

HOTZE *Healthy Living*

Fall-Winter 2025

Joyous Christmas & HAPPY NEW YEAR



A Letter From Dr. Hotze

At Christmas, we celebrate the first coming of our Savior and Lord, Jesus Christ, the King of all 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 medical freedom. Please be sure to read the following article regarding the FDA's attempt to prevent you from using desiccated thyroid. *"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,

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

Steven F. Hotze, M.D.

FDA's Thyroid Ban: What's Really Going On?

A quiet move by the U.S. Food and Drug Administration (FDA) could drastically limit access to natural desiccated thyroid medications (DTE)—such as Armour Thyroid, NP Thyroid, and compounded thyroid extract—that have been used safely for over a century.

On **August 6, 2025**, the FDA sent a letter to manufacturers, importers, and distributors announcing a **12-month plan to phase out all desiccated thyroid products**, labeling them “unapproved drugs.” While the agency claims it is encouraging ongoing clinical trials for approval, many in the medical community see this as an attempt to reclassify these medications as **biologic products**—a move that could create a monopoly for a single pharmaceutical drug company, **AbbVie**, which owns Armour Thyroid.

Why This Matters

1. Desiccated Thyroid Has Been Used for Over a Century

Natural desiccated thyroid extract (DTE) has been prescribed since the late 19th century. It contains both T3 and T4 hormones, providing a more complete replacement for those with hypothyroidism. Many patients do not feel well on synthetic levothyroxine (T4-only) medications and report significant symptom relief on DTE.

2. The FDA's “Biologic” Classification Makes No Sense

The FDA argues that because DTE contains thyroglobulin (a protein with more than 40 amino acids), it should be regulated as a biologic. However:

- **Thyroglobulin is inactive**, it doesn't contribute to the medication's therapeutic effect.
- **Active ingredients**, not inactive ones, determine whether a product is classified as a biologic under FDA policy.
- If this logic were applied consistently, then everyday ingredients like gelatin would also be considered biologics, which they are not.

3. Monopolies Hurt Patients

If only one brand (AbbVie's Armour Thyroid) is allowed to remain, then patients would lose their access to compounded versions and alternative DTE brands.

That means higher prices, potential shortages, and no individualized dosing options for patients who are unable to tolerate certain fillers in commercial products.

4. A History of Bias

New FDA leadership has expressed open hostility toward desiccated thyroid. George Tidmarsh, the recently appointed Chief of the Center for Drug Evaluation and Research, publicly called DTE “harmful” and “crude pig tissue extract” before taking office. His background as founder or co-founder of several biotech (biologic) companies raises major conflict-of-interest concerns.

5. Follow the Money

AbbVie stands to gain the most from this reclassification. By labeling DTE as a biologic, it could obtain patent protection—blocking competition and giving it exclusive control of the natural thyroid market for years to come.

Why Compounded Desiccated Thyroid Matters

Compounding pharmacies, like **Physicians Preference Pharmacy**, create custom thyroid preparations without unnecessary fillers or additives. These formulations are essential for patients who need precise, individualized dosing. Losing access to compounded thyroid medication would leave many patients without an effective alternative.

The Bottom Line

This issue isn't just about thyroid medication—it's **about medical freedom and patient choice**. For decades, desiccated thyroids have restored quality of life for millions. It should not be sacrificed to corporate greed or government misclassification.

Hotze Health & Wellness Center and **Physicians Preference Pharmacy** remain steadfast in this fight to protect your access to the natural therapies you need to thrive.

Take Action to Protect Your **THYROID FREEDOM**

Your voice matters now
more than ever.

Here's how you can stand up for your
right to natural thyroid medications:

1. Sign the Petitions

Join the national effort to preserve access
to natural thyroid therapy by visiting:
www.compounding.com/thyroid

2. Spread the Word

Share this newsletter and our educational
video explaining what's at stake.
Encourage your family, friends, and
healthcare providers to take action.

3. Contact Your Lawmakers

Tell your elected officials:
"Do not allow the FDA or Big Pharma to
eliminate desiccated thyroid medications
that millions rely on."

4. Stay Connected

Contact PhysiciansPreferenceRx.com
or call **281-828-9088** for guidance on
protecting your prescription access.



Christmas Wrapped Books Available

November 24th – December 23rd

Share the Gift of Health
This Christmas!

**Our annual wrapped book offer begins on
Monday, November 24th.**

Embrace the Christmas spirit by sharing
wellness! Visit Hotze Health & Wellness Center
to pick up beautifully gift-wrapped copies
of Dr. Hotze's books to gift your friends and
family—offered completely free!

Wrapped books will be displayed throughout
our center and can be picked up during
business hours. It's our joyful way of saying
thank you and spreading the gift of health this
Christmas. No appointment needed—just stop
in, take what you need, and share the love of
wellness!

If you are outside the Katy/Houston area or out
of state, scan the QR Code or [click here](#) to order
wrapped books shipped
to your home. Shipped
orders must be received
by December 9th, 2025.



**Available while
supplies last.**

Unlocking Your Body's Superpower: Understanding the Role of the Vagus Nerve for Total Wellness

As the seasons shift into fall and winter, many of us face heightened stress—whether from packed holiday schedules, year-end work pressures, or the emotional weight of shorter days. These challenges often bring sleepless nights, migraines, anxiety, digestive troubles, and a relentless fight-or-flight feeling that leaves us drained. At Hotze Health & Wellness Center, we've discovered a natural way to restore balance and vitality: by supporting the vagus nerve, your body's unsung hero. This "electrical superhighway" connects your brain to your heart, lungs, gut, and immune system, addressing the root of countless symptoms. It's not just about managing stress, it's about thriving, no matter the season.

What Is the Vagus Nerve?

The vagus nerve, or cranial nerve X, is the longest nerve in your body, aptly nicknamed the "wandering nerve" for its extensive path from the brainstem through the neck, chest, and abdomen. It's 80% sensory, relaying critical information from your organs to your brain, and 20% motor, sending signals to regulate those organs. As the cornerstone of the parasympathetic nervous system—the "rest and digest" mode—it counteracts the sympathetic system's "fight-or-flight" response, which can dominate during busy times like holiday gatherings or year-end deadlines.

This nerve influences about 75% of your body's parasympathetic activity, playing a pivotal role in heart rate, blood pressure, digestion, inflammation, mood (via serotonin and norepinephrine), immunity, and even social engagement through voice and facial cues. When functioning optimally, it helps you recover from stress quickly, sleep deeply, and maintain emotional balance. But when it's compromised—by chronic stress, poor diet, or seasonal demands can trigger a cascade of health issues that dim your vitality.

Why the Vagus Nerve Is Central to Your Health

The vagus nerve is your body's natural stress regulator, making it vital during demanding seasons. Holiday feasts, emotional pressures, or the rush of year-end tasks can push your sympathetic nervous system into overdrive, leading to racing thoughts, shallow breathing, and heightened

inflammation. The vagus nerve restores calm by:

- Lowering heart rate and blood pressure to ease tension from tight schedules.
- Enhancing digestion to process heavy meals without bloating or constipation.
- Reducing inflammation through the cholinergic pathway, bolstering immunity against winter colds or autoimmune flares.
- Regulating mood, countering seasonal blues, or anxiety.
- Strengthening immunity, critical for holiday travel and social events.

We assess vagus nerve health through "vagal tone," measured by heart rate variability (HRV). High vagal tone means swift stress recovery, restful sleep, and emotional resilience. Low vagal tone traps you in survival mode, fueling symptoms like insomnia, migraines, chronic fatigue, brain fog, and hormonal imbalances—such as perimenopause struggles intensified by seasonal exhaustion. In our integrative practice, we've seen vagus nerve support help athletes optimize performance, executives overcome burnout, and long-haul COVID patients regain energy. For you, it could mean navigating life's challenges with clarity and calm.

Signs Your Vagus Nerve Needs Attention

Each year, we treat hundreds of guests (our term for patients) at Hotze Health & Wellness Center with symptoms signaling vagus nerve dysfunction, often worsened by fall and winter pressures. Common indicators include:

- Anxiety or panic attacks from overwhelming to-do lists or emotional stress.
- Migraines triggered by noise, lights, stress, or tension.
- Chronic fatigue and brain fog, making daily tasks feel daunting.
- Insomnia, despite exhaustion from relentless activity.
- Digestive issues like bloating or constipation after indulgent meals.
- Fight-or-flight symptoms, such as a racing heart or shallow breathing.

More complex issues may involve autonomic disorders like POTS, post-concussion fog, autoimmune flare-ups, or lingering inflammation from seasonal illnesses or long COVID. If you are juggling holiday events, work deadlines,

or battling the winter blues, then your vagus nerve may be overstretched. The good news? It's highly responsive to targeted support.

Natural Ways to Support Your Vagus Nerve

You can nurture your vagus nerve with simple practices: deep belly breathing (try the 4-7-8 technique: inhale for 4, hold for 7, exhale for 8), splashing cold water on your face to trigger the dive reflex, humming, singing, or journaling gratitude. These methods stimulate the vagus nerve indirectly and are great for mild stress. However, they can be time-intensive (20+ minutes) and less effective for severe symptoms like debilitating migraines or panic attacks, especially during the whirlwind of seasonal demands.

For those needing more consistent, powerful results, advanced tools can make a significant difference. In our practice, we've explored various approaches to vagus nerve stimulation, recognizing that while home remedies are a good start, they may not suffice for complex or chronic issues.

Truvaga Plus: A Breakthrough in Vagus Nerve Support

For guests seeking a precise, efficient way to boost vagus nerve function, we recommend the Truvaga Plus device, a handheld, rechargeable device that's FDA-cleared and backed by over 20 years of research. Priced at about \$499 and requiring no prescription, Truvaga Plus is an accessible tool for enhancing wellness.

Here's how it works: Apply Signaspray to your neck, locate your pulse, and hold the device for a gentle, 2-minute electrical pulse session twice daily. It stimulates the vagus nerve in about 90% of users, enhancing parasympathetic tone quickly. Benefits include:

- 80% report reduced stress within 30 days.
- 74% experience better sleep, easing fatigue.
- Decreased inflammation, supporting immunity and autoimmune recovery.

- Relief from anxiety or migraines, sometimes immediately.
- Improved gut health, mood, and HRV, plus support for long COVID recovery.

Unlike time-consuming home remedies, Truvaga Plus delivers results in just 2 minutes, making it ideal for busy lives. One staff member with a severe migraine (a 12 out of 10) used it twice—4 minutes total—and her pain dropped to a 2, allowing her to stay productive. Guests like Jackie, who battled panic attacks, find calm with a quick session, while Linda, a teacher with Ehlers-Danlos syndrome, saw stress, nausea, and brain fog lift, saying, "I'm a new person." Others, like Gina and Ed, report deeper sleep and renewed energy, calling it a "game-changer."

This device complements our integrative approach, pairing with diet, exercise, and mindset for holistic health. It's portable, discreet, and easy to use—perfect for maintaining balance on the go.

How to Get Started

You can explore vagus nerve support with the Truvaga Plus device by visiting www.physicianspreferencevitamins.com/product/truvaga-plus/. For personalized guidance, call our Certified Nutritionists and Vitamin Specialists at **(281) 646-1659**. You can use it in the morning for focus or in the evening to unwind, tracking progress with the app. If you are in the area, then call us to schedule a complimentary 2-minute session to see how easy it is to help your body to function at optimal levels and to alleviate symptoms quickly.

Your Path to Thriving

The vagus nerve is your body's key to escaping fight-or-flight, addressing symptoms like migraines, anxiety, and digestive woes, and thriving despite life's demands. At Hotze Health & Wellness Center, we're committed to natural solutions that deliver real results. By supporting your vagus nerve, you can unlock your body's superpower and live vibrantly, every season.



Hormonal Havoc: The Hidden Impacts of Tubal Ligation and Hysterectomy — And How to Reclaim Your Health

Each year, hundreds of thousands of women undergo tubal ligations and hysterectomies. These procedures are often described as “simple” or “routine.” Yet for many, these surgeries mark the beginning of a cascade of health issues that conventional medicine too often dismisses as “normal aging.”

For over 35 years, I have been educating women on the profound hormonal consequences of these procedures and helping them restore their vitality through natural, bioidentical hormone replacement therapy (BHRT). Our podcasts on this topic remain among the most listened to and downloaded episodes of Dr. Hotze’s Wellness Revolution, reaching thousands of women every month. Why? Because far too many women are still left in the dark about what truly happens to their hormones after these surgeries—and they’re desperate for real answers.

The Hidden Truth About “Simple” Surgeries

A tubal ligation is frequently presented as a minor, quick procedure. It is often recommended when a woman has completed her family or begins experiencing symptoms like heavy bleeding or cramping. What’s rarely discussed is that this surgery can interrupt the blood supply to the ovaries, diminishing hormone production—especially progesterone—and setting off a chain reaction of hormonal imbalance.

A hysterectomy, which is the removal of the uterus, sometimes along with the ovaries, is also misleadingly described as routine. Yet this operation can instantly plunge a woman into surgical menopause, with a sharp decline in estrogen, progesterone, and testosterone. Even when the ovaries are left intact, the loss of uterine-ovarian blood flow can compromise their function, creating long-term hormonal deficiency.

These surgeries are not merely reproductive decisions; they are hormonal events that disrupt the body’s natural endocrine system. The consequences can last a lifetime if left unaddressed.

The Aftermath: When Hormones Go Haywire

Following a tubal ligation or hysterectomy, many

women experience symptoms that are far more than “aging.” These include:

- Emotional and mental changes: mood swings, irritability, depression, anxiety, brain fog, or panic attacks.
- Physical symptoms: exhaustion, weight gain (especially around the midsection), headaches, hot flashes, insomnia, and swelling.
- Reproductive and sexual symptoms: irregular or painful periods, vaginal dryness, loss of libido, and painful intercourse.
- Pain and inflammation: pelvic pain, joint aches, back pain, and even cystic acne or breast tenderness.

Studies have shown that women who no longer ovulate due to disrupted ovarian function have up to a 540% higher risk of breast cancer, largely due to progesterone deficiency.

Conventional physicians often deny that these symptoms are connected to the surgery. Instead, they prescribe antidepressants, sleeping pills, or synthetic hormones like Premarin and progestins—chemical compounds that are foreign to the human body and can worsen imbalances or create new health risks.

At Hotze Health & Wellness Center, we see the results of this misunderstanding daily. Many of our guests arrive after years of suffering, told by previous doctors that “nothing is wrong,” “it’s just part of aging,” or “your labs are normal.” These women are not crazy. Their symptoms are real, and they are rooted in hormonal imbalance—an imbalance that can be corrected naturally.

Bioidentical Hormones: The Body’s Natural Solution

Unlike synthetic hormones, bioidentical hormones are molecularly identical to those your body produces naturally. This means your body recognizes and metabolizes them efficiently, restoring balance without the dangerous side effects of pharmaceuticals.

- Bioidentical progesterone helps neutralize estrogen dominance, easing anxiety, fluid retention, and mood swings.
- Bioidentical estrogen (estradiol and estriol) supports energy, focus, and temperature regulation.
- Bioidentical testosterone revitalizes libido, strength, and confidence.

Think of your hormones as an orchestra. When one instrument is out of tune, the entire symphony is off. BHRT restores harmony, replacing only what is missing in the right proportions, and is customized for each woman's unique needs.

A Proven Path to Restoration

Our bioidentical hormone replacement programs are not one-size-fits-all. Each guest undergoes a comprehensive evaluation that includes detailed medical history, laboratory testing, and most importantly, listening to their clinical symptoms.

We never use pellet therapy because we believe hormones should be adjusted in real time, instead of a fixed dose that can't be modified for months. At Hotze Health & Wellness Center, we customize treatment through creams, sublingual tablets, or capsules, and pair this with foundational lifestyle guidance—yeast-free, nutrient-dense eating, targeted vitamin and mineral supplementation, regular exercise, and stress management.

For women suffering after a tubal ligation or hysterectomy, BHRT can be life changing. Within weeks, many report restored energy, stable moods, better sleep, weight loss, renewed intimacy, and a sense of joy they feared was gone forever.

We hear it constantly: "Dr. Hotze, you've given me my life back." I always tell them, "You did the work. We just helped you find the right path."

Before You Choose Surgery—Educate Yourself

If you are being advised to undergo a tubal ligation or hysterectomy, then my recommendation is to pause and start asking questions. What are the underlying causes of your symptoms? Could they be related to hormonal imbalance, which can be treated naturally?

If you've already had one of these surgeries and are now experiencing symptoms, don't accept that "you just have to live with it." You don't. You can restore balance through a safe, natural approach that honors your body's design.

At Hotze Health & Wellness Center, we've treated over 33,000 guests over the past 35 years. 70 percent of them are women who came to us after conventional medicine failed them, and we have assisted thousands of them to regain their health, vitality, and hope.

Be Your Own Advocate

You know your body. When something feels wrong, it usually is. Don't let anyone tell you otherwise.

Be a self-advocate. Do the research, ask questions, and explore your options.

Remember, your body is not deficient in antidepressants or synthetic chemicals. It may simply be deficient in the natural hormones, nutrients, and minerals that once sustained you. When you give your body what it truly needs, it responds with health.

You deserve vitality. You deserve balance. You deserve to live the life God designed you to live.

Learn More

Explore these educational resources on our website:

- [Natural Treatments for Tubal Ligation Side Effects](#)
- [Answers to Your Questions About Tubal Ligation](#)
- [Hormonal Side Effects of a Tubal Ligation](#)
- [Restoring Hormone Balance to Counteract the Effects of Tubal Ligation](#)
- [Hormonal After-Effects of a Tubal Ligation](#)



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SAVE THE DATE!

Christmas Extravaganza

at Hotze Health & Wellness Center

December 8 – 12, 2025 ❄️ A Week of Appreciation and Gratitude

Get ready to jingle all the way into this joyous season with us! We're spreading joy, warmth, and wellness during our annual festive Christmas Extravaganza. This is a week-long celebration of our loyal guests. It's also an opportunity to bring along family and friends to tour our center. Everyone is welcome to stop by and soak up the holiday cheer.

Mark your calendars and let's celebrate the season together—because nothing says "Christmas" like gratitude, good health, and great company!

WHAT'S IN STORE?

- Warm apple cider, coffee, and festive snacks all week long!
- While you visit, pick up Dr. Hotze's inspiring books, beautifully gift-wrapped and complimentary for you to share the gift of health with friends and loved ones.
- Guided tours for anyone who is interested in learning more about our center, what we do and to experience the inside of our center. What better time than the Christmas season for us to introduce you to our world of wellness!

Please Note: Center tours must be pre-scheduled.
Call us at 281-698-8698 to book yours today.