

HOTZE

Healthy Living

Summer 2023



A Letter From Dr. Hotze

This issue is dedicated to men's and women's health and the unique challenges faced by each sex.

Regardless of all the nonsense about gender identity and the transgender movement, males and females are and always will be different. God created two genders, two sexes. You have stallions and mares. You have bulls and heifers. You have men and women.

From conception on, the two sexes have different chromosomes, hormones, reproductive organs and physical and physiological characteristics. Family, culture and other environmental factors aside, there are fundamental, God-given differences between the sexes. This is a biological fact.

Sex is determined at the moment of conception. Individuals with XX chromosomes are female and those with XY are male. Male and female hormones also play a central role during gestation and throughout life. Estrogen is responsible for the development of mature female physical traits and reproductive function. Testosterone gives males bigger muscles, larger lungs and hearts and more oxygen-carrying hemoglobin, conferring an edge in strength, speed and endurance.

Genetics and hormones also create subtle differences between male and female brains. For example, regions of the brain linked with spatial perception, judging speed and estimating time tend to be larger in males, while the hippocampus, an area involved in learning and memorization,

is bigger in females. Other variations in male/female brain wiring and function are associated with aggression, risk-taking, sex drive and emotional responsiveness.

This is basic science, yet it seems to have been forgotten in the current push to allow boys to participate in girls' athletics, to teach elementary school children that they can be any sex they want to be and to encourage people to "identify" as he, she, it, they and who knows what else. Mark my words, this craziness will come back to haunt us. We can only pray for a return to sanity sooner rather than later.

Of course, both males and females face many of the same challenges. We are, after all, humans with more similarities than differences. Optimal health for both sexes depends on a nutritious eating plan, regular exercise, stress management, adequate sleep, hormone balancing, a good supplement program, a positive attitude and, most importantly, faith in Jesus Christ.

I would add to this list a supportive relationship with a team of healthcare professionals to guide you on your wellness journey. To learn how we can help, check out our new and improved website, hotzehwc.com or call us at 281-698-8698. We look forward to the privilege of serving you.

Sincerely yours,

A handwritten signature in black ink that reads "Steven F. Hotze M.D." with a stylized flourish at the end.

Steven F. Hotze, M.D.

Help for Women's Top Health Concerns

Steven F. Hotze, M.D.

Never make the mistake of assuming that women are the weaker sex. Females' life expectancy at birth is six years longer than males', and innate biological differences give them an advantage at every stage of life.

Girls are much less likely to be diagnosed with autism and ADHD than boys, and as teenagers they engage in fewer risky behaviors. Women have lower death rates from heart disease, cancer, diabetes, COPD, infections, liver disease, accidents and suicide and are less likely to have gout, kidney stones, aortic aneurysms and Parkinson's disease.

That said, females have more than their fair share of certain health challenges.

Depression and Anxiety

Depression and anxiety are diagnosed twice as often in females as in males, and diagnosis is usually followed by a prescription for an antidepressant. One in four women over age 60 and a growing number of girls and younger women take these drugs for depression and/or anxiety.

Big mistake. In addition to serious side effects, which include weight gain, reduced sex drive and increased risk of agitation and suicidal thoughts, antidepressants do nothing to treat underlying problems. Before considering any brain-altering medication, have your hormone levels checked.

It is no accident that anxiety and depression are more common at times of life that coincide with significant changes in hormone levels. PMS (pre-menstrual syndrome), which is notorious for mood swings, is triggered by imbalances in estrogen and progesterone, a mood-boosting hormone. Postpartum depression is caused by the dramatic decline in progesterone that occurs after giving birth. Mood disorders and anxiety also increase during menopause, when levels of estrogen and progesterone tank.

Hypothyroidism (low thyroid function), which affects eight times more females than males and can occur at any age, is also closely linked with anxiety and depression. Restoring hormone balance with bioidentical estrogen, progesterone and thyroid is an exceptionally effective and safe treatment.

You also need to address chronic stress. Whether it is due to a traumatic event or simply the busyness and struggles of daily life, stress fuels anxiety, mood disorders and a host of other health problems. Several months ago we introduced IASIS Micro Current Neurofeedback,

a noninvasive treatment that uses very low-intensity pulsed electrical stimulation to gently nudge negative, dysfunctional brain activity toward normal, healthy patterns. Guests are loving it, reporting improvements in depression and anxiety as well as insomnia and concentration issues.

Low Libido

Intimacy is an important part of marriage, but it can be difficult to muster up enthusiasm for romance if you are just not feeling it. There are many potential contributors to low libido, ranging from sleepiness to relationship problems to side effects of antidepressants, birth control pills and other drugs. But you also need to consider hormone imbalances.

Hypothyroidism makes you tired and lethargic, which can certainly put the brakes on libido. Ask most any woman who has given birth, had a hysterectomy, gone through menopause, or suffers with PMS and she will tell you that the fluctuations in estrogen and progesterone that occur during these times can seriously interfere with sexual desire.

Hormonal changes related to menopause are particularly problematic. Decline in estrogen, which keeps the vagina elastic and lubricated, causes the tissues to become thin, dry and fragile and may result in painful intercourse. Compounded topical estrogen, applied to the affected area, is a terrific solution. Bioidentical estrogen replacement therapy, balanced with progesterone, not only improves vaginal atrophy but also reduces hot flashes, night sweats and other menopausal symptoms that dampen libido.

Don't forget about testosterone. Testosterone is famous for its role in male sexuality, but this natural hormone, which females produce in much smaller amounts, increases desire in females as well. Women of all ages who are looking to boost a lagging libido can benefit from small doses of testosterone and other compounds that enhance sex drive and function.

Changes in Hair and Skin

More than half of women experience hair loss at some time in their lives. Unlike males, who usually start with a receding hairline, females generally notice thinning along the part and top of the head. Although women rarely go bald, hair loss can be quite distressing.

The main causes of androgenetic alopecia, or female/male pattern baldness, are genetics, aging and hormones. There is nothing you can do about the first two, but you can balance your hormones. Thinning hair, along with dry skin and brittle nails, are classic signs of low thyroid function in women.

During and after menopause, testosterone and other androgens compound the problem. As estrogen production winds down, the effects of testosterone become more pronounced. Changes in the hair follicles triggered by the conversion of testosterone to dihydrotestosterone (DHT) lead to hair loss in both sexes. Excess testosterone also stimulates the growth of coarse, darker “whiskers” on women’s chins, upper lips, etc.

Balancing estrogen and progesterone can help with thinning as well as unwanted hair growth, and restoring thyroid hormones often results in regrowth, especially in younger women. I also recommend trying Phys Pref Hair Support Solution. This compounded formula, which is rubbed into affected areas of the scalp, contains progesterone, nature’s DHT blocker, and other ingredients that stimulate hair growth. Both women and men are reporting results within weeks with Hair Support Solution.

As for skin aging, some degree of wrinkling and sagging is inevitable, but an advanced daily skincare regimen and treatments such as Botox, fillers, phototherapy and peels can make a noticeable difference in how you look and feel about yourself. It is never too early to start. Taking care of skin in your 30s and 40s will serve you well in years to come.

Infertility

Infertility is one of the most heartbreaking problems a couple can face. Before turning to fertility drugs or IVF, have your hormones tested. Imbalances in progesterone and estrogen are a common cause of infertility. When estrogen levels are too high relative to progesterone (estrogen dominance), you may fail to ovulate, even while having regular menstrual cycles. Correcting imbalances with natural progesterone may be your answer.

Undiagnosed hypothyroidism is another, often overlooked cause. Optimal levels of thyroid hormones are critical for conception and a successful pregnancy. Low thyroid function also adversely affects the health of unborn babies and increases the risk of learning

disabilities and IQ deficits.

Hormone balancing is no sure cure for infertility, but it has helped scores of our guests over the years become pregnant with what they call their “miracle babies.”

Weight Gain

Nearly three-quarters of adults are overweight and 42% are obese. America’s weight problem has become so severe that if you are in the normal, healthy range (BMI 18–24, or 110–145 pounds for the average 5’4” woman), you are in the minority. It is essential to get a handle on excess weight. Obesity increases your risk of every health challenge mentioned in this article!

Weight loss requires more than willpower and discipline. You have to address underlying contributing factors. One of the most common causes of weight gain for women of all ages is hypothyroidism. Thyroid hormones regulate your metabolism and how fast you burn calories. When your cells are not getting enough active thyroid hormones, metabolism slows and weight increases.

If you have been told your thyroid is “normal” based on a routine blood test but you are still struggling with your weight, fatigue and other symptoms, ask for more extensive testing. Millions upon millions of women are walking around with undiagnosed hypothyroidism. Thyroid replacement therapy can make a tremendous difference in your ability to lose weight.

This is not to say that what you eat, your activity level and other lifestyle factors are not important. Our proven lifestyle changes programs and, more importantly, our caring team of professionals can help you adopt healthier habits and achieve and maintain your ideal weight.

Women Need to Prioritize Self-Care

Women have a lot on their plates, juggling families, jobs, church, volunteer activities and personal relationships. With all these responsibilities, there is a tendency to put the needs of others ahead of your own, which may lead to poor sleep, lousy eating habits, no time for exercise, chronic stress and a multitude of health problems.

Make a point to prioritize your needs and your health. Never forget how important you are to your friends, family and community, and remember that you have to take care of yourself to have the energy and focus to take care of others.

What Men Need to Know

Steven F. Hotze, M.D.

Fewer than a third of the 33,000 guests we have treated at the Hotze Health & Wellness Center are men. Why is this? We offer as many services for men as for women. Men are not healthier. Compared to women, they have more chronic diseases and at younger ages.

It is because men approach their healthcare differently. A national survey of men conducted by the Cleveland Clinic found that the majority did not get regular screenings. Two-thirds said they delayed seeing a doctor for as long as possible, and 72% would rather do chores like cleaning toilets than go to the doctor!

Men are also less likely to talk about their health or ask questions, especially concerning “sensitive” issues. Let’s look at common concerns that many men want to know about but may be uncomfortable discussing.

Lagging Sexual Function

Talking about sexual problems is awkward for many men. Yet, most older men and many who are younger experience a reduction in sex drive and/or function. This is not surprising, since production of testosterone, the hormone that fuels sex drive and performance, naturally declines with age.

What is surprising is that since the 1970s, the average testosterone level of males of all ages has been steadily declining, due to rising rates of obesity, diabetes, sedentary lifestyles, poor diets and exposure to hormone-disrupting toxins. Studies show that up to 40% of adult men and 20% of males ages 15–39 have a testosterone deficiency!

This is why my first recommendation for any sexual issue is to evaluate your testosterone level and, if it is low, use compounded bioidentical testosterone to bring it into the range of a healthy young man. If the problem is low libido, testosterone is definitely the answer. If it is erectile dysfunction (ED), testosterone will help, but other health challenges linked with ED must also be addressed.

Heart disease, hypertension, diabetes, obesity, sleep apnea and smoking damage the blood vessels and impair blood flow, which increases the risk of ED. Treating these disorders with lifestyle changes and appropriate therapies not only improves erectile function and naturally increases testosterone levels but also improves overall health and longevity.

What about Viagra, Cialis and other drugs for erectile dysfunction? These medications certainly help, but our guests report better results with a sublingual compound

that contains tadalafil (Cialis) plus oxytocin, a hormone that promotes bonding, and other ingredients that boost sexual function. There is also a women’s version, and feedback is particularly good when it is used by couples.

Low Energy, Irritability and Lethargy

Men are also more reluctant to discuss their emotions and personal problems, so it can be hard to know what is going on when a man is especially irritable, withdrawn, frustrated and short-tempered.

It could be depression. Depression is less common in males, but men are four times more likely to commit suicide. Severe, lingering symptoms should not be ignored and require professional intervention.

It could be related to stress. When you are under unrelenting stress, the adrenal glands cannot produce enough cortisol, the “stress hormone,” to keep up with the body’s demands. This is called adrenal fatigue, and it results in severe fatigue, anxiety and increased susceptibility to a host of health problems. Treatment with small doses of bioidentical cortisol is an effective treatment for stress-related symptoms.

It could also be low testosterone, especially if you are in your 50s or older. This is the time when a man’s testosterone level may reach a tipping point and the effects of low testosterone become evident. Testosterone is the hormone that drives men’s initiative, assertiveness, decisiveness and self-confidence, their muscle tone, strength, stamina, endurance and libido. Low testosterone adversely affects them all. If you have noticed any of these changes, you owe it to yourself to have your hormone levels checked and optimized with bioidentical testosterone. Our guests routinely report dramatic improvements in energy, vitality, mood, outlook on life and more. In short, testosterone puts a tiger in your tank!

Flabby Muscles and Belly Fat

Another common complaint, especially as men get older, is that they cannot get rid of their spare tire and flabby muscles. Excess weight is the major part of the problem, given our sky-high rates of overweight and obesity, but other issues also figure in.

Around age 30, both men and women begin to lose muscle mass, and it picks up speed after 50. Unless you do something about it, by the time you are in your 70s more than

RESOURCES FOR WOMEN'S AND MEN'S HEALTH

Despite this emphasis on male/female health, we all share many of the same problems, so women may find helpful suggestions in the men's article and vice versa. Who knows? Knowing more about the other gender's health challenges may shed a little light on another perennial concern: how to understand the opposite sex!

- Call us at **281-698-8698** or visit HotzeHWC.com and schedule a complimentary phone consultation to learn how we can help.
- Talk to your doctor about prescription therapies such as bioidentical

hormones, Phys Pref Hair Support Solution and sexual enhancers for women and men, compounded by **Physicians Preference Pharmacy**. Talk to your doctor or call the Pharmacy at **281-828-9088** to learn more.

- Order Dr. Hotze's full line of specially formulated supplements at PhysiciansPreferenceVitamins.com, or call **281-646-1659**.
- Set up a free consultation for a customized skincare regimen by calling **Hotze Beauty's** Licensed Esthetician Bailie Muñoz at **281-698-8770**.
- Read more about the conditions we treat and the therapies we offer on our all-new website: HotzeHWC.com.

30% of your muscle fibers will have been replaced by fat and fibrous tissue. This goes beyond appearances. Serious muscle atrophy, called sarcopenia, impairs balance and function, increases risk of falls and threatens your independence.

Testosterone plays a pivotal role. Testosterone is an androgen, a steroid hormone that increases muscle size, reduces fat mass, enhances endurance and aids in recovery. That's why androgen-boosting performance enhancers are banned in college and professional sports. Age-related testosterone deficiency speeds muscle loss and increases fat storage, especially in the abdominal area, while bioidentical testosterone therapy helps with weight control, muscle tone, strength and endurance.

Resistance exercise is also important. Walking, jogging and other aerobic activities are great, but to really build muscle, you need to engage in strength training. Joining a gym is a good option, but you can also do weight-bearing exercises like squats, lunges, push-ups, planks, sit-ups, hand weights, resistance bands, etc., at home. Start slow and aim for two or three 20–30 minute sessions weekly. If you have been exercising but not seeing results, just wait until your testosterone level is optimized!

You need to clean up your diet as well. In addition to cutting out sugar and other ultra-processed foods, which are a recipe for weight gain and belly fat, make sure you get enough protein. To maintain and build muscle, older people need at least 1 g of protein per approximately 2 pounds of body weight, or a minimum of 91 g per day for a 200-pound man. (A 4-ounce serving of meat or poultry has about 30 g of protein.)

Heart Disease

Heart disease is the leading cause of death for both sexes, but males develop it at an earlier age. This should motivate men to get periodic screenings, beginning around age 45.

I am not talking about cholesterol monitoring, which is

the focus of most doctors. The real cause of heart disease is not high cholesterol but inflammation. Inflammation damages the inner lining of the arteries, which triggers an influx of cholesterol, calcium, clotting factors and waste products to form plaque that walls off the injury. Plaque hardens and narrows the arteries, impairing blood flow and setting the stage for cardiovascular disease.

The screening test we recommend is electron beam CT heart scanning. It visualizes the heart and arteries and determines a calcium score. This score indicates how much plaque has built up in the coronary arteries and is a very reliable indicator of heart disease risk. Knowing your calcium score puts you in the driver's seat and allows you to take action to reduce your risk.

How can you reduce your risk? Eat what your great-great grandmother ate: whole, unprocessed, organic foods. Exercise and manage your weight, blood pressure and blood sugar. Rule out testosterone deficiency and sleep apnea. Avoid exposure to toxins, including mercury amalgam fillings and root canals, which are major contributors to systemic inflammation. Start on a basic supplement program that includes vitamin C, B-complex, K2, magnesium and omega-3s. For extra protection, add Arterosil, garlic, berberine and nattokinase to slow plaque progression and enhance blood flow.

Men Need a Wellness Coach

There is no single reason why men tend to avoid checkups and delay seeing doctors. Some seem to feel that talking about their health is embarrassing or a sign of weakness. Others are afraid of getting bad news and choose to ignore symptoms, hoping they will go away.

Men, you need to take charge of your health. You need a doctor you feel comfortable with and a team of healthcare professionals to serve as your wellness coaches. Give us a chance to show you how we can help you feel healthier, stronger, happier and more energetic than you have in years.

The Dark Side of Fluoride

Steven F. Hotze, M.D.

Nearly three-quarters of the municipal water systems in the United States add fluoride to their water. More than 90% of toothpastes and many mouthwashes contain fluoride. Dentists often recommend applying fluoride varnishes or gels to the teeth, and some doctors prescribe fluoride supplements.

That's a good thing, right? Fluoride makes teeth strong and protects against cavities, and if it is added to our drinking water, it has to be safe.

Wrong! If fluoride is so great at preventing cavities, why do countries that have not adopted water fluoridation, which include most of the world, have similar rates of tooth decay? If it is so safe, why does the FDA require a label on fluoride toothpaste warning, "Keep out of reach of children under 6 years of age. If more than used for brushing is accidentally swallowed, get medical help or contact a Poison Control Center right away."

The Truth About Water Fluoridation

Fluoride is a mineral naturally present in varying concentrations in water, soil, plants and foods. Unlike essential minerals such as magnesium, zinc and calcium, fluoride is not required by the human body. So why the heck is it added to drinking water?

More than 100 years ago, a young dentist in Colorado Springs discovered that the brown and white stains and spots on the teeth of residents were caused by exposure to high levels of fluoride, which was naturally present in their water, when their teeth were developing. He later figured out that this staining, called dental fluorosis, also made the teeth more resistant to decay.

Further research revealed that lower levels of fluoride also reduced the risk of cavities without staining the teeth, and in 1945 cities began adding fluoride to their water supplies. This led to the widespread adoption of water fluoridation, which the CDC ranks as one of the 10 greatest public health achievements of the 20th century.

Let's get real. Dental decay is no more due to a "fluoride deficiency" than heart disease is caused by a statin drug deficiency. More importantly, fluoride is far from safe.

Toxic Effects of Fluoride

Fluoride is a hazardous material that is toxic above a certain threshold and must be handled with care. Proponents argue that the small amount in water is completely safe. Even if it were, what about fluoride in toothpaste, other dental products, beverages and foods?

With all these sources in addition to water, there is no question that many, if not most people get too much. Dental fluorosis is a clear indication of excessive fluoride exposure. Government health surveys reveal significant increases in this condition in recent decades, with an estimated 61% of adolescents now having some degree of dental fluorosis.


Spots and stains on teeth may be considered a cosmetic issue, but fluoride is also associated with thyroid problems, kidney damage, increased risk of cardiovascular disease and brittle bones.

Particularly worrisome is mounting evidence that fluoride is a developmental neurotoxin. Multiple studies have linked fluoride exposure during gestation and early childhood with delays in cognitive development, learning disabilities, ADHD and lower IQs. The levels of fluoride found to affect neurological development are within the typical range of exposure in the U.S.

Fluoride Disrupts Thyroid Function

I am convinced that overexposure to fluoride contributes to today's epidemic of hypothyroidism. Thyroid hormones govern the cells' ability to produce and use energy. If you do not have sufficient levels of active thyroid hormones, you suffer an energy lag that affects your entire body. Fatigue, weight gain, depression, dry skin and sluggish digestion are among the many symptoms of low thyroid function.

High levels of fluoride inflame and damage the thyroid gland, but even modest exposure can cause problems. Fluoride competes with iodine, a mineral required for the production of thyroid hormones, and inhibits the activity of enzymes that convert T4, an inactive thyroid hormone, to the active T3 hormone.



Thyroid hormones are critical for normal fetal neurological development and growth. During the first trimester of pregnancy, the fetus relies on the mother's thyroid hormones, and if she has hypothyroidism, it can have long-lasting detrimental consequences for the baby. Canadian researchers recently found that fluoride in drinking water was associated with an increased risk of hypothyroidism in pregnant women and that this contributes to developmental and neurological problems in their offspring.

Reduce Your Fluoride Exposure

Bottom line, you need to reduce your fluoride exposure. Your local water district can tell you how much fluoride is in tap water, and you can have well water tested to determine levels. Here are some tips for reducing exposure.

- **Drink filtered water.** Reverse osmosis, distillers, deionizers and activated alumina remove fluoride; activated carbon filters do not.
- **Use fluoride-free toothpaste and mouthwash.** Spry is a good brand because it contains xylitol, a natural sugar proven to help prevent cavities. This is especially important for children, who often use way too much toothpaste and/or swallow it.
- **Take iodine supplements.** This mineral displaces fluoride and helps remove it from the body. Supplements also protect against iodine deficiency, which is compounded by excess fluoride.
- **Avoid fluoride treatments and supplements offered by dentists.**
- **Be aware of other sources.** Tea contains a fair share of fluoride, and even more if it is brewed with unfiltered tap water. Many bottled beverages are made with fluoridated water, and some nonstick pans, cleaning products, pesticide-treated foods and drugs contain traces of fluoride.

▶ VITA-MINUTE

Dr. Hotze's Proprietary Sleep Formula

More than a third of men and women in the U.S. fail to get at least seven hours of sleep a night, and it is taking a toll on our health. Inadequate sleep increases the risk of obesity, diabetes, heart disease, depression, dementia and other disorders that are affecting Americans in record numbers.

Overcoming chronic insomnia can be challenging. Start by adopting good sleep habits like establishing a regular bedtime and making your bedroom a cool, dark, quiet place off limits to TVs, cell phones and other devices. Do not be tempted by sleeping pills. Prescription drugs have serious side effects including addiction, and long-term use of over-the-counter sleeping pills is linked with memory problems.

Opt instead for a safe, natural sleep aid like **Dr. Hotze's Sleep Formula**. Unlike many sleep supplements, this proprietary formula includes more than **melatonin**. It also features other natural compounds that help you fall asleep faster and stay asleep longer. **Valerian** and **chamomile** help relax the body, calm the mind and tune out intrusive

thoughts while **inositol** curbs anxiety and enhances sleep quality and duration.

Another unique ingredient is **L-tryptophan**, an amino acid that, with the help of a B vitamin, **pyridoxal-5-phosphate (PSP)**, is converted to melatonin, so you get a more sustained release of the "sleep hormone" throughout the night. L-tryptophan is also known for reducing anxiety and depression.

If you suffer from chronically poor sleep, you need to get serious about finding a solution. Identifying and treating underlying conditions such as sleep apnea, prostate problems, hormone imbalances and chronic pain may be your answer, but if sleep is still elusive, give Dr. Hotze's Sleep Formula a try.

➔ Visit [PhysiciansPreferenceVitamins.com/sleep](https://www.PhysiciansPreferenceVitamins.com/sleep) to order **Dr. Hotze's Sleep Formula**. Call **281-646-1659** and speak to our Certified Holistic Nutritionists and Vitamin Consultants to learn more about Dr. Hotze's specially formulated nutritional supplements.

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HEALTH & WELLNESS CENTER INTL

20214 Braidwood Drive, Suite 215
Houston, Texas 77450



Check Out Our NEW WEBSITE! HotzeHWC.com

We are excited to announce the launch of our all-new website. In addition to learning more about our therapies, services and professional staff, you can read and watch hundreds of educational blogs and inspiring video interviews with guests who have experienced life-changing improvements in their health, vitality and well-being.

The new and improved organization and search feature make it easy to navigate the site, including the **Guest Section**. Created with YOU in mind, it features links for ordering supplements, refilling prescriptions and accessing your patient portal.

While you're visiting the Guest Section, don't forget to click on our **Referral Program** link and download the **Thanx** app. Learn how you can earn referral rewards, which can be redeemed at the Hotze Health & Wellness Center, Hotze Beauty or our vitamin store or pharmacy.

WE ARE HIRING!

- **Marketing Generalist**
(Strategy and Execution: Creative Content Writer, Social and Traditional) - Full Time
- **Wellness Consultant** (Sales) - Part Time, Wednesday-Friday
- **Nurse** (LVN - RN) - Full Time
- **Pharmacist** - PRN
- **Pharmacy Technician** - Data Entry - Full Time

All positions are required to be in office at our West Houston (Katy), TX location.

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