



A LETTER FROM DR. HOTZE


With the holiday season officially upon us, there is no better time to develop a strategy to protect your health than now.

From October 31st to January 1st, we are surrounded with food and tasty treats that we don't normally eat at other times of the year. With cooler temperatures and festive events with family and friends, it is very easy to let your health goals slip. However, if you can keep a few principles in mind, then you will still come out ahead and be ready to tackle a brand new year filled with opportunities.

One fundamental habit you must adopt is to write

down your health goals. You probably know that I am a strong believer in setting goals for anything that I want to accomplish. It's really very simple, I write down goals because it works! Yet only 1 percent of Americans choose to write their goals, review them and act on them. Decide to be a part of that 1 percent!

Start today by setting some goals that you would like to achieve along with a deadline for each one. Be sure to write the goal as if it has already happened. Your subconscious only works in the present tense, so your brain will respond best to what it needs to do *right now*. For example, at our recent leadership

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Yeast-Free Holiday Recipes

Pumpkin Spice Latte

INGREDIENTS:

- 2/3 C coffee
- 2 oz. unsweetened vanilla almond milk
- 1 T Sweet-n-Natural
- 2 dashes ground cinnamon
- 2 dashes pumpkin pie spice

INSTRUCTIONS:

1. Pour almond milk into a coffee mug and microwave on high for 1 minute. Froth with a milk frother or stir very quickly with a small whisk.
2. Fill a separate coffee mug with coffee. Add in Sweet-n-Natural, ground cinnamon and pumpkin pie spice. Stir.
3. Pour seasoned coffee into mug with almond milk. Garnish with a dash of cinnamon and enjoy!



Apple Spice Muffins

INGREDIENTS:

- 1 C Sweet-n-Natural
- 1 1/2 C unsweetened applesauce
- 1/2 C coconut oil, melted
- 2 eggs
- 2 1/2 C almond flour
- 1 t ground cinnamon
- 1 t aluminum-free baking powder
- 1/2 t baking soda
- 1/2 t salt
- 1/4 t ground nutmeg

INSTRUCTIONS:

1. Heat oven to 350 degrees and line muffin tin with baking cups.
2. In a large mixing bowl, beat Sweet-n-Natural, applesauce, coconut oil, and eggs with hand mixer until smooth and creamy.
3. On low speed, beat in flour, cinnamon, baking powder, baking soda, salt and nutmeg until well blended.
4. Divide batter evenly into baking cups.
5. Bake for 25-35 minutes or until toothpick inserted comes out clean. Allow to cool for 20 minutes and enjoy!



Pumpkin Pie Smoothie

INGREDIENTS:

- 1/3 C pure pumpkin
- 1 T ground flaxseed
- 1-2 T all-natural peanut or almond butter
- 1/4 t pumpkin pie spice
- 1/4 t cinnamon
- 1 C unsweetened vanilla almond milk
- 2 scoops Pure Pea Vanilla Protein Powder
- Ice

INSTRUCTIONS:

- Combine all ingredients in a blender and mix well. Blend until creamy and enjoy!



Pumpkin Spice Muffins

INGREDIENTS:

- 3/4 C canned pumpkin
- 1 1/2 C almond flour
- 3 large eggs
- 1 t aluminum-free baking powder
- 1 t baking soda
- 1 t ground cinnamon
- 1 1/2 t pumpkin pie spice
- 1/8 t sea salt
- 1/4 C almond butter
- 1 T sliced almonds
- 1/2 C Sweet-n-Natural
- 2 T Pure Pea Vanilla Protein Powder

INSTRUCTIONS:

1. Preheat oven to 350 degrees.
2. In a medium-sized mixing bowl, mix all ingredients together using a hand mixer.
3. Line a muffin tin with muffin cups and pour mixture halfway in each cup.
4. Bake for 15 minutes or until a toothpick comes out clean. Allow to cool and try not to enjoy all of them in one sitting!



Enjoy 20% off Sweet-n-Natural, the ultimate alternative sweetener!*

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*Offer cannot be combined with any other discount or promotion.

H O T Z E
V I T A M I N S ®



AVOIDING THE CAPTAIN OF DEATH: HEART DISEASE

by Steven F. Hotze, M.D., Hotze Health & Wellness Center

Did you know that heart disease is the leading cause of death in both men and women in the United States? It takes the lives of approximately 750,000 individuals annually. Heart disease does not discriminate, the incidence of heart attacks is the same for both women and men. Half of those who experience a heart attack die. It is a silent killer.

Complications during my father's angioplasty led to a heart attack, which he survived. My dad asked me to research vitamins and other alternative ways to restore health after a heart attack and that led me on a quest to find safe and natural ways to enable people to obtain and maintain health and wellness.

More than 85 million Americans have some form of cardiovascular disease at a cost of more than \$300 billion annually. The United States has only 5 percent of the world's population yet consumes more than 42 percent of the pharmaceutical drugs produced in the world.

Cholesterol is not the cause of heart disease, though pharmaceutical companies and conventional medicine have waged a campaign to make it so. Coronary artery disease is caused by inflammation that results from toxins in the environment, heavy metals, bacterial and viral infections, and foods such as simple carbohydrates and sugar.

It is misguided and dangerous to resort to cholesterol-lowering drugs, statins, to prevent coronary artery disease. Statin drugs do lower cholesterol, but have many significant adverse side effects and minimal benefits.

When the arteries are inflamed, the body's source of healing is collagen. Vitamin C, along with the amino acids proline and lysine, are required for healthy collagen production. If an individual is deficient in

vitamin C, then there will not be enough collagen to heal the artery.

Cholesterol is essential to health and plays many important roles in the body. It is the building block for adrenal and steroid hormones, including pregnenolone, DHEA, cortisol, testosterone, progesterone and the estrogen hormones. Vitamin D is also derived from cholesterol. Cholesterol is essential for a healthy brain and nervous system. It maintains the integrity of cell membranes. Bile, required to digest fatty meals, is derived from cholesterol.

Statin drugs lead to a decline in your production of adrenal and sex hormones, memory loss, increased risk of liver disease, muscle pain due to a decline in coenzyme Q10, rhabdomyolysis, or muscle wasting, congestive heart failure, and an increased risk of cancer.

Thyroid hormones are responsible for your metabolism. A healthy metabolism leads to fewer infections and less inflammation. Conversely, a sluggish metabolism due to hypothyroidism leaves the entire body, including the heart and the coronary arteries susceptible to inflammation and injury. Treatment with natural, desiccated thyroid hormone has been shown to lower the risk of heart attack.

Besides hormones, vitamin C, proline, lysine and magnesium, there are a host of nutritional supplements that you can take to support optimal cardiovascular health. Eating a paleo diet is best to minimize inflammation and ensure health.

Today, cardiovascular health is easily obtained without the use of statin drugs, though conventional medicine and the pharmaceutical drugs manufacturers would have you think otherwise. Take charge of your heart and your health today!

As seen on WSJ.com:



1 in 6

older adults in the U.S. are potentially at risk for a major interaction between drugs they are taking.



More than 10%

of Americans use five or more medications, including more than 16% of those age 45-64.



When over-the-counter supplements and medications or included, **67% of older adults** take five or more medications.



Among older adults, about 40% take five or more prescription drugs and 18% take 10 or more.

LAURA'S STORY:

GETTING OFF THE EMOTIONAL ROLLER COASTER

Years ago, before I got help from Hotze Health & Wellness Center, I would wake up in the morning and never know what the day would bring. I am 53 years old, and I am married to a wonderful man named Doug. We have two beautiful boys, ages 18 and 21, and we live in Northern New Jersey.

When I was about 20 years old, my hormonal imbalance blossomed into anxiety. The feelings of anxiety and panic were uncomfortable, scary and all-consuming at times. I would have a constant flow of negative, anxious thoughts running around in my mind without the ability to control them. I wished that I had a light switch to turn off the constant worries that plagued me. There were periods of time when the feelings were not as pronounced, but overall I was never without anxiety. I struggled with certain situations such as large stores or malls, standing in long lines, being trapped between two cars at the bank drive-in, airplanes, etc.

After the birth of my second son at age 35, I was fine until it was time to wean him. That was when the "bottom dropped out." My full blown anxiety had returned, and I was barely sleeping - some nights I only slept 45 minutes. I was shaky, always hungry and craving carbs, bloated, and I had pains in my stomach. My moods were horrible and at times worse than a roller coaster. I was tired, cranky, irritable and blue with no patience and a fuse the length of a millimeter. My husband didn't know what to do with me.

After three years of suffering this way, I was so frustrated that I finally called the Hotze Health & Wellness Center to make an appointment. The trip and visit were a birthday present from my husband (which turned out to be a gift for him, too). I dragged my anxious, miserable and exhausted self through the airport and wondered if we had made the right choice to go all the way to Texas. It was certainly a leap of faith.

It was worth every penny and every bit of effort to go down and visit with the Hotze Center. Dr. Ellsworth diagnosed me with low thyroid function (which no other doctor had diagnosed), and my bloodwork showed that my thyroid was a two on a scale from 1 to 10. I was also diagnosed with hormonal imbalance, candidiasis (yeast overgrowth), allergies, and adrenal fatigue. They put me on vitamins, an eating program, natural hormones, cortisol, and desiccated thyroid.

On the second day after taking the thyroid, I had more energy. I could actually stay up until 10 or 10:30 pm, which was late for me! About eight weeks later I noticed that my moods were so much better and then, a year after my first visit, I felt great.

Ten years later, I am a different person! The Hotze Center has changed my life for the better, naturally and without traditional drugs. I have more stamina to deal with the stresses of life. I am much more active, travel, go for regular walks, exercise and I have learned to snow ski, take hikes and water ski. I lost 15 pounds and went from a size 6 to a size 4. Not only do I feel better, but now have a peace of mind which is invaluable.

To Dr. Hotze and Dr. Ellsworth, I will be forever grateful for your wisdom and care. I am grateful to my husband who has stood by my side through all the ups and downs. I am so thankful that my prayers have been answered and may I never forget how far I have come.





HOW TO BE AN EXCEPTIONAL LEADER LIKE SIR RICHARD BRANSON

by Lucy Hoyer, Founder & Editor-In Chief, Visionocity Magazine

Sir Richard Branson is universally admired as an outstanding leader in our era. His generosity, adventurous spirit, innovative mind and billion-dollar smile make him extraordinary and memorable. He is approachable, has a knack for having fun, and makes it all look easy. How does he do it?

Here are the seven fundamental principles that frame Sir Branson's leadership success methods:

1. Be a visionary thinker. John Maxwell, internationally recognized leadership expert, said: "People buy into the leader before they buy into the vision." You must paint a picture of your view of a brighter tomorrow that inspires others to leave their comfort zone and follow you. Believe in your passion and express it.

2. Focus on being a difference maker. People want to be part of something bigger than themselves; become part of a community that will make a difference. If you can change one person's life, you can create a ripple effect that can impact generations. Become a change-agent that creates a difference.

3. Drive towards a specific result. Great leaders set goals to achieve the desired outcome. How to keep track? Simply remember the acronym SMART: Your goal(s) must be Specific, Measurable, Achievable, Result-oriented and Time-bound. Whether you are setting a personal goal or one for a broader purpose, be SMART. It will help guide you to your desired result.

4. Have a great attitude. Leaders maintain a positive mindset no matter how challenging the situation. They encourage others to express their ideas about making improvements and embrace the future

with optimism and curiosity. Most importantly they have fun whether they're doing business or enjoying a personal life. Focus on having a balanced lifestyle.

5. Create a culture of accountability. Leaders know that developing a culture of individuals that take responsibility for their actions is critical. It's important to instill an ethic to deliver on-time commitments. Great culture creates extraordinary outcomes. Motivate your team to solve problems as soon as they arise.

6. Emphasize teamwork. Few goals, especially larger ones, are accomplished without the collaboration of a team. Every individual team member can add exponential value to the group under the guidance of an effective leader. A great team works together and influences one another to do their very best. This synergy can produce powerful results.

7. Attract great people. Positive environments attract the best talent. Purpose-driven leadership is the most powerful way to retain great people. It allows them to grow into the people they envisioned they would become. Leaders equip and empower people to achieve their goals in an environment where cooperation and partnership exist. Provide the best, and you'll attract the best.

Leadership is about lifting people up to the next level and discovering their untapped inner strengths. Leaders strive to create other leaders. Sir Richard Branson sets an inspirational example that can be applied, not just in business, but under many areas of life to achieve the extraordinary.

Lucy Hoyer is a successful board member, CEO and senior executive with a track record for propelling organizations and companies to their next level of profitable achievement within highly competitive markets. She has proven herself repeatedly as a leader for spearheading the turnaround of potential business failures into successes. She possesses an exceptional ability to develop and retain leadership teams comprised of "best of the best" talent that creates results-driven technology and business innovation. To learn more, visit www.lucyhoyer.com.





FOUR STEPS TO DE-STRESS YOUR HOLIDAYS

by Kimberly Haddock, RPh, Hotze Pharmacy

The holidays are just around the corner, and as much as we all like to get a head start on preparing, inevitably the stress hits, and we feel overwhelmed. During times like this, being diligent with your hormone regimen can be a life saver.

When any bit of stress confronts your body, your adrenal glands start going to work. In an individual with adequate levels of the adrenal hormone cortisol, the stress is manageable and easily overcome. However, if you start to feel more irritable, tired or even depressed, that's a telling sign that you may need adrenal support.

Something else to consider is that all of your hormones work synergistically. Sex hormones—progesterone, estrogen, testosterone and DHEA—affect the adrenal hormones and adrenal hormones influence the utilization of your sex hormones. With chronic stress, you may not be able to maintain the hormonal balance you have worked so hard to obtain.

So what can you do?

⌚ **FIRST, TRACK HOW YOU FEEL.** Keep a journal of days where you feel more fatigued or irritable. Record any possible connections, such as a stressful situation or multiple nights of poor sleep.

⌚ **DISCUSS YOUR FINDINGS WITH YOUR PROVIDER.** It's expected that your hormones will need routine adjusting as you go through the program, whether you have been on the

same dose for just a few months or multiple years. By keeping in communication with us, you can save yourself the headaches, tears, and mood changes that come with poor adrenal function.

⌚ **MAKE YOUR PRESCRIPTIONS AUTOMATIC.** The last thing you need to worry about during the holiday rush is calling to refill your hormones or driving to pick them up. Instead, let us do the work for you and ship your prescription directly to your doorstep without you having to do a thing. Plus, you'll save 10% on your orders! Setting up autofill is easy, all you have to do is call 281-828-9088.

⌚ **LASTLY, TAKE YOUR HORMONES FIRST THING IN THE MORNING, ON AN EMPTY STOMACH AND WITHOUT CAFFEINE.** Food and caffeine hinder proper absorption, so you may find it beneficial to keep your prescriptions on your nightstand or on the restroom counter where you get ready each morning.

By following these simple steps, you'll have less hassle and more time to enjoy this holiday season. If you feel that you need any help along the way, we are just a phone call away. You can call our nursing line at **(281) 698-8706** or speak with your Hotze pharmacist by calling **(281) 828-9088**.

From our Hotze Pharmacy family to yours, have a Happy Thanksgiving!

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SKIN THIS YEAR.

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Beautiful skin just in time
for the holidays.

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sessions by
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and **get the
4th session free.**

H O T Z E
A E S T H E T I C S

Female, age 66, 2 procedures
BEFORE AFTER



Photos courtesy of Christina Clarke - RN
Bio-Health & Aesthetics, Mount Pleasant, SC

What they really want this Christmas.

Hotze Aesthetics gift cards are now available. Call (281) 698-8770 to get yours today.

A LETTER FROM DR. HOTZE *continued from page 1*

conference, we wrote the following 10-year goal:

10/6/2026: We have enabled 3,000,000 individuals to obtain and maintain health and wellness naturally by training thousands of other doctors in our method of evaluation and treatment recommendations.

Once you have written your goal, take time to list all of the benefits that will come as a result. Then, outline who you will need to work with and what you need to know to achieve your goal, as well as any obstacles you may encounter. Finally, using all of this information, create your plan of action. If you are willing to make a commitment to living a fuller life by learning new concepts and writing down goals, then you will be amazed at how those goals will start to move towards you.

Even during this busy time of year, I make time to

feed my mind with books that can keep me focused. Two books that I've read recently are *The Magnesium Miracle* by Dr. Carolyn Dean and *Is Your Cardiologist Killing You?* by Dr. Sherry Rogers. Dr. Rogers is a brilliant physician and a prolific writer and I recommend all of her books.

At this time of year, I also like to take time to reflect on the many blessings in my life, including you. Thank you for the opportunity to serve you and for being a part of the Wellness Revolution. Please know that I am grateful for you. May you and your family have a joyous Thanksgiving.

Committed to your health success, I remain, as always,
Sincerely yours,

A handwritten signature in black ink that reads 'Steven F. Hotze MD'.

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

H O T Z E

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

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SAVE
THE
DATE

for our 4th Annual

**Bubbly
& Bows**

event on
December 8th!

Details to come.

Hello from Zambia and
*welcome to
the Sikongo
Women's Center!*

Sikongo is a women's center that desires to start up a garden to create income and activities to elevate the living standards of the women who dwell there. Because women carry much of the burden of the water crisis, increasing women's access to clean water can free up hundreds of hours annually that can be devoted to more worthwhile and economically beneficial pursuits. Until now, the infrastructure for the garden has been on hold because there has been a challenge with their water access. However, since Living Water International has provided this women's center with a new borehole, they can begin moving forward on their plans to flourish! Because of your partnership in our referral program, we can support Living Water International and change lives, just like the women of the Sikongo Women's Center!



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

DONATION
PROGRESS

We're
\$19,700
toward our goal
of donating
\$50,000 to
Living Water by
March 31, 2017!

