

HOTZE

Healthy Living

Winter 2023/2024



Joyous Christmas
& HAPPY NEW YEAR



A Letter From Dr. Hotze

Christmas is the time we celebrate the first coming of our Savior and Lord, Jesus Christ, the King of kings.

"The angel of the Lord appeared to Joseph in a dream and said to him, 'Joseph, son of David, do not be afraid to take Mary as your wife; for the Child who has been conceived in her is of the Holy Spirit. She will bear a Son; and you shall call His name Jesus, for He will save His people from their sins.' Now all this took place to fulfill what was spoken by the Lord through the prophet: 'Behold, the virgin shall be with child and shall bear a Son, and they shall call His name Immanuel,' which translated means, 'God with us.'" (Matthew 1:20-23)

This is the greatest news that has ever been given in the history of the world. God, in His grace, reached down to redeem lost souls like you and me, separated from Him by our sins. God the Father sent His Son, Jesus Christ, to pay for the penalty of our sins by dying on Calvary's Cross. God declared Jesus to be His Son by raising Him from the dead.

Jesus Christ is now seated at the right hand of God the Father, where He makes intercession on our behalf. He is our advocate with the Father. Jesus proclaimed, *"I am the way, the truth, and the life. No man can come to the Father but through Me."* (John 14:6) Jesus also said, *"I came that you may have life, and have it abundantly."* (John 10:10) Jesus said, *"I am the bread*

of life. He who comes to Me shall not hunger, and he who believes in Me shall never thirst." (John 6:35)

The apostle John gives a wonderful promise in his gospel. *"Jesus came to His own, and those who were His own did not receive Him. But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name."* (John 1:11-12)

"For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder, and his name shall be called Wonderful, Counsellor, the mighty God, the everlasting Father, the Prince of Peace." (Isaiah 9:6) Joy to the world, the Lord is come! Joy to the world, the Savior reigns! Let earth receive her King. Let every heart prepare Him room, and heaven and nature sing!

This Christmas, and every day, may Jesus Christ fill your life with joy and His courage to stand and defend our liberties and freedom. *"The righteous are as bold as a lion."* (Proverbs 28:1)

Thank you for giving our staff and me the privilege of serving you and your family. Have a most joyous Christmas season!

Sincerely yours,



Steven F. Hotze, M.D.

Help for the Long-Haul

Steven F. Hotze, M.D.

Amanda was in excellent health until she developed a mild viral illness a couple of weeks after getting the Covid “vaccine.” While her initial symptoms resolved, over the next few weeks and months she developed a host of new health problems.

She was extremely fatigued, and any amount of physical activity left her in pain and short of breath. Despite being tired, she was not sleeping well. She experienced frequent headaches and felt lethargic and spacey. As these new symptoms mounted, Amanda consulted her physician, who diagnosed long-haul Covid but told her there were no approved drugs or treatments.

After six frustrating months with no improvement in sight, Amanda came to see us and started our Long-Haul Program.

Long Covid or Long Vax?

Amanda’s story is very common. We are seeing more and more new guests who are struggling with long Covid or long Vax, which has the same symptoms and underlying causes that are triggered by the Covid shot.

This so-called “vaccine” is an mRNA gene-modifying injection that instructs the body’s own cells to make spike proteins. It was initially claimed that the mRNA in the shots and the spike proteins that are produced are quickly broken down. This is not true. Spike proteins can persist in the body for months, even years. This is uncharted territory, and nobody really knows how long it can last.

We do know that people who have received the jab tend to have higher spike protein loads and more related damage. Because about 80% of the United States population received the Covid jab and many of them also got Covid, the lingering adverse effects of this mRNA gene transfer technology are believed to be a significant contributor to the issues attributed to long Covid.

A Spike Protein Problem

Long Covid/long Vax is a spike protein problem. Spike proteins are protrusions on the outside of the Covid-19 virus and other coronaviruses. Most people who get Covid recover, their immune systems clear out spike proteins and other viral remnants and they have no lingering symptoms.

For others, especially those who got the jab, spike proteins remain in the blood, heart, lungs, brain, gut and other organs and tissues, causing ongoing harm in two main ways:

Clotting disorders. Spike proteins promote the

development of abnormal blood clots, including lots of tiny micro-clots in small blood vessels throughout the body. These micro-clots damage the blood vessels and block blood flow and the delivery of nutrients and oxygen. Injury to blood vessels and organs caused by this unusual clotting is responsible for many of the wide-ranging complications of long Covid/long Vax.

Inflammation. Spike proteins are foreign invaders, so the immune system goes after them. This results in high levels of inflammation, which is a well-known cause of chronic disease. For example, researchers have found accumulations of spike proteins and elevated levels of inflammation in the brain. It is no coincidence that many of the symptoms of long Covid/long Vax are neurological.

Remove the Spike, Restore Health

Doctors who tell you there is not much they can do for long Covid or long Vax are missing the boat. There is an obvious treatment goal: Correct the root cause by clearing as many of the spike proteins that we can from the body, reducing their toxicity and repairing the damage already done. Our Long-Haul Program is based on proven therapies that do just that.

They include lifestyle changes, such as intermittent fasting. Compressing your eating window into fewer hours a day promotes autophagy, a metabolic pathway that removes cellular debris and protein fragments and gives the cells a chance to regenerate and repair. Sirolimus (also known as Rapamycin), a prescription drug with anti-aging benefits, may be recommended, as it also promotes autophagy and mimics the positive effects of fasting.

Ivermectin and low-dose naltrexone (LDN) are indispensable because they bind to spike proteins, hamper their production and facilitate their removal. Methylene Blue, which boosts mitochondrial function and energy production, is also helpful, especially for fatigue and neurological symptoms.

Vitamins and supplements that help break down spike proteins, remove blood clots, counter inflammation and support overall detoxification are additional components of our Long-Haul Program.

Hope for Recovery

There is no magic bullet that works for everyone with long Covid/long Vax, and recovery does not happen

overnight. That said, I want to reassure you that the vast majority of guests who undergo our comprehensive Long-Haul Program do respond over time.

After two months on our program, Amanda's energy and endurance have improved, she is sleeping better, and her brain fog is lifting. Equally important, she sees light at the end of the

tunnel and, for the first time, has hope for a full recovery.

➔ For more information about our **Long-Haul Treatment Program**, contact us at **281-698-8698**. Many people are suffering with long Covid/long Vax, but few medical practices offer real solutions. Help us spread the word by sharing this newsletter with others.

COMMON SYMPTOMS OF LONG COVID/LONG VAX

Spike proteins have been found in the brain, gut, heart, lungs and other organs as well as circulating in the blood. This widespread distribution is responsible for damage throughout the body. Symptoms of long Covid/long Vax include:

- **Respiratory:** shortness of breath, breathing difficulties, congestion, runny nose, cough
- **Neurological/psychiatric:** brain fog, cognitive dysfunction, insomnia, tiredness, smell disorders, headaches, depression, vertigo, tinnitus
- **Dermatologic:** hair loss, itching, rashes
- **Musculoskeletal:** prolonged fatigue, weakness, muscle and joint pain, inability to exercise
- **Cardiovascular:** chest pain, palpitations, arrhythmias, low blood pressure, rapid heart rate on exertion
- **Gastrointestinal:** decreased appetite, bloating, vomiting, nausea, diarrhea

If you or anyone you know suffered adverse reactions from taking the experimental Covid injection, then please contact covaxlr@hotmail.com.

Dr. Hotze is collecting names for a class action lawsuit.

▶ VITA-MINUTE

Protection Against Seasonal Infections for the Whole Family

'Tis the season, not only for the holidays, but also for the annual rise in viral infections. Viruses thrive in cold, dry air, and spending more time indoors in close contact with others encourages "sharing." On top of that, fewer hours of daylight and less sun exposure lower the body's production of vitamin D, which plays an important role in immune function. All this adds up to an increased risk of colds, flu, RSV, Covid and other viral infections.

Give your immune system a needed boost by prioritizing good nutrition, sleep, exercise, stress management and supportive supplements. **Dr. Hotze's Immune Pak** includes therapeutic doses of seven of the best-studied immune-strengthening nutrients, divided into 30 convenient packets. One packet a day and you're covered! Each packet contains our doctor-recommended dosages of the following:

- Vitamin A
- Vitamin D3
- Magnesium
- B-complex
- Zinc
- Probiotics
- Vitamin C

Families with children in the house should be extra vigilant. Children have been described as "adorable little germ vectors," and there is some truth to this. Studies show that children bring home an average of seven or eight infections a year, which they often pass around to others. Supporting the whole family with Dr. Hotze's **Kids Pak** and **Teen Pak**, which contain age-appropriate doses of key nutrients, can help reduce the seemingly endless cycles of coughs and sniffles.

➔ To order **Dr. Hotze's Immune, Kids and Teen Paks**, call **800-579-6545** or visit [PhysiciansPreferenceVitamins.com](https://www.PhysiciansPreferenceVitamins.com). Our Certified Nutritionists and Vitamin Specialists are also happy to discuss natural solutions for better sleep, improved mood, increased energy and more.



Support for ADHD and Brain Health

Steven F. Hotze, M.D.



Attention-deficit/hyperactivity disorder (ADHD) is generally associated with unruly boys who act impulsively and have trouble sitting still, focusing and following directions. This is a broad generalization. ADHD describes a wide range of symptoms. While some people are both inattentive and hyperactive, others struggle with only hyperactivity/impulsivity or attention/focus problems.

Another misperception is that ADHD is a childhood disorder. Symptoms frequently persist into adulthood. ADHD is actually more common in adults, yet only one in five receives treatment.

Living with ADHD is challenging and stressful. Children often have a hard time in school not because they lack intelligence, but because they are disorganized, unfocused and easily distracted. Inappropriate behavior may cause problems with their peers, leading to relationship difficulties and poor self-esteem. Adults with untreated ADHD have an elevated risk of career and financial challenges, divorce, anxiety, depression, risky behaviors and substance abuse.

If you or a loved one has been diagnosed with ADHD or is struggling with similar symptoms that are holding you back, our ADHD/Brain Support Program can help.

The ABCs of ADHD

Let's start by clarifying what ADHD is not. It is not a character flaw, nor is it caused by poor parenting, lack of discipline or an absence of support from loved ones. People with ADHD are not slow, lazy or unmotivated. Telling them to just try harder is like telling a deaf person to listen harder.

ADHD is a neurobiological disorder that is influenced by genetic, neurological and environmental factors. Genetic influences are particularly strong. If a child has ADHD, there is a 50-50 chance that one of his parents also has ADHD.

Neurological influences include imbalances in brain waves, or patterns of electrical activity in the brain. A typical pattern in ADHD is an abundance of slower theta brain waves, which are common in a daydreaming state, and a shortage of faster beta brain waves, characteristic of active concentration. Neuroscientists have also discovered subtle structural differences in the brains of children with ADHD and reduced levels of dopamine and norepinephrine, neurotransmitters involved in motivation, attention and focus.

Environment Influences

Environmental influences also play a key role. By identifying and modifying the specific factors that are causing problems, our ADHD/Brain Support Program reduces symptoms and helps the brain function more efficiently. Common environmental triggers include:

Gut dysbiosis. "Gut feelings" and "butterflies in your stomach" are familiar examples of the communication pathways between the gut and the brain. It should come as no surprise that yeast overgrowth, microbiome imbalances and intestinal permeability (leaky gut) have been linked with ADHD, mood and cognitive problems. Improving gut health is an important treatment objective.

Toxins. The brain is acutely sensitive to smoke, polluted air, pesticides, herbicides, BPA, mold, lead, mercury and other toxins. Reducing sources of exposure and supporting liver health and detoxification lighten the body's toxic burden.

Digital "addiction." There is growing concern that excessive time on phones and other digital devices is driving up rates of ADHD and other health problems. Immersion in gaming, social media and other online platforms is overstimulating and demands hyper-focus, which can worsen attention and impulse control. Research suggests excessive digital use also triggers changes in the brain's reward system and can become a behavioral addiction. Channeling more time and energy into activities that require physical movement and exposure to nature is highly recommended.

Hormone imbalances. Hormones have a profound influence on brain function. An underactive thyroid, for example, results in low energy, fatigue and poor concentration and focus. Imbalances in sex hormones also adversely impact the brain. Hormone testing and treatment with bioidentical hormones, if indicated, is essential for adults.

Allergies. The likelihood of being diagnosed with ADHD is higher in children with allergies, especially food allergies. Exposing a sensitive child to a known allergen can elicit dramatic behavioral changes, while neutralizing or

removing an allergen can calm him down right away. Wheat, corn, egg, milk, yeast and soybeans are common food allergies, but they are often undiagnosed. LDI (low-dose immunotherapy), which addresses over 300 food, respiratory and chemical allergens, is the most effective therapy I have seen in more than 30 years of treating allergies.

Nutrition and Brain Health

Good nutrition is critical for optimal brain health. The brain needs nutrient-dense carbohydrates for energy. It requires healthy fats, which make up 60% of the brain's mass, and high-quality protein to provide the amino acids that are the building blocks of neurotransmitters.

What the brain needs is not always what it gets. Highly processed foods like pizza, bread, cereal, desserts, snacks and sodas are dietary staples for many people with ADHD, especially children. The sugars and other refined carbohydrates in these foods can wreak havoc with blood sugar, causing episodes of hypoglycemia that trigger hyperactivity, spaciness, fatigue and mood swings. MSG, artificial sweeteners such as aspartame, flavorings, colorings, and other additives in processed foods can also alter behavior.

Everyone benefits from a healthy eating plan. We recognize that many children (and adults) are picky eaters, so we will work with you to come up with a plan that is both therapeutic and agreeable for you and your family.

Deficiencies in critical vitamins, minerals and other nutrients are another problem. Omega-3 fatty acids, for example, are notoriously low in individuals with ADHD. Several clinical trials have found that supplementing with DHA and EPA improves attention and impulsivity in children and adolescents. Correcting deficiencies and optimizing levels of supportive nutrients is an important aspect of our program.

IASIS Enhances Brain Function

Another highlight of our ADHD/Brain Support Program is IASIS Micro Current Neurofeedback. As mentioned above, abnormal brain wave patterns, specifically high theta and low beta brain waves, are a common feature of ADHD. IASIS is a noninvasive

treatment that helps to normalize the theta-to-beta ratio.

By delivering low-intensity EEG-guided electrical stimulation to specific areas of the brain, IASIS strengthens and balances beta brain waves, allowing the brain to “reboot” and function more effectively. It also reduces stress. The challenges of living with ADHD are stressful, and stress makes ADHD symptoms even worse. IASIS not only improves attention and hyperactivity, but also promotes calmness and resilience to stress.

Our guests report improvements in stress, focus, impulsivity, sleep, anxiety, depression and overall well-being after using IASIS.

A Complementary Approach

Many guests come to us with hopes of getting off Adderall, Vyvanse, or other stimulant drugs, which are the primary treatment for ADHD. These drugs are amphetamines. They have many serious side effects, ranging from trouble sleeping and poor appetite to a zoned-out “zombie effect” and heart problems. Because these medications are amphetamines, they also have a potential for abuse and addiction and may become a gateway to illicit drugs.

Concerns about these drugs are certainly valid, which is why we recommend a comprehensive, coordinated approach that includes working in concert with your primary care doctor with the goal of eliminating these medications. While there is no one-size-fits-all solution for ADHD, with our program, which prioritizes detecting and correcting the unique imbalances, excesses and deficiencies that affect each individual, our guests are usually able to eliminate these drugs.

The real goal is to minimize the impact of ADHD symptoms, improve day-to-day function level and ultimately unlock the full potential of your brain so you can live life to the fullest.

➔ To learn more about our ADHD/Brain Support Program or to schedule a complimentary wellness consultation, call us **281-698-8698** or visit hotzehwc.com/adhd-brain-support-program. For questions about IASIS, call **281-698-8680**.

Holiday
**OFFICE
HOURS**

Hotze Health & Wellness Center, Physicians Preference Vitamins and Physicians Preference Pharmacy will be **CLOSED** on Monday, December 25 and Tuesday, December 26 in honor of Christmas, and on Monday, January 1 for New Year's Day. **We will resume our normal office hours on Tuesday, January 2, 2024.**

We wish you and your loved ones
*a blessed Christmas and a
wonderful New Year.*

2024 Resolution: Better Health With Our New Treatment Programs

Steven F. Hotze, M.D.

Six in 10 adults and four in 10 children in our country have at least one chronic disease. These conditions, which last months to years, do not fix themselves or go away on their own. They can, however, be managed and in many cases reversed with safe, natural therapies.

Since 1989, the Hotze Health & Wellness Center has specialized in treatment programs that help our guests overcome common health challenges and live longer, healthier lives, naturally. We have recently added five new programs to address chronic conditions that are affecting more and more Americans. These programs are open to both current guests and anyone who is not currently being treated at our center.

Long-Haul Program

An increasing number of people who are living with unrelenting fatigue, breathing difficulties, poor sleep, cognitive problems and chronic pain are being diagnosed with long-haul Covid. Others who have similar symptoms are suffering with long Vax, caused by the mRNA gene-modifying injection. Both are triggered by an accumulation of toxic spike proteins in the body.

Although therapies are available for removing and detoxifying spike proteins, few doctors offer them and/or are aware of them. That is why we are so excited about our new Long-Haul Program. Our holistic approach is helping many guests deal with the serious and lingering effects of long Covid/long Vax and get on the road to recovery.

ADHD/Brain Support Program

Do you have a hard time concentrating or paying attention? Are you easily distracted, impulsive or hyperactive? If you or a loved one is struggling with these issues, our ADHD/Brain Support Program can help.

We begin by identifying underlying causes that trigger ADHD symptoms. Treatments are individualized but often include adopting a healthy eating plan, correcting nutritional deficiencies, treating food allergies and gut dysfunction, supporting detoxification and enhancing brain function with IASIS Micro Current Neurofeedback. Guests of all ages report improvements in focus and impulsivity as well as insomnia, anxiety, depression and stress levels with this holistic approach.

Autoimmune Program

Hashimoto's thyroiditis, rheumatoid arthritis, psoriasis and lupus are just a few of the more than 100 disorders that fall under the umbrella of autoimmune diseases. These inflammatory diseases affect different areas of the body, but they have a common root cause: The immune system mistakes friend for foe and attacks healthy tissues and organs.

Our comprehensive Autoimmune Program starts with functional testing to determine the factors that contribute to disease progression, followed by therapies to normalize immune function, curb inflammation and support the gut microbiome. This approach has a proven ability to reduce symptoms and flare-ups and increase the chances of remission.

Fatty Liver Disease Program

When was the last time you had your liver enzyme levels checked? Half of adults who have type 2 diabetes and three-quarters those who are obese have fatty liver disease, but most of them are unaware of it. This needs to change because if fatty liver disease progresses, it can lead to cirrhosis, liver failure and liver transplant, and you need your liver to live!

Thanks to the liver's remarkable ability to heal and regenerate, our Fatty Liver Disease Program, which includes a therapeutic diet, detoxifying supplements and IV infusions of alpha lipoic acid, can literally eliminate this condition in a matter of months. Anyone who is seriously overweight or has diabetes should consider this program.

Postpartum Program

Having a baby is a joyous occasion, but for 10–20% of women, childbirth is followed by weeks or months of depression, brain fog, fatigue, weight gain and other symptoms. The cause of these symptoms is obvious. Pregnancy-related increases in hormones plummet after delivery, resulting in deficiencies in progesterone and imbalances in estrogen, thyroid and other hormones.

Treatment with bioidentical hormones and close follow-up during our three-month Postpartum Program restores balance and rapidly improves mood, weight, energy, focus and quality of life.

➡ To learn more about these programs as well as our treatment protocols for allergies, hormonal imbalances, gut repair, weight loss and healthy aging, call the **Hotze Health & Wellness Center** at **281-698-8698**.

Goals for a Healthier New Year

“The plans of the diligent lead surely to the advantage.” (Proverbs 21:5)

The New Year is a perfect time to evaluate our lives and set goals for what we want to accomplish in the coming year. Goals give us direction, meaning and purpose, but we have to take them seriously. Otherwise, they are just wishful thinking.

Take the time to really think about your goals, the benefits of achieving them, the obstacles you will encounter and who can help you reach them. Put your goals on paper, along with a specific plan for realizing

them. Then take action immediately!

If your goals for the upcoming year include eating healthier foods and losing weight, consider participating in our **Yeast-Free With Me 2024 New Year Challenge**. The official start date is January 8th, but sign-ups will begin on January 2nd to give you plenty of time to prepare. Check out the details below, mark January 8th on your calendar and get ready to embark on a healthy lifestyle.

Whatever your health goals are for 2024, it would be our privilege to help you achieve them. Let's make it a terrific New Year!

30-DAY YEAST-FREE WITH ME 2024 NEW YEAR CHALLENGE

Yeast-Free With Me is a 30-day support system designed to guide you to healthier eating so you will feel better, accomplish your health goals and lead the healthiest life possible. Following the yeast-free eating plan for 30 days, or more if needed, will change the way you think about food. It will also improve your digestion and gut health, encourage weight loss and enhance multiple aspects of your health.

We are kicking off our 2024 New Year Challenge on January 8th. Sign-ups begin on January 2nd, but don't worry if you miss those dates. You can sign up for the challenge any time in the month of January and you will receive the full support of the program!

Join us and receive a full month of complimentary support, delicious recipes and guidance plus emails and tips for staying on track and more.

There is no charge for this program, but we highly recommend **My HotzePak Yeast-Free Starter Kit**, which contains nutritional supplements that will enhance your success and our **Optimal Eating Program Guide and Cookbook**. To order, visit [physicianspreferencevitamins.com](https://www.physicianspreferencevitamins.com) or call **281-646-1659**.

To sign up for Yeast-Free with Me, go to www.YeastFreeWithMe.com.

(Check your spam folder if you don't receive our emails by January 2, 2024.)

► FROM THE PHARMACIST

Sirolimus Cream for Healthier, Younger-Looking Skin

Sirolimus (also known as rapamycin) is a fascinating compound that is used as an antifungal, immune regulator and anti-inflammatory. More recently, it has made headlines for its positive effects on aging and longevity. Sirolimus works at the cellular level to slow mTOR, a signaling pathway that, when overactive, accelerates cell aging.

In addition to oral capsules, which are taken daily to promote healthy aging, sirolimus can also be compounded into creams or gels and applied to the skin. Researchers have found that topical sirolimus has remarkable benefits for the skin. It helps repair sun damage, improves skin tone and

texture, reduces sagging and wrinkles and slows some of the cellular processes involved in skin aging.

We have found that topical sirolimus typically needs to be used for about four months before you begin to see results. Studies demonstrate that taking sirolimus orally and using it topically at the same time yield the most benefits for preventing and reversing skin damage and promoting healthy aging.

➡ Compounded topical sirolimus and sirolimus capsules are available at **Physicians Preference Pharmacy**. Talk to your healthcare provider about a prescription and call our pharmacists at **281-828-9088** with questions.

H O T Z E

HEALTH & WELLNESS CENTER INTL

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Look and feel more *radiant*
with Hotze Beauty.

From acne to anti-aging,
Hotze Beauty offers treatments
for women of all ages to have
your skin looking flawless:

- BBL™ (BroadBand Light) PhotoFacial by Sciton
- Halo™ Pro Hybrid Fractional Laser
- SkinTyte™ Skin Tightening by Sciton
- Hydrafacial
- VI Peels and Epionce Peels
- Plasma Pen
- SkinPen®
- VISIA Complexion Analysis
- BOTOX®
- JUVÉDERM®
- Sculptra®

DECEMBER SPECIAL

Receive **\$300 off** a full-face
Halo™ Pro laser treatment
purchased before
December 30, 2023!

JANUARY SPECIAL

Receive **\$50 off** a SkinPen
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January 1–31, 2024!

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