

INSIDE THIS ISSUE:

TIPS FOR SPRING
POLLEN SEASON

SOCORRO AND LEE DUNN: ENJOYING A
THRIVING MARRIAGE AND FAMILY LIFE

THE CORTISOL-ALLERGY
CONNECTION

HEALTH
MEMBERSHIPS

POWER UP WITH
POWERPAK

PERUVIAN STUDENTS
ENJOY SAFE WATER

HOTZE on WELLNESS

March 2019

Vol. 4, No. 3



Happy
Spring

A LETTER FROM DR. HOTZE



Greetings to you and your family!

I believe that anyone suffering from allergies deserves to have a safe, effective and convenient treatment to eliminate the underlying allergy reaction, rather than simply having drugs prescribed to mask their symptoms.

March is the time of year when the trees start to pollinate, your car gets covered with a layer of green pollen, and your allergies begin to act up. Do you take antihistamines regularly? Do you have recurrent sinus infections? Do you use an inhaler? Are you frequently congested and not feeling well? Allergy symptoms can range from mild to severe and can interfere with your work, your relationships and everyday activities. Common allergy symptoms

include sneezing, itchy, red and watery eyes, fatigue, postnasal drainage, cough, bronchitis, dizziness, sinus infections, asthma, headaches, stuffy nose, ear infections and skin rashes. Allergies can make your life miserable.

Allergies are the 6th leading cause of chronic illness in the U.S., with an annual cost in excess of \$18 billion. More than 50 million Americans suffer from allergies each year. Allergies can occur at any age and are especially likely to develop during times of stress. Commonly, many of the women who develop allergies do so after childbirth.

Allergies are caused by an abnormal reaction to normally occurring substances in the environment, such as ragweed, tree and grass pollens,

mold spores, dust mites and animal danders. Foods can also cause allergies. The most common food allergens are wheat, corn, egg, milk, yeast and soybeans. These are commonly found in processed foods.

Medications such as antihistamines, decongestants, steroids and bronchodilators don't eliminate the underlying allergy reaction. They simply mask the symptoms. Unfortunately, many people accept this as a way of life and depend upon pharmaceutical drugs to manage their symptoms. These drugs can cause negative side effects such as fatigue, drowsiness, nausea, headaches, dizziness, dry mouth, loss of appetite, stomach upset, blurred vision and skin rashes.

Allergy and *continued on page 5* 



TIPS FOR SPRING POLLEN SEASON

by Ron Parker, PA, Hotze Health & Wellness Center

Another spring is upon us. The tree pollen has been moderate to heavy since early January and will continue until May. Lots of pollen is produced by trees and it is very offensive to the immune system, causing spring pollinosis or hayfever. This causes inflammation of the nasal mucosa, resulting in sneezing, runny nose, nasal congestion, post nasal drainage (down the back of the throat), cough, and sore throat. Eyes can be affected, usually causing red, itchy, watery eyes. Spring pollens also cause more serious problems like asthma, eczema and fatigue. Tree pollen is unavoidable. It is in the air we breathe.

If you are having some of these symptoms, you do not have to put up with it. Frequently, dietary changes, avoiding foods that cross react to tree pollen, can be helpful. In our area, Oak and Elm pollen are very heavy in the spring. You should avoid foods that cross-react with these tree pollens:

OAK—AVOID:

Apples
Egg
Chestnut
Pears

ELM—AVOID:

Milk
Lettuce
Mint
Chocolate

Do not air out the house during spring pollen season. It only allows more pollen to enter and will make any symptoms you have much worse. A good clean air filter for the HVAC system is also helpful. Make sure it is a HEPA type (high-efficiency particulate air). They cost a little more, but it's worth it.

Try to limit outdoor activities. This is hard to do, but if you are planning outdoor activities, try planning to be out in the afternoons, as tree pollens are higher mid-morning. Try walking the dog later in the day, or very early in the morning before pollen counts get elevated. Wipe the pet down with a damp cloth when you return to remove mold and pollen that sticks to their fur. Paper masks are helpful, but they do not filter all the air and you will still get some exposure through and around the edges of the mask. If you are very sensitive to spring pollens, you may need to change clothes and shower after being outdoors.

Remember to take Vitamin C daily for prevention of your symptoms. You may have to increase your normal dose, so please check with your doctor.

Quercetin is also helpful and can be taken with Vitamin C. Both of these natural antihistamines will help block adverse effects of spring pollinosis.

Still not satisfied after doing all of these things? Consider a **Comprehensive Allergy Evaluation** with Hotze Health & Wellness Center. We can treat you with immunotherapy or allergy drops. Allergy drops are convenient and painless. They work just as well as allergy shots and you do not have to go to the doctor every week to get allergy shots. You can do your treatment at home, at college or when traveling. Skin testing is the most sensitive test method and fastest way to get your results. However, we still offer blood testing and your treatment dose can be calculated using either method.

Good luck this spring. Don't suffer with allergy symptoms that can dampen your quality of life.

► Please call us if you need help at **281-698-8698**.

READY TO
TAKE CONTROL
OF YOUR
Allergies?

Our Comprehensive Allergy Evaluation includes:

- Comprehensive Evaluation
- Airborne Allergy Testing (skin test)
- Airborne Allergy Treatment Drops (1 year supply)
- Spirometry
- Food Sensitivity Screening (skin test)

\$3,000 (A savings of over \$500)

CALL **281-698-8698**
TO SCHEDULE YOUR
COMPREHENSIVE
ALLERGY
EVALUATION.

*Offer ends on March 31, 2019.



THE CORTISOL-ALLERGY CONNECTION

by Angela Foley, PharmD, Physicians Preference Pharmacy

Adrenal function plays an important role in fighting allergies. Cortisol is a strong anti-inflammatory, steroid hormone produced by your adrenal glands. It is also your naturally occurring stress hormone. Without it, you literally could not survive. Physiological levels of cortisol are essential for good health because it boosts your immune system, increasing your resistance to infections and inflammation, such as those caused by allergies.

Allergies place a large amount of inflammation and stress on your body and immune system. Most allergies involve the release of histamine and other inflammatory substances. The more histamine that is released, the more cortisol it takes to control the inflammation and the harder the adrenal glands have to work to produce more cortisol. The harder they have to work, the more fatigued they become, leading to adrenal fatigue.

Adrenal fatigue occurs when the adrenal glands cannot produce enough cortisol to meet the demands of your body. You are wearing your adrenal glands out, so you feel increasingly fatigued, stressed, anxious, and many other health conditions may occur as a result. With adrenal fatigue, you are likely to be more vulnerable to infections and to heal more slowly than those with healthy adrenal glands.

Chronic, unrelenting stress, whether physical or psychological or both, eventually leads to adrenal fatigue. It can also occur after acute or chronic infections such as the flu, bronchitis or pneumonia. In today's fast-paced world, the stress that many people experience on a daily, ongoing basis is a contributing factor. Stressors

may include noise, pollution, traffic, inclement weather, injuries, illnesses, emotional conflicts, deadlines and inadequate sleep.

People with food and environmental allergies commonly have weak adrenal function, or adrenal fatigue. Conversely, adrenal fatigue can worsen allergy symptoms since there is not adequate cortisol to control the inflammatory response. This can set up a vicious cycle of a cortisol deficiency that allows for more inflammation, causing the worsening of adrenal fatigue and more severe allergic reactions.

If you choose to not treat your allergies, your risk for serious illness increases. With inflammation, your immune system becomes overburdened, and the inflammatory triggers are sent through your bloodstream where they affect nerves, organs, connective tissues, joints, and muscles, causing more health problems.

Chronic allergies can lead to adrenal fatigue due to the stress on your adrenal glands. When your adrenal glands become exhausted, your natural cortisol levels drop significantly. The natural solution is to supplement with bioidentical cortisol to give the adrenal glands the support they need under this time of stress. Vitamin C also supports the adrenal glands.

► Call Physicians Preference Pharmacy for your bioidentical hormone needs today at **281-828-9088** or visit us online at **PhysiciansPreferenceRX.com**.

SAVE \$25 off
your prescription when you
switch to compounded T3/T4
during the month of March.

NOTICE TO GUESTS OF PHYSICIANS PREFERENCE PHARMACY

As a result of our recent transition to Physicians Preference Pharmacy, we have had to make backend system updates. While we have made every effort to minimize the effect on our guests, there is one final change that will require your assistance.

In early March, as we make a change with our credit card processor, we will need you to provide your credit card number when requesting your refills so we can update it in the new system. Once provided, we will be able to store it for future orders.

We appreciate your assistance. If you have any questions, **please call us at (281) 828-9088**. As always, thank you for the privilege of serving you.





POWER UP WITH POWERPAK

by Jessica Ingram, Vitamin Consultant, Hotze Vitamins®

Are you exhausted, stressed, and sick too often? Are you slumping in the afternoon, drinking too much coffee and then not able to think straight? You may be running on an empty tank. What if your tank were full again? How would you feel? Would you like to feel vibrant, energetic, young and well again?

Believe it or not, what you eat (or consume) has a huge impact on how you feel. If you eat mostly bright-colored fruits and veggies, stick to low carbs, high protein and healthy fats, you'll feel better and have better energy. One of the reasons these foods make us feel good is because of their higher nutrient content, which helps put fuel in our tanks, so to speak. Unfortunately, food sources these days are imperfect enough that we are left with a nutrition deficit, even when we try to eat healthy. Thankfully, a very helpful source of nutrition that helps close this gap is high-quality vitamin and mineral supplements.

Dr. Hotze's PowerPak is a comprehensive packet of basic vitamins, minerals and nutrients to promote increased energy and a sense of well-being. Each packet contains Dr. Hotze's Energy Formula, Omega Complete Fish Oil, L-Carnitine, Vitamin C, Magnesium and an Antioxidant Blend capsule. The nutrients in Dr. Hotze's PowerPak also support a healthier heart and a stronger immune system. These are aspects of health that many people are searching for. Despite eating a healthy diet, you may still not be able to achieve optimal heart and immune health unless you take a high-quality supplement pack like the PowerPak. Healthy food can help you feel better, but there is still the risk of heart and

immune issues until you are able to do an effective detox.

Dr. Hotze's PowerPak works at the cellular level to support total cell detox and cleansing. All day long we are bombarded with chemicals, toxins, pollution and additives that weigh down cell function and prevent optimal performance. Eventually, this causes heart problems and lowers immunity. It can even lead to diabetes or cancer. Filling your tank with high-quality nutrition like Dr. Hotze's PowerPak is one of the best insurance policies against not only a low energy level, but also heart and immune disease.

This month we are launching a 30-packet box of Dr. Hotze's PowerPak for only \$99 when you sign up for automatic shipments. Yes, we can automatically ship these vitamins to you every month! It's an amazing tank refill that you may so very desperately need. It is probably one of the healthiest things you can do for yourself this year.

► If you don't already take Dr. Hotze's PowerPak, do yourself a favor and call Hotze Vitamins at **1-800-579-6545** to get signed up. It's time to get your energy and zest for life back!

GET \$20 OFF

your purchase of **Dr. Hotze's 30 Day PowerPak** during the month of March.

Use Promo Code NEWPPAK at checkout.

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



asthma symptoms can be eliminated naturally by addressing the underlying cause. Our allergy desensitization treatment uses sublingual allergy drops, taken under the tongue. This method is a safe, effective and convenient allergy treatment. It stimulates your immune system to develop blocking antibodies to the allergens to which you react. This desensitizes your immune system to the offending allergens, blocking the allergy reaction. Instead of driving to the doctor's office for weekly allergy shots, you can simply put a few drops

under your tongue daily in the comfort of your home.

Allergies adversely affect your quality of life. They also burden your immune system, making you more susceptible to infections. Why go through another year feeling miserable and reaching for over-the-counter drugs which only temporarily mask the symptoms, at best?

I believe that you deserve a doctor and a team of professionals who can coach you onto a path of health and wellness naturally, without the use of pharmaceutical drugs, so that you can

enjoy a better quality of life. If you are finally ready to get rid of your allergies, then take charge of your health today and contact us at 281-579-3600.

Thank you for giving us the privilege of serving you.

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

Committed to your health success,



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

Become a part of the **LEGACY** REFERRAL PROGRAM

When you refer a friend or family member who becomes a guest, you will receive the following:



Referred Guests	Gift Certificate Value	Gift Certificate Description	Referrer Reward
1-3	\$300	Gift certificate for each new guest that you referred	3 REFERRALS Enjoy dinner with Dr. Hotze at Capital Grille
4-6	\$400	Gift certificate for each new guest that you referred	5 REFERRALS Enjoy a spa package at the Houstonian Hotel
7+	\$500	Gift certificate for each new guest that you referred	10 REFERRALS Enjoy a 2-night stay at the Houstonian Hotel with spa package!

For any questions or more information please contact the New Guest Department at **(281) 698-8698**.

H O T Z E
HEALTH & WELLNESS CENTER INTL

Whenever you refer a friend to Hotze Health & Wellness Center, we make a donation to Living Water.

To learn more, visit
www.hotzehwc.com/referralprogram

SOCORRO AND LEE DUNN: ENJOYING A THRIVING MARRIAGE AND FAMILY LIFE

Socorro was not feeling like herself. She had low energy, no libido, difficulty focusing and was irritable. Her hair was falling out. She gained weight but wasn't able to lose it as easily as she did in the past. These symptoms were putting a strain on her marriage. Socorro was going in a downward spiral into depression.

While helping her mom who was ill, homeschooling and being a homemaker, along with stress from financial difficulties and then her mom's passing, her body gave in and it triggered menopause. After following Dr. Hotze for years, she came to our center. Said Socorro, "Dr. Ellsworth was patient and attentive to my concerns."

Today Socorro says, "I have been feeling great, I am not depressed, my libido increased, our marriage is thriving and family life is awesome!" She has the energy to exercise and no more brain fog. "We are an outdoor, active family and I'm keeping up with my adolescent and adult active

children! We celebrated our 25th year anniversary in 2018 and traveled to Israel to commemorate it. I am able to be the teacher I needed to be for my kids and the leader I needed to be for my team at work."

Lee was experiencing brain fog, insomnia, chronic muscle and joint pain, gas, bloating, fatigue and was miserable. He struggled to climb out of bed. Said Lee, "Providentially, I found Dr. Crook's book on the yeast connection and was excited to share it with my family doctor and get the treatment I needed. However, my doctor just rejected my research and told me my symptoms were in my head and handed me a pamphlet on psychological counseling."

Lee attempted various natural and over-the-counter treatments with very little relief. He was only getting worse. His work suffered, he couldn't sleep, he grew irritable and could barely function. He lost his drive and confidence. His family was neglected and he withdrew from most activities.

He pushed through the day and collapsed exhausted. His business was on the verge of failure and he grew depressed. He learned about Dr. Hotze on the radio and his wife encouraged him to make an appointment.

Says Lee, "The staff and Dr. Ellsworth greeted me with kindness and respect. They actually listened to what I was saying. He discovered I was extremely low in thyroid and testosterone, and I was treated for long-term gut imbalance—yeast overgrowth from antibiotics taken as a young man. On the first visit I got help, testosterone and hope."

"I take thyroid and give myself testosterone injections. Wow, what a difference it has made! I enjoy walking with my wife now. Our 4 children have their dad back. I can climb up in attics or rooftops for my inspection work again and enjoy eating without bloating and gas! Dr. Ellsworth really helped me get my health back and my outlook for life again. I couldn't have done it alone and thank God I went! Don't waste time as I did. Take action and seek the help and health that is possible!"



"OUR 4
CHILDREN
HAVE
THEIR DAD
BACK."

HEALTH MEMBERSHIPS

TO ELEVATE THE HHWC EXPERIENCE.

From an all-inclusive cost to a la carte services, we will have you covered. Packages will include visit cost, blood panels, and even a discount at Hotze Vitamins and Physicians Preference Pharmacy. We are introducing IV treatments as an elevation to our services menu as well! **Please call today for your customized care plan.**

281.698.8698



**Yeast-Free Prepared Meals
Delivered to Your Door.**

No Subscription Required. Order Today!

HealthyGourmet.com





Peruvian Students Enjoy *Safe Water*

Escuela Leoncio Prado provided education for 210 students who lived in Junin Pablo 1, Peru. There was no water source on the premises of the school, so students interrupted their studies to walk 20 minutes to the hand-dug well within the community. Yet the students were afraid to drink this water since it was exposed to the elements and therefore rife with contagions that caused water-related illnesses. Respiratory problems, parasites, worms, dysentery, and diarrhea were all commonplace. Frequent water-related illness not only harmed the students' physical well-being, but also their performance

in school. When they fell behind due to interruptions in their school day or absenteeism because of illness, they became more likely to fail or drop out of school.

The school administrators wanted better water for the students. The school Director, Jose Nunta Guimaraes, learned about the work Living Water International was doing in the region. He decided this was the best option available for the school. Living Water Peru agreed that a safe water well needed to be drilled on the premises of the school. The drilling team set to work on the well project. Once the well was complete, the

community learned some essential next steps involved in managing their water supply safely.

The safe water well provided to Escuela Leoncio Prado has transformed the students' daily lives. The new safe water well serves the school and the surrounding five homes with water 24 hours a day. With an abundance of safe and reliable water on their school campus, students' days won't be interrupted by long trips spent hauling water. They also won't worry about the water making them sick, meaning that they can be fully dedicated to their studies throughout the year!



Did you know that whenever you refer a friend to Hotze Health & Wellness Center, we make a donation to Living Water?

To learn more, visit www.hotzehwc.com/referralprogram