

# HOTZE

# Healthy Living

Winter 2024/2025

## Joyous Christmas & HAPPY NEW YEAR



### A Letter From Dr. Hotze

Christmas is the time we celebrate the first coming of our Savior and Lord, Jesus Christ, the King of kings.

*"The angel of the Lord appeared to Joseph in a dream and said to him, 'Joseph, son of David, do not be afraid to take Mary as your wife; for the Child who has been conceived in her is of the Holy Spirit. She will bear a Son; and you shall call His name Jesus, for He will save His people from their sins.' Now all this took place to fulfill what was spoken by the Lord through the prophet: 'Behold, the virgin shall be with child and shall bear a Son, and they shall call His name Immanuel,' which translated means, 'God with us.'" (Matthew 1:20-23)*

This is the greatest news that has ever been given in the history of the world. God, in His grace, reached down to redeem lost souls like you and me, separated from Him by our sins. God the Father sent His Son, Jesus Christ, to pay for the penalty of our sins by dying on Calvary's Cross. God declared Jesus to be His Son by raising Him from the dead.

Jesus Christ is now seated at the right hand of God the Father, where He makes intercession on our behalf. He is our advocate with the Father. Jesus proclaimed, *"I am the way, the truth, and the life. No man can come to the Father but through Me."* (John 14:6) Jesus also said, *"I came that you may have life, and have it abundantly."* (John 10:10) Jesus said, *"I am the bread*

*of life. He who comes to Me shall not hunger, and he who believes in Me shall never thirst."* (John 6:35)

The apostle John gives a wonderful promise in his gospel. *"Jesus came to His own, and those who were His own did not receive Him. But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name."* (John 1:11-12)

*"For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder, and his name shall be called Wonderful, Counsellor, the mighty God, the everlasting Father, the Prince of Peace." (Isaiah 9:6) Joy to the world, the Lord is come! Joy to the world, the Savior reigns! Let earth receive her King. Let every heart prepare Him room, and heaven and nature sing!*

This Christmas, and every day, may Jesus Christ fill your life with joy and His courage to stand and defend our liberties and freedom. *"The righteous are as bold as a lion."* (Proverbs 28:1)

Thank you for giving our staff and me the privilege of serving you and your family. Have a most joyous Christmas season!

Sincerely yours,

Steven F. Hotze, M.D.

# Trailblazing Wellness: Dr. Hotze's Revolutionary Approach to Medicine

*In the December 2024 edition of Modern Luxury Magazine, Dr. Hotze was featured in an "Influential Houstonians in Medicine" article, highlighting his remarkable journey and the enduring success of the Hotze Health & Wellness Center. The Q&A session delves into Dr. Hotze's visionary principles, the challenges of going against the grain in conventional medicine, and his reflections on transforming the health of thousands of guests (our cherished term for patients).*

*For over 35 years, the Hotze Health & Wellness Center has been at the forefront of transforming lives through a revolutionary approach to medicine. In a time when challenging conventional practices was unheard of, Dr. Hotze stood as a trailblazer, forging a path for alternative approaches to medicine, personalized care in a hospitality environment, with The Broadmoor Hotel and the Ritz Carlton. He believes that the way his guests are treated is as important if not more important than the treatment that is prescribed. Every guest is listened to, understood, affirmed and appreciated. His and his team's commitment is to enable individuals to take charge of their health, naturally, so that they have increased energy, vitality and enthusiasm for life.*

*Recognized as a leader in natural approaches to health, including bio-identical hormones, Dr. Hotze and his team have transformed over 30,000 lives. You can see hundreds of testimonials on the website, [hotzehwc.com](http://hotzehwc.com), or by viewing*



Steven F. Hotze, M.D.

*hundreds of his patients' testimonials on Dr. Hotze's Wellness Revolution Podcast.*

*While alternative approaches to medicine are now gaining traction, few can match Dr. Hotze's and his medical providers' and team's depth of experience and expertise. Very few centers have been delivering life-changing, transformational results for over three decades, since 1989.*

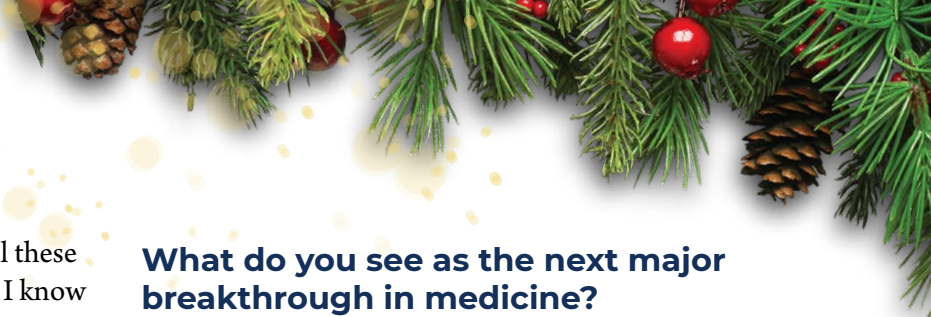
*The following is a transcription of the full interview and offers you a deeper look at the philosophy and passion behind Dr. Hotze's legacy.*

## **What initially drew you to medicine?**

Interestingly, growing up I had never planned on being a physician. I had always been an entrepreneur, starting with a paper route, then a yard mowing business while in grade school, then a paint contracting business in high school. When my wife, Janie, of 56 years, and I started college at the University of Texas, I owned a paint contracting and remodeling business. A friend of the family encouraged me to consider medical school, so I took the medical entrance exam, passed, and thought to myself, this could be a wonderful opportunity to serve and minister to those with health problems. No matter what business or field they enter, entrepreneurs always look for ways to solve people's problems.

When I graduated from medical school in 1976, my father hosted a banquet for me at The Houston Club. Over dinner, he turned to me and said, "Son, don't poison your patients like so many of the other doctors do!" This was not a recommendation or a request, it was a command. I said, "Yes, sir." This planted the seed which eventually gave birth to the Hotze Health & Wellness Center in 1989, leading me into natural and alternative approaches to restoring health.

Like most medical school graduates, I worked as a conventional physician after graduating. First surgery, then emergency and family medicine, and then in 1989, I shifted my practice to only treating allergic disorders, which we still treat today at the Hotze Health & Wellness Center. The turning point that pushed me to leave conventional medicine behind was when my dad developed coronary artery disease, leading to heart surgery. Dad began reading about vitamins and minerals. Two weeks after his surgery he called me to his home and said, "Son, can you tell me what vitamins and minerals I



need to take to heal my body? I don't want to take all these medications." I replied, "Dad, I'm a doctor, what do I know about vitamins and minerals?" He said, "Son, can you find out?" I said, "Yes, sir." That is what started my journey to research and educate myself on natural and alternative approaches to health. The more I educated myself the more I wanted to transition away from conventional medicine. Since 1989, after much studying and learning from others in this field, the Hotze Health & Wellness Center has become the leading natural medical practice in the Houston area, located in Katy. We serve patients, whom we call guests, of all ages, from small children to mature adults. It is our desire and goal to see our guests obtain and maintain health and wellness naturally, so that they have energy, vitality, and enthusiasm for their lives as they mature.

### **What's your approach to patient care?**

We are a Christ centered medical practice, and every member of my team and I consider our vocation to be "ministers of health." We offer natural approaches to health, providing our guests with extraordinary hospitality and service in a warm, friendly, relaxed, yet refined environment. We are different because we take time to listen to our guests. I often tell my team that the way we treat our guests is as important, if not more important, than the treatment we recommend for them. While many medical professionals have a treat-by-number approach that is focused mainly on lab tests and dispensing drugs to mask their patient's symptoms, we take extensive time to listen to our guests, discern the underlying cause of their symptoms, and explain our recommendations. This cultivates in them hope and instills in them a sense of well-being, because they feel affirmed. Our deepest desire is to partner with our guests, helping them obtain and maintain health and wellness naturally, so that they can enjoy a better quality of life, and fulfill their purpose in life. Our team of professionals understand that we are in the hospitality industry first, and in that context, we provide medical care, which we have been doing since 1989. Since then, we have partnered and coached over 35,000 patients, assisting them in being successful on their wellness journey. I believe each individual is responsible for their overall health and wellness, and our job is to coach them onto the pathway of health success.

### **What do you see as the next major breakthrough in medicine?**

More people are taking charge of their health and seeking natural approaches to wellness. Conventional medicine has lost face among the public, due to their unwillingness to adopt alternative treatments that were safe and effective during the Covid. Of our nearly 5,000 active guests, there were less than 1,000 that had flu-like symptoms ascribed to Covid. All were treated with Ivermectin, Hydroxychloroquine, and a protocol of other medications, vitamins, minerals, and nutrients that proved to be safe and effective. Not one of our patients who had started on our treatment program was hospitalized or died. The failures of so many doctors during Covid has caused distrust in conventional medicine among the public. For this reason, more people are looking for alternative approaches to health.

As Baby Boomers age, degenerative joint disease, with its associated pain and disability, has become a significant medical problem. Regenerative Joint Therapy can help heal and repair degenerative joints. This is a huge breakthrough which will enable patients to eliminate pain medications and also give them an alternative to joint replacement surgery. We offer Regenerative Joint Therapy at Hotze Health & Wellness Center and have seen remarkable results. There may be cases where joint replacement surgery is the last resort, but it should only be the last resort. As the population learns more about regenerative therapies, they will be taking advantage of this opportunity. Regenerative Joint Therapy will become the preferred way of treating disabling joint disease.

### **What are your patients raving about these days?**

They love natural, bioidentical hormone replacement. Men and women begin to notice a change in their health as they approach 40, when their hormones decline. Most of our guests have been told by their conventional doctors that this is just part of getting older and they need to accept it. Oftentimes they are prescribed psychiatric drugs and other medications to mask their symptoms, which often compounds their problems, making them "sicker, quicker." Most of our guests come to see us when they are sick and tired of being sick and tired, and of being prescribed

numerous drugs by their doctors. Let me name some common symptoms of our guests; fatigue, weight gain, insomnia, brain fog, anxiety, depression, gastrointestinal disorders, joint and muscle aches and pains, cold hands and feet and mood swings. Specifically, women have dysfunctional uterine bleeding, menstrual irregularities, and premenstrual symptoms, such as mood swings, fluid retention, weight gain, breast tenderness and headaches. As women approach and go through menopause, common symptoms include hot flashes, night sweats, anxiety, and depressed moods. As men mature, they commonly complain of loss of initiative and assertiveness, lack of well-being, drive, goal orientation, analytical ability, and loss of muscle mass. These symptoms are due to the inevitable decline of sex and thyroid hormones in both men and women as they mature. The solution is simple. When an individual's sex and thyroid hormones decline, they need to be replenished with natural, bioidentical hormones. I tell women who are experiencing hormonal imbalance and decline that natural, bioidentical hormones will "give them their lives back," and I tell men that it will put a "tiger back in their tank." Our motto is: "Restoring Health, Transforming Lives, Renewing Our World, Naturally." Our goal for each one of our guests is for them to regain their vitality, energy, and enthusiasm for life. We view each of our guests as being in the health Olympics and we are their health coaches, making recommendations on how they can win a gold medal. It is the responsibility of each of our guests to follow our recommendations and

stay in close contact with our professional staff, so that adjustments can be made when necessary. Those who do so become raving fans.

### What's on the horizon for your practice?

We will continuously be investigating and learning in the field of natural and alternative approaches to restoring health. God has given your body the amazing restorative powers to heal itself without pharmaceutical drugs. The ministry of service of each member of the Hotze Health & Wellness team is to serve our guests, so that they obtain and maintain health and wellness, naturally.

One of our practice basics that we say every day is: "We commit to increase our knowledge and skills, individually and as a team, to ensure that our guests achieve their goals." This includes learning more about the treatment of airborne and food allergies, restoring gastrointestinal health through treatment of yeast and a healthy eating plan, replenishing and balancing sex and thyroid hormones, treating adrenal fatigue, natural prevention of illness and promotion of health through vitamin and mineral supplementation, learning more about the importance of dental health and its relationship to chronic illnesses, and regenerative joint therapy. Our team attends functional and alternative medical conferences to collaborate with other like-minded physicians and medical professionals on how we can more effectively provide a better ministry of health to our guests.

## MEBENDAZOLE

is an approved antiparasitic medication. Mebendazole is often used to treat parasites but has many other off label uses as well.

Call one of our pharmacists today to ask about the benefits. 281-828-9088



## Holiday OFFICE HOURS

Hotze Health & Wellness Center, Physicians Preference Vitamins and Physicians Preference Pharmacy will be **CLOSED** on Tuesday, December 24th and Wednesday, December 25th in honor of Christmas, and we will be **closing** at 12:00 noon on Tuesday, December 31st (New Year's Eve) and **CLOSED** all day on Wednesday, January 1 for New Year's Day. **We will resume our normal office hours on Thursday, January 2, 2025.**

We wish you and your loved ones a blessed Christmas and a wonderful New Year.

# Gut Health: The Foundation of Your Well-Being

Steven F. Hotze, M.D.



Your gut does more than digest food. It is the cornerstone of your overall health. Housing trillions of bacterial microorganisms, known as the microbiome, your gut plays a pivotal role in digestion, nutrient absorption, immunity, and even mental health. Maintaining a balanced microbiome is essential for optimal health, increased energy, and enthusiasm for life, but the Standard American Diet (SAD) and the use of antibiotics can disrupt this delicate balance, leading to a host of health issues.

## The Microbiome: Your Internal Ecosystem

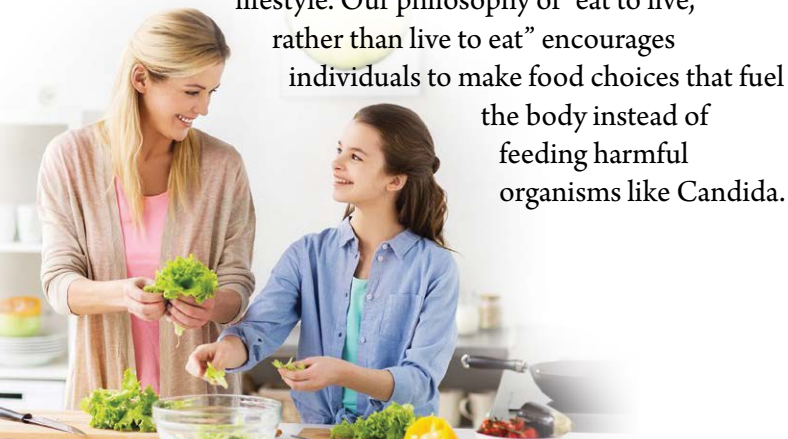
Your gut microbiome is a diverse community of bacteria, fungi, and other microorganisms. A healthy microbiome is a balanced one, where beneficial bacteria thrive and harmful organisms, like *Candida albicans*, are kept in check. *Candida* is a naturally occurring yeast in the body, but it can overgrow when fueled by antibiotic use, a diet high in sugar and processed foods found in the Standard American Diet. The toxins from this yeast depress the immune system, making you more susceptible to infections.

An overgrowth of *Candida* can negatively affect your digestion, energy levels, immune response, and skin health. This is why ensuring a healthy microbiome and treating yeast in the colon is a key pillar in our 8-Point Treatment Regimen at the Hotze Health & Wellness Center. Common symptoms of yeast overgrowth include:

- **Digestive discomfort** such as bloating or irregularity.
- **Cravings for sugar and refined carbohydrates.**
- **Brain fog and fatigue.**
- **Frequent skin issues** like acne or rashes.

## Nutrition: The Key to Gut Health

At the Hotze Health & Wellness Center, we emphasize the importance of good nutrition as part of a healthy lifestyle. Our philosophy of “eat to live, rather than live to eat” encourages individuals to make food choices that fuel the body instead of feeding harmful organisms like *Candida*.



To support a thriving gut microbiome, focus on:

- **Whole, unprocessed foods** rich in fiber, vitamins, and minerals.
- **Avoid sugars and refined carbohydrates**, which feed yeast overgrowth.
- **Add probiotic supplements daily.**
- **Fermented foods** like yogurt, sauerkraut, and kimchi, which provide additional probiotics.
- **Healthy fats** such as avocados, nuts, and olive oil.
- **Commit to a new, healthier lifestyle**, making sure you and your family eat healthier. When purchasing produce, always choose organic. Shop the outer aisles of the grocery store instead of the inner aisle where most of the harmful processed foods are located. Cook at home more and make healthier choices when eating out. Avoid seed oils when cooking and ask restaurants to cook your meals in healthy oils such as olive oil. Most good restaurants are happy to oblige, when asked and there are usually “healthy choices” marked on menus.

## Restoring Balance Naturally

If you suspect your gut health is out of balance, a targeted approach can help. By eliminating foods that contribute to yeast overgrowth and supporting your body with nutrient-dense options, you can reduce *Candida* levels and promote a healthy microbiome. This lifestyle change not only enhances your gut health but also boosts your immune system, energy, mental clarity, and overall well-being.

## Ready for a Reset?

This January, decide to take a transformative journey to better gut health with our annual **Yeast-Free With Me Challenge**. Detox from sugar and take the first step toward a healthier, more vibrant you. There’s no better way to reset and refresh for the new year! This 30-day program focuses on eliminating sugar and yeast-promoting foods while providing practical tools, recipes, and community support to help you succeed. The challenge is open to everyone, whether or not you are a guest of the Hotze Health & Wellness Center.

Your gut health is the foundation of your overall health. If you make the effort to restore balance and vitality, then your body will thank you.

➔ For more information or to sign up, visit [Sugar Detox Challenge](https://www.YeastFreeWithMe.com) at [YeastFreeWithMe.com](https://www.YeastFreeWithMe.com).

# Finding Joy and Balance this Christmas Season

Steven F. Hotze, M.D.

The Christmas season should be filled with joy as we celebrate the first coming of Jesus Christ. However, for many it can also bring feelings of sadness, stress, and fatigue. At the Hotze Health & Wellness Center, we have helped to enable our guests to improve their moods and mood swings caused by hormonal decline and imbalance. Our experience in balancing hormones and supporting overall wellness has transformed thousands of lives.

When your hormones are not in harmony, it can impact your mood, stress levels, and ability to manage anxiety. The added stressors of the season—family gatherings, financial pressures, shorter daylight hours, and disrupted routines—only amplify these effects. Thankfully, there are steps you can take to regain hormonal balance, energy, and enthusiasm during this special time of year as well as year-round.

Besides restoring hormonal balance, another crucial factor to address is sleep. Quality rest is essential for regulating hormones and maintaining mental clarity. If you are not getting 7–9 hours of restorative sleep each night, you are likely feeling the effects on your mood and energy. A consistent bedtime routine should consist of putting down your cell phone, closing the laptop and turning off the TV. Natural supplements like magnesium, inositol, Sleep Formula and Tranquil can help you experience a sound night's sleep.

At Hotze Health & Wellness Center, my motto has always been, “Eat to live, don't live to eat! What you eat plays a significant role in how you feel. Today's Standard American Diet (SAD) which is high in sugar and processed foods can lead to energy crashes and irritability.

Instead, focus on lean proteins, fresh vegetables, and healthy fats to support your body's ability to manage stress. We like to recommend a Keto or Keto-like healthy eating lifestyle. Also, limiting alcohol is another key step. While it is tempting to indulge at holiday gatherings, alcohol can disrupt neurotransmitters in the brain, leaving you feeling low and irritable.

Exercising is another tool for boosting your mood. You do not have to run a marathon. Even a brisk 15-20-minute walk can release endorphins—your body's natural “feel-good” hormones. Investing in meaningful times with family members and friends is also therapeutic. Volunteering in your community, helping those that are needy, or simply reaching out to someone who lives alone can lift your spirits.

At the Hotze Health & Wellness Center, we have been serving our guests, helping them get on a path of health and wellness naturally for over 35 years. By addressing hormonal decline and imbalances, treating adrenal fatigue, and recommending vitamin and mineral supplementation, we have seen firsthand how these steps can help you experience increased energy, vitality and enthusiasm for life year-round.

This holiday season, I encourage you to take charge of your health. Make sure you get enough sleep, eat nutrient-rich meals, stay active, and nurture your relationships with your family and friends. Give yourself and those whom you love the gift of good health this Christmas.

I pray that you and your family have a joyful, and blessed Christmas season.



As we approach the New Year, it's a time to reflect on the past and to set goals for the future. While many resolutions center on career goals or personal achievements, the most important resolution you can make is to invest in your health. A healthy lifestyle, supported by good nutrition, hormonal balance, vitamin and mineral supplementation, exercise and restful sleep is the foundation for a healthy immune system, increased energy, and vitality.

As you are well aware, our modern lifestyle and the Standard American Diet (SAD) leave much to be desired. Processed foods, pesticide-laden produce, and the depletion of essential nutrients in our soil contribute to widespread vitamin and mineral deficiencies. Add to this the fact that many of us spend more time indoors than outdoors, missing the health benefits of natural sunshine, and it's clear why so many struggle to achieve optimal health.

To thrive in 2025, it's up to you to take charge of your health. Start by eating healthy fats and proteins while eliminating sugar and processed foods as much as possible. Choose organic foods whenever you can. Most importantly, ensure that your body is getting the essential vitamins and minerals it needs to function optimally. The supplementation I recommend for all my patients are included in my [Power Pak](#). This daily regimen, complete with my recommended dosages, is specifically designed to support your overall health and increase your energy.

## What's in the Power Pak?

**Energy Formula**, is an outstanding multivitamin. It's my proprietary blend, packed with over 20 essential vitamins, minerals, and nutrients which exceed the required daily recommendations (RDA) and support optimal health.

**Omega Complete Fish Oil** which promotes healthy brain and cell membrane function and supports mood and memory. **L-Carnitine** which boosts your energy

production and aids in fat metabolism. **Vitamin C** assists in immune and adrenal support. **Magnesium Citrate** supports muscle relaxation and nerve health, as well as helping lower your blood pressure. **CoQ10** is essential for cellular energy production, particularly in the heart. **N-Acetyl Cysteine** is a powerful antioxidant and the building block for glutathione, which supports liver health and detoxification. **L-Taurine** aids in cardiovascular and nervous system health. My **Power Pak** is a 30-day supply of the above vitamins in convenient, pre-sorted paks. It's an easy way to put you on the path of health and wellness.

## Why Supplementation is Essential

Even with the healthiest diet, it is challenging to get the nutrients your body needs to thrive. Processed foods, environmental toxins and pharmaceutical drugs prevent you from acquiring the essential vitamins and minerals that are critical for energy production at the cellular level. This is why supplementation is essential for achieving increased energy, vitality, and enthusiasm for life.

## Make 2025 Your Healthiest Year Yet

This New Year, go beyond resolutions—commit to a lifestyle that prioritizes your health. Embrace a Keto eating plan for healthy nutrition, incorporate regular exercise, and build a strong foundation with vitamin and mineral supplements that we recommend here at the Hotze Health & Wellness Center. These steps can boost your immune system, increase your energy, and help you rejuvenate your life, increasing your healthspan. If you are going to live longer, then you want to be healthy as you mature.

➔ To order [Power Pak](#), simply visit [PhysiciansPreferenceVitamins.com](https://www.physicianspreferencevitamins.com) or call us at **800-579-6545**. Our Certified Nutritionists and Vitamin Specialists are also happy to discuss other natural solutions to prioritize your health.

## 30-DAY YEAST-FREE WITH ME: SUGAR DETOXING

Now is the perfect time to DETOX FROM SUGAR, and our YEAST FREE WITH ME CHALLENGE is the best way to do it—plus, it's completely free!

All you need to do is register at [www.yeastfreewithme.com](https://www.yeastfreewithme.com)

The challenge officially begins on Monday, January 6, but you can start anytime.

When you register, you will begin to receive motivational messages, great recipes, tips and education from our Certified Nutritionists for an entire month.

# H O T Z E

HEALTH & WELLNESS CENTER INTL

20214 Braidwood Drive, Suite 215  
Houston, Texas 77450



## **JOINT PAIN** SLOWING YOU DOWN?

Ask us about our cutting edge  
**REGENERATIVE JOINT THERAPY.**

Your joint pain can be addressed, naturally. Wouldn't you rather heal your joints instead of replace them?

**REGENERATIVE JOINT THERAPY** can significantly reduce and even help to eliminate your pain. It can also be an alternative to invasive joint surgery. It would be our privilege to provide a second opinion. Please note: you do not have to be a patient of Hotze Health & Wellness Center for Regenerative Joint Therapy.

**Hotze Health & Wellness Center has 35 years of experience in alternative approaches to health.**

We specialize in hormone balancing, testosterone replacement in men and women, allergy resolution, adrenal fatigue, healthy eating programs/candida resolution, hormone related infertility, fatty liver disease, natural solutions to ADHD (children & adults), autoimmune disease, long-haul and much more.

**IF YOU ARE A GUEST OF HOTZE HEALTH & WELLNESS CENTER: CALL 281-579-3600**

**NOT A GUEST? Scan here to schedule a complimentary 15-minute consultation with one of our providers today!**

