



Balancing Hormones and Managing Menopause

Guest: Anna Cabeca

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Mary Clifton: Hello, everyone. Welcome back. I'm excited to share with you an interview today with Dr. Anna Cabeca.

I'm going to read you her extensive and every impressive bio. Anna Cabeca is an internationally acclaimed menopause and sexual health expert. Global speaker and pioneer, particularly in the promotion of women's health. She graduated from Emory University and is triple board-certified in gynecology and obstetrics integrative medicine. And antiaging and regenerative medicine.

She's the author of *The Hormone Fix*, a book about holistic lifestyle programs for menopausal women. Her areas of specialty include bioidentical hormone treatments and natural hormone balancing strategies. And she's received extensive notoriety for her virtual transformational programs, including Women's Restorative Health, Sexual CPR, and magic menopause. She created the successful and popular vulvar cream for women, *Julva*. In her spare time Dr. Cabeca hosts the highly regarded series *Coach Talk*. Featuring compelling podcasts focusing on a wide variety of important health and wellness topics.

She was named the 2018 innovator of the year by Mindshare, the number one conference for health and wellness influencers, and was also honored with the prestigious 2017 Allan P. Mince Award, presenting annually by the Age Menopause Medical Group to the most outstanding physician who displays clinical excellence and entrepreneurship.

Dr. Cabeca has reached hundreds of thousands of women around the globe. Inspiring them to reclaim their optimal health and realize that they can

journey through menopause and find more purpose and pleasure than they ever dreamed possible.

She balances her passion for women's health with faith, grace, and skill while raising her daughters and leading the nonprofit foundation she created in honor of her son, Garret V. Bivens, who tragically died as a toddler. Dr. Cabeca infuses her presentations with humor, raw connection, and passion. And she impacts lives each and every day. Follow her journey at her blog drannacabeca.com. And connect with her on Facebook, and Twitter, and Instagram. Dr. Cabeca, thank you for joining us today.

Dr. Anna Cabeca: Wow. It's great to be here with you. Thanks for having me.

Mary Clifton: It's an interview I'm really looking forward to. For years before I moved into thinking more about CBD, I used to work in osteoporosis and women's health. And spoke, myself, nationally around the country for the various drug companies.

So often people are focusing on menopause as a decline in their life when it really can be seen as a time of great success and expansion.

Dr. Anna Cabeca: That is so true. It really is a period of discovery, an age of discovery. An age of wonder. Because I really understand that transitional time periods in our life lead to another level of experience.

I mean, let's just take, for example when we start our periods, right? And then maybe when we have a baby. And then now menopause, menopausal journey, and this transition. It is a mandatory transition. But suffering is optional. And I think that's really something that I want to be clear that we do not have to suffer through menopause.

We do not have to bear with it. We do not have to struggle and power through. So many women have told me that is what they do. In fact, Mary, just recently, I was visiting a dear friend of mine in Holland, in Amsterdam, well outside of Amsterdam.

And she is exactly my same age, which is so cool. We were born on the same day at the same time. Just different countries.

Mary Clifton: Oh, wow.

Dr. Anna Cabeca: Yeah. And I met her 33 years ago. And we've maintained a friendship. So, I was just there this last week. And we sat and talked. She confided in me. She said, "Anna, I went through menopause at age 46. And I

go to the doctors here, and they just tell me this is normal. This is how it's supposed to be, and just bear with it. It'll get better."

And she was struggling with weight gain certainly. Struggling with the loss of intimacy. Vaginal dryness. Discomfort with sex. Just feeling like irritable and not herself, basically. And I hear that a lot, "I just don't feel like myself. I'm not the person I want to be and know I can be. I'm not enjoying my life. I'm not joyful."

I said, "And your doctor didn't offer you anything?" And she said, "Just to take your vitamins, try to get some sleep, and recognize that this is just normal."

And I'm angry because obviously it's a worldwide problem. And that answer is something that many women have heard. And it's a worldwide problem. We're struggling. Our lives are different. Our lives are hectic. We're working well past menopause. And transition is a challenge. And we don't have to suffer, bear with it. And that was 46. She's my age. So, she's 53 now.

Mary Clifton: Oh, my word.

Dr. Anna Cabeca: So, she's been struggling for seven years without resolution. So, I offered her like I had no answer. And this is part of my story, Mary, as you know. I had no answer going through early premature menopause. With an early diagnosis of infertility. I had no answer when I was struggling with vaginal dryness in my 40's, and lack of sex drive, and intimacy.

I had no answer for myself or my patients that was natural, and acceptable, and essentially risk-free. And so that's why I created some of the things I created. So, I said, first of all, read my book. You've got to read this, right? Because it takes more than hormones to fix our hormones. We are designed in this transition to shift the way we use energy.

And that's critical. And that's part of my Keto-Green way of doing things. And then here are some nutrients and herbal supplements. A combination of eastern/western wisdom and to help you balance your hormones, detoxify your body, support your liver. And support your microbiome — microbial diversity.

So that is key for healthy hormone balance. So that's in my product *Mighty Maca Plus*, which has these different ingredients. An apoptogenic formula. So that's part of it. And then using, we're so afraid of bioidentical progesterone. We're so afraid – well, shouldn't be. We're so afraid of the word estrogen. And we shouldn't be. It's a feminine. It's our female selves.

And we're so afraid of using things. So that's why I created the products that I created. Was to help have these tangible solutions and provide the knowledge, the empowerment around it to really set us off for a much stage in life.

Now, I'm 53 with an 11-year-old because the early diagnosis of infertility, permanent and reversible infertility. I reversed it.

Mary Clifton: It's such an exciting story. And you know, where you build you on very early trauma and create really amazing outcomes from it. And it just speaks to the effect that not all doctors are capable of doing everything. And something that every woman experiences, menopause, you would expect most doctors to have their hands around. But it really does take a specialist. It's a very complicated situation, the withdraw of hormones. And it affects every woman differently.

I'm really excited to hear more about your thoughts and your conclusions around shifting in the energy balance at the time of menopause.

Dr. Anna Cabeca: Yeah. So, this is where it's a hormone-dependent. And it's noted to be an estrogen-dependent phenomenon in our brain to use glucose for fuel. So, gluconeogenesis in the brain is an estrogen-dependent phenomenon.

So, as our ovaries start declining in function, late 30s early 40s, our estrogen levels are starting to decline. But really our progesterone is declining first. This is where many women start to experience the PMS, the mood swings, the irregular.

So, we see the gynecologic sometimes. Some are gynecologists. So, the irregular periods, the irregular bleeding, the heavy, painful cycles, and breakthrough bleeding. Things like that that bring you to the gynecologist. But they are in concert with symptoms of irritability, difficulty sleeping, depression, PMS. That sensation of hating your husband, but only two weeks out of the month. So, it's typically your hormones, not your husband.

Mary Clifton: Is it exclusive to just your husband?

Dr. Anna Cabeca: Yeah. No, definitely not. No one is immune.

Mary Clifton: I can attest to that.

Dr. Anna Cabeca: Maybe our pets are, so it's a real issue. The thing that I recognized is the importance of progesterone for brain health. And again,

progesterone is needed to produce estrogen and extra stress. Well then, we are going to make more cortisol.

Well, that progesterone's needed to make cortisol. So, we have those normal reproductive hormonal decline, we're a little bit more stressed, life is more crazy. We really start to empty our tank of our reproductive hormones. And this affects our brain's ability to use glucose for fuel. So that forgetfulness, "I don't remember your name."

And also, worse, the feelings of isolation. The feelings of lack of ambition. Lack of joy. Feeling like you've lost your edge. These are hormonal issues. But if we switch our fuel source. The change of our fuel sources from using glucose to ketones in a healthy Keto-Green way, which is different.

There's Keto-Dirty, and there's Keto-Clean, which is Keto Greens. So, I emphasize, and I talk about that in my book how to do that. But when we switch from using glucose for fuel to ketones for fuel, that is not hormone-dependent that we know of.

So, here is an undeniable fuel source. And as long as we've got some ketones going, right now, I checked my blood ketones this morning. I've got 0.6, but heck, I'm above .5, which is nutritional ketosis. So, I'm good. I just got back from three-week holiday. So, I have to quickly up my ketosis level. Get my brain clear again.

But that really makes a difference. And again, the keto alkaline approach is Keto-Green way that I talk about this. Is adding on those alkanizers which we need for a diverse microbiome, for healthy hormonal detoxification, and nutritional bone support as well.

And so that's the whole concept that we put into play for hormonal balance during this transition. And women's hot flashes stop within two weeks. They start to lose weight that they have been resistant to lose. They feel more energetic.

And for me, I call it energized enlightenment. I'm getting in the peace, the sense of peace. That surpasses all understanding. We talk about that in the Bible. The peace that surpasses all understanding. To be able to feel that despite the storm going on around you, that has changed my life, and the way I mother as a single mom. As a single business owner. As the sole provider for my family and my employees, right? So that has changed the way I live my life tremendously.

Mary Clifton: That's such an exciting story. There's so many different places to think about. The Keto-Green and the ability to have the energy back. The ability to control the symptoms of menopause. And especially with managing the microbiome. Because I'm 100 percent with you with alkalization to promote the growth of the proper bacteria, if your gut is acidic then you're going to grow some pretty unhealthy bacteria around that acid. Does the alkalinity also help to restore normal vaginal and urinary function?

Dr. Anna Cabeca: It can really improve urinary function as well. Just from the cell membrane function. So, for me with urinary health, there's a few things that I recommend. It's the healthy fatty acids to improve cell membrane. And getting an alkaline diet.

If we are prone to urinary tract infections actually to increase Vitamin C to 2000 international units a day. Sometimes higher. And if it's because we have the changes from hormonal decline, using something like my topical product, *Juval*, which has DHEA in it and plant stem cells from the alpine rose to help recondition that tissue, to rejuvenate that tissue.

And that's where I've created a product that does not have DHEA or emu oil. A product that has hemp in it to also help women and men, actually, with vulvar and vulvar changes, atrophy, and also anal fissures. Keeping the perineum healthy. Use a very clean, essentially sexual moisturizer. But that has other health benefits, as well.

Mary Clifton: I love that idea. Because so often when you're looking for a great lubricant, it's got some silicone in it that I'm just not excited to use this close to all of these very important organs. Like my ovaries. So, finding a water-based lubricant that's a good lubricant is difficult. And I'm very excited about the addition of the hemp products.

The CB1 receptors located widely throughout the nervous system, but the CB2 receptors are located all over the other body tissues. Really in every body tissue in very high concentration in the uterus, surprisingly. But in the whole area of female sexual health where there's inflammation or chronic irritation, the body's going to just naturally upregulate these CB receptors. And naturally upregulate the presence of the endocannabinoids that the body produces from its own lipid stores.

So, having a product that helps to stimulate those CB2 receptors locally tends to be extremely well-tolerated and very effective. So, I'd love to hear more about this topical product you're creating.

Dr. Anna Cabeca: Yeah. Well, because of out of necessity, in my *Juval* cream, which as DHEA and plant stems, also emu oil, coconut oil, and shea butter. That's a combination. But we can't export to Canada because DHEA is prescription only in Canada.

And so, from that and also because of a very strong vegan population in my group, we're opposed to the emu oil. Again, the reason I put that in there is because I use that in compounding hormones for women with vaginal dryness or prolapse.

And prior to surgery, I was prescribing testosterone suppositories and using emu oil. Which I experienced in New Zealand and had a, actually Australia, and almost fell off of a mountain. Cut my leg. They had recommended this product to help healing and decrease the scar. I have no scar whatsoever.

So, I started using emu oil in my compounding formulas to help women with these issues. And it really does okay make a difference. But with this in mind and also being conscious of this, and also the DHEA issue. I created this product sea buckthorn oil. And it uses pracaxi oil, which is from a Brazilian tree that has tremendous healing properties. And also, the hemp oil.

So, this combination of ingredients also with my other base ingredients from *Juval*. Combining this product to really help the public floor for both men and women. And also, the issue as we get older. So many people are dealing with hemorrhoids and anal fissures.

And no one talks about this. They're like use Preparation H. Is that all we have, I mean, seriously. It is honestly, and it's terrible.

Mary Clifton: It is. It really is all we have. And having a more natural product that's going to work better and really work to control the inflammation at a much more natural level. Using the ECS, as opposed to just hitting it with a bunch of steroids, and then causing the skin thinning. I mean you get symptom relief immediately, but then I think so often the symptoms get even worse a week later.

Dr. Anna Cabeca: Absolutely. Absolutely. Right. It creates a flare, a rebound oftentimes. So, we need to heal it from the source. Decrease inflammation, improve cell membrane integrity, and that makes all the difference in the world. Keep us comfortable.

Mary Clifton: The thing I love about all of these products that you're creating is that you're harnessing all of these God-given plant products that are so strong and effective to help support human health and happiness.

I don't think that we were ever destined to be put on this Earth to be miserable and suffering until we finally are allowed to pass into eternity. I fully think that we're here to enjoy our life and to be as comfortable as possible. And as happy as possible.

And I love the way that you bring all of this health and wellness through natural means to your audience. And now to mine. I really appreciate your time today, Dr. Cabeca. Thank you so much for working with me today.

Dr. Anna Cabeca: My pleasure, Mary. It has been working with you too. And thanks for doing this and getting this information out to the world.

Mary Clifton: Oh, you're welcome. And of course, people can find you at drannacabeca.com. And your products are on there. Everybody's going to want to take a look at this lubricant and this healing product for men and women.

And you also are giving away a free bonus so people can look in the information connected to our talk for your bonus gift, which is just so incredibly generous and wonderful of you as usual.

Dr. Anna Cabeca: Well, my pleasure. Yeah. And it's eBook on orgasm and intimacy, and that whole concept of things I talked about with the dryness. If we have pain every time we do something, why would want do it first of all? So just comfort is a really big issue. And it's a worldwide issue that we're powering through. But part of this is understanding what's happening to your body, and how to improve, improve orgasm no matter how old we are, improve that intimacy and connection so that we can really revive our relationships and even just within our own body that we're feeling of that sexual energy.

That is really magnificent and really helps us love our passions. If we are single, that artistic passion, creative passion, our professional passions, and our family passions.

Mary Clifton: Absolutely. I do think it's very important to close, to realize that this is a worldwide problem. And a very serious problem for women. There still is not a quality, really in most places. I've read that in various cultures there really aren't even words for menopause, or hot flashes, or a lot of the symptoms that women deal with. Because they just aren't relevant enough to create language around them. And that makes me so sad when I know so many women who do have the capacity to talk about it and get treatment in our country that suffer with this.

This is definitely a serious problem that needs more attention and more focus. And your work is more important now than ever. Thank you, Dr. Cabeça.