

Dr. Anna Cabeca

Managing Menopause

PODCAST SHOWNOTES

Our guest today is Dr Anna Cabeca, a board-certified Gynecologist and Obstetrician, who's also board-certified in Anti-Aging and Regenerative Medicine, an expert in Functional Medicine, and an expert in women's health. She specializes in bio-identical hormone replacement therapy and natural alternatives, successful menopause and age management medicine.

Common Symptoms in Menopause

Hot flashes
Night sweats
Moodiness
Fatigue
Inflammation from increased acidity
Brain Fog
Weight gain
Irregular cycles
Breast changes

Alkaline vs. Acidic

We are not talking about our blood pH, but generally our mineral status. Acidic is high-sugar, high-inflammation, industrialized like New York City. Alkaline is low inflammation, balanced, back to nature like the Amazon.

Dealing with the Underlying Issues of Menopause

The typical course of action when you start menopause is to go in to see your gynecologist when you have some of the symptoms. Your doctor will test your LH and FSH to see if you are in menopause and assess from there. Some women walk out of the office with a birth control pill and Prozac – not a cure or even a Band-Aid for the issues women face during menopause. In some extremes, we have women who have hysterectomies.

Alkalinizing the body is the first step. We need to detoxify and balance our hormones. This is a therapeutic path to balance the body and create a lifestyle that relieves the symptoms and keeps us healthy, energized, and able to live our lives.

Keto-alkalinity

Keto-alkalinity is difficult since the food we can eat on keto can be acidic. Finding a marriage of both is “energized enlightenment”! It creates weight loss, increased energy, increased libido, and empowerment for women in menopause that nothing else can truly deliver.

One thing you do every day that makes a difference in your life?
Expression of gratitude is it. It sets my frame for the entire day.

Check out magicmenopause.com and you can get your menopause quiz and report card!

Listener Question:

What do you recommend for a 50 yr old man struggling with weight gain and lack of recovery after workouts?

While women experience menopause, men experience andropause. Estrogen levels rise in men in their older age, typically their late 50s BUT it can happen much sooner as well. Step one is to get on the Virgin Diet or Sugar Impact Diet so you become insulin sensitive

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rather than resistant. Step two is to take down the stress and anxiety levels. Step three is to get help with a hormone medical evaluation from a functional medicine doctor. From a blood panel, you can then assess where to start and what you may need in terms of bioidentical hormones.

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As always, remember:

You are worthy. Dare to live a life that matters.

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