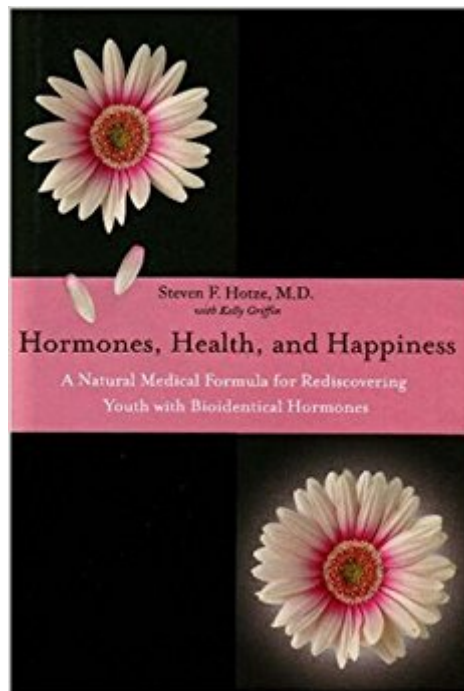




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# Hormones, Health, And Happiness: A Natural Medical Formula For Rediscovering Youth



## Synopsis

Dr Steven Hotze is leading a wellness revolution that advances a new model of healthcare. Unlike the prevailing medical approach of treating individual symptoms with the familiar "anti" drugs - such as antibiotics, antihistamines, and antidepressants - Dr Hotze addresses the underlying causes of poor health. Built around a regimen of biologically identical hormones and other natural treatments, Dr Hotze's model will help you obtain and maintain health and wellness naturally so that you can enjoy a better quality of life. In *Hormones, Health, and Happiness* you are shown how to reach and maintain optimal cell, tissue, and organ functioning so that you will feel at your peak physically, mentally, and emotionally. After your twenties, your hormone levels have already peaked and begun a slow, inexorable decline that may cause you to lose energy and gain weight. You may experience mood problems or have difficulty with thinking, concentration, and short-term memory. Your immune system is likely to become less efficient, leaving you vulnerable to infectious diseases. Dr Hotze reveals how you can restore hormones to their optimal levels using natural, biologically identical hormones in a safe, effective way that preserves vitality as you mature. In his eight-point treatment program, Dr Hotze addresses the entirety of your wellness: airborne allergies, food allergies, yeast overgrowth, low thyroid function, natural hormone replacement, treatment of adrenal fatigue, nutritionally balanced eating, and vitamin and mineral supplementation. He reveals how most illnesses are due to poor dietary habits and nutrition, lack of exercise, allergic disorders that weaken the immune system and make it more prone to infection, yeast overgrowth due to overuse of antibiotics, an imbalance and decline in the body's production of thyroid and sex hormones, and stressed adrenal glands. All of these factors can be addressed safely, effectively, and naturally without drugs.

## Book Information

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## Customer Reviews

â œHormones, Health, and Happiness is a must-read for every woman and man in midlife interested in restoring their health and enjoying the rest of their lives!â •Â Â â "C. Richard Mabray, M.D., Fellow of the American College of Obstetrics and Gynecologyâ œDr. Hotzeâ ™s book gives readers the practical tools they need to take charge of their own healthâ ™along with a healthy dose of hope and encouragement.â •Â Â â "Julian Whitaker, M.D., Editor, Health & Healing newsletter, Founder, Whitaker Wellness Instituteâ œHormones, Health, and Happiness is a simple, effective, and comprehensive blueprint for women and men who are desperately searching for relief from recurrent health problems.â •Â Â â "John H. Boyles, Jr., M.D., Diplomate of the American Board of Otolaryngology --This text refers to an alternate Hardcover edition.

Steven F. Hotze, M.D., is a native Houstonian who lives with his wife of 36 years, Janie, in Houston, Texas. Dr. Hotze obtained his medical degree in 1976 from the University of Texas Medical School at Houston. Dr. Hotze established a day and night clinic in North Houston which he operated until establishing the Hotze Health & Wellness Center, in Katy, Texas in 1989. The mission of the Hotze Health & Wellness Center is to improve the quality of life of their patients, whom they refer to as "guests", by helping them obtain and maintain health and wellness, naturally. To accomplish this, guests are encouraged to follow an 8-point treatment regimen when indicated. The 8-point treatment regimen includes treatment of airborne allergies and food allergies, treatment of yeast, natural thyroid hormone supplementation, natural cortisol supplementation, natural female and male hormone supplementation, vitamin and mineral supplementation, and a balanced eating program. Dr. Hotze has had the frequent honor of addressing his peers at various medical society meetings and has presented clinical studies about yeast, thyroid, cortisol, natural female hormones and testosterone. Dr. Hotze founded the American Academy of Biologically Identical Hormone Therapy in 2002 to train physicians in a standardized method of treating women's hormonal problems during and after mid life.

I was happy to read a book written by an M.D. who actually listens to his patients and not so much to blood-tests. He recognizes that patient's symptoms and history should be the deciding factor, with blood-tests being secondary (although hopefully confirming his diagnosis). He doesn't go into

extreme detail on each individual hormone, as much as you would get in a book dedicated to that (naturally), but he provides a lot of good info on physiology and treatments. Case histories are also used as examples throughout the book. I only really have two complaints about the book: One, his explanation of iodine-deficiency in hypothyroidism. Like much of the medical community, he holds to the belief that you only have iodine-deficiency if you have a goiter, otherwise that isn't the cause of your problem. But a goiter is at the extreme range of iodine deficiency, and there is a lot of room for dysfunction before then. Other medical experts say that your thyroid alone needs 3mg consistently to be fully saturated and functional. There is no way you are getting that much in the standard American diet, even with iodized salt. Not even remotely. Contrast that with Japanese people who get about 13 mg a day! Iodine is not to be feared and treated like a trace mineral. It is absolutely vital to the whole body, not just the thyroid. My second (smaller) complaint is about his "ideal diet." He does admit that Americans eat too many carbs and sugar, which is great (and true), but he still mentions eating lean meats and small amounts of healthy fats. Again, there is nothing inherently evil or unhealthy about most fats. Yes, some forms of saturated fat are bad for you, but some are absolutely healthy and should be eaten regularly. Also, eating fats with carbs causes problems of its own, but it's not the fat alone that is causing the problem. This has been very well documented in various books (Good Calories, Bad Calories, Primal Body, Primal Mind, etc). If you'd like further reading on the topics in his book, I recommend "Adrenal Fatigue" by James Wilson, and "Iodine: Why You Need It, Why You Can't Live Without It".

This is a book that every MD that treats women should read. It is research based, and provides an exceptional explanation of the interaction between allergies and hormonal imbalance. Since many MDs tend to write-off women's complaints, or are just too lazy to do the research to know and understand how to treat them, we need to develop a better understanding of our bodies, particularly those pre or post menopause. Dr. Hotze is a good writer and an exceptional doctor. He also makes a wonderful case for actually listening to his patients and not just basing everything on testing - which may not show the real medical issue. I think we have all had the experience of experiencing a set of ongoing symptoms, but because the blood test didn't show anything, the doctor writes you off and goes no further. This book is worth the read.

Seems to be a good book - although I haven't finished reading it yet. I went one step further and contacted the author's medical practice in Houston, hoping I could learn about the treatment(s) he offers first hand but the services offered are prohibitively expensive for most of us. The office staff is

extremely polite, helpful and informative. It was very disappointing to find that their fees are so high and their policy requires an extremely large payment in full in advance! At this point it appears as though I will have to complete the book and resort to self-help (attempt to implement what I am able to on my own).

I am so much happier since I read Dr. Hotze's Book. His understanding of the changes that occur amazed me..and also that I could help cure my symptoms. I highly recommend this book to all the ladies in their late 30 to start thinking about what hormone imbalance can do to your life.. This is manageable if we educated ourselves...this book is a Great Start!! Love Dr. Hotze for writing this wonderful book.

I enjoyed reading Dr. Hotze's book: Hormones, Health, and Happiness. What a wealth of information when I needed it. I have been having many health issues discussed in the book, with no success at the doctors office. After reading the book, I located a doctor who runs his practice like the book. I am on the road to recovery using natural supplements recommended in the book. I think that natural supplements should be taught to all people working in the medical field. I am not against doctors, they are a wealth of knowledge. (I really like my doctor's) I believe that their knowledge should be extended to incorporate natural supplements, promote healthy diets, and exercise. Dr. Hotze book inspired me to make changes in my life.

A must read for any female beyond the age of puberty to learn how her changing bodily hormones affect her daily life. Hormones, Health, and Happiness lists some questions which will help you decide if you might be in need of bioidentical hormones. Mood swings, depression, hot flashes, etc. are caused by hormones imbalances. An imbalance of hormones can be diagnosed by your doctor and a simple blood test can confirm exactly what is out of whack. Your local pharmacist/chemist can prepare a specially designed mixture, put it in a cream that you apply daily, and within a few weeks you are who you started out being, again!!!

A great viewpoint on current day medical practice, and how it has gone wrong, and how it could go right!! always knew hormones played a large role in our functions, but this gives light to how we are affected and how we can change it. I bought this book for my mom after reading a library copy, and plan to buy one for my bookshelf. A wonderful reference material, and I am happy to say, I highly respect the doctor that wrote it! There is also some great info in there about candida and recovery

from candida, the initial reason my allergist recommended it.

Excellent Information. Finally, a medical Professional talking straight to us lay people. Thank you Dr. Hotze for the tools, research and the guidance to help me heal myself without fake chemicals.

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