

Dr. Goldman's Book Reviews

HORMONES, HEALTH and HAPPINESS

A Natural Medical Formula for Rediscovering Youth and
Bioidentical Hormones

By

Steven F. Hotze, M.D. with Kelly Griffin

Forrest Publishing, Houston TX 2005

As with others, this book was introduced to me by a patient. **This is the most comprehensive and Holistically oriented single book on hormone management I have found, as of May 2007.**

Dr. Steven Hotze is a general practitioner with a special interest in allergy. Although he does not describe himself as a Holistic practitioner, Dr. Hotze's practice balances the entire hormone system. After describing his own background and medical life, he methodically reviews many of the bodies systems and how they relate to hormones and health. Starting with issues of allergy, Dr. Hotze reviews problems with yeast, thyroid, female hormone balance and progesterone, testosterone, cortisol and adrenal gland function, diet, nutritional supplements, and life style. He includes specific recommendations for supplements and diet including eating plans and recipes.

Dr. Hotze references many of the books on my recommended reading list. A favorite quote of mine is on page 110. "There has been a tremendous push for 'The Cure for Breast Cancer' in this country. However, this slogan completely misses a fundamental truth about what women want. No woman wants to develop breast cancer, then submit to disfiguring, painful or toxic therapies with the hope of being cured. Women want and deserve safe, effective measures to prevent breast cancer and the other maladies that occur during midlife." I couldn't agree more.

Some words of caution:

Thyroid: He only uses Armour Thyroid and does not follow patients with blood work.

This works for some women but not all. Some folks need Synthroid or a combination.

Adrenal: Although he uses very low doses of natural cortisol, I have not found this to be the answer for most women.

Infomercial: Hotze Health & Wellness Center has a whole line of supplements and other products. They even have their own compounding pharmacy. Sale of these items is a major portion of his family income.

Robert P. Goldman, M.D. May 2007