



**The Older Mother & Transition to Menopause
Guest: Dr. Anna Cabeca**

The contents of this presentation are for informational purposes only and are not intended to be a substitute for professional medical advice, diagnosis, or treatment. This presentation does not provide medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Heba Shaheed: Hello and welcome to the Pregnancy and Motherhood Summit. I am Heba Shaheed from the Pelvic Expert and your host. And today we have an Emory University trained gynecologist and obstetrician, Dr. Anna Cabeca, joining us.

And she is a menopause and sexual health expert and an international speaker and educator. And Dr. Anna is the creator of the top selling product Julva, which is an anti-aging feminine cream for women, as well as Mighty Maca Plus, a hormone-balancing health drink, and a variety of online programs like Magic Menopause, Women's Restorative Health, and Sexual CPR. Welcome, Dr. Anna. It is so awesome to have you.

Dr. Anna Cabeca: Thank you so much for having me.

Heba: So today we are talking all about the older mother, so the mother as she goes on towards menopause, or maybe she is having her first child in her 40s. Can you talk a bit about your experience as an older mom? Obviously, this adds another dimension to your life and to menopause and to motherhood. So can you share a little bit about the hormone changes that occur as a woman gets older and your experience as well?

Dr. Cabeca: Yea, absolutely. I trained as an OB/GYN, so it has been my field for decades now. And when I was 39 years old, I was diagnosed with

premature ovarian failure, early menopause and told I would not be able to have another baby. And that was, of course, just such devastating news to us. And it was just traumatizing to be in menopause, to be told that it was irreversible. I was irreversibly infertile. And that we would never be able to have another child just broke our hearts.

That set me on a journey, a journey of healing and hope. And through that, the lessons I have learned and, seriously, traveling around the world in part of my healing journey, meeting experts from traditional medicine, shamans and native healers, to the world's leading scientists.

And I kind of started integrating really holistic ways to heal myself. As a result of that journey and that learning and God's blessings, I became pregnant and delivered Ava Maria when I was 42 years old, the daughter I was told I would never be able to have. And so certainly, she has just been a blessing.

And that has given me a whole another perspective, and also raising a child and healing and helping thousands of women heal from infertility and early menopause symptoms that are maybe stress related, maybe hormone related, maybe toxin related. And we can fix those situations so that we have an optimal old age, but also optimal motherhood.

And it is different for us in our 40s. I am now 52 with a 10-year-old. And so it is another dimension. So I figure in another few years she will be having menarche, and I'll be well into menopause. And I am like, "Oh yeah, God has a sense of humor."

And I have also other teenage girls, now 19 and 21. And I say when those hormone changes hit and you are going through the perimenopause and your kids are going through menarche at the same time, it is just not a good place to be. You really got to get this hormone stuff down.

And so that has been a part of my passion, just really helping women transition, and then also those teens, our daughters, get healthy, because they are faced with so many more toxins and endocrine disruptors than we were faced with. So it is definitely a passion. We do have challenges when we are hitting these hormone fluctuations. But there is so much we can do about it.

Heba: Can we talk a bit about some of those hormone fluctuations and changes that occur and how this is a bit different if you were to have your children in your 20s or in your 30s?

Dr. Cabeca: Well, you know, definitely when we are mid 30s, we start to have declining levels of progesterone, progesterone being the hormone that is secreted after ovulation, predominantly during our luteal phase.

So if we say the first day we start bleeding is cycle day 1. We ovulate between day 12 to 14 on average. And then we have this luteal phase. So that is when the corpus luteum from the ovary, where the egg was released, produces beautiful progesterone to create this bed of nutrients for the fertilized egg or embryo to grow and thrive in.

And so when fertilization doesn't occur, we don't become pregnant. We have our period and that brings us back to day 1. But during that luteal phase, that progesterone level is really high. But as we age and we have reduced ovarian function, the progesterone level starts to decline. And that leads to irritability, PMS, mood swings.

And I always tell my patients if you hate your husband two weeks out of the month, it is probably your hormones, not your husband. Right? Just a little indicator. And then just the breakthrough bleeding, the irregular cycle, heavier cramps, cysts, fibroids, breast cysts, all of that stuff develops during that time. And that is at a state of estrogen dominance.

And so progesterone is the first hormone that starts to decline and really shift us. So progesterone is a great hormone for mood and memory. It is neuro-protective. It is really one of the most important hormones.

So the next hormone to start declining is estrogen. Estrogen is part of our femininity, our feminine hormone. It's also important for glucose uptake in the brain for energy, memory, cognition. And that is why when estrogen starts to decline, we start to experience more of that brain fog. And that is why my keto-green approach to health, using ketones for fuel in a very balanced nutritional way, is really important for women in the perimenopause, menopause, and post-menopause time frames, for us over 40.

And so estrogen is declining. Testosterone is declining. DHEA starts declining in our mid to late 20s. And so those are all really important hormones that affect our resilience. So we do need to do more to keep our life balanced. So all of you busy moms out there, it is so important to really take the time to take care of yourself because as you heal and you keep balance in your hormones, you keep your adrenal reserve high, you are definitely able to address in a calm, peaceful, joyful manner the challenges we face with being a

mom and an older mom. So that is really even more important at this stage of our life.

Heba: What about during pregnancy? If an older mom is pregnant, are there any special considerations that she needs to be aware of through her pregnancy? Like I know, for example, here in Australia, we see a lot of older women in pregnancy. As a women's health physiotherapist, I see a lot of them.

And a lot of them are concerned about do I go for a cesarean section? Is it okay for me to have a natural birth? And we know that there is a lot of research out there that says your risk of certain pelvic floor issues in particular go up as you become an aging mom.

Are there any special considerations that you recommend for older moms who are pregnant at the time?

Dr. Cabeca: Well, I definitely recommend a natural birth as much as possible. Take your time. Enjoy your pregnancy. Don't stress it out. Do yoga, a lot of good exercises. You have got the relaxin hormone on board and healthy levels of progesterone to increase your flexibility and enable your pelvic floor to relax and to deliver a baby naturally. You are designed that way.

So the more that you can lubricate your joints by doing exercises, squats, sitting on the floor, getting up, all of those things, taking stairs two at a time. I mean, seriously, doing all of those things helps strengthen your pelvic floor. And then also learn how to relax your pelvic floor.

So your husband can do with you perineal massage and relaxation, to enable you to have a more pleasant experience during childbirth. Nothing beats childbirth. If we have to go to a c-section, we have to. Consider vaginal seeding at that point. And also try to avoid the high dose Pitocin.

We are seeing some studies now that are concerning with the layering of effects, the high stress life, the antibiotics, the decrease in our microbiome, the high dose Pitocin, and cesarean section contributing to higher risk of autistic children. So are we more fragile as we age for that risk? I would say so. So we need to really be conscientious of that and do as much we can naturally to have a natural childbirth.

Heba: Can you talk more about vaginal seeding? What is it? And why is it useful and helpful for women, especially women who end up having a cesarean section, even if you do one electively?

Dr. Cabeca: Yea, again, this is still a controversial area and under investigation. We are still looking at it. But I know many women who have opted for vaginal seeding. And that means if you are going for a c-section that a gauze is swabbed in your vaginal canal and then you inoculate that. You rub that gauze that has your vaginal microbiome, the healthy bacteria from your vagina, the baby's first introduction to a healthy defense system. You rub it over the baby's eyes, nose, mouth, ears. Let that inoculate because that is what your child would be exposed to, to help seed the healthy bacteria that is so important as a first line of defense for a healthy immune system.

So vaginal seeding is somewhat controversial. But I would say, well, if the baby would be going through the vaginal canal anyway, why not? And that is really important.

Where are we concerned? If we have active herpes, Chlamydia, gonorrhea infections. But typically, most of us don't. So we are conscientious about our health and our childbirth. So understand when it is a valuable tool to really optimize and take advantage of what you have naturally to improve the life of your baby.

Heba: Absolutely. And as an obstetrician/gynecologist, I am sure you see a variety of things in women, especially in the post-partum period. So in that early post-partum period, zero to maybe 3 years old in children, what are the most common things that you see?

Dr. Cabeca: So for women, most commonly postpartum depression. I will see that most commonly in women really in any age of pregnancy.

Before I go there, let me just mention back on where we were talking about issues for pregnancy and that vaginal seeding is beneficial, laboring as much as you can on your own without using high dose Pitocin as much as possible. Those are really important things to consider, as well as letting your pregnancy go as term as it wants to go.

And I know it is so tempting, because believe me, I have had 4 children. So to know that due date and not want to go a day after that due date, right? You want to go and the baby will be fine then and deliver just to get out of it. But again, nature has its reasons.

So as long as your pregnancy is healthy, just going into labor naturally seems like a thing of the past now days, knowing obstetric statistics. But it does

make a difference for your whole well being and for your child as well. But also for yours, recognize that. And be patient. Take that time.

Also, detox before you get pregnant. If you have that window of 4 to 6 weeks, definitely detox before you get pregnant. And I do that through nutritional detox, having a modified elimination diet, removing anything that has GMOs or artificial ingredients.

And I do additional detoxification support, like with my Mighty Maca Greens, our super food supplement that has over 40 ingredients that really help your body release toxins and remove them safely, as well as support your adrenals. Things like that can make for a much healthier pregnancy for you, which I am sure you will hear about that a lot in your summit. But I just wanted to emphasize that.

So then back to post-partum. After we go through these very elevated hormone states in pregnancy, I commonly see postpartum depression. And this is where we want to as much as possible do things to help kind of restore your circadian rhythm as much as possible, which is kind of crazy when you have got this newborn who has their own little sleep/wake cycle. Really honoring that and getting enough sleep becomes important.

I found that using methylated B-vitamins, extra magnesium and mineral combinations, as well as a good protein shake or support that is easily digestible and even adding considering a probiotic, again because more serotonin is formed in our gut than it is in our nervous system. So we really want to enhance our body's ability to make its own neuro-transmitters and happy hormones ultimately. We want those happy hormones.

And the other thing I do, when I need to, I use the Maca a lot, my Mighty Maca super food combination. And then also, if I need to, if someone is still having depression, postpartum depression, I would add progesterone, bioidentical progesterone in a transdermal cream. Or your doctor can prescribe you an oral combination, 100, 200, even 400 mg progesterone in the evening, to help you get a good night's sleep and help rest and restore. And that can make a big difference in your overall well-being.

You won't sleep through your baby's crying. And you won't like be drugged or drowsy. You will feel better. And that progesterone helps your body produce the hormone GABA.

GABA is a feel good hormone. I always think of the rock group, ABBA, which if you ever saw the musical, Mama Mia, it is like, “Oh, that's a great feel good hormone.” And so that is your hormone neuro-transmitter, GABA. And so healthy levels of progesterone will help your body have healthy levels with GABA. And so that becomes really important.

So those few things can really help that post-partum period as well as getting outside in nature, continuing to have community. Get the support you need and rest you need. And everyone is different.

And this is if where you are struggling, it is not selfish to take time for yourself. It is really selfless. So do that.

Heba: It is so important that we come back into our bodies and listen to our bodies and nourish our bodies through all of these different ways, in our nutrition. Mood is important as well. Exercise, even if it is just something like walking in nature or gentle yoga outside, can make such a big difference, especially in that early post-partum period.

And I loved how you mentioned the importance of progesterone, and GABA in particular, because we do see a lot of postnatal depression, especially in today's society where we can be quite isolated, trying to do everything on our own. Small families. We don't have that outside support as much as we used to ancestrally. It is really important that we try and find other ways to nourish and nurture ourselves. So thanks for bringing that up.

Let's move on now to talk more about this. The older mother has been pregnant. She has given birth. She has passed that postpartum period. And now she is transitioning. So she is going through two things at once. She is going through young motherhood, as well as perimenopause. So can you talk about some of the overlap there, like some of the things that start to affect her?

Like for example, you know, I see a lot of pelvic health issues get worse in that perimenopause period. And for all of the moms, it can be a real strain because they have got these young children as well. And then they are having issues like bladder control problems or infections and sexual health issues. Can you talk a bit about the things that you see most commonly as an OB/GYN and what women can start to do to alleviate these things?

Dr. Cabeza: Yes, absolutely. And it is so important. It is really important to understand, too, our fascia, our connective tissue, has hormone receptors in it. So as they decline, women in perimenopause or postmenopause experience

pain, fascial pain, more aches and pains in the joints. And that is the result of these declining hormones.

So again, restoring balance, doing as much as we can to have healthy levels of hormones. I am not saying levels of our 30s. I am just saying healthy levels. Like get that balance of stress so that your body is not depleting your sex steroid hormones that are so necessary to maintain that flexibility, comfort, sensuality, sexual desire. All of that is really important.

So with said, I definitely see bladder control issues as we get older, that leaking of urine when we cough or sneeze. And many of you listening may not have experienced this, but I definitely have. If you have experienced the lipstick bleeding on the lip-line, like you have this bright red lipstick and you have this lip-lines and the lipstick is bleeding through the lip-line. For women who understand what I am saying, then I have experienced that, too.

So the same thing is going on with our pelvic floor. Those fine lines and wrinkles that are affecting us, the same thing is going on around the urethra, the vulva, the clitoris, etc. The tissue is getting less elastic, more sensitive, more fragile, more crepey. And so we want to heal that. And that is one of the reasons I created my product Julva. There were no solutions for women to do that.

So, yeah, it is good for the lips on your face. I have no more lip-line issues. It is nice to see that change, because you can't exactly watch the change on a daily basis going down around your urethra and vulva. But you can, just knowing that it is getting better and is improving.

So do pelvic floor exercises with my product Julva, which has plant stem cells in it. It has emu oil, coconut oil, DHEA. It has a great blend of ingredients. And it has just been proven to work and help with those complaints.

It is an anti-aging cream for the vulva, from the clitoris all the way down. Because if you have pain and dryness, why would you want to have sex? If you are experiencing discomfort, discharge, urinary infections after you have sex, why would you want to have sex? It is not a conscious binding, but it is definitely a part of the issue. It is part of what you are experiencing with that lack of desire.

And it is also really important for everyone to hear this. For women, secondary desire is normal. What I mean by that is I heard in my patient practice women

say over and over again, “I don't have the initial desire for sex, but I am okay once we get started.”

And that is secondary desire. And that is perfectly natural to have that receptivity, just to be able to say, “Yeah, okay, let's go for it,” even when you're not in the mood. That is the grace of kind of self care and understanding that the rewards will come. Your physiology will follow suit if you allow the intimacy to start. And just that secondary sexual desire is very normal.

And what women experience versus men, typically primary desire. So it is okay to have that shift. And understand, “Okay, well once we get started hugging, kissing, chatting, getting sexy, I'll start to feel sexy and desire and get interested.”

Heba: Absolutely. And I think sometimes when we are young, we put it on ourselves, don't we, that we should be able to feel that primary desire, for example. And if we don't, there is something wrong with us. But, women within themselves are different. And then women and men are different. And throughout our life stages it is different as well.

We can't expect that the same way we felt or the libido we had in our 30s is still going to be there in our 40s. But we know that for a lot of women, their libido actually gets better as they age, because they are not so stressed out at work or stressed out with young kids. So I guess it just depends.

But with the older mom, it is a little bit harder, because you are balancing everything all at once—motherhood, menopause. And then if you are working as well, you have got all these kind of additional layers of stress that can really impact on your sexuality.

But yeah, it is one of those things that we just kind of have to, yeah, secondary desire and libido is okay. And you know, it is a physiological reaction. We don't always have to feel like it, but you know, I guess you just have to kind of take those initial steps, and then you can get there.

Dr. Cabeca: Yes, absolutely.

Heba: So you mentioned that there were some sexual health issues that women face. Low libido or decreased libido can definitely be one of them. Is there anything else that you have noticed in your experience?

Dr. Cabeca: Well, I mean, definitely those things. Right? Also decreased orgasm or ability to have orgasm, decreased lubrication, and that's a really big issue, and certainly the loss of sexual desire. So those are the 3 biggest ones.

And then the other gynecologic issue is incontinence. That often occurs as time goes on. And so, again, it is important to address those. You know, an ounce of prevention is worth a pound of cure, as the saying goes. It is important to address those issues.

And just know, too, that I always say that resentment is lack of self care. So often we get so busy. And we get so tired. And we feel like everyone is pulling at us. We have to have those clear boundaries, to be able to say let our yes be yes and our no be no. And have that self care so that we are not feeling resentful. We can feel peace and joy and enjoy the stage of our lives like we should, like we deserve to.

Now I am coming from the standpoint of having been that busy mom, working 80 to 100 hours a week, raising small kids, and just being really burnt out and just running that hamster wheel. And I was not enjoying life. I looked like I was. You know, I had everything, perfect kids, perfect family, perfect life, right? But emotionally and physically, it took its toll on me. I didn't realize how much until I stopped doing all of that crazy stuff. Right?

And so raising, getting the blessing now in my 40s to have another child and be able to take time. And you know, I had to redefine my career, so I am now a stay at home mom, so to speak, running my online enterprise. But still I am prioritizing my family life and knowing that this is an aspect that I want to invest in right now, to feel the joy of raising my youngest child and also working through a great experience raising my teenagers, not great on most days. But now as they are in college, they are great girls.

So being able to have that capacity to enjoy those aspects of my life, that really weighed in more than anything else. And my prioritizing God and family first became really, really important to me.

And career fell into place, redefined, not what it looked like when I was getting my board certifications, etc. But redefined and really fulfilling. And so understanding those aspects of that internal self care, getting really clear, becoming the eye of the storm, or the ocean, not the waves, right? To just get comfortable with where you are in life and to enjoy your days in the present moment is the gift of motherhood in our 40s and 50s.

Heba: So can you talk a bit about how women can support themselves naturally in that period? You know, we have our daughters or our sons who are going through puberty. And we kind of have to balance the wave of all of those hormones that we are all going through at the same time. And it can be quite volatile, as you mentioned earlier.

Can you talk about other ways? The self care is definitely up there. It is the number one thing. But are there any other natural things that women can do so that they don't kind of get caught up in that period?

Dr. Cabeca: Yea, I want to give you a couple of things that really make a difference. So my whole philosophy, I have coined the phrase going "keto-green." And that really is bringing alkalizers into a ketogenic type of lifestyle, getting your body to use ketones for fuel versus glucose.

Let's toss glucose out the window. You can really optimize health that way. But get the greens on board. Get alkaline enough. And I always tell clients, "Test. Don't guess." Check your urinary pH on a regular basis. You can just check the pH or also check pH and ketones. I created urine test strips that have pH and ketones both, so you can measure it. Just urinate right on those strips. But get a morning pH of 7. And that makes a big difference in your life.

We know that we are not talking about blood pH. We are talking about urine pH, which has been shown in many studies from around the world that a lower urine pH, a more acidic urine pH, is associated with metabolic disease, cancer of the breasts, etc., heart disease and just name it, obesity, osteoporosis, dementia. The list goes on.

So just by creating and bringing more of an alkaline environment into your life, which is part food, part lifestyle. So really getting that makes the biggest difference in your life. So I would say the holistic way is to go keto-green. And you can read about that on my website at dranna.com.

I talk about keto-alkaline, keto-green, and the principles behind that, which have absolutely changed now thousands of women's lives around the world in a natural way, just understanding the diet and lifestyle component that we really need to embrace at this age, for the health of ourselves and the health of our families and their families, the future generations that follow us.

So I would say go keto-green. Start with a green smoothie in the morning that's zero grams of sugar or 5 grams or under of sugar. Check your urinary pH to make sure it is alkaline. And use nutrients and supports to help you along the way.

So Maca, for instance, my Mighty Maca Plus formulation, that has super foods, turmeric, quercetin, green tea extract, grapeseed extract, blueberry extract, and just name it. I combined it in. And we get great clinical results with that. Hot flashes decrease. We have a growing list of Mighty Maca babies. So I am really happy about that because sometimes we need that added support because we are not living outside in nature in the Amazon. We are exposed to toxins and we constantly have to provide an opposition to all of those assaults. And that becomes important.

So get keto-green. Check your urinary pH. Get it alkaline in the morning. And add some nutrient support, herbal adaptogens like Mighty Maca Plus. Another great adrenal adaptogen is ashwagandha. Use things to support the uterus and progesterone like Vitex chasteberry. So using these herbs and nutrients to really help you makes all the difference in the world.

Heba: Yea. I think we really do need that kind of additional support, especially with all of those toxins in our environment, within our bodies, within our children's bodies, in our environment. Everywhere we go and everything that we do, we are just surrounded by toxins. And we really need to have these nutrients and nourishment from foods to help us eliminate those, to help us get rid of this so that we are able to have that healthier, happier life.

What about when it comes to our children? What can we do to help our children transition through these kinds of hormone volatility? I know for me, my hormones were pretty out of whack all through my teens. But I am on the younger side, I guess. But if it was bad when I was a teen, I can just imagine how it is now.

And just based on the foods that the kids are eating these days, obesity is rising, mood disorders are rising, and all that sort of stuff. But what can we do to help our children transition through these periods safely and healthily?

Dr. Cabeca: I think it's really important to lead by example. So you do self-care and you do what you are asking them to do. So play outside, read a good book, laugh, have good friends. Say, show me your friends and I will show you your future. That goes for us, too. Really create and then choose their friends, through the good friends that you keep, too. So I think that is one aspect, that community aspect, that it takes a village.

And also leading by example is really important. And that spiritual base is important. It is definitely important in my life. We bring God to the table. We say grace before meals. We try to do our best in always being kind. And that is

important to bring, because I know our kids aren't getting that in much of their education as much anymore. And so it is important, I think, to bring that home, just goodness, kindness, love, faith. So again, live by example.

And then the other thing is, because I have seen 3 through menarche already and one more to go, and just thousands of patients. But when I would see a patient, a mom would bring in her daughter who has just started her periods and is gaining 10 to 20 pounds, having acne, irritable, cramps, just not able to concentrate like she used to, just being moody and not feeling herself. The mom is in tears and at wits' end. The girl just thinks she is fat and ugly. And it breaks my heart.

So I like to change their perception. I am like you don't have fat genes. You have Pocahontas genes, or you have Amazonian genes or you have genes like me. We can live in the Sahara for 6 months with no food or water, and we will survive the tribe. So that is kind of how God designed us. And so that is okay. But understand that we have got to recreate an environment that is going to make us healthy.

So I also stop dairy. I think dairy is so polluted in our environment, at least in America. If we consider dairy, consider A2 dairy versus A1 dairy from grass fed, free range.

But really, there is an expression that we have in obstetrics, "You should drink no other milk than your mama's breast milk." Right? I think there is a good reason for that. We are the only species that drinks other species' milk. And do we really need to? No, we get more calcium from a cup of spinach than a cup of milk. So what is reason behind that?

And I would give them keto-green. And you would be surprised how many kids have acidic urine. We are just setting them up for failure. And so, that is really important.

Stop snacking as much as possible. And stop the sugar. You are fighting a battle. But if you are doing it at home and doing it when you have the control, those seeds will bear fruit as they grow older.

Heba: So true. And it's interesting, because the children, like you see this a lot. If you kind of avoided sugar in your preconception and pregnancy period and even post-partum period, a lot of the times those children don't feel the need to have those sugary types of things. But if you eat a lot of the sugars

during the preconception and pregnancy and early post-partum, your children almost become addicted to the sugar as well.

So it is really important for us to lead by example, as you said. So whatever we want for our children, we need to want for ourselves as well. And again, we are the role models, right? So we need to be able to display to our children what a healthy life is. You know, like you said, why can't we put them on keto-green, or just give them their greens. My daughter loves vegetables.

Dr. Cabeca: Absolutely. I mean I think that is the biggest thing is lead by example. And that does make a difference. All of those things contribute to the health and longevity of our family and the enjoyment of our life.

Heba: Do you have any tips or strategies for how to remove toxins? I know we mentioned food and we mentioned [inaudible]. But do you have any other tips or strategies that can be helpful for eliminating toxins?

Dr. Cabeca: So regarding tips or strategies that are helpful for eliminating toxins, I always put clients through a detox ideally before pregnancy, because it is so important. So I use nutrients like in my keto-alkaline protein shake that support what is called phase 1 and phase 2 detoxification.

But in general, if you are getting alkaline on a regular basis, your urinary pH is alkaline, if you are eating 80% alkaline foods, 20% acidic, you're detoxing on a regular basis. So what does that mean? Let me give you a day of food in my life, for instance.

So, imagine starting with some smoked salmon, capers, some red onions rolled in a Nori wrap. Maybe you drizzle some olive oil on it with some—I like hot sauce so Sriracha or hot sauce. Or you can put mayo on there, roll that up and eat that. That is a fabulous breakfast meal.

Lunch would be a half avocado or a whole avocado, with a tuna salad mixed in. It would be perfect. And you could add some greens, a bed of arugula, some hardy greens in there, top it with some sprouts and a tablespoon of sunflower seeds. It is just great for hormone balance and nutrition. You have got those extra oils on, again drizzling it with a bit more oil. Healthy fat, healthy hormones.

Then dinner, maybe dinner is a little bit lighter. It could be a dairy free tomato soup with another green salad. And that could be your dinner.

Or you could have a big family dinner. It could be steak. I would stick to 4 to 6 ounces, not more. And again, sautéed beet green with some slivered onions, mushrooms, some zucchini in there, drizzled with olive oil, lemon juice, sautéed in ghee or purified butter and seasoned up.

I love to season things. I am middle-Eastern in background. So I love all the middle-Eastern spices. You can just enjoy spices. You could add turmeric. You could add caraway. You can just choose many and enjoy. Don't forget to add the hormone-balancing cruciferous vegetables, so maybe a side of baked cauliflower with a tahini dressing on that as a side. So those are some really good options in the day to day life. It is making me hungry, really.

Heba: It is making me hungry. You know, I mean it sounds so simple. And I think sometimes we just over-think things, and we overdo it in our minds. But you can make mealtime so simple. You can make healthy eating so simple. You can make hormone eating so simple as well.

One of the things that I forgot to ask you, which just popped into my mind now, which makes sense, is mom brain. That is brain fog and that forgetfulness that a lot of moms get. And I just noticed that in myself now. But I am sure a lot of moms experience that all throughout, especially in that early post-partum but even as they go into menopause. A lot of women experience brain fog. Can you explain why that happens and what we start to do to help manage that?

Dr. Cabeca: Yea, it has been called so many things. You can call it mommy brain, or milk fog for our breastfeeding brain. And just that shift in hormone fluctuation just affects our neuro-transmitters.

But remember, too, depending on what we are utilizing for energy, we can clarify that a lot by going keto-green, really by getting keto-green. So use ketones for fuel and, again, having healthy alkalizers on board so our body is not in an inflamed, high sugar, acidic state. We want to avoid that as much as possible.

And get the sleep we need, restful sleep. So magnesium at night, melatonin, bioidentical progesterone cream at night. I created one that has bioidentical progesterone and pregnenolone in it, because again, that combination is really powerful. And a little bit goes a long way. And as older moms we need that little additional support.

Heba: Absolutely. Dr. Anna, you have covered so much in this interview. And I would like to thank you for joining me and for sharing your expertise. Are there any last words of inspiration that you have for the moms watching, especially the older moms and the moms who might be transitioning into menopause?

Dr. Cabeca: Yea, I think just know that you are worth it. You are absolutely worth your time, energy and money to invest into yourself, to just redefine yourself. Do the things you love and enjoy.

Set boundaries that are healthy for yourself, because I know how tough it can get and how pulled. Especially as good as you are in doing so many things, you can get pulled in so many directions.

So create those healthy boundaries and take time to say no and mean it, so that you can focus on the things that are so important in your hierarchy of things you love in your life. And just really create that balance. You are worth it. And it is so important to take that time now. Take this time now to take care of yourself.

Heba: Beautiful. And you are worth it. And yes, it is so crucial and important. Thank you so much, Dr. Anna. It has been a pleasure having you on the summit.

Dr. Cabeca: My pleasure. Thank you so much. Thank you all.

Heba: You are watching the Pregnancy and Motherhood Summit. I am Heba Shaheed, your host, from the Pelvic Expert. And we will see you in the next interview. Bye for now.