed that they had atherosclerosis, calcification of their arteries, indicating that they had coronary artery disease,

caused by inflammation of their arteries. Each one decided to "Do a 180" and take charge of their heart health by starting a Paleo eating lifestyle, natural hormone replenishment, vitamin and mineral supplementation for detoxification, high doses of Vitamin C and Magnesium, and an exercise program. Eight months later, their calcium scores have decreased significantly, proving that our program can arrest and reverse coronary heart disease.

It can also cure many other conditions, including Type 2 diabetes. When I first evaluated Jeff Yates on September 8, 2016, he was 5'10", 387 pounds, dripping wet with sweat. He was on blood pressure medication, yet his blood pressure *continued on page 6* ■



THE IMPORTANCE OF TESTOSTERONE FOR MEN

by Donald Ellsworth, M.D., Hotze Health & Wellness Center

A man's testosterone levels decline slowly and all too often they attribute their low testosterone issue to stress or their current age. We often see testosterone levels low in men in their mid-thirties and sometimes even in their twenties. Common low testosterone symptoms include fatigue, reduced mental function, passivity, depression, anxiety, irritability, moodiness, loss of drive and ambition, loss of libido, spontaneous erections and eventually erectile function. Low testosterone can produce loss of muscle, increased abdominal fat, increased blood sugar and blood pressure, which may lead to diabetes, hypertension and heart disease.

Diagnosis of Low Testosterone:

We generally find that the free testosterone is more useful than the total testosterone levels. Unfortunately, the male free testosterone range is very broad, for example, there is a fivefold difference from the bottom of the range, and the top of the range about 26. The optimal range is 15-25. Since hormonal balancing is not an area that is typically covered in a physician's training, they often assume that all testosterone levels within the laboratory range are acceptable.

The Danger of Being Normal:

A man who is below his optimal level but in the range is often told his level is normal. Sadly, this can do a man a great disservice as his "normal" diagnosis leads to no hormonal diagnosis, hence no proper hormone replacement. Even worse, his symptoms may be masked with drugs which can cause serious side effects.

Where do most men feel well?

Most feel best in the upper half of the

range, i.e. men often feel better when between 15-20.

Watch the estradiol: Men naturally make estrogen or estradiol. The estradiol level needs to be monitored because fat tissue causes testosterone to turn into estrogen (fat contains the enzyme aromatase, aka estrogen synthetase). Losing testosterone to estrogen typically makes men feel the combined negative aspects of low testosterone and too much estrogen (as in breast enlargement). The ideal range of estrogen is generally 20-30, and by the way, we men do need some estrogen, if it is too low men have weaker bones and hot flashes.

Does replacing testosterone really help? Testosterone is required for the function, growth, and maintenance of all tissues in both sexes! Testosterone in men has been shown to:

- Maintain brain function with the production of brain hormones known as neurosteroids
 - Improve depression, anxiety, and sociability
 - Maintain the immune system
 - Maintain connective tissue: skin, hair, bone, muscle
 - Improve the action of insulin - helps reverse insulin resistance and improve diabetes control
 - Reduce blood pressure by enhancing endothelial function
 - Restore energy and ambition
 - Increase libido and sexual performance
 - Increase muscle and bone mass while reducing abdominal fat
 - Testosterone can make us smarter.
- John Coates, a Wall Street trader turned Cambridge neuroscientist, decided to study hormone levels in stock traders. Coates found a strong correlation between

the testosterone level and profits made from trading. Higher testosterone levels measured in the morning before the trading session, correlated with higher profits recorded at the end of the day. Studies have shown that low testosterone reduces men's verbal memory. Adding testosterone improves spatial and verbal memory plus improves cognitive function.

Safety: Urologists are clear that testosterone does not increase the risk of prostate cancer and despite confusing press releases about testosterone and heart issues, we now have substantial evidence that testosterone is not only safe but actually is beneficial for heart health. Recently Julian Hanske, M.D. found the risk of heart attacks was lower in the testosterone-treated men versus those who were not treated. There was no difference in blood clots/strokes (Dr. Hanske, Dr. Tal, and Dr. Salonia European Association of Urology (EAU) 2017 Congress: Abstract 256. Presented March 25, 2017). In fact, testosterone helps men with heart disease. A study showed men with low testosterone and blocked coronary arteries (ischemic heart disease) benefited with testosterone therapy - they could exercise longer before low oxygen changes (ischemia) were seen. Another placebo-controlled study found that 12 weeks of oral testosterone-replacement therapy improved the ability of the brachial artery to dilate in men with coronary artery disease.

Bottom line: Men need testosterone levels to be optimal for optimal health. Low testosterone is common and can lead to serious health concerns and a lower quality of life. Conversely, optimal levels improve health and well-being.



COULD YOU HAVE LOW T?

by Kimberly Bennett, RPh, Pharmacist-in-Charge, Hotze Pharmacy™

It's inevitable. Just as a woman's hormones decline with age, so do a man's. In specific, male testosterone levels tend to drop significantly after the age of 45. And now, due to increased exposure to environmental toxins, petrochemicals, and xenoestrogens, low testosterone levels are becoming more common than ever in younger men, even in their 20s and 30s!

Common symptoms of low testosterone to look out for include a reduced sense of well-being, initiative, assertiveness, and drive. Men may also experience a loss of muscle mass, stamina, endurance and sex drive. Less talked-about symptoms could include enlarged breasts, depressed moods, and even sleep apnea.

So, what can be done about this growing epidemic? Well, the obvious solution is to replace what is missing: testosterone. Testosterone replacement therapy (TRT) comes in many forms (topical gels and creams, injections, and compounded capsules) and will help you restore your levels to what they used to be when you felt most energetic and youthful.

It's also worth mentioning that there are steps you can take to avoid testosterone inhibitors in your home.

For starters, you can:

- » Swap out plastic storage containers for food and water storage to glass.
- » Avoid foods with harmful

- chemicals such as pesticides, artificial sweeteners, and coloring.
- » Limit consumption of soy.

Low testosterone is a common affliction for many men, and viable solutions do exist. If you have yet to consider TRT, then take charge of your health TODAY and commit to doing a 180 in your life! Our wellness consultants are available to help build a customized treatment plan that supports your health goals. To schedule your consultation, call **281-698-8698**.

If you are currently using Hotze Pharmacy for your TRT and have questions about your treatment plan, give us a call, and we will be happy to serve you! **281-828-9088**

HOTZE HEALTH ADVANTAGE

CHANGE YOUR THOUGHTS, CHANGE YOUR LIFE!



Hotze Health Advantage offers you a way to achieve your goals with support, accountability, and a proven success system! Find out more in your complimentary 1:1 Blueprinting Session (\$150 value) with **Erica Torres-Dudziak** by emailing **erica@hotzehwc.com** TODAY!

This offer is only available for a limited time.

Learn more at www.hotzehealthadvantage.com



Meet Jeff.

Husband, father, and pastor, Jeff is a role model in almost every area of his life...

EXCEPT HIS HEALTH WAS ABOUT TO KILL HIM.

At just 47 years old, Jeff was 387 pounds, had Type 2 diabetes and high blood pressure, and the drugs he was taking were only making things worse. Hearing concerns from family and friends, Jeff started to wonder if he'd be around to walk his daughters down the aisle. **That's when he decided to take charge of his health and Do a 180.** Just seven months in, the results have been astounding.



Check out Jeff's Story at www.DOa180.com, and ask yourself this: Is it time you **Do a 180** for the people you love?

If someone you love needs an overhaul or just doesn't feel like himself, it's not too late. Encourage him to call for his complimentary consultation today to find out how he can **Do a 180** in his life.



 (281) 698-8698



SEVEN NATURAL WAYS TO BOOST TESTOSTERONE

by Jackie Martinez,
Certified Holistic Nutritionist, Hotze Vitamins®

Testosterone is a hormone, a chemical messenger, that is essential for life. Aside from the fact that it makes men, well, men, it is also responsible for red blood cell production, maintenance of muscle mass, fat distribution and sex drive in men.

Testosterone naturally begins to decline around age 30, and while it's nearly impossible to prevent it, there are several things you can do to help slow the process.

Here are seven ways to naturally boost testosterone:

1. Reduce stress. When you spend each day rushing to work, leading important meetings and taking care of your family, your body is put under a lot of stress, causing high levels of cortisol to be released. While moderate levels of cortisol are good for you, too much cortisol blocks the effects of testosterone. Reduce your stress load by exercising, getting enough rest, and supplementing with the relaxing mineral, magnesium.

2. Eliminate sugar. After you eat sugar, your testosterone levels naturally decrease. Additionally, sugar leads to increased body fat, which can also reduce the amount of testosterone your body can produce. Stick to a diet that's rich in fresh fruits and vegetables and low in simple carbohydrates and sugar to keep body fat down.

3. Add zinc. The mineral zinc has been shown to cause a marked improvement in men with low testosterone levels. In fact, it has been said to be the top mineral for raising testosterone levels. Here's why: a diet lacking the proper

amount of zinc stops the pituitary gland from being able to release the hormones that stimulate testosterone production. So, more zinc equals more testosterone.

4. Eat healthy fats. Unsaturated fats, such as those found in avocados and nuts, contain cholesterol, which your body uses to convert to hormones, including testosterone. This does not mean you have to consume a diet loaded with fats, but rather a diet that's well-balanced and contains enough fats to maintain hormone production.

5. Up your D. Similar to zinc, vitamin D can help regulate testosterone levels naturally. While summertime makes it a little easier to absorb natural vitamin D from the sun, it is still critical that you supplement with a high-quality vitamin D-3 supplement on a daily basis.

6. Take up strength training. Lifting weights is known to help boost testosterone levels as it keeps your body fat down and your lean muscle mass up. The more body fat you have, the lower your testosterone levels so don't be afraid to pump a little iron.

7. Lose the extra pounds. According to the Endocrine Society, shedding the excess pounds may help increase testosterone levels in men. The truth is, the heavier you are, the lower your testosterone. By decreasing unnecessary body fat, you're able to increase testosterone.



Working, playing, exercising, and working some more...you're busy and wear a lot of hats.

You need nutrients to help boost brainpower, sustain energy levels and keep you healthy and coffee can only get you so far.

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was 165/115. He was on oral anti-diabetic medication, as well as 100 units of insulin daily for Type 2 diabetes. His insulin had been increased from 40 to 80 and then to 100 units per day over the previous two years. While on insulin he had gained 100 pounds. His conventional doctor told him "that's what happens when you take insulin." She also told him that he would be on these medications for the rest of his life. She obviously didn't know how to get people well. Few doctors do.

Jeff had Syndrome X which is a combination of obesity, hypertension, and diabetes, associated with elevated Triglycerides and cholesterol. These symptoms put him in a dramatically increased risk category for developing coronary artery disease. Because of his morbid obesity Jeff was not able to undergo a heart scan at that time.

I started him on a Paleo eating lifestyle,

natural hormone replenishment, vitamin and mineral supplementation and an exercise program. Within six weeks Jeff was off all his pharmaceutical drugs. His blood pressure was 124/70. His blood glucose had normalized. By 18 weeks into his new lifestyle he had lost 62 pounds.

Today Jeff has lost over 80 pounds and is still off all his pharmaceutical drugs. He is well on his way to "doing a 180" and I am so very proud of him and what he has accomplished. His goal is to get down to 180 pounds, his playing weight in high school football.

You can follow Jeff's journey every Wednesday on my radio program "**Dr. Hotze's Wellness Revolution**" on KPRC 950 AM from 1-2 PM, which airs Monday through Friday. The webisode of Jeff's remarkable progress can be followed on www.DoA180.com.

Remember, a heart scan is the only non-invasive way to determine if you

have coronary artery disease. A heart scan is quick and painless. You will have your results almost immediately. If your calcium score is zero, then you can have peace of mind, knowing that your heart is healthy. If you have developing, moderate or severe calcified arteries, then you can "Do a 180" and take charge of your heart health. You can arrest and reverse coronary artery disease. If your heart scan is normal, then you can prevent coronary artery disease from developing. That is even better.

"Do a 180" and take charge of your heart health today!

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

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

Sincerely yours,



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



IMPACT STORY: *John's story*

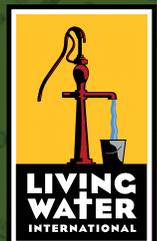
Since Hotze Health & Wellness Center has partnered with Living Water International, together, we have provided six communities with safe, clean water. Below is John's* story of gratitude, a beneficiary of one of the wells Hotze Health & Wellness has sponsored.

"My name is John*, and I have been serving as the pastor of this church since 2007. Our village has a population of more than 1,500 households and was completely dependent on the local government water system. Our church, which is situated just outside the village, had no water source of any kind nearby and was completely dependent on a tap 500 meters away inside the village. As I was handicapped and completely dependent on others, I had no other options but to rely on my three daughters to fetch water on their bicycles for our daily needs. The water which came in the morning hours had to be fetched within the given one-hour stipulated time, and the amount of water we were allowed during this time was just five or six pots. Given the number of members in the household and church, this amount of water was [not] enough for our daily needs, forcing us to buy water from private vendors at a high price. But now through this borehole from Living Water, our church has been provided its very first water source. With uninterrupted, clean, safe water at our doorsteps, we can run the church in a more efficient way than ever before, hence bringing many more towards Christ. On behalf of the church and the community around [us], I would like to thank you for providing us this borehole."

To learn more about Living Water, visit water.cc.

DID YOU KNOW THAT YOUR REFERRALS SUPPORT LIVING WATER?

Find out more at: hotzehwc.com/referralprogram.



*Reflects change of name due to the safety of Living Water International's work.



THE SIMPLE SKIN CARE REGIMEN ALL MEN SHOULD FOLLOW

by Brittney Wranik, Hotze Aesthetics

Your skin care regimen doesn't need to be elaborate to be effective. At the same time, the occasional bar soap scrub down isn't sufficient—sorry, gentlemen. This simple 5-step regimen is quick and easy enough for even the most rugged cowboy but also complete enough to keep your skin clear and healthy for years to come.

► 1. CLEANSE

Use a gentle facial cleanser twice daily.

This should be a no-brainer. Dirt, oil, sweat, and bacteria accumulate on your skin throughout the day, and they don't magically disappear while you sleep. Your skin needs cleansing on a regular basis and, unfortunately, most bar soaps just don't cut it. The harshness of bar soap can negatively impact your skin's pH balance, cause dryness and irritation while leaving your skin looking dull and haggard. Instead, use a gentle facial cleanser both morning and night. Look for a product that is paraben- and chemical-free like Hotze Aesthetics Antioxidant Enzyme Cleansing Gel or ANDALOU Naturals Citrus Kombucha Cleansing Gel.

► 2. EXFOLIATE

2 to 3 times weekly

As dirt, dust, dead skin and other debris build up, they can cause breakouts, enlarged pores, blackheads and infected hair follicles and even make wrinkles look more prominent. Men should exfoliate two to three times a week to keep skin smooth, clear and to allow moisture to penetrate adequately. A Clarisonic brush is the most effective tool for exfoliating tough skin. If tools aren't your thing, try products that contain soft grains, jojoba beads or fruit enzymes for a natural, effective exfoliation.

► 3. HYDRATE

Moisturize twice daily after cleansing.

Just like every other organ and muscle in your body, your skin *needs* moisture. Dehydrated skin can become crackly, irritated and (again) make wrinkles look more prominent. Look for a moisturizer that contains natural hydrating ingredients like aloe, hyaluronic acid, vitamin E and, of course, water!

NOTE: Even if you are using a natural oil (i.e. coconut oil, essential oils, etc.) you still need to incorporate an actual moisturizer. Though oils feel moisturizing and provide many health benefits, your skin needs a true water molecule to stay hydrated.

► 4. PROTECT

Always apply SPF before sun exposure.

Sun protection has become a controversial topic in the natural health and wellness industry. The truth of the matter is, sun protection is a *necessity* in today's environment to prevent cell damage and accelerated aging caused by harmful UV radiation. Do some sunscreens contain toxic chemicals? Absolutely. Are there safer, more natural alternatives that can protect your skin while protecting your body? Of course!

Look for an SPF that provides a physical block with Zinc Oxide. Unlike chemical sunscreens, Zinc Oxide provides a natural block for both UVB and UVA rays. Try Elta MD Facial Sunscreen to both hydrate and protect your skin with the same product!

► 5. REPEAT

Consistency is one of the most important aspects of any regimen. Occasionally missing a step or two from this equation won't be the end of the world, but frequently skimping on your skin care regimen will have lasting effects. The old advice to "rub some dirt on it" wasn't intended for your face. So, incorporate these simple steps into your daily routine to maintain your healthy, manly skin for years to come.



STILL STRUGGLING WITH UNWANTED HAIR IN ALL THE WRONG PLACES?

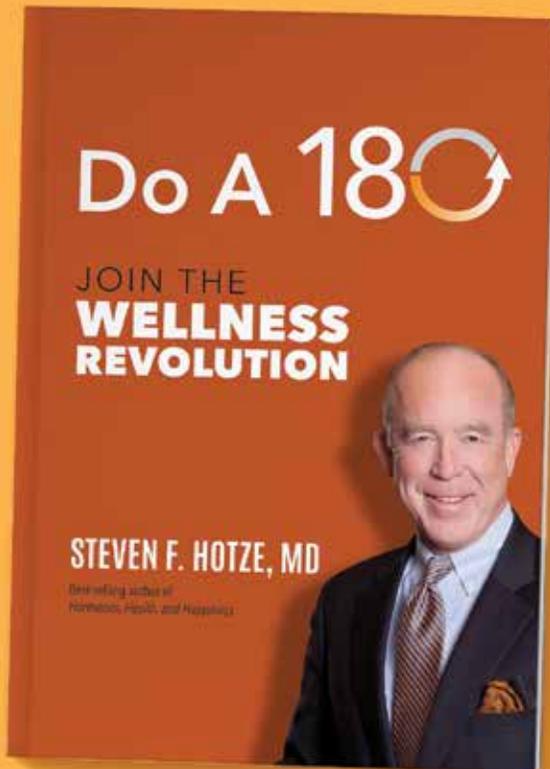
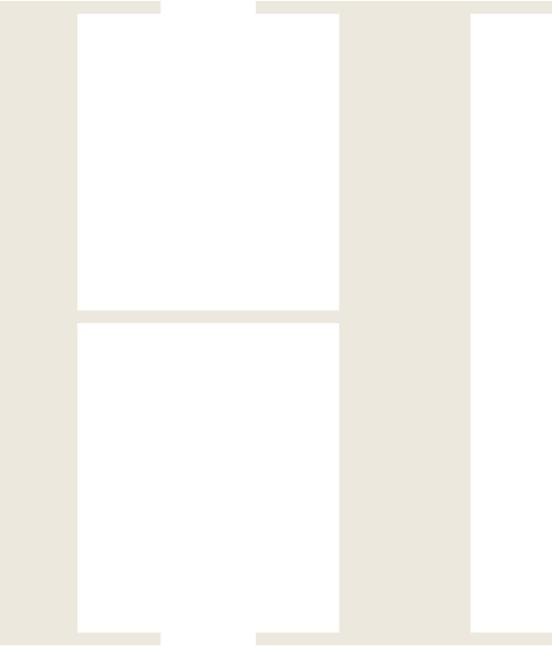
Whether it's your chest, back, ear or anywhere else, in just a few short sessions, you can get rid of unwanted hair for good with laser hair removal by Hotze Aesthetics.

Men receive 10% off all laser hair removal packages in the month of June. Call **(281) 698-8770** to schedule your complimentary consultation and get started today.

H O T Z E

HEALTH & WELLNESS CENTER
I N T E R N A T I O N A L

20214 Braidwood Drive, Suite 215
Houston, Texas 77450



JUST RELEASED!

Short and sweet, Dr. Hotze's latest book, *Do a 180: Join the Wellness Revolution*, gives an overview of the natural approaches he's employed for almost 30 years and shares how you can Do a 180 in your life.

Get yours today! » hotzehwc.com