

HOTZE *Healthy Living*

Summer 2026

PROTECT ACCESS TO THYROID MEDS



A Letter From Dr. Hotze

Freedom is a gift from God, and it must never be taken for granted. Here in America, we have been blessed with the liberty to worship God, speak the truth, work hard, raise our families, and make decisions about our own health under the guidance of trusted physicians.

That freedom is now being threatened.

For more than 100 years, natural desiccated thyroid extract has helped men and women suffering from hypothyroidism regain their energy, clarity, warmth, metabolism, and enthusiasm for life. Many of our guests know this personally. They spent years being told their lab tests were “normal,” while they continued to suffer with fatigue, weight gain, brain fog, hair loss, cold hands and feet, depressed moods, and other symptoms of low thyroid function. Then, under proper medical care, they finally found hope.

Now, the FDA's action against desiccated thyroid extract threatens to limit access to this time-tested treatment. This is not simply about one thyroid medication. It is about whether the government should be allowed to interfere with the sacred physician-patient relationship and take away your ability to choose the treatment that works best for you.

In this issue of *Healthy Living*, **please read our article on desiccated thyroid extract and H.R. 8630** (tinyurl.com/5enc6swx),

the Protecting Equal Access to Thyroid Act of 2026.

Congressman Michael Rulli has introduced this bill to help protect access to desiccated thyroid and compounded thyroid medications. August is around the corner, and your voice is needed now.

Please call your U.S. Representative (house.gov) **and ask him or her to support H.R. 8630.** Then, please share this newsletter with your family, friends, neighbors, church members, and loved ones, especially anyone who takes desiccated thyroid or believes in medical freedom.

We must not sit silently while our choices are taken away. As the Bible teaches, *“The righteous are as bold as a lion.”* (Proverbs 28:1)

My team and I remain committed to helping you take charge of your health and get on a path of health and wellness, naturally. Thank you for standing with us as we defend your right to medical freedom and patient choice.

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

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

Protecting Thyroid Choice – YOUR VOICE MATTERS: Why Access to Desiccated Thyroid Extract Matters

For more than 100 years, desiccated thyroid extract, commonly called DTE, has been used as a thyroid treatment option for people with hypothyroidism. For many patients, it has been the therapy that best supports their energy, mental clarity, metabolism, mood, and quality of life. Now, access to this important treatment option is at risk.

The FDA has taken the position that animal-derived thyroid medications, including DTE, are biological products. As part of this regulatory shift, the FDA has stated that unapproved animal-derived thyroid medications are not eligible for compounding because they are regulated as biological products under the Public Health Service Act. The FDA has also stated that it intends to issue guidance regarding its compliance priorities by August 2026.

This matters because many individuals, across the nation (both women and men), rely on individualized thyroid care. Not every person responds the same way to the same thyroid medication. Most feel better with a natural, desiccated thyroid option. Some need a compounded formulation because of ingredient sensitivities, dosing needs, or the guidance of their medical provider. That choice should remain between the patient and the physician.

According to the FDA, an estimated 1.5 million patients received prescriptions for animal-derived thyroid medications from U.S. outpatient retail and mail-order pharmacies in 2024. Congressman Michael Rulli's office has stated that nearly 2 million Americans living with hypothyroidism, Hashimoto's disease, and related conditions depend on desiccated thyroid extract to manage their health and quality of life.

Behind every statistic is a real person. These are women and men who may have spent years searching for the right thyroid treatment. Many have struggled with fatigue, weight changes, brain fog, hair loss, cold intolerance, low mood, constipation, poor focus, and low motivation before finally finding an option that helped them feel like themselves again.

The concern is not simply about one thyroid medication. It is about medical freedom, patient access, and the right of physicians to individualize care.

If DTE access is reduced, restricted, or made more

expensive, patients could lose options they have relied on for years. Compounding pharmacies could also lose the ability to prepare individualized DTE prescriptions, which may affect patients who need specific doses or formulations that are not commercially available.

This is why Congressman Michael Rulli introduced H.R. 8630, the Protecting Equal Access to Thyroid Act of 2026. The bill would amend the Public Health Service Act to prevent a product from being treated as a biological product solely because it contains a protein that is a clinically inactive component.

In plain English, the bill is designed to help prevent DTE from being reclassified in a way that limits access and removes compounded options.

At Hotze Health & Wellness Center, we believe our guests (we call our patients guests) deserve medical choice. We believe thyroid treatment should be guided by an individual's symptoms, history, lab results, clinical response, and the judgment of a knowledgeable medical provider. Balancing thyroid and hormones overall are not a one-size-fits-all resolution.

This issue is bigger than thyroid alone. If patient access can be limited for one long-standing treatment option, it raises important questions about access to other compounded and individualized medications in the future.

We are doing our part. Dr. Hotze has traveled to Washington, D.C. on multiple trips this year, to advocate for medical freedom and patient choice, and he will continue standing up for guests and others who rely on individualized thyroid care. ***Your voice matters.***

Take Action

Please call your U.S. Representative and ask them to support H.R. 8630, the Protecting Equal Access to Thyroid Act of 2026.

A phone call is the most powerful and takes less than one minute. You can simply say:

"Hello, my name is [state your name], and I am a constituent. I am calling to ask Representative [state your representative's name] to support H.R. 8630, the Protecting Equal Access to Thyroid Act of 2026. Please help protect patients access to desiccated thyroid extract and compounded thyroid medications. Patients and physicians should be able to choose the thyroid treatment that works best under medical guidance."

How to Contact Your Representative

Go to [House.gov](https://www.house.gov) to find your Representative. Search for your Representative by entering your zip code on the upper right of the home page under **Enter Your Zip Code** and click the red **Look Up** button.

Call the U.S. Capitol Switchboard at [202-224-3121](tel:202-224-3121) and ask to be connected to your U.S. Representative.

For more information about the fight for Desiccated Thyroid Extract (DTE), visit these websites:

📌 Protecting Equal Access to Thyroid Act of 2026:

congress.gov/bill/119th-congress/house-bill/8630/text

📌 Information on the fight for Desiccated Thyroid Extract (DTE):

compounding.com/thyroid

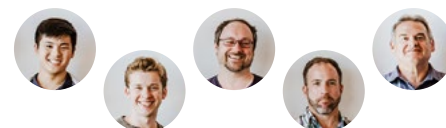
Your thyroid medication choice should not be taken away. Please help protect access, medical freedom, and the right to individualized care.

WHY AUGUST 2026 MATTERS

The FDA has stated that it intends to issue guidance regarding its compliance priorities by August 2026. That means the window to speak up is now. Calling your U.S. Representative at 202-224-3121 and asking them to support H.R. 8630 is one of the most direct ways to help protect access to desiccated thyroid extract and compounded thyroid medications.

Men's Hormones Through the Decades: Testosterone and Beyond

Steven F. Hotze, M.D.



Men have hormones, too. Yet men's hormone balance is often reduced to one conversation: testosterone. Testosterone matters, but it is not the whole story. Men need more than testosterone to feel their best. Thyroid hormones, DHEA, cortisol, insulin, estrogen, nutrition, sleep, and stress response all play a role in energy, strength, mood, metabolism, libido, erectile health, focus, and healthy aging.

One challenge is that many men do not realize how far from optimal they feel. They become so accustomed to being tired, stressed, unmotivated, mentally foggy, or less interested in life that they assume it is simply part of getting older. Over time, they lower their expectations and accept a "new normal."

At Hotze Health & Wellness Center, we do not believe men should settle for feeling "low voltage". We treat the whole body, not isolated symptoms. Our goal is to get to the root cause. We look beyond labs and listen to all of your clinical symptoms. They are signals.

Why Testosterone Is Not Enough

Hormones act as chemical messengers. They help regulate metabolism, energy, stress response, blood sugar, sexual function, muscle mass, sleep, mood, and mental clarity. Because these systems are connected, one

imbalance can affect another. Low thyroid function can drain energy and slow metabolism. Insulin resistance can contribute to belly weight and cravings. Chronic stress can disrupt cortisol and sleep. Low testosterone can affect libido, erections, mood, motivation, and muscle mass.

That is why a "more testosterone is better" approach can miss the mark. In fact, overuse of testosterone can cause severe and sometimes irreversible health complications. Abnormally high levels, typically seen when an individual misuses anabolic steroids or excessive testosterone replacement therapy, can lead to shrinking testicles, infertility, heart damage, and an increased risk of blood clots.

Men need the right evaluation, the right dose, the right monitoring, and attention to the other hormone pathways that influence energy, metabolism, sexual health, and long-term wellness.

Teens and 20s: Early Signals and Long-Term Foundations

Hormone related symptoms can begin much earlier than many people realize. Teen boys and young men can experience imbalances that affect growth, mood, energy, athletic performance, body composition, sleep, and confidence.

During the teen years, low energy can affect school, sports, relationships, and participation in activities. Mood swings, anxiety, irritability, poor sleep, delayed development, acne, or difficulty building muscle can undermine confidence during a stage of life when appearance and peer acceptance often feel especially important. Unfortunately, symptoms such as fatigue, low motivation, poor focus, or reduced participation are sometimes mislabeled as laziness or depression when an underlying hormone imbalance may be contributing to the problem.

Lifestyle habits matter, too. Poor sleep, excessive screen time, chronic stress, overtraining, under-eating, and inconsistent nutrition can all affect hormone signaling. If a teen consistently struggles with energy, recovery, motivation, mood, confidence, academic performance, or physical development, hormones deserve a closer look.

In their 20s, many men don't even think about hormones. Yet this decade lays the foundation for future health, performance, and vitality. While testosterone levels are often near their peak, optimal health depends on much more than testosterone alone. Thyroid function, cortisol balance, insulin sensitivity, DHEA production, sleep quality, nutrition, and stress management all influence how a man feels and performs every day.

This is often the decade of higher education, career building, training hard, starting families, or juggling new responsibilities. Chronic stress, poor sleep, irregular schedules, processed foods, excessive alcohol, and overtraining can begin disrupting hormone balance long before obvious health problems appear.

Signs to watch for in young men in their teens and 20s include delayed development, trouble building muscle, fatigue, poor recovery, brain fog, low motivation, anxiety, poor sleep, sugar cravings, stubborn weight gain, acne, or mood swings.

30s and 40s: Stress, Metabolism, Recovery, and Performance

The 30s are when life's demands tend to accelerate. Careers are more demanding, families grow, financial responsibilities increase, and free time often is harder to find. Stress can become chronic rather than occasional.

Over time, chronic stress may disrupt cortisol rhythms, interfere with sleep, increase cravings, and contribute to fatigue, irritability, and reduced motivation.

Many men describe doing the same things they did in their 20s but getting different results. Workouts may not produce the same gains. Recovery takes longer. Energy becomes less consistent. Mental focus and motivation may decline, and libido may feel less strong. Hormone imbalances can also affect relationships. Fatigue, irritability, poor sleep, and low motivation can make it harder to be emotionally present, patient, and engaged at home.

By the 40s, these changes often become harder to ignore. Maintaining muscle may require more effort. Weight often collects around the abdomen. Sleep may become lighter, and stress may feel harder to overcome. Testosterone, thyroid hormones, cortisol, insulin, DHEA, and estrogen balance all play important roles in energy production, metabolism, recovery, cognitive function, and sexual health.

These symptoms are common, so they are often dismissed as normal aging. However, common does not always mean normal.

Signs to watch for in the 30s and 40s include belly weight gain, caffeine dependence, irritability, low patience, lower libido, brain fog, low focus, reduced drive, slower recovery, loss of muscle, fatigue, poor sleep, and erectile changes.

This is also the time when many men are drawn to "quick fix" testosterone clinics. While testosterone can be helpful when clinically appropriate, excess or poorly monitored testosterone replacement can create risks. Responsible hormone care should include appropriate testing of all hormones, individualized dosing, and monitoring for factors such as hematocrit, prostate health, sleep apnea, cardiovascular history, fertility goals, and overall health.

At Hotze Health & Wellness Center, we have been helping men address hormone balance for over 35 years. It is important to work with medical providers who understand how testosterone, thyroid, cortisol, insulin, DHEA, estrogen, nutrition, sleep, and lifestyle all work together.



Real Guest Story: Matt Schomburg

Matt Schomburg's story speaks directly to men in their 40s who are busy with work, family, and responsibilities, yet feel like their energy and drive are slipping away. Matt described hitting a wall in the afternoon, feeling drained, and wanting a more holistic approach. His experience is a reminder that fatigue, low stamina, and reduced motivation should not automatically be accepted as "just getting older." For many men, these symptoms may be signs that testosterone, thyroid, nutrition, sleep, and other hormone pathways deserve a closer look.

📖 Read Matt's story: tinyurl.com/yb5y5339

▶ Watch Matt's testimonial: tinyurl.com/88uphzzm

50s, 60s and Beyond: Vitality, Strength, and Healthspan

The 50s often bring a shift in priorities. Men may begin thinking more seriously about cardiovascular health, bone strength, cognitive function, mobility, sexual health, and long-term independence.

At this stage, hormone balance becomes closely tied to quality of life. Thyroid hormones help support energy and metabolism. Insulin regulation influences blood sugar and body composition. Cortisol affects recovery and stress response. DHEA and sex hormone balance contribute to vitality and stamina.

Sexual health concerns may also become more noticeable. Erectile dysfunction, reduced libido, and performance changes can affect confidence and relationships. The Massachusetts Male Aging Study found that 52% of men ages 40–70 reported some degree of erectile dysfunction.

Erectile changes should not be brushed aside because they can involve hormones, circulation, blood sugar, stress, sleep, and cardiovascular health.

Metabolic health is also important. Blood sugar issues, increasing waist circumference, and other markers of metabolic dysfunction often become more common in midlife. In a Diabetes Care study of men age 45 and older, 40% of obese men without diabetes and 50% of obese men with diabetes had subnormal free testosterone concentrations. This reinforces the importance of looking beyond testosterone alone.

In the 60s and beyond, healthy aging is about more than avoiding disease. It's about maintaining strength, mobility, mental clarity, independence, and enthusiasm for life. Men want to remain active, travel, spend time with family, pursue hobbies, and continue doing the things they love.

Muscle health becomes especially important. NIH notes that adults begin losing muscle mass around age 30, at an estimated rate of about 3–5% every 10 years.

Signs to watch for in the 50s, 60s and beyond include erectile dysfunction, reduced stamina, muscle loss, rising waist size, memory lapses, loss of strength or balance, poor sleep, low resilience, weight gain with muscle loss, and less interest in activities once enjoyed.

The goal is not to stop aging. The goal is to support the body to achieve healthspan, aging with strength, clarity, purpose, and quality of life. It is best to begin supporting your health in your 30s, 40s, and 50s. However, you can still make meaningful changes in your 60s and beyond.

Real Guest Story: Tony Sims

Tony Sims' story is especially meaningful for men in their 60s and beyond who want to protect their strength, energy, confidence, and quality of life. After years of not feeling like himself, Tony sought a different path and began addressing his health from a root-cause perspective, including testosterone replenishment and hormone balancing. His story reflects the heart of healthspan: not simply living longer, but living with energy, clarity, strength, and purpose.

▶ Watch Tony's story: tinyurl.com/2k3nf3bj

▶ Watch Tony's follow-up conversation: tinyurl.com/bdbj6fjr

Put a Tiger back in your Tank but do it Right!

From the teen years through the 60s and beyond, men's hormone health tells a story. In each decade, symptoms may look different. A teen may struggle with growth, mood, focus, or confidence. A man in his 30s or 40s may notice stress, weight gain, fatigue, poor recovery, or lower motivation. By the 50s and beyond, changes in libido, stamina, muscle, belly weight, mental clarity, and independence may become harder to ignore.

Remember: common does not always mean normal. Symptoms can be signals that the body needs a closer look.

At Hotze Health & Wellness Center, we believe true hormone balance means looking at the whole body, including testosterone, thyroid, DHEA, cortisol, insulin, nutrition, sleep, stress, and lifestyle. When root causes are identified and addressed, men can take meaningful steps toward better energy, strength, mental clarity, confidence, vitality, and long-term health.

No matter your age, it is never too early or too late to start listening to what your body is trying to tell you.

Could Your Gut Be the *Missing Piece*?

Introducing

90-DAY Gut Repair

for individuals who are not guests of
Hotze Health & Wellness Center



Bloating. Gas. Constipation. Diarrhea. Acid reflux. Brain fog. Fatigue. Food sensitivities. Sugar cravings. Skin flare-ups. Joint discomfort. Poor sleep.

These symptoms may seem unrelated, but they can all point back to one important area of the body: the gut.

At Hotze Health & Wellness Center, one area we see far too often is gut imbalance, including yeast overgrowth, Candida concerns, digestive irritation, and disrupted intestinal health.

That is why **we are excited to introduce our NEW 90-DAY GUT REPAIR THERAPY, available exclusively to Texas residents.**

This program was created for individuals who want more than nutrition advice alone. Our center receives frequent calls asking for specific gut repair therapy with **medical provider oversight, lab testing, prescription support, and a structured plan they can follow from home.**

The **90-Day Gut Repair Therapy** brings these pieces together in one convenient telehealth program. What's different? Typically to be treated at Hotze Health & Wellness Center, you need to become a new guest (we call our patients guests) with a commitment of at least one year. Most often, we become your functional and

alternative care provider with a relationship that spans decades. For individuals seeking our expertise for gut health, this full guest commitment has always been required.

You asked and we are delivering. When there is a specific gut issue and this is the only desire for our care, our new 90-Day Gut Repair Therapy allows an individual to work with us on a short-term, 90 day basis. There is a start and finish to our relationship (90 days). You, a friend or loved one in need will receive our 35 years of holistic, alternative and integrative experience to assist you in obtaining optimal gut health. It's that simple. This therapy has been created out of demand for individuals to take their first step into a functional, natural approach to their health. Good health always starts with the gut.



Why Gut Health Matters

Your gut impacts far more than digestion. When the digestive system is out of balance, it may affect energy, focus, mood, immune function, inflammation, skin health, cravings, and overall wellness. Many people live with ongoing digestive symptoms for years without realizing that gut health may be the missing piece to achieving optimal health.

Common signs of gut imbalance may include:

- Bloating, gas, constipation, diarrhea, acid reflux, or IBS type symptoms
- Fatigue, low energy, brain fog, poor focus, mood changes, or poor sleep
- Joint discomfort, skin issues, food sensitivities, inflammation, or frequent illness
- Sugar cravings, carb cravings, recurrent yeast issues and infections, and ongoing digestive flare-ups

These symptoms can be frustrating, especially when you are told everything looks “normal.”

What Can Disrupt Gut Health?

Gut imbalance can develop for many reasons. Frequent antibiotic use, poor nutrition, high sugar intake, processed foods, low fiber intake, food sensitivities, stress, poor sleep, lack of physical activity, excessive alcohol consumption, toxin exposure, acid reducers, and NSAID use or overuse may all contribute to digestive disruption.

Over time, these factors can affect the balance of healthy bacteria, yeast, and intestinal function.

The Three Pillars of Gut Repair

Our 90-Day Gut Repair Program is built around three key pillars:

- **Kill** – Kill the “bad” bacteria, Candida and harmful yeast overgrowth with prescription support when appropriate and as indicated.
- **Replenish** – Restore beneficial “good” bacteria in the gut with targeted probiotic and recommended nutritional support.
- **Repair** – Support digestive health, gut lining integrity, and long-term gut balance through nutrition, education, and provider and Certified Nutritionist guided care.

What Is Included?

This program is designed to give guests structure, support, and convenience from the comfort of home.

The 90-Day Gut Repair Therapy includes:

- CMP-14 bloodwork through convenient LabCorp locations
- One telehealth visit with a medical provider
- Health history review
- Personalized gut treatment recommendations
- Licensed pharmacist prescription consultation

- 90 days of compounded Nystatin (as indicated)
- 90 days of Probiotic Blend
- Fluconazole when clinically applicable and indicated (OR) 90 day supply of Colostrum
- *Dr. Hotze's Optimal Eating Program* Guide and Cookbook
- Certified Holistic Nutritionist support throughout the 90 days of therapy
- Prescriptions and supplements shipped to your home

Because this is a provider-guided program, guests will complete a medical questionnaire, sign an informed consent, and complete required lab work before treatment begins.

Texas Residents Only

The 90-Day Gut Repair Program is currently available to Texas residents only. Because this is a 100% telehealth program, participants must reside or have a residence in Texas.

Start Your Gut Repair Journey

If you, a friend or loved one has been struggling with digestive symptoms, fatigue, brain fog, cravings, recurrent yeast concerns, skin issues, food sensitivities, or ongoing gut imbalance, your gut may be trying to tell you something. You do not have to keep guessing.

Our **90-Day Gut Repair Therapy** offers a structured, root-cause approach with medical provider oversight, pharmacy support, nutrition guidance, lab testing, and targeted therapies to help support better digestive health and overall wellness.

Schedule your free Gut Wellness Consultation today.

📍 Visit: [hotzehwc.com/gut-repair-therapy](https://www.hotzehwc.com/gut-repair-therapy)

☎ Call: [281-698-8698](tel:281-698-8698) for a free phone consultation with one of our Wellness Consultants to see if Gut Repair Therapy is right path for optimal wellness. It's time to start listening to your gut!

ANDROPAUSE: THE HORMONE SHIFT MEN OFTEN MISS

DID YOU KNOW?

Testosterone levels generally decline about **1% per year after age 40**, but symptoms should always be evaluated with a full health picture, not one lab number alone.

Most people are familiar with menopause, but fewer have heard of andropause. Andropause refers to the gradual hormone shift many men experience as they age, especially involving testosterone.

Unlike menopause, andropause usually does not happen suddenly. Testosterone levels tend to decline slowly over time, which is why many men miss the signs.

Instead of recognizing a hormone shift, many men simply think, “I’m getting older,” “I’m too busy,” or “This is just life now.”

COMMON SIGNS MAY INCLUDE:

- ✓ Lower energy or stamina
- ✓ Reduced motivation or drive
- ✓ Increased belly weight
- ✓ Lower libido or erectile changes
- ✓ Brain fog, mood changes, or poor sleep

Research shows these concerns are common. The Massachusetts Male Aging Study found that 52% of men ages 40–70 reported some degree of erectile dysfunction. However, common does not always mean normal.

Andropause is not only about testosterone. Thyroid function, cortisol rhythm, insulin balance, sleep, stress, nutrition, and metabolic health can all influence how a man feels.

At **Hotze Health & Wellness Center**, we look beyond one lab number and evaluate the whole person. When the root causes are identified and addressed, men can take meaningful steps toward better energy, clarity, confidence, strength, and vitality.