

# HOTZE

# Healthy Living

Spring-Summer 2024



## A Letter From Dr. Hotze

The change of seasons is a time of transition, of new beginnings and fresh starts. What better time to renew your commitment to your health than now?

If you are already on a path of health and wellness, then you may need to make only small adjustments in what you eat, how much you exercise and your nutritional supplement program. For others, it will require “Doing a 180” and making major changes, not only in your lifestyle and healthcare but also in your mindset.

I had to do a 180 myself, and it started with the advice my father gave me the night I graduated from medical school. “Son,” he said, “don’t poison your patients like all the other doctors do.”

Like all doctors, I was trained to prescribe drugs. It is a central part of the medical school education. Because my parents had raised me to think outside the box, the bias towards medications did not sit right with me, but challenging the status quo was not encouraged.

During my internship I had the good fortune to work under a remarkable physician, Dr. Herb Fred. Dr. Fred utilized the Socratic method to teach the importance of asking “why” and digging deep rather than relying strictly on lab tests and prescription drugs. This had a profound influence on my approach to medicine, and it inspired me to

make a 180-degree turn away from many of the practices of conventional medicine.

Asking questions, really listening, searching for underlying causes and documenting results: This is what has allowed me to develop the unique treatment programs that, over the past 35 years, have helped tens of thousands of men and women regain their vitality, energy and enthusiasm for life.

I would like to challenge you to do a 180 and embark on a path of health and wellness. My book, *Do a 180, Join the Wellness Revolution*, details my personal 180, why I turned away from mainstream medicine and how the natural therapies utilized at the Hotze Health & Wellness Center can help you take charge of your health.

I encourage you to read this book and hope it will inspire you to renew your commitment to your health so you too can live life to its fullest.

As your partner in health, I remain, as always,

Sincerely yours,

Steven F. Hotze, M.D.

P.S. Download your FREE copy of *Do a 180* at [hotzehwc.com/dr-hotzes-books/](https://hotzehwc.com/dr-hotzes-books/) and Join the Wellness Revolution!

# An Alternative to Joint Replacement: Hotze Restorative Protocol (HRP)

Steven F. Hotze, M.D.

Have you ever heard that your body regenerates itself every seven years? Although each cell type has its own schedule for renewal and replacement, there is a lot of truth to this. God has given you a remarkable capacity for restoration and regeneration.

Our goal here at the Hotze Health & Wellness Center has always been to enhance that God-given capacity and help you regain and maintain optimal health, energy, vitality and enthusiasm for life. A healthy eating plan, exercise, vitamin and mineral supplements, bioidentical hormone replacement therapy and allergy treatment have long been our mainstays for achieving this.

Over the years we have also added new therapies, and one of the most powerful is Hotze Restorative Protocol (HRP), which is a proven regenerative therapy administered by injection and/or intravenously (IV).

## Who Can Benefit From HRP Therapy?

Because this restorative treatment taps into the body's basic mechanisms for cellular repair and restoration, HRP therapy benefits a broad range of health problems. It has been shown to improve outcomes in individuals with arthritis, joint injuries, dementia, traumatic brain and spinal cord injuries, heart disease, COPD, autism, ulcerative colitis, sexual dysfunction, autoimmune disorders, wound and fracture healing and the normal wear and tear of aging.

## Boost Your Body's Innate Healers

This regenerative therapy utilizes "nano-vesicles" naturally produced by embryonic cells, which contain proteins, peptides, growth factors and cytokines that stimulate repair and healing. Whenever you are ill or injured, your body mobilizes its own regenerative cells, which home in on affected areas and get to work.

HRP therapy simply gives this natural process a boost. The cells we use are isolated from umbilical cords from full-term, live C-section births donated by carefully screened mothers. They are processed in a top FDA-registered tissue bank and carefully tested for sterility, purity and potency. More importantly, our HRP therapy is guaranteed to be "pre-2020" and Covid vaccine-free.

Depending on the condition being treated, tens of billions of natural regenerative molecules are administered in an IV infusion or injected into an injured knee, shoulder or other joint. From there, your body's innate wisdom takes over. HRP cells rapidly migrate to areas of inflammation, degeneration or injury, where they facilitate the body's natural restorative processes.

## How HRP Therapy Can Help You

Here at the Hotze Health & Wellness Center, we have had the most experience treating arthritis and joint and back pain. More than half of men and women over age 65 have arthritis, and 20% of people of all ages experience chronic back pain.

One of our guests who was successfully treated with HRP therapy is Steve Martinez, a young Physician Assistant who suffered for years with excruciating back pain following an injury. Steve was on the verge of undergoing yet another surgery when he came to us for HRP therapy.

Within two weeks after treatment, he began regaining lost function. After two months, he could walk without pain, get a full night's sleep and do light exercises. "Month three is when the magic was really made," Steve reports, "because that's when I was able to play with my little boy."

After seeing guests like Steve, who showed us how HRP therapy bolsters the body's own restorative capacity, reduces pain and debility and dramatically improves quality of life, we are more excited than ever to be offering this breakthrough restorative treatment.

▶ To learn more about our **Hotze Restorative Protocol** and to hear Steve Martinez's story, tune in to our podcast [youtu.be/TCfkSPgi4G8](https://youtu.be/TCfkSPgi4G8).

➔ Contact our Wellness Consultants at **281-698-8698** to determine if you would benefit from this restorative therapy.



# How to Get Off the Medication Merry-Go-Round

Steven F. Hotze, M.D.

Rachel first came to us with a chief complaint of fatigue. She had trouble falling asleep and often felt irritable and foggy. She also had digestive issues and could not get her weight under control.

Looking at her medical history, it was obvious that a big part of Rachel's problems was her heavy medication load. Previous doctors had prescribed an antidepressant, a cholesterol-lowering statin, a drug to prevent bone loss and another to treat acid reflux. She also took over-the-counter sleeping pills and medications for gastrointestinal problems and had been on two courses of antibiotics over the past year. No wonder she was tired and cranky!

Scenarios like Rachel's are not uncommon. According to the latest CDC statistics, 49% of people in this country take at least one medication, 24% take three or more, and up to 65% of men and women over age 65 take five or more prescription drugs. The regular use of multiple medications is called polypharmacy, and it is a growing problem that is causing lots of harm.

## Pitfalls of Polypharmacy

Virtually all prescription drugs, with a few exceptions like bioidentical hormones, are synthetic chemicals that are foreign to the body and potentially toxic. Just one medication can cause dangerous, even life-threatening side effects, but polypharmacy dramatically increases that risk.

Mixing medications also causes unanticipated and dangerous interactions, such as making one drug ineffective or, conversely, increasing its activity and making it even more toxic. There is no way to anticipate all potential interactions when multiple drugs are taken.

The risk is greater than you may think. Millions of serious adverse drug reactions and hundreds of thousands of hospitalizations occur every year from medications taken exactly as prescribed by physicians. The FDA reports that adverse drug events are the fourth leading cause of death in the U.S., ahead of chronic lung disease, diabetes, AIDS, pneumonia, accidents and automobile deaths.

## Medication Cascades

Once you get on the medication merry-go-round, it starts spinning faster and faster. Many drugs have side effects that mimic symptoms of other medical conditions. All too often, doctors prescribe medications to treat those symptoms, leading to a cascade of more prescriptions,

more side effects and more potential for harm.

Rachel's medication cascade began in her mid-40s, when her doctor prescribed an antidepressant for mood swings. She was also started on a statin drug to lower her cholesterol and Fosamax to prevent osteoporosis.

Antidepressants have many side effects including insomnia, so she started taking over-the-counter sleeping pills. Fosamax is notorious for causing acid reflux and heartburn, so she was prescribed an acid-reducing drug. This drug resulted in diarrhea, gas and other GI problems that led to more medications. Statins, which are linked with fatigue, muscle weakness, brain fog, sleep and digestive problems, made matters even worse.

You can see how easily medication cascades can get out of control when doctors jump straight to the prescription pad. Had Rachel's doctor treated her initial underlying problem, the hormonal fluctuations experienced by women in their 40s and 50s, it is probable that most of these issues could have been avoided. He did not, and 10 years later, she was still paying the price.

## The Solution: Deprescribing

There is a solution: deprescribing. Reducing and/or discontinuing medications takes time, commitment and a willingness to think beyond drugs, but it can be done.

The first step for Rachel was to immediately stop the statin drug and Fosamax, which were inappropriately prescribed in the first place. Her medications for stomach and GI issues were relegated to an as-needed basis and discontinued as symptoms improved. Getting off antidepressants cold turkey can cause rebound depression and other serious symptoms, so Rachel was shown how to slowly wean off these drugs.

At the same time, she started on a healthy eating plan, an exercise program, a supplement regimen for optimizing nutrient levels and bioidentical (not synthetic) compounded estrogen, progesterone and thyroid hormones. Because of her GI problems and history of antibiotic use, she was also treated for yeast overgrowth.

Over the next few months, Rachel's symptoms improved, and she was eventually able to discontinue all her medications. She called these improvements "miraculous," but there is no magic here. Her recovery was simply the expected outcome of removing toxic drugs and supporting the body with natural therapies that engender health.

## Are You Taking Too Many Drugs?

Most physicians and patients do not realize how entrenched the pharmaceutical industry is in all aspects of healthcare. Drug companies not only control and often manipulate medical research, but also provide the information doctors rely on to make treatment decisions. This is why mainstream medicine is so risky. I believe doctors truly want to help their patients, but as the saying goes, if all you have is a hammer, everything looks like a nail.

Many people come to the Hotze Health & Wellness Center hoping to discontinue or reduce some of their prescription drugs. It takes time and effort, but as the positive effects of lifestyle changes and natural therapies take effect, most of our guests achieve this goal.

➔ If you are caught up in a web of polypharmacy and want to disentangle yourself, call us at **281-698-8698** to find out how we can help.

## Cleaner Living in a Toxic World

Steven F. Hotze, M.D.

When you think of environmental toxins, automobile exhaust, industrial emissions, crops sprayed with pesticides and chemical runoff in rivers and lakes probably come to mind.

These are significant sources of pollution that release millions of tons of toxins into our air, water and food and have serious detrimental effects on our health. But there are other, less obvious pollutants and toxins that are closer to home. In fact, they are in our homes.

Most of us put soap, deodorant, lotion and other personal care products on our bodies every day. We scour our kitchens and bathrooms with cleaning sprays and wash our clothes with detergents and fabric softeners. Yet few of us really think about what's in these products.

It's time we start.

### Consumer Products Contain Toxic Chemicals

Thousands of common consumer products contain chemicals that have been linked with cancer, reproductive problems, developmental and learning disorders, asthma, obesity and other health challenges. A 2023 study published in *Environmental Science & Technology* reported that toxic chemicals are present in everything from all-purpose cleaners and laundry detergent to hair and nail care products, lotions, shaving gels and cosmetics.

There are far too many problematic chemicals to list,

but one example is formaldehyde, which is used in a wide range of products categories. Formaldehyde is a volatile organic chemical (VOC), meaning it is released into the air. VOCs have many short- and long-term adverse health effects, and they are particularly concentrated in indoor air.

Another is per- and polyfluoroalkyl substances (PFAS), referred to as “forever chemicals” because they are nearly indestructible. These toxins, which are linked with serious health problems like cancer, infertility, liver, kidney and immune system damage, are everywhere: in our homes, water, air, soils, even in our bodies. Studies reveal that 99% of Americans have detectable levels of PFAS in their blood.

The amount of toxic chemicals in any given product may be minuscule, but they add up and their cumulative effects can exact a heavy toll on your health. This is especially true for children and pregnant women, who are particularly vulnerable to the effects of toxins.



## How to Protect Your Family

You want to select products that minimize exposure to toxins, but where do you start? Lists of ingredients have little meaning to most people, and label claims like “natural” and “nontoxic” are often marketing ploys.

Organizations that specialize in consumer education and product testing are a good place to begin. The Environmental Working Group (EWG), for instance, is a nonprofit that provides extensive information on chemicals in household, consumer and personal care products, along with databases of specific products that have been tested for chemicals of concern.

Simple steps for reducing toxin exposure include opting for fragrance-free products, making sure ventilation is good when using aerosols and sprays and trying distilled white vinegar, baking soda and other natural cleaners. You should also look for nontoxic plant- and mineral-based products that are free of chemical additives, fragrances and unnecessary ingredients.

Two small Texas-based companies I recommend are Branch Basics and Puracy. Both companies have excellent lines of affordable cleaning and laundry products, which my family and many of our staff and guests use. Puracy also has hair and bath products that are safe for everyone, from babies to adults.

Keep in mind that consumer products are not the only source of toxins in your home. Tap water, indoor air and processed foods also pose risks. You cannot control everything, so it is important to educate yourself and clean up your home environment as best you can.



additives but also rich in fiber, which binds to and helps eliminate toxins. Drinking plenty of filtered water helps the kidneys flush out toxins. Regular exercise is also important. You may not think of your skin as part of your detox system, but toxins are eliminated in sweat.

The chief organ of detox is the liver, and it needs all the help you can give it. As blood flows through the liver, toxins are processed and converted into safer compounds for elimination. This complex process requires large amounts of glutathione, the body’s most abundant antioxidant, to protect the liver from toxin-induced oxidative damage.

Supplemental L-glutathione, N-acetyl cysteine (NAC), vitamin C and alpha lipoic acid help by boosting glutathione stores and protecting the liver. Milk thistle, dandelion root, artichoke and other herbs also support liver health.

## Do You Need More Intensive Detox?

If you are feeling run-down, fatigued, lethargic, achy and unfocused and cannot figure out why, it may be time for a more intensive detox regimen. Sluggish detox is especially common in people with liver problems such as fatty liver disease, which affects one in four Americans. Heavy alcohol or drug use, mercury dental fillings, prescription medications, vaccines and spike proteins in the Covid-19 jab also contribute to toxin overload.

Detoxification is a primary focus at the Hotze Health & Wellness Center. We can help you identify and reduce or eliminate the toxins that are dragging you down. We also offer intravenous (IV) fusions of glutathione, alpha lipoic acid and vitamin C. IVs allow for higher doses and better absorption of these nutrients, which chelate and remove some toxins from the body and fortify the liver so it can function at maximum efficiency.

Whether you need detoxifying IVs, supportive supplements or changes in your lifestyle and personal/home care products, everyone needs to get serious about living cleaner in our toxic world. Your health depends on it.

📍 For information from the Environmental Working Group, visit [EWG.org](https://www.ewg.org). Natural, toxin-free cleaning products are available from [BranchBasics.com](https://www.branchbasics.com) and [Puracy.com](https://www.puracy.com).

🛒 **Dr. Hotze’s Detox Formula, 14-Day Detox Kit** and **Heavy Metal Detox Paks** are available at [physicianspreferencevitamins.com](https://www.physicianspreferencevitamins.com) or by calling **281-646-1659**.

📞 To learn about more intensive detox, call us at **281-698-8698** or visit [hotzehwc.com](https://www.hotzehwc.com).

## Support Your Body’s Detoxification

You also need to support your body’s detoxification systems. A healthy lifestyle goes a long way toward keeping these systems in peak form.

Organic, minimally processed foods are not only free of pesticides and



# Getting to the Root of Autoimmune Diseases

Steven F. Hotze, M.D.

Your immune system is a complex network of organs, cells and proteins that defend against bacteria, viruses, cancerous cells and other invaders. Although it does an excellent job of identifying and dispatching microbes and foreign substances that can make you sick, the immune system is not infallible.

Sometimes it mistakes friend for foe and attacks the body's own cells. This is known as autoimmunity, and it can lead to chronic inflammation, tissue damage and organ dysfunction.

The standard treatment for autoimmune diseases is medication that suppresses the abnormal immune response and reduces inflammation. But immunosuppressive drugs alone are not enough, and they can have intolerable side effects. A holistic approach that addresses underlying causes rather than simply weakening the immune system is the best hope for improving symptoms, reducing flare ups and enhancing quality of life.

## WHAT ARE AUTOIMMUNE DISEASES?

Autoimmune diseases occur when the immune system mistakenly attacks healthy cells and tissues. Symptoms range from occasional flares that clear up on their own to chronic pain, fatigue and debility that upend lives. More than 50 million Americans have one or more autoimmune diseases, which include:

- Multiple sclerosis
- Rheumatoid arthritis
- Systemic lupus erythematosus
- Psoriasis
- Celiac disease
- Crohn's disease
- Type 1 diabetes
- Pernicious anemia
- Scleroderma
- Sjögren's syndrome
- Hashimoto's disease (autoimmune thyroiditis)

## What Causes Autoimmunity?

Autoimmune diseases tend to run in families. However, studies of identical twins suggest that genetics accounts for only about 30% of the risk. For an autoimmune disease to evolve, two other factors must be present: an unhealthy gut and environmental triggers.

About 70% of the body's immune cells are in the gastrointestinal tract, where they closely interact with bacteria that make up the gut microbiome. The gut microbiome is a major regulator of immunity, and a diverse, balanced array of beneficial bacteria supports both gut health and immune health. It also fortifies the intestinal barrier, which prevents substances that could provoke an immune reaction from "leaking" into the bloodstream. Research reveals strong links between imbalances in the microbiome, leaky gut and autoimmune diseases.

The role of environmental triggers has become increasingly evident in recent years. We are exposed to more industrial pollutants, toxic chemicals, medications and alterations in our food supply than ever before, and all of them take a toll on gut and immune health.

This is the only plausible explanation for the unprecedented rise in autoimmune diseases, which now affect 50 million Americans and are increasing at the alarming rate of 3%–9% per year. Our genes have not changed, but our environment most certainly has.

## Our Functional Medicine Approach

The good news is that tackling the environmental triggers and gut issues that cause autoimmune diseases also helps treat them. This is the gist of our functional medicine approach.

**Nutrition.** Nutrition and gut health are front and center, since the diversity and composition of the gut microbiome are largely dependent on the foods you eat. Our nutrition plan for healing the gut and reducing inflammation is based on healthy meats, fish, dairy, eggs, fats, fermented foods and fiber-rich, nutrient-dense plant foods. Foods to be avoided include gluten, dairy, sugar, additives, alcohol, artificial sweeteners and nightshades.

**Lifestyle changes.** Lifestyle factors that exacerbate autoimmune diseases range from sleep problems and chronic stress to excess weight and exposure to toxins. Finding personalized solutions for these issues and helping our guests stick with a healthy lifestyle is a primary goal.

**Hormone balancing.** Hormones have immunomodulatory effects, and imbalances are common in autoimmunity. Testosterone deficiency, for example, is linked with increases in C-reactive protein and other markers of inflammation. Studies have shown that bioidentical testosterone replacement is a helpful therapy for men with rheumatoid arthritis, lupus and other autoimmune diseases.

Many women who have an autoimmune disease go into remission during pregnancy when progesterone levels are at their highest, only to have symptoms return when levels plummet after delivery. Bioidentical progesterone helps reduce autoimmune symptoms and flares in women of all ages.

**Thyroid testing and treatment.** Having one autoimmune disease increases the likelihood of having another. Autoimmune thyroiditis, or Hashimoto's disease, is the leading cause of hypothyroidism in the U.S., but it is frequently missed on routine thyroid tests. More extensive testing and balancing thyroid hormones with compounded bioidentical T3/T4 can make a profound difference in fatigue and other symptoms.

**Low-dose immunotherapy (LDI).** LDI is used primarily to treat allergies, but it also helps with autoimmune diseases by reducing overactive immune responses and balancing the immune system.

Other treatments with proven benefits include [IASIS Micro Current Neurofeedback Therapy](#), which helps with pain and stress, and a comprehensive supplement program with probiotics, glycine, vitamin D and other nutrients that support gut health and reduce inflammation.

## Amy's Story: Hope for Multiple Sclerosis

Living with an autoimmune disease is challenging, but functional medicine therapies provide renewed hope for fewer flares, less severe symptoms, reduced medication requirements and a better quality of life. Here's how it is helping guest [Amy Detwiler](#).

*"I began having intense headaches that felt like railroad spikes were being driven into my head. I also developed vision and coordination problems, difficulty forming words, extreme fatigue and muscle pain. I was losing control of my body, and it was very scary.*

*"After seeing several physicians and having many tests but no answers, rheumatologists at Baylor finally diagnosed me with multiple sclerosis (MS). It was a shock but also a relief to know it wasn't all in my head, as other doctors had suggested.*

*"My daughter, who has a double major in chemistry and biochemistry, told me about the side effects of Ocrevus, the drug recommended by the rheumatologist, which include damage to the immune system. She also researched natural therapies for autoimmune diseases. I decided to try this approach first and saw Dr. Ellsworth at the Hotze Health & Wellness Center.*

*"Three months after starting on bioidentical progesterone, thyroid, a healthy eating plan, nutritional supplements and LDI, I went from practically living in bed to working, doing my usual household chores and walking twice a day. I got my life back! Your clinic is now part of my life."*

➔ For more information on our [holistic approach to autoimmune diseases](#), contact the **Hotze Health & Wellness Center** at **281-698-8698**.

▶ Amy Detwiler shares her story on Dr. Hotze's Wellness Revolution Podcast: [youtube.com/watch?v=Z1gllytwZ\\_0/](https://www.youtube.com/watch?v=Z1gllytwZ_0/)

## Are You Prepared?

A question we often get from guests is whether they should still be taking Ivermectin and Hydroxychloroquine to prevent/treat infections. Well, many of us and our families are. Whether you come in contact with large crowds frequently, or only when you are traveling or visiting family and friends, having these two

powerful medications on hand to help protect you from the effects of viral infections may save you from days in bed or even hospitalization.

Ultimately, we want you to feel comfortable living your daily life without worry of infection. Fill your Ivermectin and Hydroxychloroquine prescriptions today!

➔ Current guests should call the **Hotze Health & Wellness Center nursing team** at **281-579-3600** to request a NEW prescription. Guests requiring REFILLS, please contact **Physicians Preference Pharmacy** at **281-828-9088**.

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