

Subcommittee on Human Rights and Wellness
House of Representatives

Congress of the United States

**“Balancing Act: The Health Advantages of
Naturally-Occurring Hormone Replacement Therapy**

Testimony of: Vicki Reynolds

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From the time I was a very young girl, I was extremely eager to become a grown-up person. At age thirteen, it happened- fever, bloating, intense pain and many other uncomfortable experiences suddenly consumed my small world. These, however, were not symptoms of childhood diseases which would have eventually disappeared. This was for me my grown-up world-this was my initiation into 'womanhood'. These persistent symptoms continued throughout my teen years and beyond. During those younger years, my mother continuously sought the advice of our small town physician. At one point on one of my many visits to the doctor, he finally suggested that birth-control pills might be my only solution. This was NOT an acceptable answer for my mother and certainly not for me. At age thirteen in 1958 my friends and I were still playing with our dolls. Birth-control was not one of the topics of our conversation.

After my marriage, my symptoms slightly diminished. I was then able to at least tolerate the 'monthly event' with ice packs, a bottle of aspirin, and a very tolerant husband. The years following the birth of my daughter in 1970 brought with it the return of the original discomforts I had experienced. Whenever I scheduled my yearly check-ups, I would always discuss with the gynecologist the symptoms I was again experiencing. This time I was told that "some young mothers are just that way". It was even suggested that I might possibly be experiencing post-partum depression. Huh? I was an elementary school teacher with no time for that! Many years later, a notation was made in my medical record concerning signs of a slight low thyroid, but I was told not to worry about that because "this is to be expected at your age" Oh, really. Thanks (I was only 30 at the time)

My family and I moved to Houston in 1985 and began the creation of an air-conditioning business which became a totally consuming entity for all of our lives. As I quickly approached the ripe old age of 50, I was actually looking forward to what I presumed would be the end of all these many years of unanswered questions and frustrating symptoms. That was not to be! Now I was beginning to experience a whole new realm of problems: hair loss, dizziness, severe night sweats, daytime hot flashes, weight gain, bloating, water retention- O.K., that is enough. I went to several different doctors with these new symptoms only to be told over and over again "this is to be expected at your age" (Where had I heard that before?) The difference this time was my symptoms were given a name-Menopause. With this profound diagnosis came many different prescriptions of various dosages, quantities, shapes, sizes and multi-colors with names such as premarin, provera, cycrin, and climara. Speaking of symptoms! I now had a whole new set as a result of these medications -the most dynamic and climactic being the onset of severe, migraine headaches. When I contacted the physician, he simply prescribed another medication to treat my new symptom without examining me. This ended my connection with prescription drugs whose side effects could have filled volumes.

Fortunately for me I ran across an article in a local magazine concerning a natural approach to healthy bodies and healthy minds. The emphasis was on all natural alternatives to health and preventive measures for maintaining a healthy, active body.

My experience with the Hotze Health and Wellness Center was and continues to be one of the most enjoyable, educational, mind and body- healing events of my lifetime. I spent four and one half hours talking about myself and my body, explaining in detail all of my symptoms and the many synthetic methods that had failed with me. No doctor had ever listened to me for more than 15 minutes: therefore, I really had to think about my problems for the very first time. I began to realize that there was a real emphasis on allowing my body to heal in a very natural and nutritious way with the aid of valuable information given to me about foods and their impact on my body. As I began to talk and ask questions, I soon realized that my health was going to depend on me taking control and accepting some of the responsibility for the health and well-being of the only body I will ever have.

All of the symptoms which I spent a lifetime experiencing and had accepted as just a part of my life, are now just a memory for me. The prescriptions I am presently taking for hormonal balance and for low thyroid are plant derivatives: therefore, no side effects. I no longer have to wonder about which symptom will consume me for the day for I am virtually pain free. There was actually a reason for each of my symptoms and through nutritional training and natural supplements they have all disappeared including the excess weight! My prayer is that every man and woman will have the opportunity to experience such freedom as I have just witnessed in my own life.

Thank you for your interest and for allowing me to share in your valuable time.

Respectfully yours,

Vicki Reynolds