

# HOTZE *Healthy Living*

Spring 2026

## RESURRECTION SUNDAY



### A Letter From Dr. Hotze

*Greetings to you in the name of Jesus  
Christ our King!*

Holy Week is a special time of the year when Christians focus on Jesus Christ's sacrificial death for our sins on Good Friday and His resurrection from the dead on Easter Sunday.

God's plan of salvation is simple. The Bible teaches us that, "For all have sinned and fall short of the glory of God." (Romans 3:23). "The wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord." (Romans 6:23).

"But God demonstrates His own love towards us in that, while we were yet sinners, Christ died for us. Much more then, having now been justified by Christ's blood, we shall be saved from the wrath of God through Him." (Romans 5:8-9)

"This is the word of faith which we are preaching, that if you confess with your mouth Jesus as Lord, and believe in your heart that God raised him from the dead, you will be saved." (Romans 10:8-9).

Jesus said, "I am the resurrection and the life; he who believes in Me shall live even if he dies, and whoever lives and believes in Me shall never die. Do you believe this?" (John 11:25-26)

Resurrection Sunday is the highest feast day for Christians. We have the truth of Christ's resurrection testified to us by eye witnesses. The apostle Paul wrote, "For I delivered to you as of first importance what I also received, that Christ died for our sins according to the Scriptures, and that He was buried, and that He was raised on the third day according to the Scriptures, and that He appeared to Cephas, then to the twelve. After that He appeared to more than five hundred brethren at one time, most of whom remain until now, but some have fallen asleep; then He appeared to James, then to all the apostles; and last of all, as to one untimely born, He appeared to me also." (1 Corinthians 15:3-8)

"Thanks be to God, Who gives us the victory through our Lord Jesus Christ." (1 Corinthians 15:57)

Have a most Joyous Resurrection Sunday!  
Christ Jesus is risen. He is risen indeed!

Sincerely yours in Christ,

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

# Thyroid Myths

Steven F. Hotze, M.D.

## **Myth #1: If your lab results are in the normal range, you do not have hypothyroidism.**

Thyroid hormones enable your cells to produce and use the energy needed to run your body's functions. For decades, hypothyroidism (Low Thyroid State) has been one of the most undiagnosed medical disorders. This is because conventional physicians simply look at blood tests as the only way to make a diagnosis of hypothyroidism. This would be appropriate if the blood tests, like the Thyroid Stimulating Hormone (TSH), were exact, but they are not. The lab "normal range" arbitrarily defines 95 out of every 100 people who take the TSH test as being normal. I can assure you that 95% of the people who take the test do not feel normal. I have sent the same blood of 40 different patients to two different national labs and found that the TSH values on the same patients varied by as much as 50%! This is why I believe patients, rather than blood tests, when they describe their symptoms of hypothyroidism.

By the way, women experience hypothyroidism much more frequently than men because of the effect of female hormone imbalances that occur as women mature.

Testing for thyroid antibodies is the one test that can definitely reveal the presence of the thyroid disorder, autoimmune thyroiditis. This is a frequent cause of hypothyroidism, however, this test is rarely performed because it is not covered by many health insurance policies.

The diagnosis of hypothyroidism can easily be made based upon clinical history and physical findings. Yet, the vast majority of patients who suspect that a low thyroid condition is the underlying cause of their symptoms, such as fatigue, weight gain, depressed moods, brain fog, insomnia, joint and muscle pain, headaches, hair loss, low body temperature, infertility, menstrual irregularities, elevated cholesterol and other symptoms and signs, seldom get help from their physicians.

The reason for this is that most conventional physicians have been influenced by a herd mentality. They don't treat patients, rather, they treat the TSH lab values. If those values are in the "normal range," then the patient will likely be told that her symptoms are just a part of getting older, or worse, that the symptoms are all in her head, and that

an antidepressant is the solution to the problem. Most women are treated condescendingly and made to feel like they are hypochondriacs. Let me assure you that your symptoms of hypothyroidism are not in your head, but are caused by a low thyroid condition and other hormonal declines and imbalances. Desiccated thyroid hormone supplementation is the solution, not antidepressants.

## **Myth #2: Blood work is the primary indicator of a low thyroid condition.**

On the contrary, a patient's clinical history and physical symptoms are the best way to determine whether a patient is experiencing a low thyroid condition. Thyroid hormone blood levels do not indicate the amount of thyroid hormone that enters the cells. The assimilation of thyroid hormones by the cells of the body can be adversely affected by disease processes, prescription drugs, sex hormone imbalances and decline, gut infections, fluoride exposure, gluten sensitivity, autoimmune disease, and environmental chemicals.

As with all hormones, thyroid hormone levels decline with age, with predictable effects on energy and well-being. It is the relative decline in your thyroid hormone level that matters, not your level compared to some arbitrarily defined wide "normal range" that encompasses 95% of the people taking the test.

If you have the symptoms and signs of hypothyroidism, despite your blood test results, then it seems reasonable that you should be offered a therapeutic trial of natural desiccated thyroid. When your symptoms resolve, then you can be assured that indeed you were suffering from hypothyroidism. To ensure that you have plenty of energy and feel healthy, your doctor should strive to maintain your thyroid hormone level in the normal range that is optimal for you. Your thyroid dose should be based upon the resolution of your clinical symptoms.

## **Myth #3: If you're not overweight, you cannot have a thyroid problem.**

This is a common misconception about hypothyroidism. A person can have normal or even low body weight and still be suffering from hypothyroidism. Because thyroid hormones govern the body's metabolism,

the most common effects of hypothyroidism, like fatigue, weight gain, mood changes, sensitivity to cold and low body temperature among other signs and symptoms, are caused by a decline in energy production within the cells of the body.

Thyroid deficiency can cause a wide range of symptoms. For example, the brain is highly sensitive to thyroid hormone depletion, and patients with low levels of thyroid hormones within the cells often experience depressed moods, and difficulty with concentration and short-term memory. Insomnia, gastrointestinal disorders, hair loss, dry skin, and brittle nails are also common features of low thyroid function.

#### **Myth #4: Fibromyalgia is a disease.**

Fibromyalgia is characterized by chronic muscle pain, fatigue, brain fog, problems with memory and concentration, depression and headaches, among others. These symptoms can have a detrimental impact on a person's quality of life. Many patients who are diagnosed with fibromyalgia feel relieved to find out that there is a reason for the way they feel.

Unfortunately, fibromyalgia is not a true diagnosis. It is simply a Latin term that means muscle pain. There is no explanation as to the root cause of the problem. Treatment

is typically intended to mask symptoms rather than correct the underlying problem.

The symptoms associated with fibromyalgia are classic symptoms of low intracellular thyroid. At the Hotze Health & Wellness Center, we have found that treating for low thyroid will typically resolve symptoms of other "disorders," such as fibromyalgia and depression. This is a clear illustration that, often, the diagnosis of such disorders is actually symptomatic of a deeper problem, hypothyroidism.

#### **Myth #5: Synthetic thyroid drugs are the optimal treatment for low thyroid.**

While the conventional treatment for hypothyroidism is synthetic thyroid, i.e., Synthroid, Levoxy, or Levothyroid, my clinical experience has been that natural desiccated thyroid is far superior. We've evaluated tens of thousands of patients at the Hotze Health & Wellness Center for hypothyroidism. Many of these patients were taking synthetic thyroid medication, yet continued to have significant symptoms of hypothyroidism. Once they were converted to desiccated thyroid and given the appropriate dosage, their symptoms of hypothyroidism finally began to resolve.

There is a very good explanation why so many people languish on synthetic thyroid. Levothyroxine products contain only a synthetic version of T4, the inactive form of thyroid hormone. Taking T4 without T3, the active thyroid hormone, is like replacing only seven of the eight spark plugs in your car. Your body's "engine" will run, but it will not run optimally.

In contrast, desiccated thyroid contains the same thyroid hormone molecules that your body produces, T3 and T4, along with nutrients from the thyroid gland. Desiccated thyroid meets the rigorous standards set by the United States Pharmacopeia (USP).

Millions of Americans have undiagnosed hypothyroidism, so it is important to rule out the possibility that you have this illness. If you have the symptoms of hypothyroidism, but your blood work falls within the "normal range" or you are on synthetic thyroid medications, then give us a call. It would be a privilege to partner with you and get you on a lifelong path of health and wellness, naturally, so that you can experience energy, vitality and enthusiasm for life.

### **13 PROMINENT SYMPTOMS OF HYPOTHYROIDISM:**

1. Loss of energy (malaise/fatigue)
2. Difficulty losing weight
3. Cold extremities and cold sensitivity
4. Brain fog; difficulty concentrating and short term memory loss
5. Depressed moods
6. Hair loss
7. Dry skin
8. Constipation
9. Fluid retention
10. Muscle pain and cramps
11. Joint pain
12. Tiredness after a full night's sleep
13. Recurrent and chronic infections

# Do You Have Hypothyroidism?

If you are like many Americans, then losing weight may be a top priority. You may feel like you have tried everything including diets and exercise to no avail. Perhaps you are tired of recurrent and chronic infections that keep you from the activities that you enjoy. You may also be experiencing fatigue, depressed moods, joint and muscle pain, brain fog, cold extremities and cold sensitivity, and tiredness after a full night's sleep. If any of these symptoms sound familiar, then hypothyroidism could be the culprit. Hypothyroidism is an often overlooked and misdiagnosed illness.

## Jen's Dilemma:

*"I'm exhausted all the time. I barely have enough energy to work, much less think. It takes every ounce of strength just to take care of my family, keep my job, and get through the day. I feel like I'm falling apart. I can't sleep, I'm gaining weight despite dieting, my joints ache, I'm constipated, my hair is thinning, my skin is dry, I'm anxious and my moods are all over the place. I just don't feel like myself!"*

*I visited my doctor thinking he'll have the answers, because well, he's a doctor. They drew my blood and before I could ask a question, he told me that I'll have to wait until the lab results come back before he would know anything. I left the doctor's office with high hopes that the blood work would reveal what's wrong and then I could get on with life.*

*When the results came in, my heart sank when he told me "Your blood work is normal." He gave me an antidepressant and told me that this is just part of the aging process. Not only do I feel like a hypochondriac, now I feel like there is no hope in sight. What now? Am I going to have to live the rest of my life like this?"*

The answer is "no," you don't have to live the rest of your life like this. There is a solution.

## The curse of "normal" lab results:

First, let's address lab tests for hypothyroidism. You may have the signs and symptoms of hypothyroidism and have had your blood tested by your conventional doctor, only be told that your blood work was normal. The fact is: **Lab tests lie – patients don't.** Typically, the "normal lab range" is based on an arbitrary value, which is statistically defined as plus or minus two standard deviations from the average. This range is as wide as the Grand Canyon and as tall as the Empire State Building! This means that 90 to 95 percent of the population falls within a "normal range."

If you have the symptoms of hypothyroidism, then please do not accept your normal lab results at face value. Hypothyroidism should be diagnosed based upon basal body temperature, which is your body's temperature just after you awaken, as well as your symptoms.

## Synthroid vs. Desiccated Thyroid:

Maybe you have been diagnosed with hypothyroidism, however, you are not seeing results even after being placed on thyroid medication. The main difference in thyroid medications is the difference between thyroxine (T4) and triiodothyronine (T3). T4 is the inactive thyroid hormone and T3 is the active thyroid hormone.

If your doctor has prescribed Synthroid (Levothyroxine), which is a synthetic form of T4, then there is a good chance you may still be experiencing symptoms. This may work for you if your body is perfect at converting the inactive T4 to the active T3 that your body can actually utilize. Unfortunately, what many people have is a problem converting the inactive T4 to the active T3 within their cells to produce energy. An alternative treatment is bioidentical desiccated thyroid hormone that contains both T4 and T3.

Thyroid hormones act as the body's metabolic spark plugs. The active thyroid hormone, T3, governs the metabolic rate of the body and regulates growth and development.

Your thyroid gland makes the thyroid hormones, 94% is the inactive T4, and only 6% is the active T3. T4 must be

converted by an enzyme within the cells to T3. Fluoride poisons that enzyme, and decreases the conversion. That is why it is important for you to drink non-fluoridated water and use non-fluoridated toothpaste.

Millions of Americans have undiagnosed hypothyroidism, so it is important to rule out the possibility that you have this illness. If you have the symptoms of hypothyroidism, but your blood work falls within the "normal range" or you are on synthetic thyroid medications, then give us a call. It would be a privilege to partner with you and get you on a lifelong path of health and wellness, naturally, so that you can experience energy, vitality and enthusiasm for life.

## ▶ FROM THE PHARMACIST

# Nitazoxanide: Broad-Spectrum Support for Gut Health and Viral Resilience

Nitazoxanide, originally developed in the 1970s as an antiparasitic agent, has garnered significant interest for its expanded applications in supporting digestive balance and viral defense. As a thiazolide compound, it is metabolized in the body to its active form, tizoxanide, which disrupts the pyruvate-ferredoxin oxidoreductase (PFOR) enzyme essential for energy production in certain bacteria, parasites, and protozoa. This targeted mechanism provides broad microbial coverage without relying solely on direct pathogen elimination.

### Key Benefits for Gut Health

In cases of Small Intestinal Bacterial Overgrowth (SIBO) and dysbiosis, Nitazoxanide addresses mixed microbial imbalances involving gram-positive and gram-negative bacteria, anaerobes, and protozoa such as Giardia, Dientamoeba fragilis, and Blastocystis hominis. By interfering with microbial fermentation pathways, it helps reduce common symptoms including bloating, gas, abdominal distension, irregular bowel patterns, and food intolerances. Its systemic circulation allows broader action than gut-limited agents, supporting improved motility, bowel regularity, and reduced recurrence in treatment-resistant cases.

### Support for Viral Illnesses

Nitazoxanide demonstrates antiviral activity against influenza and other respiratory viruses by interfering with viral protein maturation and assembly, while also enhancing the body's natural intracellular antiviral signaling and early immune responses. This dual action may help alleviate symptom burden and promote faster recovery in viral respiratory conditions.

### Compounded Formulation and Safety

At Physicians Preference Pharmacy, Nitazoxanide is available as a sugar-free, dye-free capsule, customized for patients over one year of age. It is generally well tolerated, with mild side effects such as headache, abdominal discomfort, or diarrhea occasionally reported. Therapy is taken with food to optimize absorption, with dosing and duration tailored to individual clinical needs.

Nitazoxanide offers a valuable option for persistent gut issues or viral support when standard approaches fall short.

➡ For personalized guidance on dosing, formulation, or suitability, please contact our expert pharmacists at Physicians Preference Pharmacy: **281-828-9088** or visit [physicianspreferencerox.com](https://www.physicianspreferencerox.com). You can also access our recent Physicians Preference Pharmacy Newsletter on Nitazoxanide for more in depth information by [clicking here](#).

★ If you are an active guest of Hotze Health & Wellness Center, our medical team is always available to discuss how this compounded medication may fit into your integrative care and wellness plan.



# H O T Z E

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### **Key Benefits:**

- Provides 20 grams of naturally complete, undenatured protein per serving
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- Suitable for Yeast-Free Eating Programs, Candida Cleanses, and healthy gut protocols (when prepared without additional sweeteners or fruit)