

How to Achieve Healthy Balance in Your Body

Dr. Hotze is joined by expert and best-selling author from New York City, Dr. Erika Schwartz, to discuss the benefits of bioidentical hormones and vitamins for optimal health versus prescription drugs that only mask symptoms and don't make you well. She is the author of several books, including *Don't Let Your Doctor Kill You*.

Dr. Schwarz started her career in ER medicine and opened her private practice 20 years ago. Her own battle with hormone imbalance led her to research bioidentical hormones and preventative medicine, which changed the course of her cutting-edge practice from treating disease to preventing it.

Dr. Hotze and Dr. Schwartz discuss the common symptoms of hormone decline and imbalance such as no energy, insomnia, weight gain, low libido, PMS, hot flashes, night sweats, recurrent infections, depression, anxiety and mood swings.

Dr. Schwartz shares how restoring hormones and taking vitamins can help prevent disease so that people don't get the chronic illnesses one gets as they age. She says "The more I learned in the past 25 years, literally, is the fact that you can prevent disease and if you do prevent disease, you won't fall prey to the system that's there to just torture you essentially, and keep you scared, and keep on treating you with medication and never making you better."

Dr. Hotze agrees, "Right, and so as we age, folks, we have a decline in our hormones, both males and females. Those hormones have a tremendous impact upon our health at the cellular level."

They also discuss the importance of vitamins for boosting your immune system, decreasing inflammation and for supporting

hormone and energy production. Also, learn about the importance of alkalinizing the body and simple ways to do this at home.

For more of Dr. Hotze's Wellness Revolution, listen to this podcast.