

HOTZE

Healthy Living

Fall 2024



A Natural, Non-Surgical Treatment for **CHRONIC JOINT PAIN**

Steven F. Hotze, M.D.

Rick Scarborough had a cartilage tear in his left knee playing college football. It was surgically repaired and gave him no trouble until five or six years ago, when he sustained a hyperextension injury to the same knee. Over time, the knee got progressively worse, and he was taking Advil throughout the day to control the pain. When it got to the point that the pain made it difficult to climb stairs and get out of chairs, Rick consulted an orthopedic surgeon.

The diagnosis was advanced bone-on-bone osteoarthritis, and the recommendation was total knee replacement. Rick had a busy travel schedule ahead of him, so he asked to delay surgery and was given a cortisone injection that was supposed to keep the knee pain at bay for three months. Within three weeks, it returned with a vengeance.

That's when he came to the Hotze Health & Wellness Center and was treated with **Regenerative Joint Therapy**, a groundbreaking treatment that uses natural substances to relieve pain and inflammation, stop cartilage destruction and stimulate the growth of new cartilage. Here is what Rick had to say just three weeks after his first treatment.

"The difference has been miraculous. I had learned to climb stairs one step at a time, and going down was even more difficult. Today, I walked up two flights of stairs without using the

handrails. I am no longer taking pills for pain. Occasionally, when I do lots of activity I notice a little soreness, but the knee is functioning as it did when I was 25 years old. I am a testament that the therapy is working."

Regenerative Joint Therapy is a natural, non-surgical approach that activates the body's God-given powers for healing and renewal. The pain and inflammation Rick was experiencing was due to severe erosion of the cartilage, the tough, flexible connective tissue that protects the ends of the bones in our joints. Slick and smooth, yet strong enough to keep the joints in place, cartilage reduces friction and absorbs stress during movements.

Like all tissues, cartilage knows how to repair itself. In response to injury or damage, pro-inflammatory cytokines flood the site and trigger the healing response. Protease enzymes get busy degrading and removing damaged cartilage, while specialized regenerative cells repair and rebuild new cartilage.

In joints affected by osteoarthritis, however, this system goes awry. The enzymes that break down cartilage outpace the rebuilding process, leading to chronic inflammation and progressive cartilage breakdown. Regenerative Joint Therapy simply helps your natural repair systems get back on track.

How Regenerative Joint Therapy Works

First, we inject the arthritic or injured joint cavity with a concentration of proteins extracted from your own blood. These proteins bind to the proteases that degrade cartilage and inhibit their activity. Clearing out these aggressive enzymes stops cartilage degeneration at the molecular level and enables healing and repair to get underway.

The second phase of Regenerative Joint Therapy, which takes place about six weeks later, shifts cartilage rebuilding into high gear. It harnesses the healing power of specialized regenerative cells that stimulate the production of collagen, which is the building block of cartilage, and hyaluronic acid, a key component of the synovial fluid that lubricates the joints.

Many guests, like Rick, experience pain relief within days of their initial treatment. As cartilage repair and renewal progresses over the next few months, improvements in pain, stiffness and mobility increase.

Why Is Joint Pain So Common?

Joint pain is incredibly common in our country. There have been 3,200,000 joint replacements over the last decade.

Osteoarthritis, the most common cause, affects nearly one in five adults and over half of men and women aged 75 and older. Although aging and years of wear and tear on the joints are contributing factors, arthritis is not an inevitable part of aging. So, who gets it?

Studies show that a previous joint injury confers a seven-fold increased risk of developing arthritis. Post-traumatic osteoarthritis is especially common in people who have had accidents or athletic injuries, and it can crop up at any age. Rick's earlier football injury is a case in point, and we are currently treating the chronic knee pain of a runner in her 40s, with excellent results.

Repetitive stress and strain can also cause osteoarthritis. Activities that require repeated squatting, kneeling, lifting or pushing put undue stress on the joints and can over time lead to cartilage erosion. Excess weight is another risk factor because of the excessive pressure it places on the knees and hips. Individuals who are obese are much more likely to have joint replacement surgery and at much younger ages.

Strains, sprains and injuries to the ligaments, tendons and bursae are additional causes of joint pain. Although damage to these structures, which support and cushion the joints, do not involve cartilage degeneration, they too respond to therapies that reduce inflammation and promote tissue healing.

Comparing Treatment Options

It is always best to try natural approaches first. Physical therapy is great for easing pain and improving function

and range of motion. Weight loss and regular exercise help keep pain at bay, and supplements such as glucosamine, chondroitin, boswellia, bromelain, curcumin and fish oil, which support cartilage health and reduce inflammation, are beneficial for mild-to-moderate cases.

For more severe pain, many people often turn to drugs like nonsteroidal anti-inflammatory drugs (NSAIDs). These drugs have a harmful effect on the repair of cartilage by the body. In addition, they increase the risk of stomach and intestinal ulceration and bleeding, kidney failure, strokes and heart attacks.

The next recommendation is usually a cortisone injection. Cortisone and other steroid injections also have a harmful effect on cartilage regeneration. They do ease pain by dampening inflammation, but relief is only temporary. Then the talk turns to joint replacement surgery. The average age for surgery is 65, but the number of people in their 40s and 50s having knee replacements is rapidly increasing. The problem with this is that artificial joints wear out after 15 to 20 years or less if you are overweight or very active, and this usually necessitates repeat surgery.

Advantages of Regenerative Joint Therapy

Drugs and surgery are not your only options. Regenerative Joint Therapy has helped dozens of our guests alleviate chronic joint pain, avoid surgery and get on with their lives. Advantages include:

- **Non-surgical.** This minimally invasive, relatively painless treatment requires no post-surgery recovery, little-to-no downtime and allows a quick return to your normal activities.
- **Safe.** Because the healing compounds that are injected into the affected joints are derived from your own body and from safe, carefully vetted exogenous sources of regenerative biologics, it is exceptionally safe.
- **Versatile.** By reducing inflammation and stimulating tissue repair, it treats tendinitis, bursitis, impingement syndromes and other joint problems as well as osteoarthritis.
- **Effective.** Most impressive are the benefits. Regenerative Joint Therapy does more than alleviate pain. Addressing the underlying causes of joint pain and encouraging tissue regeneration improves long-term joint health, function and overall quality of life.

If you are experiencing chronic pain, swelling, reduced range of motion, cracking or grinding sensations and/or instability in your knees, hips, shoulders or other joints, Contact us before someone convinces you to have your joint replaced.

📞 Call us today at **281-698-8698** to schedule a complimentary consultation to determine if you would benefit from Regenerative Joint Therapy.

▶ To learn more and watch my interview with Rick Scarborough, visit our website at hotzehwc.com/hotze-regenerative-joint-therapy/.

Autoimmune Arthritis: Different Causes, Different Treatment

Steven F. Hotze, M.D.

Most of the 54 million Americans who have been diagnosed with arthritis have osteoarthritis. But did you know that there are many other types of arthritis and that many of them are caused by autoimmune diseases?

Arthritis literally means joint inflammation, and autoimmunity is characterized by excessive inflammation, so the links are obvious. Autoimmune diseases that target the joints include rheumatoid arthritis, psoriatic arthritis, lupus, scleroderma, Sjögren's and ankylosing spondylitis. Although these diseases also affect other organs and tissues, they are classified as autoimmune or inflammatory arthritis.

Yet, aside from inflammation, pain and damage to the joints, these two kinds of arthritis have little in common. Osteoarthritis occurs when cartilage is worn away, usually due to injury, repetitive use or excess weight. Inflammatory arthritis is caused by an autoimmune reaction in which the immune system attacks the body's own tissues.

Different diseases, different treatment approaches.

Rheumatoid Arthritis Is on the Rise

Let's take rheumatoid arthritis, the most common autoimmune disease. We know it affects four times more women than men, that symptoms typically begin around ages 40–50 and that family history accounts for about 30% of the risk. But why are rheumatoid arthritis and other autoimmune diseases increasing by as much as 9% annually?

Research points to the unprecedented changes in our food supply, environmental toxins and climbing rates of obesity. More than half of the average American diet now consists of ultra-processed foods such as ready-to-eat meals, packaged snacks and canned or bottled drinks. Low in fiber and high in additives, these foods alter normal bacteria in the large bowel, which is a major player in autoimmunity. They have also helped fuel our epidemic of obesity, which now affects 40% of adults.

We are also exposed to more chemical toxins than ever before, not only in our food, air and water but also in mercury fillings, drugs, "vaccinations" and other medical treatments. I am especially concerned about the jump in autoimmune diseases since the Covid "pandemic." Joint pain is a common feature of long Covid and Covid injections. A 2023 study reported a 43% higher likelihood of developing an autoimmune disease for up to 15 months after a Covid infection.

What is usually ignored in this research is the role of the Covid-19 mRNA "vaccines," which over 80% of our population has received. Joint pain, both acute and chronic, is a well-recognized adverse effect of the shots, and more and more cases of post-vaccine autoimmune arthritis are being reported in medical journals.

A Comprehensive Approach

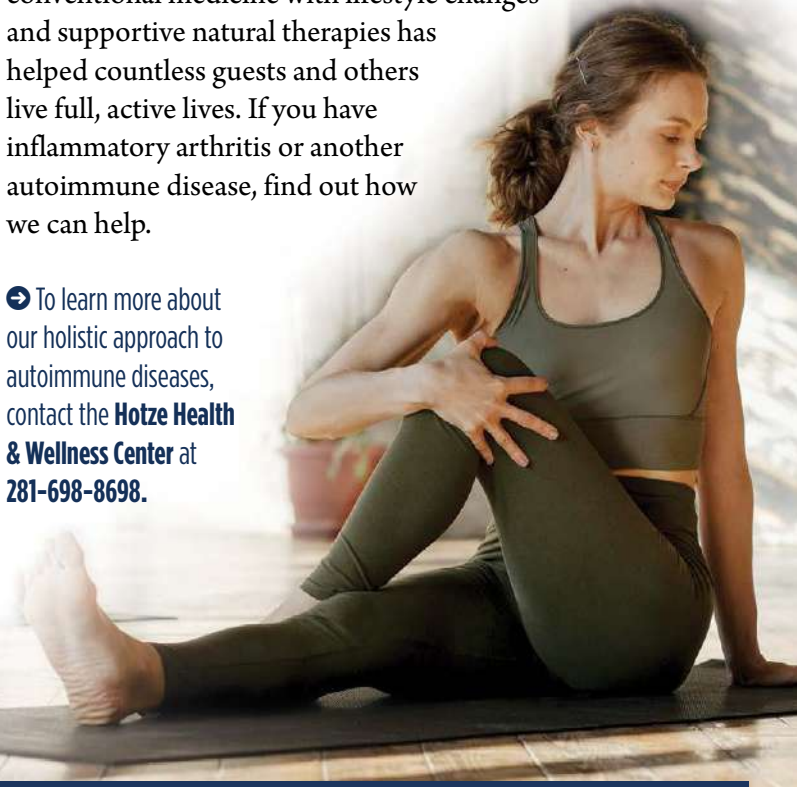
There is no question that rheumatoid arthritis and other autoimmune diseases are challenging, but there is hope.

An eating plan that eliminates processed foods and emphasizes healthy fats, protein and fiber-rich plant foods promotes a balanced and diverse community of healthy bacteria in the large bowel, known as the microbiome. Supplements and compounded medications that reduce inflammation and bioidentical hormones to correct imbalances are also therapeutic.

Eliminating and minimizing exposure to toxins is important as well, and it should include treatments for clearing out spike proteins related to long covid and "long vax," if needed. Studies reveal that these toxic proteins can remain in the body for months after viral infection and Covid mRNA shots.

A holistic approach that combines the best of conventional medicine with lifestyle changes and supportive natural therapies has helped countless guests and others live full, active lives. If you have inflammatory arthritis or another autoimmune disease, find out how we can help.

➔ To learn more about our holistic approach to autoimmune diseases, contact the **Hotze Health & Wellness Center** at **281-698-8698**.



Debunking HEALTH MYTHS



Sorting out fact from fiction on any topic is important but believing false information and following unsound health advice can actually hurt you. Some popular misconceptions are old wives' tales that have been passed down through generations. Others are based on outdated scientific studies or guidelines that have since been refuted. Still others are outright lies, driven by marketing forces or other agendas.

Let's look at the truth behind common health myths.

Government-Sanctioned Lies

► Diet Supplies All Needed Nutrients

The National Health and Nutrition Examination Survey begs to differ. Data from this ongoing study reveals that 84% of Americans do not get the RDA of vitamin E in their diet, nearly half have an inadequate intake of magnesium and vitamin A and a third are low in vitamin C and calcium. Two-thirds of adults and 95% of children do not consume enough omega-3 fatty acids, and most individuals have a vitamin D deficiency or insufficiency.

These serious nutritional gaps are not surprising, given that ultra-processed foods make up as much as 70% of the average diet. Even if you follow a healthy eating plan, soil depletion, insecticides, processing, storage and other factors affect the nutritional value of our food. Cover your nutritional bases with a good daily multivitamin and mineral supplement, and take omega-3 fatty acids, the healthy fats found in fish oils, and extra vitamin D3. Most of our guests require 5,000–10,000 IUs of vitamin D3, in combination with vitamin K2, daily to obtain an optimal level.

► Supplements Are a Waste of Money

Nutritional supplements do more than protect against nutritional deficiencies. In addition to their important role in health maintenance and disease prevention, targeted supplements have been shown in clinical trials to be effective treatments for many common health challenges.

Examples include coenzyme Q10 for heart disease, chromium and berberine for diabetes, probiotics for gastrointestinal disorders, inositol and L-theanine for stress, and high-dose vitamin C, vitamin D and zinc for viral infections, to mention just a few. Because natural compounds address root causes of disease and support the body's natural healing response, they are much safer and often as effective as drugs.

► Covid Shots Save Lives

The origins of the virus, the necessity of masks and lockdowns and especially the safety and effectiveness of the mRNA Covid "vaccines" are government-sanctioned lies. They are neither safe or effective. They do not prevent infection nor transmission. Four years later, we are still paying the price in terms of mental health and addiction problems, myocarditis, heart attacks, sudden death of athletes and children, and more chronic illnesses.

The serious and lingering adverse effects of the Covid shot, which I have been warning about since the beginning, have now been acknowledged. Yet the CDC is still recommending the latest updated Covid shots for everyone aged six months and up. Don't buy it. Protect yourself with a healthy lifestyle and immune-enhancing supplements.



Food Fallacies

► Vegetable Oils Are the Healthiest Fats

This popular myth is perpetuated by the American Heart Association, which recommends replacing saturated fats with “vegetable oils” from corn, canola, soy, sunflowers, peanuts, safflowers and cottonseeds. These are not vegetable oils. They are extracted from seeds, which requires a high degree of heating and processing that strips them of healthful nutrients. In addition, seed oils are abundant in omega-6 fatty acids, which when eaten in excess can lead to inflammation and chronic disease.

One-third of the average American’s daily calories come from these unhealthy oils, which are used in fried and baked goods, restaurant meals and ultra-processed prepared foods. Stay far away from seed oils and stick with minimally processed monounsaturated olive and avocado oil, as well as butter and coconut oil.

► Artificial Sweeteners Beat Sugar

Cutting back on sugars is important but replacing them with artificial sweeteners is not a solution. Yes, sugar substitutes have fewer calories, but long-term studies have found that this does not lead to weight control or better health. Even worse, artificial sweeteners have been linked to impairments in blood sugar control, changes in the gut microbiome, neurotoxic effects and a higher risk of obesity, diabetes, heart disease and earlier death.

Stevia and other plant-based sweeteners and sugar alcohols like xylitol and erythritol certainly beat chemical sweeteners, but they too perpetuate sugar cravings. You are better off satisfying your sweet tooth with fruit.

► Eating Eggs Raises Cholesterol

It is true that eggs are naturally high in cholesterol. But contrary to popular belief, dietary cholesterol has little effect on blood cholesterol levels, and daily egg consumption does not raise the risk of heart disease.

Eggs are one of our best sources of choline, an essential nutrient for brain and nervous system function. They contain lutein and zeaxanthin, carotenoids that support eye health, and vitamins A and D. In addition, eggs are a convenient, versatile and affordable source of protein.

► Eat Only Fresh Organic Produce

Fresh fruits and vegetables are preferable in taste and appearance, but studies have shown that properly stored frozen produce has similar nutritional value. Canning requires high heat and loss of water-soluble nutrients. Canned fruits and vegetables also often have added sugars or sodium.

Organic foods are recommended, but if organic produce is unavailable or unaffordable, washing and peeling removes most pesticide residues.

► Breakfast Is the Most Important Meal

Although eating three meals a day is the norm in our culture, there is no scientific basis for it. On the contrary, eating less often by skipping breakfast or other meals has many health benefits. Intermittent fasting, also called time restricted eating, boosts autophagy, or cellular “housecleaning,” and other natural repair mechanisms. It also has positive effects on weight, blood sugar, blood pressure and risk of chronic diseases.

Many people maintain that breakfast is the easiest meal to skip. Assuming you do not eat during the night, waiting until noon to eat provides 16–18 hours of health-enhancing fasting. If breakfast is your favorite meal of the day, eat it for lunch or dinner.

► Moderate Alcohol Is Good for Your Health

Since the “French paradox” was set forth in the 1980s, the myth that alcohol, especially red wine, is good for your health has endured. Although past studies have shown that alcohol may have some protective effects, a growing body of research reveals that even light-to-moderate drinking can be harmful.

Alcohol of all kinds is associated with an increased risk of cardiovascular disorders, liver disease, cancer and accidents, not to mention alcohol abuse, which takes a devastating toll. An occasional drink is fine for most people, but it should be an indulgence rather than a daily habit. If you want the benefits of red wine, take supplemental resveratrol.

What You Need to Know About Allergies

► Allergy Shots Are the Best Treatment

I agree that allergy shots were the best treatment when I first started treating allergies 35 years ago. Today, however, there are newer options that are more convenient, less painful, safer and provide broader coverage.

Low dose immunotherapy (LDI) is the most advanced allergy treatment available. Administered in sublingual drops given weeks apart, LDI addresses more than 300 inhaled, food and chemical allergens, compared to the 20–40 in allergy shots. As for efficacy, LDI has enabled many of our guests to significantly reduce or discontinue their antihistamines, decongestants and inhalers.

► Food Allergies Are Rare

At least 33 million Americans are allergic to one or more foods, but because reactions can be varied or delayed, they often go unrecognized. Milk, eggs, peanuts, tree nuts, wheat/gluten, soy, sesame, fish and shellfish are the most common food allergens, but it is possible to have a hypersensitivity to most any food.

If you have bloating, abdominal pain, diarrhea, headaches, skin reactions or other symptoms that you cannot get to the bottom of, we can help you determine the root cause and treat it appropriately.

Misconceptions About Hormones

► A Normal TSH Test Means Normal Thyroid Function

Most doctors rely on the TSH (thyroid stimulating hormone) blood test to evaluate thyroid function. When TSH is in the “normal” range, they rule out hypothyroidism, even in the presence of obvious symptoms of low thyroid function. Big mistake. It is entirely possible to have a normal TSH level and still experience fatigue, hair loss, difficulty losing weight, depression and other clear signs of hypothyroidism.

This focus on blood tests rather than clinical symptoms is a major reason why millions of Americans, most of them women, are suffering with undiagnosed, untreated hypothyroidism. If you are bothered by these symptoms, ask your doctor about more thorough testing and treatment with natural or compounded thyroid, rather than synthetic preparations.

► Testosterone Causes Heart Diseases and Prostate Cancer

These long-disputed beliefs have deprived millions of men of a safe and effective therapy. Clinical trials published in well-respected medical journals in 2023 concluded yet again that

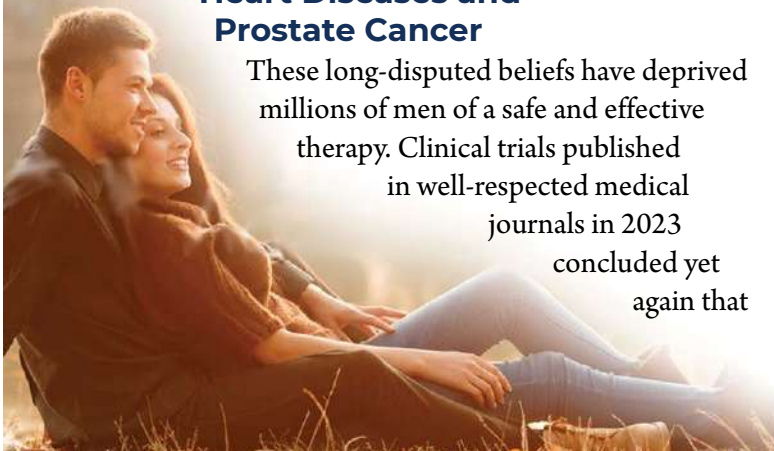
supplemental testosterone does not increase the incidence of prostate cancer or heart attacks, even in high-risk men.

Men, if you are feeling fatigued, flabby, unmotivated, irritable, etc., have your testosterone level checked. Low testosterone is quite common, even in men in their 40s and 50s. Correcting levels with compounded testosterone helps restore initiative, assertiveness, sense of well-being, moods, goal orientation, drive, decisiveness and analytical ability. It also improves muscle tone, cardiovascular function and romantic moods and ability.

► Female Hormone Therapy Is Risky

Counterfeit hormones like Premarin, Provera and Prempro have given hormone replacement therapy a bad rap. Of course, these hormones are dangerous! Horse estrogen and synthetic “progesterone” have no place in a woman’s body. Bioidentical estrogen and progesterone, which are identical to naturally produced hormones, are another story. Because they are the same identical hormones produced by the body, they are safe, well tolerated and rejuvenating.

Bioidentical hormones are most often prescribed to relieve hot flashes, mood swings, insomnia, weight gain and other symptoms of menopause, but they are also therapeutic for other common problems caused by hormonal imbalances. Compounded bioidentical estrogen, progesterone and even testosterone can be a godsend for women who are dealing with PMS, irregular periods, infertility, postpartum depression, low libido or perimenopausal symptoms.



Other Popular Health Myths

► Heart Scans Use Too Much Radiation

Coronary artery CT scans, which measure calcium deposits in the heart, do involve some radiation exposure. However, with sophisticated scanners like the electron beam CT (EBCT) we use here at the Hotze Health & Wellness Center, exposure is minimal.

Many researchers believe that heart scans are the best way to determine potential heart attack risk. I recommend this relatively inexpensive, noninvasive scan because it lets you know if you have any developing hardening of the arteries (atherosclerosis), and whether you need to improve your diet, exercise and supplement program or seek out more intensive therapies.

► Drugs Are the Answer for Depression, Anxiety and ADHD

One in eight U.S. adults and adolescents has been prescribed an antidepressant. More than 11% of U.S. children aged 3–17 have been diagnosed with attention deficit hyperactivity disorder (ADHD), and many of them take amphetamines or other stimulant drugs. These dangerous, mind-altering psychiatric drugs are not the answer. SSRI antidepressants, like Prozac, have a black box warning that they can increase the risk of suicide. Real healing requires getting to the root causes of mood, attention and memory problems. Depression, for example, is a common symptom of a low thyroid condition.

Common culprits such as nutritional deficiencies, allergies, hormone imbalances and unmanaged stress can be treated with safe, natural therapies that provide lasting improvements. One of our most successful treatments is IASIS neurofeedback, a noninvasive treatment that uses very low-level electrical impulses to help correct

dysfunctional brain patterns. IASIS is an exceptional treatment for ADHD, depression, anxiety, PTSD and chronic stress and has helped many guests on their journey to health and wellness.

► Genes Determine Your Lifespan

Genetics plays a role in all aspects of health, but genes do not determine destiny. A nutritious diet, regular exercise, weight management, social support, preventive care and attention to medical problems as they crop up have a greater influence on your lifespan and healthspan. This is known as Epigenetics.

In recent years, there has been an explosion of research on combating and slowing aging. Two of the most promising therapies available today are methylene blue, which optimizes mitochondrial function and boosts cellular energy, and sirolimus (rapamycin). Sirolimus, which inhibits the mTOR enzyme, increases autophagy and the cleanup of cellular debris, and mimics the benefits of fasting, has been called the most effective pharmacological approach for increasing lifespan.

► Walking Is the Only Exercise You Need

Brisk walking is great exercise. It burns calories, improves endurance, boosts mood and reduces the risk of diabetes, cardiovascular disease, osteoporosis and osteoarthritis. But as we get older, cardioendurance exercise is not enough.

Around age 30, we begin losing muscle mass, and unless we do something to maintain and build muscle tissue, this loss speeds up over time. Including two or three 30-minute strength and resistance training exercise sessions a week is necessary if you want to stay strong, mobile and independent.

i Learn more about these and dozens of other topics at our website, [HotzeHWC.com](https://www.HotzeHWC.com). This site, which we updated a few months ago, has a wealth of information and a new, easy-to-use search engine. If you haven't visited us in a while, check it out. You can also call us at **281-698-8698** and learn how we can help you get on a path of health and wellness.

v Dr. Hotze's recommended nutritional supplements are available at [Physicians Preference Vitamins](#). Call **281-646-1659** to speak to one of our Certified Vitamin Consultants.

v [Physicians Preference Pharmacy](#) is happy to provide information about bioidentical hormones, sirolimus, methylene blue and other compounded drugs. The pharmacy can be reached at **281-828-9088**.



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JOINT THERAPY EVENT

at Hotze Health & Wellness Center

DATE: September 26, 2024

TIME: 5:30 to 7:30 PM

PLACE: 20214 Braidwood Drive, Katy, TX 77450

- ▶▶ Lite Bites & Beverages
- ▶▶ Presentation by Dr. Hotze & Providers
- ▶▶ Q&A Session

To register for the event,
CALL TODAY 281-698-8765
or scan this code.

