

HOTZE *Healthy Living*

Spring-Summer 2025



A Letter From Dr. Hotze

God has given our bodies amazing restorative, healing powers. The Bible teaches us in Psalm 139:14 that we are “fearfully and wonderfully made.” Because of this truth, my team of professionals at the Hotze Health & Wellness Center and I recognize the intrinsic worth of each individual. We have created a hospitality environment that allows us to build positive relationships with our guests. It also informs our treatment recommendations. The Hotze Health & Wellness Center experience cultivates hope and instills a sense of well-being for our guests. Our dedicated professional team of 70 plus members consider ourselves to be in a healing ministry, called to serve God by serving our guests. Jesus Christ is the Great Physician, and we are honored to be His hands and feet, partnering with you as you take charge of your health, so that you can obtain and maintain health and wellness, naturally.

This issue of *Healthy Living* dives into topics revealing how we use natural approaches instead of conventional drug treatment to improve the quality of your life. There are many fascinating articles in this issue, including Robert F. Kennedy, Jr.'s goal to Make America Healthy Again; the importance of dental health; and how replacing simple carbs with whole foods will fuel your energy and longevity. Another article discusses type 2 diabetes, a scourge that afflicts millions of Americans, and often goes undiagnosed. Type 2 diabetes is a lifestyle disease that can be prevented and reversed, naturally.

My latest book, *Healthspan*, will be published later this year. As you mature, you should be full of energy, vitality,

and enthusiasm for life. It is not how long you live, which is known as your lifespan, but it is how healthy and well you are while you are alive. Whereas lifespan counts the years from birth to death, health span includes those years in which you are free from chronic disease and disability, remain active and are enjoying life to its fullest extent.

At the Hotze Health & Wellness Center, we offer an alternative to the conventional medicine disease model that promotes pharmaceutical drugs to mask your symptoms instead of addressing the underlying root cause of your health problems. We are here to serve you, guided by the belief that healing comes from aligning yourself with God's design for your body. It is the only one you have, so treat it with care. Your health is your responsibility. Matthew 4:23 teaches us that Jesus went about “healing every disease and every affliction,” and we follow in His footsteps. We trust God to work through us to help you onto the path of health and wellness, naturally. My team and I desire in all respects that you, and each one of our guests, would prosper and be in good health, just as your soul prospers.

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

Steven Hotze, M.D., CEO
Hotze Health & Wellness Center

Supporting Robert F. Kennedy, Jr.'s Goal to Make America Healthy Again

Steven F. Hotze, M.D.

Robert F. Kennedy, Jr. has exemplified visionary leadership in his mission to **Make America Healthy Again**. This resonates deeply in my heart and soul. His unflinching critique of the corrupt, incestuous relationship between Big Pharma, government regulators, and corporate interests mirrors the battle that I have fought since the inception of the Hotze Health & Wellness Center in 1989. Secretary Kennedy and I share a commitment to dismantle this toxic system and restore health to Americans.

Since 1989, when I founded the Hotze Health & Wellness Center, I have dedicated my life to the practice of medicine, not the conventional, symptom approach dictated by Big Pharma and the Medical Industrial Complex, but to a natural medical philosophy based upon discovering the root cause of guests' medical problems.

We offer a sanctuary to those who want to take charge of their health and are willing to invest in it. We offer an alternative to the sickness model of conventional medicine that prescribes Big Pharma's drugs to mask symptoms. During my medical career I have witnessed the alarming rise of chronic diseases, the erosion of individuals' and doctors' medical freedom, and the growing medical influence of pharmaceutical giants, hospital corporations, insurance companies, conventional medical organizations, and government agencies. They all have lobbyists, who at the national and state levels, promote their business model, profits over preventive approaches. This makes up the Medical Industrial Complex that prioritizes revenue over wellness, leaving Americans sicker and more dependent upon their products and services.

A Shared Vision: Health Over Profit

Kennedy's bestselling book, *The Real Anthony Fauci: Bill Gates, Big Pharma, and the Global War on Democracy and Public Health*, exposes the insidious forces that have hijacked our healthcare system. He has shone a spotlight on the chronic disease epidemic plaguing our children, autism, ADHD, allergies, and autoimmune disorder. These medical disorders have skyrocketed with a concomitant increase in the influence of the pharmaceutical companies' agendas.

At Hotze Health & Wellness Center, we have seen firsthand how chronic disease conditions can often be

reversed, through natural approaches. These approaches include bioidentical thyroid, sex hormones and adrenal hormone support and replenishment, a yeast free eating program, having healthy teeth and oral cavity, restoring a healthy gut microbiome, vitamin and mineral supplementation, detoxification, immunization for airborne and food allergies, a healthy keto friendly eating plan, treatment of parasites and exercise. These natural approaches to obtaining health and wellness naturally are largely ignored and suppressed by the conventional medical establishments.

Having served over 35,000 guests, my team and I have proven that health is not achieved from taking toxic pharmaceutical drugs. Nobody has chronic disease because they have low levels of pharmaceutical drugs in their bodies. We can help people obtain and maintain health and wellness naturally by addressing the root causes of their illness; hormonal imbalances, environmental toxins, and nutrient deficiencies, rather than masking their symptoms with drugs.

Kennedy's call to end the "corporate capture" of agencies like the FDA, NIH, and CDC aligns perfectly with my own opposition to the Medical Industrial Complex. His pledge to restore "gold-standard science" and transparency to these institutions is a clarion call for physicians and citizens to demand the elimination of the influence in medicine of Big Pharma and their allies in the Medical Industrial Complex.

Challenging the Status Quo

The *Make America Healthy Again (MAHA)* movement is not just a slogan, rather it's a blueprint for revolution. Kennedy's focus on eliminating harmful food additives, reforming dietary guidelines, and tackling environmental toxins echoes the principles that I have championed at Hotze Health & Wellness Center. His opposition to the COVID-19 mRNA injection and his questioning of the safety of the plethora of vaccines aligns with my views. I have warned against the COVID-19 injection since mid-2020, telling everyone to stay as far away from it as you would a West Texas rattlesnake.

I have also encouraged people to eliminate ultra-processed foods laden with chemicals, many of which have been banned in other countries, but permitted here under

the FDA's collusion with the food industry. Kennedy's push to ban artificial dyes like Red No. 40 and scrutinize pesticide use in agriculture is a step toward the clean, organic nutrition that I have prescribed to restore vitality to our guests.

Secretary Kennedy's emphasis on chronic disease prevention through natural and holistic approaches mirrors my practice's success in recommending natural approaches to health. From hypothyroidism to sex hormone decline and imbalances, adrenal fatigue, and to our entire treatment program, we have helped our guests thrive by rejecting the sickness model of conventional medicine in favor of personalized, natural based solutions.

Kennedy's proposal to devote significant NIH funding to preventative and alternative health strategies is a bold move. It would further legitimize and expand the work of physicians like myself who have operated outside of conventional medicine for decades.

A United Front Against Corruption

As a physician who has opposed the stranglehold of Big Pharma and its allies, I see Kennedy as a fellow warrior in this struggle. His legal battles against corporate polluters and drugmakers parallel my own efforts to protect patients from conventional medicine that focuses on masking symptoms with pharmaceutical drugs, rather than restoring health naturally and preventing illness. At Hotze Health & Wellness Center, we have rejected the conventional narratives that drugs and surgery are the primary solution for medical problems. I applaud Kennedy for challenging the suppression of affordable, off-patent treatments like ivermectin and hydroxychloroquine during the COVID-19 pandemic.

The Medical Industrial Complex thrives on making individuals dependent upon conventional medicine. Those of us in the Wellness Revolution stress the importance of individuals taking charge of their own health and seeking out physicians who can guide them onto a path of health and wellness, naturally.

I encourage everyone to read Kennedy's exposure of this truth in his bestselling book, *The Real Anthony Fauci*. In it, he lays bare the conflicts of interest that have turned governmental agencies, that were meant to protect us, into extensions of corporate interests and greed. His leadership at the *Children's Health Defense* organization has galvanized a movement to hold these entities accountable, a mission that I have been pursuing since 1989.

A Healthier Future

Now, as Kennedy assumes his role as Secretary of the Department of Health and Human Services, we have an unprecedented opportunity to align ourselves with his efforts nationwide. His commitment to radical transparency, ending corruption, and making America healthy again is not just a political promise, rather it is a moral imperative. Since 1989, I have educated and guided our guests on what they need to do to live vibrant, healthy lives. Kennedy's leadership will enable us to expand this vision nationwide.

I support Robert F. Kennedy, Jr. because I believe we can have a future where children and adults are free from chronic diseases, and where individuals are not controlled by conventional medicine and insurance companies. At the Hotze Health & Wellness Center, we have demonstrated what is possible when a faith-based practice of medicine enables individuals to restore their health, naturally. With Kennedy's vision, we can make this a reality for all Americans who are willing to take charge of their health.

Hurrah for Robert F. Kennedy, Jr.'s MAHA vision and mission to Make America Healthy Again!



My Stand Against Mandatory Vaccinations: A Physician's Call for Freedom and Truth

Steven F. Hotze, M.D.

Since 1989, I have practiced medicine with a steadfast commitment to natural health. On July 31, 1976, my father, a successful entrepreneur in the oil and gas industry, admonished me over a banquet he threw in my honor the night that I graduated from University of Texas Medical School at Houston. He said, "Son, don't poison your patients like all the other doctors! Do you understand me!"

Since establishing my health and wellness practice in 1989, the Hotze Health & Wellness Center, I have never once administered any vaccine—not for the measles, not for flu, not for shingles and certainly not for the COVID-19 mRNA injection. At my Center I have seen many patients who have taken the flu and other vaccines including the Covid injection, given by their previous doctors, who are plagued with chronic diseases that developed after they took a vaccine, particularly the flu or Covid shot.

I adamantly oppose mandatory vaccinations, a stance reinforced by fearless advocates of medical freedom, like Del Bigtree, Robert F. Kennedy, Jr., Sherri Tenpenny, M.D. and Peter McCullough, M.D. We stand united in our view. We reject government overreach and the pharmaceutical profiteering that drives it, calling instead for informed consent, accountability, and a return to trusting the body's innate immune system.

A Lifetime Without Vaccines—and a Healthier Outcome

Born in 1950, I lived through an era when measles, mumps, and rubella were childhood norms. As a child I contracted measles that caused a few days of fever and rash, and I emerged with lifelong immunity, as did my seven brothers and sisters and my peers. The death rate from these childhood diseases was minuscule, with rare complications linked to underlying health conditions, not the virus itself. It was a non-issue. Yet, since the 1963 measles vaccine, we have been fed a fear-driven story, culminating in today's schedule of 72 doses of various vaccines by age 18, that are recommended by the **Center for Disease Control (CDC)**. Incredibly, newborns are given a Hepatitis B vaccination despite the fact that Hepatitis B is contracted by using dirty contaminated needles from drugs users on the street and perverted sex acts. Children's immune systems are not fully developed

until they are 12-14 years old. Many vaccines contain thimerosal, a toxic mercury derivative, as well as aluminum.

Pediatricians are paid by pharmaceutical and insurance companies for giving vaccinations. That is why they push parents to have their children vaccinated.

This massive, early age vaccine schedule for children is promoted by Big Pharma companies who have been shielded from vaccine injury liability since the passage of the 1986 National Childhood Vaccine Injury Act. Autism has soared from 1 in 10,000 in the 1960s in my youth to 1 in 36 today. Obesity, Type 2 diabetes, allergies and autoimmune disease have dramatically risen in children. This timeline of disease is suspiciously aligned with vaccine escalation, despite Big Pharma's denials.

The COVID-19 mRNA Injection: A Dangerous Deception

Then came the COVID-19 mRNA injection, touted as a "safe and effective" gene-modifying shot to end the pandemic. We were promised it would prevent disease and stop transmission. Those promises have crumbled. Mounting evidence demonstrates that it is neither safe nor effective. Vaccinated individuals still contract and spread COVID-19, often with breakthrough infections. Worse, this injection has unleashed a cascade of serious side effects and deaths. Myocarditis, blood clots, neurological damage, and sudden fatalities have been documented, yet brushed aside by the same authorities who rushed it through. Dr. Peter McCullough, M.D., a world-renowned cardiologist, has repeatedly warned about the dangers of the Covid injection, stating, "The vaccines were far more dangerous than the illness," estimating it's "four to five times more lethal to take the shot than to just have the Covid infection." He points to the spike protein it produces as a toxic agent, lingering in the body and wreaking havoc on the immune system. Dr. McCullough's claims echo what I have been warning about the Covid injection since 2020.

Allies in the Fight: Bigtree, Kennedy, Tenpenny and McCullough

I am joined by allies who have sounded the alarm. Del Bigtree, through his documentary **Vaxxed** and

the **Informed Consent Action Network**, has exposed the shaky foundation of vaccine safety, arguing that natural immunity trumps the risks of shots like measles or COVID-19. Robert F. Kennedy, Jr., with **Children's Health Defense**, calls out the Big Pharma-government corrupt relationship, where profits trump science and mandates silence dissent. Sherri Tenpenny, M.D., has spent decades warning that vaccines, including the mRNA shot, suppress immunity, leaving us prone to chronic diseases. Peter McCullough, M.D. has warned about the mRNA shot's dangers, its ineffectiveness against disease and transmission, and its deadly risks. This underscores my decades-long stance. In his 30 years of cardiology practice, prior to the Covid mRNA injection in 2021, Dr. McCullough had only seen two cases of myocarditis. He now sees somewhere in the order of 3 to 6 cases of myocarditis weekly. He attributes this to the adverse side effect of the Covid injection. Their voices amplify what I have been warning. With few exceptions vaccines are not about health. They are about control and money.

The Measles Myth and a Broader Crisis

Measles was never the killer we're told—99.9% of healthy kids survived it. Today's rare deaths often tie to compromised immunity, sometimes vaccine induced. The COVID-19 mRNA shot mirrors this. It was sold as a cure-all, yet it has been proven to be ineffective and unsafe, with adverse side effects outpacing the disease's risks for many. Obesity now affects 1 in 5 children. Type 2 diabetes now occurs before puberty. Big Pharma blames diet alone, which is a major contributor indeed, but I also see the immune system faltering under the artificial assault of vaccines. My unvaccinated guests rarely face this issue, proof enough for me.

The Nuremberg Code: My Ethical Anchor

The 1947 **Nuremberg Code** states, "*The voluntary consent of the human subject is absolutely essential.*" Mandates obliterate this, forcing shots on the healthy for illnesses that nearly all would weather naturally. As a doctor sworn to do no harm, I reject state decrees serving Big Pharma's agenda. Bigtree, Kennedy, Tenpenny and McCullough stand with me. Vaccine mandates are about tyranny and money, not safety.

No Liability, No Legitimacy

Since 1986, vaccine makers have dodged lawsuits, a free pass no other industry enjoys. The COVID-19 mRNA shot, rushed under emergency use authorization, has generated billions of dollars in profits with zero accountability. **The Vaccine Injury Compensation Program** pays out quietly while state legislatures, swayed by Big Pharma lobbying, mandate these vaccines. If vaccines are safe, then why does Big Pharma need the liability protection?

My Call to Action

1. End Vaccine Mandates: Choice is non-negotiable. The Nuremberg Code is our bedrock.
2. Repeal Drug Companies' Immunity from Vaccine Liability: Big Pharma must face justice. Safety claims belong in court, not propaganda.
3. Embrace Nature: Wellness founded upon healthy nutrition, exercise, and natural immunity, beats mandated mass vaccine injections.

You and your children can thrive without vaccines. It's time to end this Big Pharma-government health debacle and reclaim your rights. The truth is undeniable. We must oppose the Big Pharma-government tyranny.

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HOTZE



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Type 2 Diabetes: Your Guide to Prevention and Reversal

Steven F. Hotze, M.D.

Type 2 diabetes is an American epidemic, 38.4 million have it, 97.6 million have prediabetes, and half of U.S. adults are affected, according to the CDC. Shockingly, 23% with diabetes and 80% with prediabetes do not even know it. Left unchecked, it is a silent killer, causing heart disease, kidney failure, neuropathy, blindness, Alzheimer's, amputations, and some cancers. This is not Type 1 diabetes, the autoimmune form hitting less than 10% of cases, which requires insulin injections. Type 2 diabetes, once known as adult-onset diabetes, is a lifestyle driven condition which can be prevented, treated, and even cured if you make the necessary lifestyle changes.

What Is Type 2 Diabetes?

It starts with insulin resistance. Your pancreas releases insulin to carry glucose, blood sugar, into the cells where it is converted into energy. After you eat a meal, your blood glucose rises, and the pancreas secretes insulin which enables the cells to uptake the glucose. However, when the cells become resistant to insulin's signal, glucose lingers in your blood, causing the pancreas to secrete more insulin. This is known as hyperinsulinemia. This leads to elevated blood sugar levels, increased fat deposition, high blood pressure, inflammation, elevated triglycerides, low HDL cholesterol, and elevation of uric acid that causes gout and increases the risk of heart disease. Over a third of Americans have metabolic syndrome, three or more of these signs, and a 2024 **Journal of the American College of Cardiology** study found that 93.2% of adults have at least one of these signs. Only 6.8% are metabolically healthy. Ultimately, this leads to Type 2 diabetes.

How Does It Happen?

Obesity drives 85% of cases, especially abdominal fat. Excess carbohydrate intake is the culprit. A 2024 **Lancet Diabetes & Endocrinology** study demonstrated that high-carb diets double the risk of diabetes over a ten year period. Refined and processed grains, corn, rice, potatoes, sugar and sodas flood your body with glucose, causing excess production of insulin which leads to cellular resistance to it. Inflammation increases, arteries harden, and chronic diseases begin to occur. Harvard predicts a 40% rise in

diabetes by 2060 with heart disease, strokes, and obesity climbing as well.

Prevention

The key? Get down to an ideal body weight, naturally. Eliminate simple carbs, such as wheat, corn, potato, rice products, sugars, and colas, all of which spike your blood sugar and raise your insulin level. Adopt a healthy eating plan with whole, unprocessed foods, leafy greens, broccoli, berries, lean proteins (fish, poultry, eggs), and healthy fats (butter, olive oil, cod liver oil and avocados). A ketogenic diet is made up of high-fat (55–60%), moderate-protein (30–35%), low-carb (5–10%). This causes your metabolism to shift to ketosis, where you burn fat for fuel. Clinical trials demonstrated that a keto eating plan beats the standard diabetes diet. This leads to weight loss, lowered triglycerides, and boosts your HDL cholesterol and HbA1c, which is your 3-month blood sugar gauge. Intermittent fasting is tremendously helpful as well. A 2024 **Journal of Clinical Endocrinology & Metabolism** study found 89% of diabetic fasters were able to decrease medications, and 55% reversed their Type 2 diabetes. Exercise, such as 30-minute walks, brisk post-meal strolls, and weight training is also beneficial. Exercise is also important to addressing Type 2 diabetes.

What to Do If You Have It

Type 2 Diabetes is a serious issue. The good news is it can be reversed, but you need to take charge of your health. A healthy eating plan as described above will help you achieve a healthy body weight, shed fat and restore insulin sensitivity. Your hormone balance matters. Hypothyroidism slows your metabolism, leading to increased weight gain. In men, low testosterone increases obesity. In females, sex hormone imbalances can lead to hypothyroidism as well. As you age, your hormone levels inevitably decline. Make sure your medical provider knows how to evaluate your hormone levels and knows how to replenish and balance them with bioidentical hormones.

Vitamin and mineral supplements can help as well. These need to be tailored to your body's needs. At the Hotze Health & Wellness Center, detoxification through vitamin and mineral supplementation has been part of our 8-Point Treatment



Program for over 35 years. As ministers of health, our medical team understands the needs and requirements of the human body at all ages. Our recommendations are based upon your clinical symptoms, your bloodwork and any known diagnosis. For Type 2 diabetes, the following are key supplements which can be recommended in the right dosage by a knowledgeable provider.

- **Berberine:** 2024 trials show it rivals metformin for blood sugar control.
- **Chromium:** Boosts insulin sensitivity, and most diets lack it.
- **Magnesium:** Low levels plague diabetics, raising blood pressure.
- **R-Alpha Lipoic Acid:** Reduces insulin resistance and protects your liver.

Also, be sure to consider sleep apnea. Over 50% of Type 2 cases experience it. Poor sleep disrupts insulin. Snoring is associated with sleep apnea. There are home tests available to diagnose sleep apnea.



Beware of Big Pharma's False Promise

Be wary of Big Pharma's promise of quick fixes like Ozempic or Wegovy (Semaglutide). They mimic GLP-1, curb appetite and spiking insulin, but they also cause significant adverse side effects, such as nausea, gut paralysis, constipation, muscle loss, pancreatitis, increased cancer risks, and mental health declines. Surveys indicate that 47% of individuals quit taking these drugs within six months, 85% by year two. Then weight gain and sugar levels increase quickly. At \$1,000 monthly, it is a cash cow for Big Pharma, not a cure.

Your Power to Reverse It

Type 2 diabetes is not a life sentence. It is preventable, treatable, and reversible, naturally. Take a hard look at yourself. Do you have an enlarged waistline, high blood pressure, or prediabetes? If you do, then take action. Take charge of your health! Eliminate simple carbohydrates, eat whole, real food. Exercise daily, balance your hormones, and take nutritional supplements. My **Optimal Eating Program** and decades of experience, helping patients get on a path of health and wellness, naturally, prove that it works. Start now! Your healthspan is your responsibility.



Slim Down for Summer—Naturally— with Our Nutritionist Program and our Slim Down Kit

Summer is on the horizon, and it is time to shed those extra pounds the natural way without gimmicks or drugs! At Physicians Preference Vitamins, we are thrilled to launch our Nutritionist Program to Slim Down for the Spring and Summer. For just \$699, this 3-month plan delivers our doctor recommended Slim Down Kit, with natural supplements to jump-start your weight loss, plus complimentary Certified Nutritionist coaching, worth \$1,125. It is a personalized support system designed to get you summer-ready!

Forget crash diets or pricey pharmaceuticals. Our Slim Down Kit uses nature's best vitamins and herbs, to boost your metabolism safely and effectively. Then, our Certified Nutritionists step in with a 30-minute initial consultation (\$150 value) to map your journey, with weekly email check-ins (\$900 value) to keep you on track, and a 15-minute end-of-program review (\$75 value) to celebrate your results. These are three months of expert guidance, all included, to help you slim down and feel fantastic.

Why act now? Extra weight drags you down. You have less energy, and more health risks. Summer is a time to spend with family and friends, vacationing, and reconnecting. Picture yourself lighter, more confident, and full of newfound energy and vitality. Our natural approach cuts through the fad-diet noise, focusing on real, sustainable weight loss. At \$699, with over \$1,000 in coaching value, it is an unbeatable deal to transform your body for the summer ahead.

➔ Do not wait. Spots are limited! Call **281-646-1659** today to grab your **Slim Down Kit** and start shedding pounds. Visit [PhysiciansPreferenceVitamins.com/nutritionist-programs](https://www.PhysiciansPreferenceVitamins.com/nutritionist-programs) for details. With our Certified Nutritionists and proven natural supplements, you will be slimmer, stronger, and summer-ready in no time, naturally.



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DATE: **Wednesday, May 7, 2025**

TIME: **5:30 to 7:30 PM**

PLACE: **20214 Braidwood Drive, Katy, TX**

Sick of one-size-fits-all medicine that just masks symptoms? Step into a new era of wellness at Hotze Health & Wellness Center's Holistic Health Symposium. For 35 years, we have led the charge in natural approaches to health care. Join us to learn how we can help you get on a path of health and wellness, naturally.

Join Founder and CEO, Steven F. Hotze, MD, alongside our expert providers, as they explain our unique approach to optimal health, including bioidentical hormones, testosterone replenishment for men and women, regenerative joint therapy, dental and oral health, treatment of parasitic diseases and natural

solutions for autoimmune disease, fatty liver, postpartum depression, ADHD, adrenal fatigue, and Candida. Learn how the Hotze Health & Wellness Center gets to the root cause of symptoms, naturally, rather than masking symptoms with pharmaceutical drugs.

The highlight? Three of our guests will share their compelling health journeys—stories so powerful, they will inspire you to rethink what is possible. These are real stories and proof of how natural approaches to health can transform your life and increase your health span.



SPACE IS LIMITED!

Scan the QR code at right to register or call 281-698-8698 to register for the event!