

HOTZE

Healthy Living

Fall 2023

ARE YOU READY FOR
A NEW PLANDEMIC?

Get Yourself on a Path
of Health and Wellness

A Letter From Dr. Hotze



Autumn is approaching, and so is a new plandemic. Get ready for news about new Covid variants and recommendations for lockdowns, shots and masks.

The Biden administration is planning to roll out new regulations this month, including a new “booster” shot, and repeating their lie that it is “safe and effective.” The government plans to reinstate their draconian restrictions from the first plandemic. You can expect this to continue into the 2024 elections, leading to mass dissemination of ballots by mail. This plan is obvious to all unbiased observers.

We must never forget that the fallout from the wildly overblown response to the “plandemic” has left a wake of death, damage and destruction, which the government health officials now want to repeat. Do globalists who support a “New World Order” have a plan for depopulation?

It reminds me of the old saying, “Fool me once, shame on you. Fool me twice, shame on me.” **Get ready to be bold and non-compliant.** I will discuss this fully in an article that follows in this newsletter.

Immune Support. Plandemic aside, now is the time to boost your immune system. A healthy lifestyle and supportive nutrients can make a real difference in whether you get sick and how quickly you recover. In addition to getting plenty of sleep, eating healthy foods and staying active, make sure you are taking sufficient doses of zinc,

magnesium, probiotics and vitamins A, B, C and D, as found in our **Immune Pak**. It would be prudent to have Ivermectin and Hydroxychloroquine (HCQ) in your medicine cabinet.

Children also need extra support. It is not unusual for children to come down with several respiratory or stomach illnesses every year. To help provide immune health, our **Kids Pak** and **Teen Pak** also include immune-boosting probiotics and extra vitamins D and C.

Allergies. Autumn is weed allergy season. If you would like to put an end to attacks of congestion, sneezing, runny nose and other symptoms, low dose immunotherapy (LDI) may be your answer. This revolutionary treatment, which is taken in drops under the tongue, dramatically reduces and even eliminates reactions to ragweed and more than 300 other inhaled, food and chemical allergens. LDI drops are taken once every 7 weeks at your home.

Fatty Liver Disease. Non-Alcoholic Fatty Liver Disease (NAFLD) is occurring more frequently in adults and even in children. It is not accompanied with symptoms initially, but over time can lead to cirrhosis of the liver. NAFLD commonly occurs in those who are overweight and have adult-onset diabetes. We now offer an IV therapy to treat this liver disorder.

Postpartum Depression. It is not uncommon for new mothers to experience depression after childbirth. This is typically due to a progesterone deficiency. *continued >*

The Hotze Health & Wellness Center offers a treatment program to resolve this.

Give us a call at **281-698-8698** or visit **hotzehwc.com** to learn about immune enhancement, low dose immunotherapy (LDI) for allergies, treatment of fatty liver disease and postpartum depression and our other programs that can place you on a path of health and wellness, naturally.

Please stay tuned to my emails and newsletters as this latest plandemic continues to develop. I will continue to share the unvarnished truth about this and other

controversial topics that affect your health and well-being in this newsletter and on **The Dr. Hotze Report**, which airs live every Monday from 4:00–5:00 pm CST on [brighteon.tv](https://www.brighteon.tv). You can also view past episodes at [brighteon.tv/doctorhotze](https://www.brighteon.tv/doctorhotze).

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



Steven F. Hotze, M.D.

First Covid Plandemic Wreaked Havoc on Our Health & Society

Steven F. Hotze, M.D.

During the first Covid plandemic, businesses were shuttered, jobs were lost, healthcare expenses were squandered and government handouts, including more than 10% of the \$4.2 trillion in “Covid relief funding” were wasted, misspent or lost to fraud. According to the University of Southern California Schaeffer Health Policy report, **the total cost of the Covid-19 plandemic is expected to reach \$14 trillion by the end of 2023.**

School disruptions and lockdowns have had an adverse effect on children’s long-term education. Mental health issues related to social isolation and fear mongering continue through all age groups. **The most devastating results are the long-term adverse effects of the Covid-19 shots.**

The US Centers for Disease Control and Prevention (CDC) has revealed that 120,000 children “died suddenly” following the massive public rollout of the mRNA so-called vaccine. Remember that on June 17, 2022, the FDA authorized emergency use in children down to 6 months of age. Just a little over a year later, death statistics indicate that nearly half a million more than the annual average of young adults and children have now died since the injections were approved.

The UK government quietly published official data that the triple + vaccinated population accounted for an astounding 92% of Covid-19 deaths last year. **This proves that Covid is now the disease of the vaccinated, not the unvaccinated.** Every time a person receives the Covid-19 injection, they dramatically increase their risk of having an adverse health event. **Don’t let them coerce you into taking it. Just say “No!”**

The continued promotion of this deadly Covid injection is criminal and it’s murder for all involved. If it’s hard to believe that people would be this evil, then remember it’s all about power and money. “For the love of money is the root of all sorts of evil...” (1 Timothy 6:10).

Ongoing Dangers of Covid-19 “Vaccines”

VAERS (Vaccine Adverse Event Reporting System) is a government database maintained by the CDC and the FDA to identify problematic vaccines, so they can be further studied. Healthcare providers are required to report details of all adverse reactions that occur after a vaccination is administered, and patients, parents, etc., are encouraged to submit reports as well.

Steve Kirsch is a tech entrepreneur and founder of Vaccine Safety Research Foundation ([vacsafety.org](https://www.vacsafety.org)) who recently dug into the VAERS data and came up with some shocking findings about the Covid-19 “vaccines.” Since VAERS was started in 1990, 72% of the death reports are from this one vaccine!

He also examined the “onset interval,” which is the time between vaccination and the first symptoms or death. Adverse side effects usually occur shortly after receiving a vaccine. The Covid shots, however, keep on killing. Related death reports occur weeks, months, even years after the injections.

Extrapolating this to the numbers of vaccines administered, Kirsch concluded, “The statistics I’ve been able to collect estimate that the Covid vaccines kill 1 person per 1,000 doses, at least 676,000 Americans so far. They are clearly unsafe and nobody should be taking them.”

You can read Steve Kirsch's article, "VAERS Data Is Crystal Clear," which includes further documentation and confirmation of the dangers of the Covid jab, in his newsletter here: tinyurl.com/bdh3exew

Punished for Telling the Truth

At the height of the plandemic, highly credentialed, well-respected professionals were slandered by mainstream news outlets and cancelled by their colleagues. Doctors were labeled quacks, and some lost their jobs or were threatened by state medical boards. Why? For raising thoughtful concerns about the manipulated data, shoddy science and outright lies from "trusted sources."

The shameful and continual "war on truth," which the left calls "war on misinformation," is still going strong. One of the most recent casualties is Dr. Sherri Tenpenny, a board-certified physician with a thriving practice in Ohio.

In August, the Ohio Medical Board indefinitely suspended Dr. Tenpenny's medical license and fined her \$3,000. There were no allegations of patient harm, financial misdeeds or other illegal activity. Rather, Dr. Tenpenny was found guilty of "failure to cooperate" after filing legal objections to a bad faith inquiry.

In reality, it was all a smokescreen. For years, Dr. Tenpenny has been an outspoken opponent of mass vaccinations, and the Covid shot was no exception. In numerous interviews, speeches and blogs, she has pointed out the dangers of this so-called vaccine as well as the benefits of safe, proven natural therapies.

What really provoked the ire of the medical board was her testimony before an Ohio state legislative committee in 2021, a time when Fauci and his cronies were pushing to have the whole country injected with an experimental gene therapy that had not been adequately tested in animals, let alone humans. Never mind that much of her testimony about the shots, including dangerous side effects such as myocarditis (heart inflammation), abnormal menstrual bleeding, stroke and neurological complications, is now widely accepted by the scientific community. Dr. Tenpenny bucked the system, and she had to pay.

The Unvarnished Truth

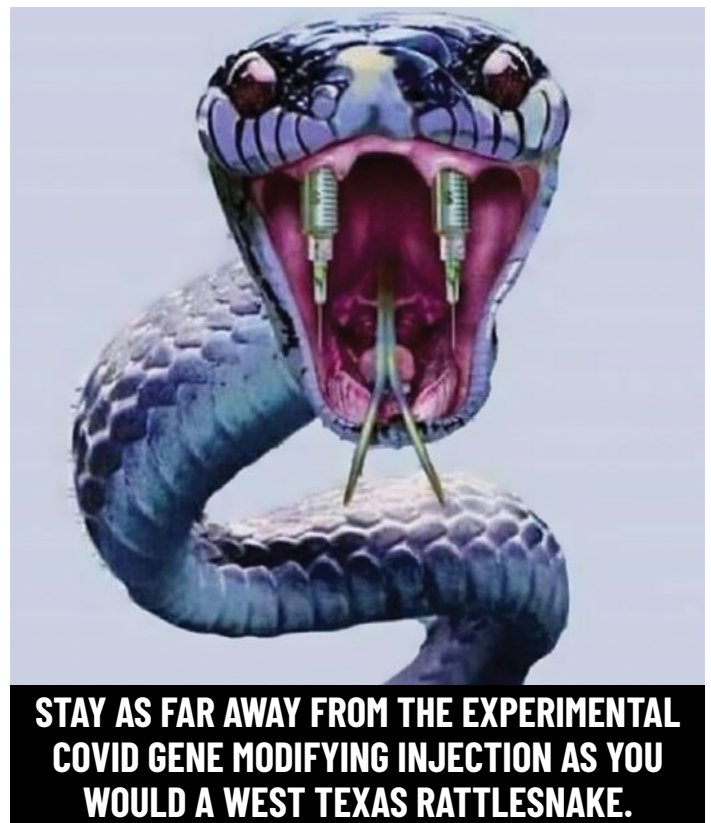
Healthy individuals do not need to worry about the coronavirus or any of its variants, any more than they should worry about the flu. What they should be deeply

concerned about is the corruption and collusion between government entities, Big Pharma, media companies and the medical industry, which the plandemic has exposed. There has always been pressure on doctors to conform, but this pseudo emergency ramped it up to absurd levels. The message from the tyrannical government is clear: "Toe the line or else you will be cancelled." Imagine the power of the government if it adopts central banking digital currency (CBDC).

These intrusions on open dialog and freedom of speech go way beyond Covid and the medical profession. How many organizations, writers and interested citizens have been cancelled, censored or fired from their jobs because they had the courage to speak out about the Covid death shot and other controversial issues? Every American should be enraged about the unconstitutional erosion of our God-given liberties and the direction in which our country is headed.

"All that is necessary for evil to triumph is for good men to do nothing." —*Edmund Burke*

Allow me to encourage you to make a decision today to take charge of your health, so that you can boldly protect your God-given, constitutionally guaranteed liberties.



Real Help for Fatty Liver Disease

Steven F. Hotze, M.D.

Your liver is a remarkable organ. It filters and removes toxins from the blood, stores excess glucose as glycogen, produces vital substances such as bile and albumin and regulates blood clotting, to name just a few of its hundreds of essential functions.

As a primary organ of detoxification, your liver has an enormous capacity to withstand an onslaught of toxins and other insults. However, it has its limits, and in today's world, far too many people push those limits. Liver disease is on the rise. More than 3 million people in this country have viral hepatitis, and alcohol-related liver disease has surged, especially in young people.

Then there is nonalcoholic fatty liver disease (NAFLD), which affects more than 100 million Americans. Between 1988 and 2018, the number of people with NAFLD more than doubled, from 16% to 37% of the adult population and 10% of our children.

What Is Fatty Liver Disease?

Both NAFLD and alcoholic liver disease begin with an accumulation of fat in the liver. If fat builds up to more than 5% of liver volume, it triggers inflammation, which may be accompanied by liver cell damage and early fibrosis (scarring).

This condition, called nonalcoholic steatohepatitis (NASH) or alcoholic steatohepatitis, from the Greek word "steato" for fat, is when the real problems begin. If the disease progresses to cirrhosis, the liver is permanently scarred, function is impaired and there is a high risk of cancer, liver failure, transplant or death.

Not everyone with fatty liver disease progresses to steatohepatitis or beyond, but 20%–30% do, and it is hard to predict who they might be. To make matters worse, because chronic liver disease has no symptoms early on, most people do not know they have it. I believe everyone needs to be aware of liver disease, how to prevent it and, most importantly, how to treat it and regenerate the liver.

Address Underlying Causes

The first step in treating any liver disease is to address the underlying causes. For alcoholic liver disease, the cause is excessive alcohol, which must be curbed. For hepatitis, it is a virus, and antiviral drugs can clear some types of hepatitis from the body.

For nonalcoholic fatty liver disease, the main causes are obesity and diabetes. More than 75% of individuals

who are overweight or obese and half of those with type 2 diabetes have NAFLD. Both conditions can be ameliorated with lifestyle changes, weight loss, bioidentical hormones and targeted supplements.

Next, do your best to reduce your liver's toxic load. Go easy on alcohol or eliminate it altogether. Use natural cleaning products and cosmetics. Drink filtered water and eat organic and GMO-free foods. Try to minimize your use of medications, including acetaminophen (Tylenol), statins, Premarin and anabolic steroids, which are especially hard on the liver. Optimize gut health, which is closely linked with liver health.

Nutritional Support for Your Liver

The real culprit in NAFLD is not fat but excess sugars and refined carbohydrates, which increase fat deposits in the liver. All sugars are problematic, but fructose is the worst. When large quantities of fructose are consumed, it is converted to fat in the liver. If you drink sweetened beverages and eat sugary snacks, you are consuming large quantities of fructose.

In addition to cutting out fructose and other refined carbs, eat more foods that support liver health, such as sulfur-rich onions, garlic, broccoli and other cruciferous vegetables; healthy fats in olive oil, nuts and salmon; plain, unflavored yogurt and fiber to support the gut microbiome; and coffee, which is associated with a significantly reduced risk of liver disease. The great thing about this food plan is that it also helps with weight loss and blood sugar control, which in and of itself improves NAFLD.

Our comprehensive approach to fatty liver disease also includes precise doses of milk thistle extract (silymarin), glutathione, N-acetyl cysteine (NAC), grape seed extract, dandelion root, turmeric and other nutrients that promote liver healing and regeneration.

All-Star Alpha Lipoic Acid (ALA)

The star of our fatty liver disease treatment program is alpha lipoic acid (ALA). ALA is a remarkable compound. It scavenges free radicals and recycles other antioxidants. It chelates heavy metals and neutralizes toxins. It enhances the uptake of glucose and improves insulin sensitivity. ALA even boosts mitochondrial function.

Not surprisingly, ALA has proven benefits for the prevention and treatment of multiple health challenges,

including diabetes, cardiovascular disease, neuropathy and cancer. As for liver disease, ALA is the closest thing we have to a miracle cure.

I learned about ALA from Burt Berkson, M.D. When this innovative physician and researcher was a medical resident at Case Western Hospital in Cleveland, several patients were admitted with acute liver failure after eating deadly wild amanita mushrooms. Dr. Berkson was assigned to their care.

There was no treatment besides a liver transplant, so he reached out to Dr. Fred Bartter at the NIH to see if he knew of anything that might regenerate the liver. Dr. Bartter suggested trying ALA, since it had improved liver health in some of his patients with diabetes. Dr. Berkson treated two patients in “terminal” liver failure with daily IV infusions of ALA. Two weeks later, they left the hospital in good health.

Rather than acknowledging this breakthrough, hospital officials reprimanded Dr. Berkson for using an “unapproved therapy” that “might hurt the liver transplant business.” Undeterred, he continued to research ALA and opened a clinic in Las Cruces, New Mexico. He has since treated thousands of patients from all over the world with IV ALA, not only for liver disease, but also for cancer, diabetes, neuropathy, COPD and autoimmune diseases.

Fatty Liver Disease Treatment Program

Fatty liver disease is a “silent” disease with no initial symptoms. It often presents with mild elevations in liver enzymes. If yours are elevated, there is no need for alarm, but do request retesting within a couple of months. Several health

challenges can raise liver enzymes, but the most common is fatty liver disease. You should be particularly vigilant if you have type 2 diabetes and/or a serious weight problem, as both conditions are closely associated with NAFLD. Diagnosis is usually confirmed with an ultrasound or MRI.

Our three-month fatty liver disease treatment program begins with an extensive consultation with one of our providers, who will review your blood tests and start you on an eating plan and nutritional supplement program for liver health. Over the next 12 weeks, you will receive two IV infusions of ALA per week. When you have your follow-up consultation at the end of your three-month program, you can expect significant improvements in liver function and overall health.

Some healthcare professionals seem to believe that early-stage fatty liver disease requires no treatment. I disagree. If there is a chance of progression to steatohepatitis or more advanced disease, then why not nip it in the bud?

Chronic liver disease ranks ninth in our leading causes of death and fifth among people ages 45–64. It doesn’t have to be this way. Your liver has a remarkable ability to regenerate if you treat the underlying cause of damage and provide the nutrients needed for health and healing.

▶ To learn more about fatty liver disease and ALA, watch my interview with Dr. Ellsworth at tinyurl.com/bd27su86.

📄 For details about our fatty liver treatment program, call **281-698-8698**.

➡ Dr. Hotze’s Detox Formula, which includes nutrients for liver health, can be ordered from Physicians Preference Vitamins, **281-646-1659**, or physicianspreferencevitamins.com/detox-formula.

▶ FROM THE PHARMACIST

Need More Energy? NAD+ Can Help

Do you feel like your get-up-and-go has got up and gone? Compounded NAD+ nasal spray may help.

Nicotinamide adenine dinucleotide (NAD) is an essential coenzyme in the production of adenosine triphosphate (ATP), the primary energy currency of our cells. ATP is produced in the mitochondria, the power plants of your cells. When you are deficient in NAD, the mitochondria cannot keep up with your body’s demands for energy. This leads to a decline in metabolism and energy production. You may feel tired, lethargic, depressed and mentally unfocused. NAD levels decline dramatically with age, and deficiencies are also associated with signs of accelerated aging.

Researchers have explored several methods for boosting NAD. L-tryptophan, niacinamide and niacin (vitamin B3) are NAD precursors, so taking them as supplements should help, but they are not efficiently converted to NAD. Fortunately, NAD+ is. It rapidly and predictably raises NAD levels.

NAD+ is not well absorbed when taken orally, so it must be administered either in an IV infusion or in a nasal spray. As you can imagine, the convenience and ease of NAD+ nasal spray compounded by Physicians Preference Pharmacy makes it the favorite among our guests.

Another advantage of compounded NAD+ nasal spray is that it produces immediate results, most notably a boost in energy plus a reduction in symptoms of fatigue, anxiety, depression and brain fog. With continued use, improvements in mitochondrial function and metabolism, reduced inflammation and healthier aging will occur.

➡ Talk to your doctor about a prescription for NAD+ nasal spray.

To learn more, call our pharmacists at **281-828-9088** or visit physicianspreferencex.com

Postpartum Depression Prevention and Treatment

Steven F. Hotze, M.D.

Emily's baby was born 10 weeks early, and though she was thrilled to be a new mother, having a preemie in the NICU was exhausting. She assumed her constant tiredness would improve after her daughter came home, but it only worsened.

Her doctor diagnosed her with postpartum depression and prescribed an antidepressant, which he said, "would make everything better." It didn't. Emily continued to experience debilitating fatigue and began having difficulty concentrating and mood swings. She eventually developed severe depression and gained 40 pounds. Five years, four doctors and countless medications later, Emily was at her wit's end.

That's when she came to be evaluated at the Hotze Health & Wellness Center. Her problem was obvious. She had severe hormonal imbalances. The solution was also obvious. Replenish and balance her hormones with bioidentical hormones.

How Childbirth Affects Hormones

During pregnancy, the placenta, which belongs to the baby, takes over hormone production from the ovaries and produces estrogen and copious amounts of progesterone, which promotes a successful pregnancy. Progesterone increases each trimester, resulting in much higher levels than at any other time in a woman's life.

After the baby is born and the placenta is delivered, progesterone levels plummet. The ovaries, which have been on a break for months, must switch back on and resume hormone production. Unfortunately, this doesn't always happen on cue. Progesterone production may not return to normal, resulting in imbalances relative to estrogen.

This imbalance, called estrogen dominance, causes the liver to produce thyroid

binding globulin (TBG), which binds to thyroid hormones in the bloodstream, preventing them from being assimilated into the cells. Thyroid hormones stimulate cellular energy production and control your body's metabolism. Estrogen dominance causes symptoms of hypothyroidism, some of which are fatigue, weight gain, cold sensitivity, joint and muscle pains, mood swings, ovarian dysfunction, constipation and puffy dry skin.

Hormonal deficiencies and imbalances are the primary cause of the symptoms attributed to postpartum depression. Progesterone is a mood-boosting hormone, and depletions are linked with depression, anxiety and moodiness.

Childbirth is a joyous experience, but it is also exhausting and stressful, and it usually takes a couple of weeks for hormones to get back on track. For one in seven women, however, hormonal imbalances and related symptoms endure. Yet, few doctors test their patients' hormone levels before labeling them with postpartum depression, whipping out the prescription pad and ordering a mind-altering drug.

Three-Month Postpartum Program

We confirmed Emily's obvious hormone imbalances with blood tests and recommended a personalized program of compounded bioidentical hormones. Within days, she noticed improvements. She was sleeping better, and the dark cloud of depression began to lift. Her energy returned, she regained her motivation and enthusiasm and, over time, lost 50 pounds.

In short, Emily was back to her old self, slim, fit and excited about motherhood and life. "I now have the energy to enjoy the things I would have missed. I just needed someone to care, to listen, to believe me and to help me. If I hadn't found the Hotze Health & Wellness Center, I would have missed out on so much!"

If you or a loved one is suffering with postpartum depression, contact us about our three-month postpartum program. It involves taking a comprehensive history, hormone testing and treatment with bioidentical hormones followed by monthly checkups to monitor progress. This program has helped scores of women restore their health by getting to the root cause of their problem.



Postpartum Depression Can Be Prevented

Postpartum depression can also be prevented. Any physician treating women with a history of depression should consider prescribing natural progesterone to normalize hormones after childbirth. In fact, I believe all new mothers would benefit from this safe, natural treatment.

My wife and I have five daughters and two daughters-in-law. The morning after each of their deliveries, they began taking natural progesterone. We are blessed with 25 grandchildren, and not a single one of their mothers experienced any symptoms of postpartum depression.

➔ Learn more about hormone balancing and our **three-month Postpartum Program** by calling **281-698-8698**.

Dr. Hotze's book *Hormones, Health & Happiness* provides a wealth of additional information. **You can download a free copy of this and Dr. Hotze's other e-books with this QR code.**



PHYSICIANS PREFERENCE VITAMINS

Physicians Preference
Vitamins is turning **30**, and we
want to celebrate with *you!*

Celebrate with us during the week of September 25–29
with a weeklong celebration, where we'll be offering
treats and special concessions.
Come visit us!

Hotze Beauty September Beauty Promotion

HydraFacial Happy Hours: Monday – Thursday 11:00 a.m. – 2:00 p.m.

**\$20 Off Classic HydraFacial + Complimentary
LeMieux Face Mask of your choice**



LDI: Breakthrough Allergy Treatment

Steven F. Hotze, M.D.



The Hotze Health & Wellness Center has been a leader in the treatment of allergies since 1989. I am a past President of the Pan American Allergy Society, and our allergy specialist, Physician Assistant Ronald Parker, has more than 30 years of experience and training.

That is why we can say without reservation that low dose immunotherapy (LDI) is the most effective treatment for airborne, food and skin allergies available.

Why Curbing Allergies Is Important

Before we get into the details of LDI, I want you to understand why we place so much emphasis on treating allergies.

Allergies are an abnormal reaction by the immune system to normally occurring substances in the environment. When an allergen is inhaled, ingested or in contact with the skin of a sensitive individual, the immune system reacts as if it were a threat and launches a defensive reaction.

Antibodies are produced that bind to mast cells, which triggers the release of histamine and other compounds that promote inflammation, blood vessel dilation, mucus production and nerve activation. The result is congestion, runny nose, headache, itching and other familiar allergy symptoms. Unfortunately, the toll does not stop there.

Respiratory allergies make you more susceptible to throat and ear infections, sinusitis, bronchitis and asthma flare-ups. Food allergies are linked with chronic digestive problems and imbalances in the gut microbiome, increasing your risk of yeast overgrowth and leaky gut syndrome. Allergies of any kind overwork your immune system and reduce your resistance to infections and other diseases.

Bottom line, allergies have a major impact on your health and quality of life.

What Is Allergy Immunotherapy?

Like all types of allergy immunotherapy, LDI is based on the proven premise that exposure to gradually increasing doses of allergens decreases sensitivity to allergy triggers.

Conventional immunotherapy involves extensive testing to identify triggers. Then, special preparations containing 20–40 allergens are administered in injections or sublingual tablets or drops. The shots require frequent visits to your doctor, and they often cause swelling, redness and pain. There is also a small risk of serious

reactions, including anaphylaxis. It takes time to build up tolerance to the allergens, so the treatments must be kept up for three to five years.

Over the years, we have used both shots and sublingual drops with excellent results. However, since we learned about LDI and experienced firsthand its effectiveness and advantages, it is now our primary allergy treatment.

Advantages of LDI

- **Comprehensive.** LDI targets over 300 inhaled, food and chemical allergens, compared to 20–40 inhalant allergens in allergy shots and drops.
- **Convenient.** Regular office visits are not required. LDI is taken sublingually, in drops under your tongue once every seven (7) weeks. After your initial appointment with our allergy specialist, your LDI drops will be delivered to your home.
- **Fast.** Results are usually noticed within the first three treatments and often after the first treatment.
- **Effective.** Improvements in symptoms and medication use are reported by 90% of guests, including individuals who have not responded to other treatments.
- **Painless and safe.** Sublingual LDI is painless and safe for people of all ages, including young children. No serious adverse effects have ever been reported.
- **Cost effective.** Over the long term, LDI is less expensive than years of allergy shots/drops and prescription/over-the-counter medications.

No More Allergies!

The main reason we are so enthusiastic about LDI is the great feedback from our guests. Here is just one example. G.M. had allergies for as long as he could remember. He used a nasal spray every day for years plus an oral drug during allergy season. After his very first LDI treatment, his symptoms improved and he cut back on his nasal spray, and since his fourth treatment, he has been off all allergy medications. No more allergies!

Whether you are dealing with seasonal or year-round allergies or have symptoms that could be related to allergies, I encourage you to learn more about LDI.

➔ To learn more or schedule an appointment with our allergy specialist, visit Hotzehwc.com or call the Hotze Health & Wellness Center at 281-698-8698.

Six in 10 (60%) adults in this country have at least one chronic disease. Four in 10 (40%) have two or more. These conditions, which include heart disease, cancer, diabetes, stroke, Alzheimer's and chronic lung, kidney and liver disease, affect various organs and systems, but they have one thing in common: Obesity is a major risk factor.

The single most important thing you can do for long-term good health is to obtain and maintain your ideal weight. To do this, you must adopt healthy eating habits. Changing the way you eat is simply a matter of changing your mindset. You need to eat to live rather than live to eat. Then, if you are serious about achieving your ideal body weight, our 28-Day Slim Down Kit can help. Slim Down is a step-by-step program that makes healthy eating and weight management easier than ever. It includes:

Slim Down Guide to direct you through the entire program. This booklet provides lists of foods to eat and those to avoid, delicious recipes and motivational tips for staying on track.

Skinny Pak, a 28-day supply of convenient packets that contain natural ingredients shown in clinical trials to help curb appetite and boost fat burning. Packets include CLA, green tea extract, Bodyworks Plus (Garcinia cambogia) and chromium, plus our special Fiber Blend and Detox Formula. Skinny Paks are to be taken twice a day before breakfast and dinner.

Pure Pea Protein Powder, an excellent source of non-GMO vegan protein. Recipes for protein-rich shakes and smoothies, which make a tasty and satisfying meal replacement, are included in your Slim Down Guide.

The Slim Down Kit can only be as effective as you are disciplined to follow the program. However, if you stay focused and stick with it, even if it takes several months, you will get results. Here's what longtime guest Wende had to say about this program.

"I followed the meal plans and recipes, which were great with a lot of variety. I made smoothies for breakfast with the protein powder, and they really filled me up. I often skipped lunch because I just wasn't hungry. Taking the supplements before breakfast and dinner also curbed my appetite, so I was eating less. Over the last 6 months I have dropped 35 pounds!"

➔ Watch our podcast at tinyurl.com/yc2ne2wd to learn more about our 28-Day Slim Down Kit. To order, call Physicians Preference Vitamins at **281-646-1659**.



Tune in to Dr. Hotze's weekly television program on Brighteon TV, www.brighteon.tv every Monday and Saturday from 4:00–5:00 p.m. CST.

Join Dr. Hotze as he discusses timely issues on liberty and freedom, interviews knowledgeable and provocative guests and offers medical recommendations for improving your health and wellness, naturally.

The Power of CoQ10

Steven F. Hotze, M.D.

In the realm of wellness and vitality, coenzyme Q10 (CoQ10) stands out as a vital compound that plays a critical role in energy production, antioxidant defenses and overall health.

Your body produces its own CoQ10, but levels naturally decline as you get older. By the time you reach age 65 or 70, levels are half of what they were in your 20s. Age is not the only factor in CoQ10 decline. Chronic diseases, heavy exercise, excessive stress and statin drug use are all linked with suboptimal levels of CoQ10.

That is why I consider CoQ10 to be an important component of a comprehensive nutritional supplement program. Here is what you need to know.

Benefits of CoQ10

CoQ10 is a natural compound found in every cell in the body. It is particularly abundant in the mitochondria, where it participates in the production of adenosine triphosphate (ATP), the primary energy currency of our cells. CoQ10 is also a powerful antioxidant that helps neutralize harmful free radicals, thus protecting against oxidative stress and enhancing mitochondrial function.

The essential roles of CoQ10 in reducing oxidative stress, enhancing ATP synthesis and protecting against mitochondria dysfunction are key to its many proven benefits:

- **Energy:** CoQ10 supports the efficient generation of ATP, promoting sustained energy levels throughout the day.
- **Inflammation:** Supplemental CoQ10 has been shown to significantly lower levels of C-reactive protein (CRP), IL-6 and other markers of inflammation.
- **Heart health:** The heart has high energy demands and CoQ10 requirements. Increasing levels with supplemental CoQ10 supports cardiovascular health by providing much-needed energy and antioxidant protection to cardiac cells.
- **Blood pressure:** By enhancing arterial health and improving circulation, CoQ10 has positive effects on blood pressure.
- **Stroke:** The diverse cardiovascular benefits of CoQ10 lower stroke risk and help improve outcomes following a stroke, especially for those who are taking a statin drug.
- **Atrial fibrillation (AF):** CoQ10 supplements have been shown to reduce episodes of AF in people with this common heart rhythm disorder.
- **Brain health:** Adequate CoQ10 levels have been linked with healthy brain function and cognitive performance. Studies suggest potential benefits of boosting levels to help prevent neurodegenerative diseases such as Alzheimer's and Parkinson's disease.

- **Healthy aging:** CoQ10 protects against mitochondrial dysfunction and flagging cellular energy, which are common threads among all chronic conditions associated with aging.
- **Migraine:** CoQ10 has reduced the frequency and duration of headaches in some individuals.

How Do Statin Drugs Affect CoQ10?

Statin drugs, which are prescribed to more than 40 million Americans to manage cholesterol levels, have adverse effects on CoQ10 production. These drugs work by inhibiting an enzyme in the cholesterol synthesis pathway. Unfortunately, CoQ10 shares the same pathway, so by inhibiting cholesterol synthesis, statins also hinder the production of CoQ10.

This inadvertent reduction of CoQ10 levels in the body compromises cellular energy production and antioxidant defenses. Documented side effects of statin drugs include muscle pain and weakness, fatigue, increased risk of type 2 diabetes, liver damage and neurological symptoms such as confusion and memory loss.

If you are on a statin drug, then it is imperative that you also take supplemental CoQ10.

Two Forms of CoQ10: Ubiquinone vs. Ubiquinol

CoQ10 supplements come in two forms: Ubiquinone and Ubiquinol. Although both forms are beneficial and help boost CoQ10 levels in the body, I recommend Ubiquinol.

First, Ubiquinol is better absorbed. Second and most importantly, Ubiquinol is the reduced form that is active in the body, so it is more readily available for cellular energy production and antioxidant defenses.

Who should take Ubiquinol? Because CoQ10 production begins declining around age 25, I recommend adding 100 mg of Ubiquinol to your daily regimen by age 40. If you have a chronic disease or exercise heavily, you should increase your dose to at least 200 mg daily. For those taking a statin drug, a minimum of 200–300 mg of Ubiquinol per day is essential. Regardless of your dose, it is best to take it with meals, because CoQ10 is a fat-soluble nutrient that requires a little fat for optimal absorption.

➔ Ubiquinol can be ordered online at [physicianspreference.com](https://www.physicianspreference.com) or by calling 281-646-1659.

Stem Cells: The Ultimate Anti-Aging Treatment

If you have had a baby or grandbaby in recent years, you may be familiar with cord blood banking. Blood from the umbilical cord and placenta is collected within minutes after delivery, preserved and sent to a blood banking facility where it is frozen and stored.

Cord blood is rich in stem cells, which have unlimited therapeutic potential. Most of your body's cells are highly specialized. Lung cells can replicate to create new lung cells, but they cannot turn into a brain or heart cell. Stem cells, however, are undifferentiated, meaning they have the ability to develop into any cell type.

Banking a baby's cord blood keeps a supply of invaluable stem cells on hand in case they are needed to treat future health challenges. Cord blood stem cells have been used to treat nearly 80 conditions, including blood disorders, some types of cancer, immune deficiency and metabolic diseases. These cells are also being used in regenerative medicine to stimulate the body's own repair mechanisms.

Adult Stem Cells Stimulate Healing

Cord blood banking has only been around for about 20 years, so that ship has sailed for most adults. However, new technologies make it possible to harness the power of your own adult stem cells, which are also undifferentiated and have tremendous healing potential. In fact, they are routinely used to treat degenerative disorders like arthritis, circulatory problems, autoimmune diseases, Alzheimer's and Parkinson's disease.

Tissues and organs throughout your body contain stem cells, but they are particularly abundant in bone marrow and adipose, or fat, tissue. These cells, called mesenchymal stem cells, are the type most often used in regenerative medicine. Although they can be harvested from bone marrow, extracting them from belly fat is a quick, safe and relatively painless office procedure.

After the adipose tissue is extracted, it is sent to an FDA-compliant cell banking lab where it is processed, cultured to create hundreds of millions of stem cells and stored indefinitely in nitrogen tanks at -300° F. Because

these cells are from your own body and are rigorously tested, there is no danger of rejection, contamination or loss of efficacy.

After the initial extraction process, you will have an unlimited supply of safe, undifferentiated stem cells to use as needed. When a health challenge arises, a portion of your stored stem cells can be injected into a problematic joint or given in an IV infusion. Once in your body, these cells home in on areas of inflammation and provide the raw materials and cellular signaling needed to rejuvenate your cells and facilitate healing.

Should You Bank Your Stem Cells?

Think of stem cell banking as insurance. You may not need treatment today, but it should give you peace of mind to know this remarkable therapy is there whenever you need it.

Feedback on autologous mesenchymal stem cell therapy is quite positive. Good results are reported for back pain and degeneration of the knees, hips and other joints, and it has proven beneficial for patients with multiple sclerosis and other autoimmune conditions. Because the number of stem cells in our bodies declines dramatically with age, many men and women who are concerned about healthy aging are receiving periodic infusions for immune system boosting and overall well-being.

Ongoing studies and projected future uses of adult stem cell therapy include treatment of everything from heart failure, stroke and insulin-dependent diabetes to facelifts and breast augmentation. It truly is the frontier of medicine.

I am happy to advise that our **Regenerative Therapies at the Hotze Health & Wellness Center** include adipose stem cell extraction and banking in conjunction with **Celltex Therapeutics**. We are also participating in Celltex's FDA-approved clinical trial evaluating the effects of autologous adipose tissue-derived mesenchymal stem cells on osteoarthritis of the knees, hips and shoulders.

➔ To learn more about this exciting new therapy and other treatments in our **Regenerative Medicine Toolbox**, call us at **281.698.8698**.



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