

Feel Good, Look Good Secrets For Women over 35



By Dr. Anna Cabeca

D.O., F.A.G.O.C

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Introduction

My name is Dr. Anna Cabeca. I am a board-certified gynecologist and obstetrician. I trained at Emory University in Atlanta, Georgia, which is considered the Ivory Tower of Medicine. I am also board-certified in the field of anti-aging and restorative medicine. I am considered an expert in functional medicine. Functional medicine is the area of medicine that explores the underlying causes of disease and helps discover innovative ways to live a longer, healthier life.

Over the years, I've trained physicians nationally and internationally, most recently in Poland, Portugal, and Brazil, as well as all over the United States. I was a featured speaker at a conference in New York City where I spoke to thousands of physicians. I also spoke at the age management medicine group conference in Hollywood, Florida and then to the annual clinical meeting of the American College of Obstetrics & Gynecology in Washington, D.C.

Since completing my medical residency in obstetrics and gynecology 12 years ago, I have run my own private practice in Georgia, where I've treated thousands of women for every illness, disease, malady and complaint you can imagine.

Though I love working in the field of gynecology and obstetrics, I actually got into functional medicine back in 1997. This was a difficult time in my life. My mother went into the hospital for an elective surgery and never came out. My mother wasn't that old and she wasn't in poor health. I couldn't understand why she had died in spite of being treated by some of the best physicians in her city. Serious complications arose during her surgery and she eventually experienced complete system failure. When I look back with what I know now, I know she had systemic inflammation, and adrenal failure, plus toxicity from multiple medications.

This event stunned me and caused me to start looking for answers. After her death, I began to delve into functional medicine to try and understand why she had died. At once, I began digging. I questioned everything. I read all research and study papers that were relevant. I continued for years to plow my way through extensive research materials in my quest to find the answers I needed.

At the same time, I took a hard look at her medical condition. I studied the complications that led to her eventual death. I wanted and needed to understand what had happened to my mother. One thing that became clear to me almost from the beginning was that the doctors were not really treating her true problems; they were only treating her symptoms.

After a thorough study of all records and tests, I finally concluded that her real problems, the underlying issues that had led to adrenal failure came down to two things:

- Inflammation
- Hormone imbalance

Another area I began exploring was her past medical history. I wanted to see exactly when and why her health began to decline. I realized that I had missed some important warning signs. Perhaps if my eyes had been open then as they are now, I could have stepped in and helped her make the necessary changes so that she could live a long, healthy life.

That's the quest that drives me today. I couldn't save my mother but maybe I've learned enough to help you turn your health around and start moving in a better direction. I've learned so much since my mother's death in 1997 and I want to share it with women all over the world so that they can live a long, happy life where they are able to enjoy their time with their family and friends.

During this same time period, I also began to realize that there was one underlying theme in many of the complaints I was hearing from my female patients. Many of my patients complained of being tired all the time. They all basically said the same thing: "I feel fat, frumpy and fatigued. I've lost my zest for life! What's wrong with me?"

This is when I began to put together a resource to help women regain optimum health. It's called, "7 Keys to Restorative Health".

In it, I encourage women to take charge of their health. My goal is to give you all the tools that you need to make some genuine changes in your life. I believe that if you'll listen, work hard and put these techniques to work in your own life, you can transform your health no matter what condition you're dealing with. Whether you have breast cancer, arthritis, PMS, menopausal symptoms, or are simply feeling old and tired, you can make a few important changes that will greatly improve your overall health and outlook.

One thing I know for sure: If you do nothing, then nothing changes. Let me help you get on the road to a better future, one where your energy, stamina and zeal for living returns.

Incorporating just a few changes into your daily activities could make all the difference in the world.

Join me in the journey to Feel Good and Look Good no matter what your age!

Chapter One: Altering Your Life Philosophy

As a wife, mother and doctor, my days are often filled to capacity. Women in the 21st century seem to have their hands full most of the time, working or running a business while trying to raise children and be a loving and attentive mate for their husbands.

My own life-story took a hard turn a few years ago right after suffering through a personal trauma. At the time, I was breastfeeding my beautiful 18-month-old son and energetically running two medical offices and a medical spa while raising four children. My life seemed almost perfect. And then tragedy struck!

A tragic event occurred and my 18 month old son died. This was the most devastating event my family had ever gone through. Only a parent who has lost a child truly understands this kind of pain. My whole world stopped! It felt like the world had turned black and there was no light in it at all. I couldn't get out of bed in the morning. I couldn't eat. I couldn't sleep. I was in shock.

I have always been a very resilient person. No matter what has happened throughout my lifetime, I've always found the strength to get back up again. I come from a hearty family with a great sense of humor and they instilled in me an amazing strength.

But this tragedy hit me so hard that I was unable to recover on my own. I suffered physically with aches and pains all over my body. It even hurt to simply open my eyes. I was completely knocked off my feet. As a doctor, I knew some of the medical terms for what I was going through. For one, I was diagnosed with clinical depression and told that I

might need to take medications for a while. For another, I had post-traumatic stress disorder.

Of course, family and friends were there for me and my family; they tried to help as much as possible. They encouraged me to seek professional counseling or take various drugs prescribed to alleviate some of my depression, pain and suffering, but for reasons I still don't understand, I simply refused. It was hard to even get me to take an aspirin.

My body responded to this tragic event in ways that were baffling. I was told by specialists that I knew and trusted that I was irreversibly and completely menopausal. My specialists ran many tests, finally concluding that I was suffering from complete ovarian failure and would never be able to have my own child again.

You can imagine how absolutely devastating this news was to me and my family in light of what had happened. I can only say that this time in my life was marked by several events that were so overwhelming that I simply felt stunned and unable to absorb the ramifications.

After talking it over with my family and trusted friends, I decided to take a year-long sabbatical from my practice. I had no idea what was going on in my body, but I knew it was important to take some time off, step back and take stock of all the issues and try to gain a new perspective. It felt like my life was spiraling out of control and this was a way for me to regain at least partial control of my once-idyllic life.

We purchased airplane tickets for the whole family...me, my husband, and our children, and we just started travelling. I was fortunate enough to locate an amazing and very capable doctor who took over my practice while I was gone. I had peace about leaving my medical practice in her hands and will always be grateful to Dr. Deborah Shepherd for being there when I needed her the most.

There were so many thoughts and concerns rumbling around in my head and my heart, but it seemed important to keep the earth moving under my feet. I wanted to set an example for my children and be there for them, but honestly I was still travelling in the dark. I felt lost and bewildered. I know that most of you have experienced a time in your lives where you had no answers for what you were facing and simply felt lost, confused and at the mercy of whatever the universe was throwing at you.

This can be a very distressing period where you may feel like giving up...all hope is lost and the right answers can't be found. If you're going through something like this right now, then it's important to have a good network of friends and family who will support you in

whatever ways you need. Having a loving, supportive family along with a great network of friends you can rely on, will make a huge difference in your recovery. They can help you in ways you can't imagine to deal with day to day life and eventually make a full recovery from the trauma.

During my travels from the United States to several countries around the world, I serendipitously met with some of the finest physicians and leading practitioners I'd ever known. I even made the acquaintance of several indigenous healers – healers who worked under 3,000 years of practical information handed down by their forefathers for many generations.

I experienced an amazing revelation about how all the cultures and tribes of the world have handled and dealt with their physical and mental ailments over the centuries. What would you do if you lived a thousand years ago and suddenly became stricken with a disease like arthritis or tuberculosis? How would you deal with it and where would you go for help?

As a monument to the ingenuity and intelligence of the human race, healers from all cultures and walks of life have risen up over the centuries to attend to the medical needs in their little community. My role as a physician continues a long and noble heritage of healers who have existed almost since the beginning of time. We bring our cures and though they are not perfect, they represent our best efforts to help humanity survive and endure.

Sometimes we forget that most cultures have been using plants and herbs for medicinal needs for centuries. Apothecaries in Europe were well known for their long list of herbal remedies. Mankind has utilized every resource at our disposal in order to deal with the needs of the sick among us. This has often included a number of remedies derived from local herbs and plants and even today, many of our modern drugs continue to be prepared from plants.

Linnaeus, the Swedish Botanist who created the Latin names for plants, used the word *officinalis* to indicate that the plant was used for medicinal purposes. For instance, the plant “marsh mallow” is classified as *Althaea officinalis* because it was traditionally used as an ointment to soothe the pain of ulcers.

Chinese medicine goes back thousands of years and includes hundreds of salves, poultices, teas and other medications derived directly from plant sources. Today, modern medicine tends to use only the active ingredient in the plant as opposed to the whole plant in its medicinal preparation. One well-known example is foxglove or digitalis. This plant is a native of Europe and Asia and has been used for centuries in the treatment of heart

ailments. Today, “digoxin” is extracted from foxglove and used in the preparation of cardiac glycosides.

As a twenty-first century physician, I had not given much consideration to these facts and wild ideas although I had grown up in an international household with the belief of food as medicine. Additionally, in 2004 I had begun my training in functional medicine as I sought to understand the underlying causes of disease, imbalance and inflammation in the human body. So many issues and questions bubbled to the top of my psyche as I fought to understand my mother’s illness and premature death. At this same time, one of my daughters was struggling with ADD. Have you heard the expression, “When it rains, it pours.”? That’s the way it felt day in and day out.

Sometimes, in order to progress, mankind must be open to new and revolutionary ideas and methods we had not thought of before. Often, our journey takes us down a lonely, forgotten road and we can’t imagine why we’re here.

That’s where I found myself just a few short years ago; suspended in time and space. For once in my life, I didn’t have all the answers. All I had were questions and a burning desire to understand what was happening in my life and my own body.

Chapter Two: Overcoming the Odds

When we finally returned home, I felt like I had learned so much about myself and the human condition. My treatment philosophies were much broader after our journey. I now had a vast resource of both new and old medical treatments and philosophies that included Western and Eastern teachings.

Often, I feel like modern-day physicians are too quick to dismiss the “old ways” in favor of the new. While some of the ancient healing treatments were definitely in error, many of them were well worth studying. In my opinion, the very fact that mankind managed to survive for thousands of years without a hospital or a pharmacy right down the street is clear proof that a few of the ancient therapeutic treatment options had worked.

Now we were back home, I began to put into practice some of these teachings, treatments and cures, experimenting on my own body. One of the first areas I felt I needed to address was depression. Though depression is quite common for those who have endured some sort of devastating loss, it is unwise to allow it to continue for a long period of time. Depression can lead to substance abuse and even suicide. We all have those days when we want to stay in bed under the covers all day and not go out into the world at all. If you are having more of those types of days than not, then you may have a problem and need help.

Don't ignore the signs! According to noted researcher and psychologist, Dr. Steven Llardi, “Americans are ten times more likely to have depressive illness than they were 60 years ago...and a recent study found the rate of depression has more than doubled in just the past decade.”

According to the World Health Organization (WHO), over 450 million people throughout the world are affected with mental and emotional disorders. Their timely research uncovers the fact that by the year 2030, depression will top the list as the number one health condition that individuals in every country deal with.

In my own case, I knew that in order for me to be able to move past what had happened, I needed to conquer depression. That voyage is not an easy one. My heart goes out to those who deal with this and there are as many cures as there are reasons why we originally plunged into this type of darkness.

Our journey around the world helped so much. It afforded me an opportunity to view the world on a larger scale. I was able to step back and finally see more than just my loss. I still had three other children and a husband who needed me. I still had friends, family, my career and my practice to think about.

Much of the struggle to overcome depression is in our minds and the way we view our situation. If you can change how you look at things and how you process events, you can change the course of your life. Focus on what is good about your life. Focus your mind and thoughts on any positive aspects you can think of.

When your thoughts turn to sad, depressing events of the past, it's important to recognize this at once and put a stop to it. Instead, find something joyful to think about. Maybe it's a new job. Maybe it's a new person in your life. Try taking up a new hobby if possible. This can give your mind something fun and positive to focus on. Exercise is also an excellent idea. I have read that 30 minutes of exercise each day is equivalent to taking 10mg of Prozac daily.

I put myself on a very healthy diet that included daily walks or other exercise. I began to concentrate on healthy, positive thoughts. My family was right there to make the journey easier. Soon, I began to see that what had happened to my beautiful baby had actually happened to my whole family; not just to me. That's a good sign that you're getting better, when you can realize that there are others around who may also be hurting or going through something.

As I traveled around the world, one major sadness that I struggled to overcome was dealing with the thought that my body would no longer conceive another baby. My body had betrayed me! It would no longer produce life or life-giving sustenance from my breasts.

Most of the time, I felt achy and tired all over, struggling each day with the memory of losing my son. Finally, I came to my senses some and began to purposely focus on my

daughters. I knew that I should be there for them more. I had to show and lead by example for their sake. They were watching me. Much of the way they would deal with disaster later in their lives would come from watching their mother and seeing how she would deal with hers.

You never know what life is going to bring you. Life deals us some really unfair blows at the times, and yes, this may be of a Divine Plan. As humans, we have an unceasing need to understand why things happen. In my life, I found that as a wife and mother, it was more expedient for me to let go of WHY this had happened and simply move on with trying to be there for my children.

For the sake of my children, I needed to stand strong and survive this. And not only survive it, but utilize it to create something purposeful. This is another key to turning a tragic event around. Take something that makes absolutely no sense, something bizarre and painful, and make up your mind that you will survive it and learn something valuable that will help yourself and others. I kept searching for answers, but now I was focusing on the positive and remembering to breathe deeply.

I met many people that so inspired me with nutritional guidance and spiritual guidance, and I took full advantage of those friendships to ask questions. I looked at the indigenous foods we eat, simple things we take for granted.

In Machu Picchu in Peru, I learned about the significant strengths of Maca, the Peruvian Viagra, and how it helps with fertility and energy. It has other amazing ingredients that I used to develop my mighty Maca formulae, which is a fantastic greens formula that I created with 40 of the earth's super foods. This turned out to be a revolutionary discovery that eventually benefited my body, my children, and helped restore my fertility and vitality.

I spoke with indigenous healers and learned about the foods they eat and how they live. A Native American healer told me about the energy storage within our glands. I had never before in my life heard such teachings. She explained that my kidneys, which represent fear, were screaming. My breasts held relationships. My liver held hate, and the pancreas guilt. She explained how each organ holds its own energy, and it's so important to clear this energy, along with the acidity from within the body to create a more alkaline and natural state of pure flowing energy.

This was reinforced in Indonesia well before reading the book, "Eat Love Pray". I met with an Indonesian healer that is referenced in the book and he spoke to my inner person. He said, "Your ovaries, they are healthy but your mind, it worries too much." As he spoke, he

touched my hand and I felt the overwhelming spirit of grief finally leave me. Peace at last came to my soul and I knew I could survive this and live again.

There are so many more amazing stories that I wish I could share with you. In Brazil, I learned some phenomenal facts about Amazonian medicine and spoke with indigenous healers there. Then through Asia, Australia and New Zealand I discovered truths about life and the human mind and body that altered my philosophy forever. In the Middle East and Europe, I was exposed to therapies and treatments that had been used for thousands of years.

In France, I learned a most extraordinary fact: there I found that I was pregnant. Along with this news though, was the scary fact that I was bleeding every day. I knew that I had to find love in my heart in order to maintain this pregnancy, so I began to pray every day. After all, God is the source of all love. Perhaps he could help me. I traveled to Lourdes, France on a pilgrimage in honor of the Blessed Virgin mother. I prayed at our Lady of Lourdes, to my childhood favorite saint, St. Bernadette, that I might be able to keep this pregnancy.

Adhering to the natural restoration program that I had built over time with herbs, nutrients and progesterone and with new love growing in my heart and new life growing in my belly, I knew I could make it. I had learned so much and traveled so far and I wasn't about to give up on this pregnancy. Somewhere along the way, I learned to be a survivor.

Nine months later, a beautiful baby girl was born to us and she is perfect! Her name is Ava and she is truly a miracle baby. I could hard believe that only one year after my son's passing, I was pregnant. Garrett, our son, had passed away in March of 2006 and I became pregnant in July of 2007.

Ava is amazing! She has been such a wonderful blessing to my whole family. She is proof positive that you can overcome even the most horrendous events and move past them to experience joy and happiness again. I finally **knew** that there was a God and that He cared about me and what I was going through. I knew that he loved me and although I still didn't understand so many things, I knew that I could live again.

Chapter Three: Coming to the End of Your Rope

I wish I could tell you that we all lived happily ever after but real life is hardly ever like that. Ava, our new daughter, was about five months old and I was back to work at my practice. I was working ten hours per day, then going home to my family and trying to be a great wife and mom.

But the stressors kept piling up. There was never enough time each day to get everything done...ever been there? Sure you have! We had financial problems on top of that. After all, I'd just taken a year off work and our finances were suffering. I was also having some personal trials.

It felt like everything was piling up and no matter how hard I tried, nothing was really working anymore. I started gaining weight...a lot of weight. Eventually, it turned out to be 90 extra pounds. Then my hair started falling out in clumps. This was so scary for me. I'd never had anything like this happen before.

Finally, I looked in the mirror one day and said, "Let's put all of the things we've learned into practice." That was the moment in time when at last I realized that things couldn't keep going in the same direction. I had to make some changes no matter how painful they might be.

I decided on a head-to-toe approach, which is my philosophy in my medical practice. I listen to what my patients have to say. Then I identify a list of their most critical problems

listed in order by their severity. Next, I formulate a full plan of action that addresses each thing on the list.

In my own life, I felt that my weight was the major issue I needed to deal with first. It was affecting my performance in many other areas. Being 90 pounds overweight places additional strain on all your organs. It takes a lot of extra energy to carry that weight around every day. You're tired before the day ever gets going good.

I know that losing 90 pounds may seem insurmountable to some of you, but it's important for you to see it as a key to turning your life around. If you can lose the weight, then you can tackle anything in life, no matter how tough. With the right mindset and the proper tools, I believe you can do it, because I did it and I know how tough it is. But I also know what a huge difference it made in my overall physical, mental and emotional outlook.

I was a busy wife and mother with a medical practice. If anyone had adequate excuses to say, "I just can't do this!" it was me. No matter what you're up against, no matter what you're dealing with, no matter your situation, I believe you can turn your life around! It does take a strong, solid commitment.

Sometimes life's tragedies drive us off the deep end. Sometimes they drive us to our knees. I found that there was a God and that He cared about me and what I was going through. No matter how busy His day was, he always had time to listen to my worries and complaints. With His strength, I found the inner resolve to make the necessary changes in my life.

I always tell people that I am not Superwoman. I don't have any special abilities. If I can do this, then you can do it too!

Obtaining your optimum weight and health is so much more than calories in and calories out. It's more than just a regular exercise regimen. In fact, it has nothing to do with calorie intake. I had struggled all my life with my weight until I figured this out, or more likely, God showed me the way.

On my Women's Restorative Health.com website, you will see a before and after picture of me. I never intended to share these photos with anyone, but I feel that if they can help you through your struggles, then I should do so.

So hence, my 7 Keys to Restorative Health was born. It incorporates every vital area of our lives:

1. Mental and spiritual components
2. Environmental health

3. Healthy nutrition
4. Digestion
5. Healthy detoxification
6. Hormonal balance
7. Structure and function

Creating balance in these 7 key areas is essential. We must also find the areas of resistance and correct them. This is the pathway to restoring and rejuvenating your health and your life. The weight loss is just a beneficial side effect of being healthy.

The pathway to restored health is a process; it's a journey. More importantly, it takes time and patience. It takes a genuine commitment to see change in your life no matter what!

I continued to be frustrated by my inability to provide this comprehensive and detailed information to my patients during our short office visits. I saw so many women just like me going through trying situations in their lives, hampered by everything from obesity to unfaithful husbands. And so I set about creating a program to walk women through the 7 steps to restored health. It was one of the positive things in my life that I could point to and say, "This is the good that came out of all my suffering."

We all look for answers: *"Why did this happen to me? What did I do wrong? Why can't I find happiness?"*

There is a beautiful ancient quote that says, "A good physician will cure disease and a great physician will prevent it". There is so much that you can be doing *right now* to restore health, reduce risk, and revive your life.

Those are the things I want to teach you. You are going to learn specific and effective things that you can do **right now** to lose that extra fat you are carrying around, regain your energy, and look years younger. You can recapture that vibrant feeling of youth. I know you can, because I did it.

Each of you is reading this book for your own reasons. Maybe you've just gone through a painful divorce. Maybe you've just lost someone you loved and didn't think you could live without. You may even be trying to learn things that will help someone you love.

This book is for those who don't feel like the same person they were ten years ago. It's for those of you who have struggled with your weight all your life. It's for those who are moody and irritable and for those who feel tired most of the time.

Have you lost your sex drive? Approximately 40% of my patients tell me that they've lost their sex drive. Do you have brain fog, so that you can't think clearly most days? Are you having trouble sleeping through the night? This is a major complaint I hear from women. They wake up at 3 a.m. and can't get back to sleep and then drag around all throughout the next day.

Trust me, I've been there myself and I know how to overcome this. I learned the hard way but you don't have to. You may also feel that your hormones are out of control. You may be experiencing symptoms of PMS or premenstrual syndrome, or early menopause. Women experience so many events in their lives that men don't have a clue about. We get hot flashes, irregular or heavy periods, moodiness and irritability. We go to the doctor, he runs tests, then says there's nothing wrong with us...all we need are some anti-depressants.

"Here...take these pills and you'll be fine." And yet you aren't fine at all. Your life has taken a bad turn somewhere and you need to go back and find out when and where it happened and what you can do to start over, in a new direction.

If you are sick and tired of feeling like there's no hope for you—if you're ready to reclaim your life, then you've come to the right place!

Chapter Four: Transformations

My journey brings me here, sharing with you many of the amazing secrets I've discovered since my mother's death in 1997. That event sparked a deep desire inside me to learn why people die before their time. Why are so many Americans obese and out of shape? What has caused the epidemic of health crises we see in America today?

What I tell the physicians who attend my seminars, I will say to you, "If what you're doing isn't working, then stop! Find a new way that *does* work." In America, we've gone on a great ways down a road that leads to obesity, serious health issues like diabetes, and early death. We don't treat causes anymore; we only treat symptoms.

I've spoken with women who have had lap band surgery in order to deal with obesity. The root cause of their obesity was never uncovered and dealt with and even though they've had the surgery and now do weigh less, they still struggle with those same issues that led them to become obese to start with.

What I would like to offer you is a chance to deal with what's really bugging you. Let's examine the root causes of the issues we're dealing with. Let's face those challenges and triumph over them. On the other side of what may be a painful confrontation with unpleasant truth lies a whole new beginning for you.

You don't have to be tired all the time. You don't have to continually struggle with your weight and self-image. You can conquer those adversaries and live a strong, healthy life. I know that for many of you who are reading this, you may be saying to yourself, "You don't

know my struggles.” I hear these things all the time from women just like you. They say things like:

- ❖ Everyone in my family is obese.
- ❖ Everyone in my family gets or has heart trouble/cancer/diabetes/stroke.
- ❖ I’ve tried all those programs, diets and health plans and they don’t work.
- ❖ I’m sick of worrying with it, so I’ve just decided to stay this way.

As a physician, I’ve heard every conceivable excuse but I still believe that the morning you wake up and decide that it’s time to make some changes...that’s the day your life can begin to move in a new and healthier direction. I also know that some of you are not ready for a new beginning. This is something that you have to want for yourself and you must want it badly enough to make a few sacrifices.

Reinventing yourself is never easy; if it was, then everyone would do it. But just look at the way we herald those in show business, sports, and entertainment when they do it.

People say to me all the time, “I just wanna be normal.” Go down to Walmart and sit on one of their benches inside the store and watch the people as they come through the check-out lines. Those people are normal. By all standards, they are average. I designed my Woman’s Restorative Health Boot Camp for those who want to be optimal.

You can be among that small percentage of the people in this country who are vibrant, smiling, sensual, energetic, and the picture of health. The transformation won’t be easy but **it is doable**. Can you make a few hard choices? Can you design a plan and stick to it? Can you make some necessary changes? If you can, then you can be that one person in 100 who is happy, blessed, healthy and excited about life.

We begin this journey with the Five Obstacles to Achieving Optimal Health. Here we will learn WHY we are the way we are and HOW we got here. We will talk about the true, underlying causes behind your symptoms and how conventional treatments for these symptoms often mask the problems rather than fix them.

I also want to share with you the most common type of hormonal imbalance that I see in my practice every day and how to know if you have it. This is a very large, encompassing problem with many women. Hormonal imbalance is the root cause of so many other issues we may be dealing with.

We will go over my “Seven Ways to Balance your Hormones.” Just this one exercise alone can help you to lose the moodiness, clear your brain, and have more energy.

We will also discuss seven things you can be doing right now that will make a positive impact on your day to day life. And finally, *Six Steps to a New You*. As we go along, I will be giving you medical evidence that supports my teachings and explains why my methods work. You'll see for yourself what works and why and what doesn't.

Chapter Five: Five Obstacles to Achieving Optimal Health: Part One

Obstacle Number One: Media

Media is perhaps the biggest culprit for much of what we believe about how we should look and what we should be doing with our lives. The news and advertisers are greatly affecting the American mindset. And it happens slowly, so that you don't see or perceive it. In my opinion, the media are largely responsible for the decline in health for many of us. They tell us how we should feel and what we should think and what we should be doing to fix ourselves.

Try this exercise. Sit down with pen and paper and write down the first words that come to mind when you think about your own self-image.

- What do you think you should look like?
- What do you tell yourself that you should be doing with your life?

Now think about the news and advertising. How is that affecting your thought life? Do you see those gorgeous thin girls in bikinis on the beach and think, "Why can't I be her? Why can't I look like that? What's wrong with me?"

I'll give you an excellent example of how this affected my own daughter. Several years ago, when my daughter was only six years old, she came running over to me one afternoon and said, "Mommy, I need D-E-T-R-O-L-L-A."

I stared at her for a few moments trying to understand what she meant. Then I realized that she was asking for a medication she had seen on television called, "Detrol LA". This

medication is used to treat urge incontinence, like when you feel like you have to go to the bathroom constantly and you can't get there in time.

In the past, she had experienced a few urgency symptoms that may have simply been a childhood phase or even diet-related. Now here she was, coming to me, saying, "Mommy, I need a pill to take care of my symptoms."

She had seen this on TV and she spelled it out for me, so I would understand what she was asking for...a pill to treat her symptoms. That was just like a bucket of ice water dumped over my head. I felt right away that I needed to make some positive changes.

I said, "All right, Amanda, it's time we implemented a plan: no more sugar, no more tea, no more caffeine, no more sodas." We also eliminated preservatives in food, food colorings, and other such additives from her food and began to work on a low-inflammatory diet.

I call it my Modified Elimination Diet. I told her, "We're going to nip this in the bud right now!" And we did. I also started her on some targeted nutritional therapy to help her immune system and that included Omega3 fish oils (just 1000 mg a day) and a probiotic. We used a very high-quality product because you never know what you're pulling off the shelf these days and I didn't want to take any chances since she was only six years old.

That being said, I would recommend you look into getting pharmaceutical grade, natural products. I also took as much gluten as I could out of her diet at that time, and lo and behold...her symptoms went away. She didn't need a medication.

Not only that, but she started doing better in school. Her teachers were constantly complimenting her on her behavior and ability to absorb the teaching material. So many other school children these days are diagnosed early with ADD and many of them are labeled "hyperactive" and put on drugs like Ritalin at an early age.

Our children aren't learning anymore. They have a hard time focusing on what the teacher is saying; they can't understand the material. They struggle to pay attention in class. Could it be their diet?

All I know is that my Amanda improved in every area of her life. You could easily see the difference in her behavior and her attitude. Her grades reflected it as well.

What is advertising telling us? It tells us that we should take this pill and that will fix everything. But, consider this: Would that Detrol LA have been curing the *reason* for her

problems? Would it have been enhancing her health? No. She had dietary influences that were triggering an inflammatory, reactive response.

Let's consider another popular advertisement that maybe you've seen on T.V. for women who are feeling worn out and have lost interest in life. We've all seen the ads of the girl with her head in her hands, sad and melancholy. What she needs is an anti-depressant. An anti-depressant will solve all her problems and suddenly she'll be smiling again and out on a date with her boyfriend.

But again, is that really reaching in to deal with the underlying reasons for her sadness? No, it isn't. We must begin to have more control over where we get our information. Getting medical information from the media is not a good idea. Why? Because their motivation is wrong. They are motivated to tell you these things in order to convince you to buy their products. Of course, in just a few short years we'll all be hearing about a class-action lawsuit against the drug manufacturer. Turns out that the drug has some very harmful side effects.

Let's work with nature to restore our health and restore our body's natural balance. I do want to insert a little disclaimer here and say, "Please don't stop taking your medications without consulting your doctor!"

Next, let's talk about some Tips, Tricks and Hints that we can utilize to overcome our battle with the environment and our own genetics. Yes, genetics do play a part in how susceptible you may be to things like obesity, diabetes and even cancer. But the good news is that just because Aunt Helen had diabetes doesn't mean you're going to get it too.

What you can learn from Aunt Helen's situation is to begin now to adjust your lifestyle so that you are not as susceptible to that disease. Adjust your diet and start walking a few minutes a day. Add more fruits and vegetables and cut out some of the sodas. It's much easier to make minor modifications to your overall lifestyle now than it is to deal with diabetes in a few years.

In the next chapter, we will go into to some actual remedies you can use to deal with certain ailments like irritable bowel syndrome or ulcers.

Chapter Six: Five Obstacles to Achieving Optimal Health Part 2

Continuing on with my “Five Obstacles to Achieving Optimal Health”, we will now address a few more issues we all deal with that may be holding us back from moving into that place of excellent health. Again, I want to encourage you not to think for one moment that’s it’s okay to be average or satisfactory. All these poor health/eating/lifestyle choices we make now cause BIG problems as we age.

A good example of this is smoking. Sure, it’s fun and fashionable, cool and chic. BUT, a few years down the road, your lungs will begin to fill up with toxic substances like tar, nicotine and toxic metals. A new study has found that at least 1 in 4 smokers will develop incurable lung disease during their lifetime. Smoking triples your risk of heart attack. Nicotine is so addictive that even after patients contract cancer, many of them continue to smoke. Smoking is a choice you could easily avoid. At the time, though, it may not seem like a big deal to you. 25-years down the road, it could very well kill you.

Our primary goal is optimal health. This means that we will make choices that promote and encourage a strong healthy body, mind and soul and we will avoid choices that compromise our health.

Obstacle Number Two: Time Constraints

I understand what you’re saying when you tell me that your schedule will not allow you to take on one more thing. I am a mother who runs a busy medical practice. It feels like I am always “on-call” for somebody or something. Some days it’s a medical emergency concerning one of my patients and some days it’s soccer practice or music lessons. Finding a few moments just for “me” to relax and unwind can be challenging at best.

As women, we often put our own needs on the back-burner and attend to our family first. I'm not going to sit here and tell you that this will be easy but I will say that if you will just keep adjusting the details until it works for you, this can be a great benefit to you.

Okay, here's my sample schedule. Find a time that is most likely to work with you, for example, 6:00 a.m. to 6:30 a.m. This is your designated "me" time. You can do whatever you want during those thirty minutes and no one is allowed to interrupt them. For some of you, the time that might work best will be in the evening, say from 9:30 pm. To 10 p.m. Your family will resist at first and not take this seriously, but don't get discouraged. Just take a deep breath and stay at it.

You need to make yourself a priority and please don't feel guilty about it. When you operate at maximum efficiency, then it benefits your entire family. You may find that during your "me" time each day, you want to relax in a bubble bath, sit by a window and read or just take a nap. Taking a casual walk can clear your head, especially if the weather is good. Take some deep breaths, close your eyes and inhale some fresh air. You'll be surprised at how much this helps you to stay focused and keep a positive mental attitude each day. Enjoy these moments and utilize them to rejuvenate and refresh your soul.

Obstacle Number Three: Money constraints

Everyone is feeling the stress of a tight economy. Money issues can definitely cause health problems. I won't take the time or space to quote all the research from how many people develop numerous and serious illnesses that are directly related to worrying about money. One of the most common things I see these days is migraine headaches. In most cases, migraines are caused by worrying and the source of about 80% of these worries is related to finances. When you can't pay your bills it affects your health, your marriage and other areas of your life.

Stress also contributes to hormone imbalance and inflammation throughout your body. If worrying would help in any way, then perhaps it would be a worthwhile endeavor. The truth is that worry only complicates all the other issues you are dealing with. Make up your mind to find other ways to deal with your financial problems. If you need to take a part-time job then I would suggest that the extra labor to perform this work would be far less harmful than sitting around worrying constantly.

The Bible says, "Don't worry about anything but pray about everything." God didn't design our bodies to be able to carry a heavy load of worry and care. It steals all your joy, your energy and your creativity. Let it go and look for other means of handling your financial issues.

Obstacle Number Four: Self-esteem and self-worth

Sometimes, we just don't feel like we're worth it. We don't feel like we are worth an investment of time, energy and money in ourselves. Ladies, let's take a bit of a lesson from our male counterparts here. Are they going to the gym? Are they going to play golf? Are they going out with a buddy? Oftentimes, yes. Men don't feel at all guilty about taking "me" time for themselves.

As women, we must take some personal time each day in order to position ourselves for a healthy and optimum lifestyle. The moment your life gets so busy that you feel like you must use your "me" time for other duties or obligations, that's when you actually need it the most. So keep yourself penciled in. Make yourself accountable. Remind yourself that you are a priority because your mental, physical and spiritual health is important.

You are worth it! I am here to tell you that you are **so worth it** and I want you to get in the habit of saying that out loud to yourself each day. Maybe during that time when you're getting a shower, doing your hair and make-up, just look in the mirror and say, "I am worth it. I am lovely. I am a worthwhile person. I am valuable to my friends and family."

Giving yourself a little love each day will make a huge difference in your overall outlook on life. It keeps you from feeling down and out, tired and depressed. You might even benefit from enrolling in a local community college to take a writing course or art lessons. Find something you enjoy and do it every week just for yourself, just for fun.

I have a patient who came to see me a year after her breast cancer diagnosis. She was really struggling. It took several visits for me to figure out what was wrong with her. She was busy giving to her family, her community, her friends and her husband, but she felt guilty if she took a few minutes for herself. I stopped one day and just looked her in the eyes and said, "Do you realize that you're worth it? You're worth investing in yourself. You're worth taking time out for yourself to do the things you need and want to do."

It was like a huge burden lifted off of her shoulders. She broke down in tears, sobbing. She hadn't felt that value; that she could do some things for herself and it would be okay. She felt driven to take care of others with no concern for her own needs. She was so relieved to learn that she mattered and that her needs were important.

Obstacle Number Five: Sabotage

The fifth and last obstacle I want to talk to you about is sabotage. Sometimes we are sabotaged by those people around us, even those that we love and that we know love us.

But when we start to take control of our lives and make some positive health changes, we may face resistance.

Again, you have to know that you are worth it. You are lovely and you are strong and those people that matter should be encouraging you to go for it. They should not mind one bit that you are taking some extra time for yourself, doing some special things for yourself. They should be watching your dietary and lifestyle changes, and wanting to encourage you.

In some cases, women don't receive this type of encouragement from their friends and family and there may be numerous reasons for this. At times, when the people around you see you start making positive changes, they can become jealous or offended. Instead of encouraging you, they may say things like, "It's ok to have a little bit of cake" or "It's ok to go crazy every now and then".

If at all possible, surround yourself with positive people who will encourage and cheer you on. Also know that it's okay to take a stand for yourself. Just stand up to whoever it is and say, "Hey, I am making positive changes to my life and health, so get used to it!"

One of the major keys to success in life, career or any endeavor is to surround yourself with positive people who will urge you to keep moving forward. Build a support network and a buddy system of people who want to see you healthy, happy and successful. If you'll read a few bios of successful people like Bill Gates, you'll quickly see that they surrounded themselves with people who were on the same path, people who would inspire them and work alongside them for a more successful future.

You can do this! It's not too hard. It's not out of your reach. You are a powerful, beautiful woman and you can make a difference in this world, but it all starts with you becoming the very best YOU that you can be.

Chapter Seven: Exploring Underlying Causes

Earlier, we talked about how important it is to get to the underlying causes of your fatigue, moodiness, excess fat and other symptoms. We will not simply treat our symptoms! We will seek to understand why we are having these symptoms and then formulate a comprehensive plan to eliminate their root causes.

Why do you feel tired all the time? Why is it that you can't seem to lose any weight? How come you're cranky and moody much of the time? We can write it off to PMS but that's the easy answer. Let's explore PMS, menopausal symptoms, hot flashes. Let's get to the bottom of our achiness. What is really causing our brain fog?

Some of you have excellent support from your husbands, moms or other family members. Some of you have a best friend who will hold you accountable and encourage you to keep moving forward. Some of you are single though. Perhaps you're older and don't have a huge network of people who care. Even when we do have friends and family around, often they are busy with other projects or working each day. We all have duties and responsibilities to perform each day.

What I want to say to you and I hope you'll hear this loud and clear is:

Do this for yourself! Do it because YOU want to make some positive changes in your life. Don't be discouraged if you don't have people to push you forward. You make yourself a priority and you hold yourself accountable. That way, you can't slip back into old habits and lifestyles and then blame somebody else.

I've found that we each have our epiphany at our own designated moment in time. As I stated earlier, the morning you wake up and say to yourself, "I am sick of looking and feeling this way! I am ready to do whatever is necessary to change." That's the day when you are ready for a transformation. All I can do is encourage you to crawl out of your cocoon and become the beautiful butterfly you were meant to be. Fly! Be free! Experience life on a new level!

Uncovering Root Causes

Based on my years of study and my work with patients, I have discovered that the two primary culprits behind most of these symptoms can really be boiled down to two things that cause 90% of our symptoms, diseases, and cancers that we face. These are hormone imbalances and inflammation.

In a moment, I will give you my "Seven Ways to Balance your Hormones Naturally" but first I want to talk to you about inflammation.

Inflammation

Inflammation is something that medical science is only now beginning to explore as a root cause of disease. Many diseases are caused from inflammation. In fact, any disease that ends in an -itis, such as:

- Mellitus
- Arthritis
- Endometritis
- Colitis

All these -itis diseases stem from inflammation and if left unchecked, can trigger cancers of all sorts. The cells in our bodies are not able to correct themselves or turn themselves off when they are sick. In fact, if left unchecked, their most natural course of action is to grow, develop and become something worse. So we must work on balancing our hormones and decreasing inflammation in order to function at optimal levels.

What is Inflammation?

The primary causes of inflammation are dietary choices and lifestyle factors. These usually include excessive stress and poor eating habits. Inflammation occurs as a response to some sort of trauma.

If you live on this earth long enough, you'll experience things like injury, illness, loss of a loved one or even a pet. Accidents cause inflammation. This is the body's way of saying,

“I’ve been hurt and I’m not going to take it lying down! I’m responding!” Inflammation is your body’s way of dealing with accidents, illness, loss or pain of any sort. Of course, God created our bodies to heal themselves to a great extent.

But in order for your body to adequately deal with its pain, it must be operating at optimal levels. If it isn’t, then guess what happens...inflammation begins to build up in the cells and before long, there’s enough to prompt some type of long-lasting illness like colitis.

So the first thing we should talk about is how we can adjust our diet and lifestyle so that our own body can begin to deal with inflammation the way God created it to.

I understand the difficulty in making permanent changes to your eating habits and lifestyle. If it was easy, then everyone would do it, right? I’m not suggesting that it’s easy. I am saying that you can do this though! And I am saying that this is a much better alternative to eventually developing a disease like arthritis or colitis. So let’s make up our minds right now that we’re going to travel a road that incorporates healthy choices in our everyday activities.

I want to give you some basic therapeutic lifestyle changes and targeted nutritional therapy that will greatly assist you in balancing your hormones and decreasing inflammation.

Below is a list of foods that cause inflammation. These include damaged fats and oils, such as partially hydrogenated oils and fat:

- Fried foods
- Conventional red meat
- White flour
- Sugar
- Most processed foods

The preservatives and sugar that are added in to foods these days is overwhelming and when we consume these foods, this in turn overwhelms our systems. Much of the time, our answer to this is simply to do a whole body detox but we should not have to detox our bodies that much.

Instead, we must work at consuming foods that will calm inflammation. These foods include healthy oils like:

- Omega3 oils from wild fish
- Olive oil
- Avocados
- Nuts, and seeds

So the first method of decreasing inflammation is simply with moderate changes to the foods we consume. Stay away from processed foods as much as possible! Eat fresh fruits and vegetables whenever possible. These are things that you can do for yourself as well as your family. Start your kids off with healthy foods such as green leafy vegetables and salmon. I promise you that if you introduce these foods to children while they're still little, they'll grow up loving healthy foods.

Here's a great example: One friend grew up in a home with a mom who was a terrible cook. She even burned the toast most of the time. This boy grew up eating burned toast at meals and even when he was grown, he still enjoyed his toast burned. He had acquired that taste in childhood and it never left him.

I know that many women work nowadays but throwing some fresh spinach in a pot of boiling water and a few salmon steaks on a grill doesn't really take that much time. Add some corn on the cob and you have a perfectly delicious, healthy meal.

This is something long-lasting that you can give your kids that will serve them for the rest of their lives: a love of fresh, healthy foods. And you will see a difference. Your kids will perform better in school, they'll be more mentally and physically fit and they'll have a better attitude. Eating healthy even reduces stress and bad moods. You can curb runaway inflammation with just a bit of an adjustment in diet.

Obesity in Children

The problem of obesity in America in our kids has grown at alarming rates in recent years. It is now estimated that almost half of all children between the ages of 6 and 18 are obese. Obesity can begin as young as five years old. If those facts don't alarm you, then wake up to the truth!

We're not talking about being a few pounds overweight either! In order to be classified as obese, a child must be at least 10% over their recommended weight for their height and body type. Childhood obesity is not a temporary condition that will go away once the child is grown. One study shows that a child who is obese between the ages of 10 and 13 has an 80% chance of continuing on into adulthood with this condition.

Though obesity is among the easiest medical conditions to diagnose, it is one of the most difficult to treat. Why is that? It's because the eating and lifestyle choices that originally caused us to become obese are learned at an early age. Running by a fast food place on the way home for dinner may seem like an easy answer but if you do this on a regular basis,

then you are establishing a poor connection between food and your child. You're teaching them to love the wrong foods and drinks.

They will acquire a taste for junk food at an early age that will be very difficult to break later on down the road. What does all this mean? It means that they will suffer from a lifetime of struggling with eating the wrong things. They'll struggle with weight gain consistently. This in turn, leads to a poor self-image. It leads to early diagnosis of things like diabetes and colitis.

Give your children the gift of eating healthy. Expose them to spinach, broccoli, zucchini and cauliflower at an early age. Teach them to love salmon and other types of fish. When it's snack time, give them cantaloupe, grapes or raisins instead of potato chips.

As a mom, one of your duties is to raise healthy children and kids just can't live on junk food. Their young bodies and brains need healthy foods and drinks in order to develop properly. I would suggest that while you're working on changing your own eating habits, start on your family as well. They will resist at first but sit them down and tell them that you love them too much to allow them to eat unhealthy foods that might lead to health problems down the road.

How will your family say NO! when they realize that you're doing this because you love them?

Chapter Eight: Balancing Hormones

Now let's get into the 7 ways that we can balance our hormones naturally. These methods continue our quest to transform our lives by making adjustments to diet and lifestyle. These are small changes that reap big rewards. Much of this stuff is just basic common sense but I've found that common sense is on the decline. In fact, it's on the endangered list. So let's examine some basic stuff we should already know and be doing each day.

Number One: A Positive Mental Attitude

Have you ever been around a person who is constantly complaining? It doesn't take very long for that negative energy to get all over you. No one likes to be around grouchy people who gripe a lot. Having a positive attitude creates positive energy around you.

I can sense it instantly when a patient comes into my office and they have negative feelings about themselves. They look at the floor. They mumble. They rarely smile. They seem disinterested in everything. They exude that negativity everywhere they go.

In contrast, I love meeting people who feel good about themselves. They are happy, smiling and exude a positive energy that leaves you feeling better yourself. They have the same ups and downs as everyone else but they've adopted a life-philosophy of being thankful for each new day. They understand the importance of appreciating the small but beautiful things about life.

True joy and happiness doesn't stem from everything being perfect in your life. True joy and happiness come from an inner decision to accept that the world can be a cruel, unfriendly place. But it can also be an amazing and wonderful place to live. You are here

and this is now. Don't waste this moment of your life by focusing on everything that went wrong and all those regrets because we all have those. We all made mistakes. We all wish we could go back and change some things. Let's release all that junk and focus on our future.

Your past cannot be changed but your future can. You hold complete control over your future and it can be anything or everything you always dreamed it could be. Those decisions are in your hands.

Maybe today finds you hating the way you look. Okay, so you're overweight, struggling with acne. You didn't marry the man of your dreams. Let's work on what we can fix.

One of the keys to balancing your hormones is simply by emanating positive energy that says you love yourself. Give that love to those around you. That is a tremendous secret to balancing your hormones.

A hormonal translation for love may be oxytocin. This is a bonding, love hormone that we each have. Giving love and generosity releases oxytocin. Bonding with friends and family, hugging, these activities all release oxytocin, which in turn is very healthy for our body, spirit, mind and emotions. Work at keeping a positive self-image and attitude. Create positive energy wherever you go.

Number Two: Adjust your Diet

Reduce your exposure to animal meats and dairy. There are so many hormones in animal meats and especially in our dairy and I always say, if you have acne, no dairy. That's very important. Eating a diet heavy in dairy and animal meats is alone enough to throw our bodies out of balance. It also puts the burden on your body to detoxify these hormones from your food. Reducing both our exposure and the amount we eat will make a huge impact.

Number Three: Sleep

Get a good night's sleep. Sleep is so important. The medical literature on sleep is phenomenal. The goal should be 7-8 hours of sleep each night. Sleep is restorative and it is healing. It helps balance all of the body's internal functions. It also speeds your body's recovery time. Rest and relaxation is very restorative to your mind as well. Believe it or not, sleep helps you lose weight. Not getting enough sleep can be an area of weight-loss resistance. It's often because your cortisol level is too high and that is a hormone of stress, so it's important to lower that and calm that down.

I know this might be a challenge for some and I know it has been for me over the years. I always say that I am like a natural-born obstetrician because I can be awakened at any hour of the night with no repercussions; I'm just on. I've always been a night owl and always had an irregular sleep schedule; shift work never bothered me. But now, I'm finding that it's important for me to try and maintain regular sleep patterns. This is also a key component to aging gracefully. Your skin never looks worse than when you've been up for several days and haven't gotten adequate sleep.

Number Four: Detoxify

What comes in, must go out and we must clear it out in a healthful manner. The way our body detoxifies is partly genetics and partly environmental. The body's load of toxic burden causes internal stress once it reaches certain levels, making it crucial to detoxify consistently.

We also detoxify our hormones through our liver, so it's very important that we metabolize and keep our liver free of toxic substances. There are so many endotoxins in our environment that I could go into a full chapter simply on detoxification but basically, we want to clear estrogens out of our body healthfully. This is especially critical for women who are already experiencing hormonal imbalances.

Flax seed is a healthy way to detoxify. Use 1-2 tablespoons of fresh, ground flax seed daily. This can be mixed into applesauce, into a smoothie, or sprinkled on a salad. Flax seed is a very healthful way to aid with estrogen detoxification. Omega3 oils are also an excellent method to assist in detoxifying the body. Cruciferous vegetables (that's our broccoli, cauliflower, brussel sprouts, etc.) are healthy for many reasons.

There is an important ratio that I test in my practice and that is the 2, 4, 16 hydroxy estrogen ratio. We look at it in a patient's urine. We can actually see how your body is detoxifying your estrogen. And if it's not detoxifying it well, we can intervene aggressively and healthfully. When a woman's ratio is low, they are at a higher risk of breast cancer. When it's high there is a protective benefit. But not only that, patients over and over tell me that they simply feel better.

In every patient I've seen that has had breast cancer, their ratio has been very, very low. Working with them after their treatment for cancer, we still find that their ratio is often very low. We work with them nutritionally with detoxification, nutritional intervention with a targeted nutritional therapy, and the other methods we've already talked about to improve their ratio. In many instances, we have gotten it to quadruple and even go 10 times as high into the beneficial range.

Once a patient begins to take control in these areas and see improvement, they start feeling like they are making positive health changes. This gives them the feeling that they have some control over the recurrence of the disease, which can greatly put the mind to rest and relieve the stress, worry and concern that goes along with having had cancer once.

Number Five: An Alkaline Diet

The 5th tip I want to give you is to keep an alkalinizing diet. In my detox program, I'll give you an outline of alkaline foods and acidic foods (you can also search this on the web, alkaline foods or alkaline diet). Our diet should be 80% alkaline and 20% acidic in the foods that we eat. This is an amazing way to restore ourselves internally. I always say, "You know, we were designed to live within a natural environment, not an industrial one." So by alkalinizing our body, by taking more of nature in, we create that healthful environment on the inside where it can do the most good.

Green foods are alkalinizing, so eat your veggies. All nutritional data suggests that anyone, no matter what their health situation, age or race will benefit by consuming green vegetables each week. For patients that are really acidic, I often suggest MightyMaca greens, a healthful drink that can give you the green vegetables your body needs. After drinking MightyMaca for just a few weeks, your body's alkaline levels will begin to return to normal. You will notice that you look and feel better each day. Energy levels rise and your mood will become more calm and consistent. No more bouts of moodiness and feeling blue. A healthy pH level is vital for whole body health.

Returning your body's alkaline levels to normal has the added benefit of stabilizing glucose levels, which in turn works as an anti-inflammatory. Athletes tell me that they are less sore after workouts and I constantly hear about the energy benefits. Improving your mood and increasing your energy levels can all by itself, greatly enhance your lifestyle.

All solutions are either acidic or alkaline...every food and drink you consume. These solutions can range from body fluids, such as stomach acid, to beverages, such as coffee, sodas or wine. Alkalinity and Acidity are measured in pH (potential of hydrogen) and the pH scale goes from 0 to 14, with 0 the most acidic, and 14 the most alkaline.

I know some of this seems too scientific but once you get this down, it's pretty easy to remember. The pH of stomach acid is 1, wine is 3.5, water is 7 (neutral), blood is 7.35, sea water is 8.5, and baking soda is 12. Ideally, we should strive to keep our pH on the alkaline side: between 7.35 and 7.45.

Keeping our acidity and alkalinity balanced means understanding which foods and beverages will raise our acidic levels and which ones will lower them. Carbonated beverages are very acidic and should be taken in moderation. One misconception is that citrus fruits like lemons are acidic. They are actually alkalizing because the minerals they leave behind after digestion help remove hydrogen ions, which work to decrease acidity levels.

Common symptoms that your pH levels are out of balance include belching, heartburn, bloating and feeling full after only eating small amounts of food. This can also lead to migraines, insomnia, fatigue, water retention and many others. The ideal diet should have four parts alkaline to one part acid.

The average North American diet consists of an overwhelming number of foods and beverages that are acidic and not near enough that are alkaline. This has contributed greatly to the increase in serious diseases. Avoid white bread, chips, sugar, red meat, alcohol, and processed foods. Try to maintain a healthy diet that consists of beans, healthy oils, flax seed, and fresh fruits and veggies.

Number Six: Regular, healthy bowel movements

Constipation has become normal in our country and we have a variety of products to help us in that area. It is not normal to go all day and never have a bowel movement. It's just not healthy! We need to have regular bowel movements every day. Most babies have bowel movements after every meal. That's how you know their digestive system is working well.

Constipation allows our body to reabsorb our toxins, which is dangerous. I once had a patient tell me that she had one bowel movement per week. Of course, she had headaches, abdominal bloating, gas, aches and pains, along with a number of other health issues. She told me, "I've always been like that."

I cautioned her about how dangerous that is and shared with her all the health problems it can cause and it scared her enough that she actually followed the diet I placed her on. Honestly, within one month, she was having bowel movements every day and she felt significantly better and had even lost several pounds.

That being said, it's so important that we eliminate regularly after our meals. When we eat, our body takes what is good and transforms it into the nutrients we need in order to survive, then it excretes the rest. This is a natural and healthy process. This is a secret to feeling fabulous.

If you're having trouble in that area, then I have a few tips that can help.

- Drink plenty of water!
- Don't overeat
- Use a probiotic-the one I use is available in our VitaPura store at Cabeca Health and it's called ProBio Max.
- Take vitamin C and/or magnesium.
- Chew your food well so your body doesn't have to work so hard to digest things.

Number Seven: Exercise

You have to move well to be well, and I cannot emphasize this enough. We are not meant to be sedentary beings. We are wanderers, we are muscular beings and we need to move. Little things that you can start doing right now, especially if you are not exercising regularly are things like dancing or belly dancing. Adding some belly dancing to your repertoire is fun and good for you.

I have a great YouTube video up on my YouTube site. You can Google YouTube under Dr. Cabeca and you will see Michelle Maniachi from Kenyon Ranch in Miami Beach talk about the benefits of exercise, dance, vibration, and every type of movement.

Many of you may not be familiar with vibrational movements but in general, this will greatly stimulate our natural oxytocin, which just to remind you, is our hormone of bonding. For those who are exercising already, you may just need to change up your exercise routine. Why not try something new? Get in the habit of trying new things. Variety is truly the spice of life.

Turn up the music and dance, laugh, shake around the room...jump and even try yelling out loud. You may be surprised at how beneficial these activities are. And it doesn't matter how busy your schedule is. You can do this five minutes in the morning while getting dressed and five minutes in the evening while doing laundry or making dinner.

In our Women's Restorative Health boot camp we have a beautiful section on exercise, including an exercise program with J.J. Virgin, plus an interview with both her and Gail Edgell and some advice on how to spice up your exercise routine, so if you get a chance, please take a look at those. But I am getting ahead of myself. I will be talking about that program in a little bit, so stay tuned!

Chapter Nine: Case Studies

The most common type of hormone imbalance that I see in my practice is estrogen dominance. You may have heard about this already or you may have even been diagnosed with it. You may just be wondering what it is. The condition of estrogen dominance occurs when you have lower than normal progesterone but a normal or high estrogen. Often, the key symptoms that I see with patients presenting are premenstrual syndrome, mood swings, weight gain, heavy or irregular menses, and fibrocystic breasts, especially before the period. I also often see anxiousness, irritability, and some hypothyroid symptoms such as fatigue, hair loss, a lack of interest and low energy. A decreased libido is another common complaint of low estrogen detoxification score.

Meet ZeZe

Let me give you an example. I had a patient named ZeZe. She came into my office, 38-years-old, and had been having irregular periods and was the mother of four kids. She managed the accounts in her husband's business. She was also responsible for carpooling and the weekly activities of her kids. She was a very busy, involved mom. She came to me saying, "I just don't feel good. My periods are irregular and always on the heavy side. I am irritable. I hate my husband two weeks out of each month, but I actually do love my husband. I just don't understand it. We have a great relationship. He is so supportive." She buried her head in her hands. "And I just don't feel well!"

When she had taken these complaints to other doctors, they said, "Here's some Prozac. Take these and you'll be fine." Or "You just need different birth control pills. Here, take these and all your symptoms will go away."

Their answer was simply to mask her symptoms. They were not interested in the underlying root of her problems. They took the easy route, just like most people do. We

started working with ZeZe, first changing her diet. Next, I convinced her to take some time for herself each week. Then we worked on her environmental stressors, we balanced her hormones, and detoxified her body. Also, we changed up her diet and routine, using some targeted nutritional therapy.

The results were amazing. Within a few weeks she was feeling better than ever. Her husband actually sent me a “Thank You” card. Her symptoms were yelling, “Hey, my body’s out of balance. I need to do something and I need to do it now!”

This is exactly what happens to so many women. They go to their doctor’s office and say, “I’m having heavy, irregular periods.” The doctor puts them on birth control pills. What happens next is that their periods continue to be heavy and irregular and then the doctor suggests having a hysterectomy.

Throughout this whole process, the underlying problems are never addressed. If you go back and say, “I’m having mood swings and irritability, I feel depressed.” The doctor prescribes an anti-depressant.

Next visit, you’re saying, “Well, you know, my memory is not as good as it was. I am forgetting things.” What is the doctor’s answer? “Oh, well, you’re just getting older.”

And then you’re complaining that you’ve lost your libido. And what does the doctor say? “Well, that’s to be expected; you’ve been married 15 years.”

I find this so exasperating! It’s time to stop all this craziness. Regain balance in your life and in your physical body! Get to the underlying issue, which is balancing the hormones. Help your body detoxify naturally. Use those 7 Keys that we talked about in the last chapter to get back to the basics. Implement those and you can restart your body with clean groundwork. You can get a fresh start and optimize your health with just a little work.

Visualizing the New You

Let’s just take a minute now to see where you are in your life and visualize where you want to be.

- How do you want to be living?
- How do you want to act?
- What energy do you see around you?

Draw that vision of yourself that is going to fulfill your purpose, create timeless joy and happiness in your life, because each of us do have a purpose here and each of us matter. Regaining your health and vitality is a key component to fulfilling that.

I know you want that fitter figure, more energy, vitality, concentration and focus to be there every day. I understand this very well. I have been at the opposite end of health, struggling to just maintain an existence and I came through it with the same tools that I am here to help you with and to help you embrace.

Keep that visual image of yourself fresh in your mind. Anytime you feel like you are getting off track, come back to that image and hold on to it. It is an image of a vibrant, beautiful woman who is energetic and has a purpose driven life. Hold on to that picture!

The 43-Year Old with Heavy Periods

I want to give you another example of a woman in my practice who was 43-years-old when she came to me, complaining of fatigue, decreased energy, premenstrual symptoms, and some moodiness before her period started each month.

She felt her periods were getting heavier and more painful every month. She also complained of constipation and difficulty sleeping. She would wake up at 3 a.m. each morning and then struggle to get back to sleep. She felt tired all the time and when she woke up in the morning, she did not feel rested.

This is a key question that I ask my patients: how much sleep are you getting? Do you wake up in the middle of the night? When you wake up, do you feel rested? Well, she didn't. She had no libido. She had been to her family doctor. They had done a lab workup, checked her thyroid hormone level, and was told that she was normal.

They told her that she was probably depressed and needed an anti-depressant. Then she came to me. After listening to her complete history, including details of her birth, her childhood illnesses, use of antibiotics as a child and adult, chemical exposures, toxicity exposures, dietary intake and habits, exercise, lifestyle, and social stressors, I was able to quickly formulate a plan that would start working right away.

I put her on my Modified Elimination Diet, which is a low inflammatory diet. Typically, I tell patients, a low inflammatory diet means no white, no wheat, no sweet, and very little red meat. Basically, if you can pick it, peel it, fish it, hunt it, milk it, grow it, then for the most part, you can eat it.

Eating wholesome foods that follow my alkaline diet decreases inflammation. My low inflammatory diet helps you to eliminate the exogenous hormones, the outside hormones that we are getting from our environment. Often, these harmful hormones come from the chemicals in the food that we eat. Eating organic and free-range becomes an important component to balancing the hormones.

We worked with the 7 Keys to Restorative Health, which again are:

1. Create a positive mental and spiritual atmosphere
2. Adjust your diet
3. Get a good night's sleep
4. Healthful detoxification
5. Balance alkaline and acid levels
6. Regular bowel movements
7. Exercise

With targeted nutritional therapy and by addressing the stressors in your environment, you can put an end to those blue days when you're upset at everyone for no reason.

I've put together a comprehensive plan that has helped many women to regain control of their lives and health and this stuff will work for you as well.

One thing I want to mention in the above case is that we put this lady on an easily absorbed multivitamin and worked on the constipation issues right away with dietary changes, exercise, and lots of water! Just these few things alone brought about some significant changes in the way she was feeling.

The first thing that we learn on our surgical rotation in medical residency is that the solution to pollution is dilution. So hydrate, hydrate, hydrate. It is so very important. I also put the patient on a probiotic adding a tablespoon of apple cider vinegar each day. We use a product similar to the Bragg's apple cider vinegar with the Mother's Wart because this is an unfiltered apple cider vinegar. She took this each morning to help get her digestive juices flowing.

I work with progesterone in the 2nd half of the cycle, so I also did testing and evaluation, checking things like blood, saliva, and urine that could help me guide her very specifically. She began with a small dose of topical progesterone cream the 2nd half of her cycle. She also worked on some positive affirmations that she said every day to help increase her mental and spiritual well-being.

When she came back to me in six weeks, she felt like a brand new woman. She told me that she felt better than she had in many years. She was eliminating better, feeling better, and had more energy. She got back in the gym and bought some new workout clothes and athletic shoes. She was ready for a change, ready to make the transformation, and she did it! She embraced the changes wholeheartedly and dropped 7 pounds as a bonus.

The majority of her problems stemmed from inflammation and hormonal imbalance. Once we adjusted a few things, her body moved back into balance and her overall health was restored.

This truly is possible for you as well. I've dealt with patient after patient who came to me in the same condition as this woman and you may be there yourself right at this moment. Let me assure you that if it worked for these other women, it can work for you too.

Not All Have Happy Endings

Now I will tell you a rather sad story about a patient that I have had in my practice for a couple of years. I take it personally when a patient that I'm seeing gets cancer. And she came in with the same complaints each time I would see her. Finally, one day I asked her if she was following the recommendations that I had given her.

She bowed her head in shame and admitted that she had not been complying. At this visit, a lump was found on her breast exam. Less than a year prior, we performed a mammogram and it was negative. The lump turned out to be an invasive cancer.

This woman had an intensely stressful life. She was running a very demanding business, raising a son almost single-handedly, and having relationship difficulties with her ex.

She said, "Dr. Cabeca, you have told me time and time again what I needed to do and I haven't done it. Tell me what I need to do."

Well, very quickly I put her on support for detoxification, a high-dose probiotic, and my MightyMaca greens to really work on alkalizing her. When we checked her pH, she was very acidic. We especially worked on her diet to get her on a very alkalizing, vegetarian eating plan at this point that was low in glycemic.

At this point, I want to emphasize that when there is a diagnosis of cancer, it's important to remove all sugar from your diet. The research is really clear on this but I still have patients tell me, "Oh, my doctor said I can have ice cream or whatever I want to eat."

That is so *not true*. When you look at the research from patients with a diagnosis of cancer, you will see that the higher the amount of sugar in their diet, the shorter the life-expectancy. A great amount of research has been done, including research on animals, and the results are always the same. If you or a loved one has had a cancer diagnosis, then get on an alkalizing diet right away and avoid sugar altogether.

In this patient's case, we made various other supplement recommendations, such as omega3s. We also use a sulforaphane product that is an extract from broccoli when treating patients with cancer. We were very targeted in our nutritional therapy and did specialized testing to see exactly what her body needed at that time.

She was also given video therapy. This is something that I believe in. You've got to watch some movies that are fun and enjoyable. Her instructions were to watch some of her favorite shows that she enjoyed; things that made her laugh out loud. I also told her to do something that she loved doing every day. And that should include talking with a good friend, reaching out to someone you haven't seen in a while, doing something for yourself that you just think is yummy.

These activities are so important for us, for our mental and physical restoration. These things rejuvenate and refresh our soul. I believe that true joy and happiness is all about being mindful in every moment of how precious life is and really focusing on enjoying the moments of your life. Have hope in an amazing future.

In my journey to Peru, I travelled to the mountains of Machu Picu and met with an indigenous healer, and he explained to me the Incan philosophy of the snake, puma, and condor, and how they resemble the way we should live our life. Take a look at the snake. Every year it sheds its skin. We must shed our guilt, shed our fear, leave the ugliness behind and experience rebirth on a regular basis.

And then there's the puma – even though we are part of a community, our path is an individual one. Our experiences are purely our own. And then thirdly, like a condor, you must experience freedom through wisdom, service, and love. Through spirituality and by making connections to the meaningful things in life, you can fly above the drudgery that is sometimes life. I have to remind myself of this often and work on being mindful and present in each moment. It's so easy to let go of that.

One other important task I assigned to my patient was journaling. For 10 minutes each morning, she had to do gratitude journaling. She wrote down the things in her life that she was grateful for. She focused on the positive aspects of her life. She was still a young woman in her forties. She had an 11-year old son that she loved. Sometimes I realize that

people may have to struggle to find enough positive things in their lives to write about but that's okay. Make up some things if you need to. Imagine how you would like your life to be.

And don't forget to thank God for the small things like air to breathe, fresh water to drink, a beautiful family. Do you know how many people on our planet don't even have fresh water to drink and one decent meal each day? Don't take those things for granted! Be thankful! Can you hear the birds outside your window singing? Then that means you have good hearing. Can you see a beautiful sunset? Then that means your eyes are working okay.

For my patient, I felt it was so important to rid her body of all inflammation. So, so, so important that I cannot stress it enough! Very quickly, within three weeks, she was a whole new woman. Her transformation was amazing.

Let me give you an example. The patient came into my office one day and my staff came running to me before I saw her, saying, "Dr. Cabeca, Mrs. G is so nice, so joyful, such a pleasure. She has been amazing!"

We used to cringe the moment she walked into my office. She was so hateful, angry, and arrogant to all of us. And now, here she was....completely transformed. She radiated with joy. She was pleasant to talk to. Everyone including me, was stunned.

I met with her and talked to her about this. She had a whole new attitude. She felt better than she had in years and here she was, her body still dealing with and struggling with this cancer, and yet a joyful spirit.

I am telling you this because an ounce of prevention is worth a pound of cure. We can see problems that lead to these imbalances years and years before a disease process has begun, or is even diagnosed. I mean, we find that breast cancer cells are growing 10-15 years before we can see anything detectable on a mammogram. Making changes now or at any point along the way can make a big, big, big improvement.

I spoke to this patient and said, "You know, over the years, your estrogen score has been low. We need to work on hormone detoxification. I have a targeted therapy and some specific regimens that can greatly help you."

She told me that she had started something like that a few years before, but didn't follow through with it. When I asked her why, she just answered that she was too busy. She had too much work and felt stressed out all the time. In her mind, these thoughts constantly ran through it:

“I’ve got all this work to do and no one to help me. I’ve got a business to run. I’ve got a child to raise. I can’t take any time for myself.”

She was definitely a workaholic and honestly, ladies, in our society, we are rewarded for workaholism. That’s the one –ism we are rewarded for. But it’s not healthy! Keep it in balance. Find some time to laugh each day. Work on filling your life with true joy. I can’t express it enough, it’s so important to take that time, make that investment in yourself, and make those changes.

Chapter Ten: Six Step You Can Take Right Now to Improve Your Health

We've gone over so many things in these past chapters. I've tried to impart to you a lifetime of research, study and experience in order to help you make some positive changes in your life.

Remember that God only gave each one of us one body for our entire lifetime here on earth. That means one set of ears, one set of eyes, one heart, one set of lungs, and so on. It's pretty hard to get replacement parts for these bodies of ours. You can get a heart transplant but at what cost? Will the replacement ever work as well as the original? Of course not!

That makes it imperative that we become good stewards of the bodies God has given us. We must respect them and by that I mean, treat your body well. Don't continually fill it with unhealthy foods and beverages or pollutants such as cigarette smoke, drugs or alcohol.

Yes, a glass of wine from time to time is fine. The reds are filled with antioxidants like resveratrol and tannins. Resveratrol contains polyphenols that work to protect the lining of blood vessels in your heart. It also reduces bad cholesterol and prevents blood clots. But too much of anything is harmful to your health. Research shows a glass of red wine a day can be very healthy for you but don't go overboard!

All right, let's dive right into the six things you can do NOW that will improve your overall health. No matter what you're dealing with, these steps will make a definite improvement. Even if you're going through something very emotional like a divorce, by making a few changes, your attitude and the way you feel each day can be improved, thus making it far easier to deal with the negative external events of life. When we look and feel good, life is so much more enjoyable!

Step One: Journaling

Perhaps you have no writing skills. I totally understand that. I do have patients who are great writers and love to write everything down. It helps them process the things that happen to them. But even if you don't consider yourself a very good writer, even if your spelling and grammar is awful, it will still benefit you to start journaling.

Pick up a notebook and a couple of good pens the next time you go to the store and then get in the habit of taking about 10 minutes each day to write down how you feel, what's going on in your life and things like that. There are even some great websites where you can create a public journal or blog and share your thoughts with the whole world. This is a wonderful way to move outside yourself and interact with others that may be going through what you are at the moment.

I recommend starting out by making a list of the things you are thankful for. Having an attitude of gratitude can make so much difference if you are currently dealing with depression or anxiety. Let's face it...life can be a roller coaster ride. The kids get sick. The bills get behind. The boss is bugging you. All these affect your mental and emotional health. If these things go on for a long period of time and go unchecked, they can develop into physical illnesses.

Writing down how you feel and what you think about things helps you process the events of your life. Once you start journaling, I guarantee that it will become a lifelong friend.

Step Two: Take your PSQ Each Day

What is a PSQ? It is actually an inventory or questionnaire that I made up to help me understand some of those psychological impasses in a patient that could be creating a blockade to them optimizing their health.

PSQ stands for Positivity Self-Assessment Questionnaire and it's a 7-question assessment that you perform each day. It also includes 7 affirmations that you state each day out loud. Some of my patients simply rate how they feel about themselves and this is available on my website.

These are the 7 daily affirmations:

- I am happy and joyful.
- I am content.
- I am energetic.
- I am productive.
- I am social and friendly.

- I am alert.
- My mind is focused.
- I feel good about my body (And you can add in sexy body: I feel good about my sexy body)

You can download a complimentary copy of this PSQ form on my website. Simply go to www.cabecahealth.com, then click on *Resources*, and then *Articles*, and you will see the Positivity Self-Assessment Questionnaire.

This is a PDF document. Feel free to download it and print it out. I have my girls do it too because I think it is so helpful to remind yourself each day of these things.

I also have one of these for PMS which addresses the negative issues, like: Are you bloated? Are you irregular? Are you miserable? Are you fat?

I believe that when we get in touch with how we really feel about ourselves and the world around us, it helps us to confront our issues and deal with them better. You can't deal with a problem if you don't know exactly what that problem is. Once you identify it though, there are usually a number of actions you can take to work through whatever it is.

Are you feeling fat? Then eat healthier for a few days and take a walk each day and see if that helps.

We try to create a positive inventory that assesses how a patient feels. Believe it or not, I sometimes have a patient who comes in to see me and she fills out her questionnaire with zeros all the way down the line. This tells me that we have a lot of work to do and the very first thing we tackle is how she feels about herself.

It takes time and work to get to the bottom of why someone has developed all these emotional boxes and boundaries. Normally, a significant amount of image work needs to be done, and that again is so crucial to achieving positive health and restoring your vitality.

Simply by saying these affirmations each day you will embrace them. Your mind and body will believe you. You will see a difference and actually become more happy, joyful, content, energetic, productive, social, friendly, and focused. You really will feel good about your sexy body.

Step Three: Dietary Modifications

I hear some of you saying that you are already eating really well. I was speaking with a nutrition expert the other day in age management and we were discussing how we take our vitamins and what we eat. I was talking about how important it is to eat in nature cycles. This is not a new concept but it is a very valid one that I've researched.

The seasons are there for a reason. In the springtime, we should consider the spring fruits and berries, like black berries, peaches and tomatoes. In the fall, get your great squash varieties incorporated into your diet. Eating food from the local farmer's market can be very healthful, plus it supports local farmers who need you to buy their products.

I believe in rotating your diet based upon the seasons but I also rotate my supplements the same way. We can all get stuck in ruts. Remember, if something isn't working, then stop doing it and look for alternatives. Even though you may be eating a healthy diet, if you find that it's difficult to lose weight, then make a few changes. Just by changing your routine a little, you can notice a big and amazing difference.

In working with optimizing our health and your diet, I always recommend embracing a diet that is lower in carbohydrates, eliminates refined sugars, and incorporates whole foods and green leafy vegetables, and a colorful plate. Red for tomatoes or red peppers, green for spinach, cabbage and lettuce, yellow as in yellow squash.

Remember my mantra: "No white, no wheat, no sweet, and very little red meat. If you can pick it, peel it, fish it, hunt it, milk it, grow it, then for the most part you can eat it."

Step Four: Take a Probiotic

Probiotics are beneficial because they improve the intestinal microbial balance, thus inhibiting toxin producing bacteria and pathogens. Very simply put, they rebalance your gut, especially if you have been on any course of antibiotics.

Whenever I write a prescription for an antibiotic, I always say, "Ok, when you finish this course of antibiotics, be sure to get on a probiotic." I do sell an excellent probiotic product on my website but you may have one that you or your doctor likes. This is so very important to your digestive health and even works to decrease the incidence of colon cancer.

Number Five: Dealing with PMS with Fresh Herbs

This one won't pertain to all of you because some of you will be past the stage of menopause. However, it can help to add herbs to your diet at any age. Again our primary goal here is to detoxify your hormones.

Herbs have been used for centuries for all sorts of things including culinary, medicinal and even spiritual usage. Herbs can include the leaves, roots, flowers, seeds, resin, bark, fruit or berries of a herbal plant. Growing your own herbal garden can be fun and relaxing. You'll enjoy eating your own home-grown basil, thyme and rosemary.

Premenstrual syndrome is significantly estrogen dominant, so healthful detoxification like the things I have previously mentioned, like the Omega3s, flax seed, non-GMO tofu soy or fermented miso or tempe are all very beneficial to your health.

I use maca and also VitaMenstrual support or MightyMaca greens, which you can find on my website. There's a supplement there you can take that works with your diet during your bouts with PMS. I also suggest using a bio-identical progesterone cream as well. Around 20 mg for the 2nd half of your cycle while you are in that luteal phase can help tremendously. Remember that estrogen dominance is caused by not having enough progesterone. It can also be caused by your body's inability to detoxify the estrogen or from producing too much estrogen.

All these things work together to improve your hormone balance which in turn decreases your symptoms. Additionally, if you're not menstruating, if you have had a hysterectomy or if you are menopausal, progesterone cream can help you with your symptoms.

Step Six: Get Moving!

Our society today is too sedentary. We sit behind a desk all day then go home to sit in front of a TV. I'm challenging you to get up and do something! Belly dance, jog, take a walk. Do things that make you move your body. Jump up and down, vibrate, turn up the radio and dance to your favorite song. By moving around or becoming more active, you will stimulate your body's natural oxytocin.

Make a habit of living out loud. Enjoy the moments of your life. Learn to love yourself and give love to those around you. You are a wonderful human being with so much to give to the world. You were born with a purpose. God loves you and desires for you to be happy and healthy. Believe in yourself. It all starts with you learning to love yourself and accept yourself just the way you are, while at the same time, making a commitment to become the best YOU that you can be.

Feel Good, Look Good Secrets/Anna Cabeca

You have incredible gifts to give to the world. Don't let health problems or a poor attitude or a gloomy day cheat you out of living every moment as if it were your last.

Chapter 11: How to Get Help!

Well, that's my story. I have come a long way since my mother's death in 1997. I've learned so much and been on so many journeys of self-discovery. I think that each of us has a "story" to tell. Each of us moves through life at our own pace encountering various obstacles. What we take from each encounter and how we deal with it basically defines who we are.

You can be a victim who is crushed by the trials that come your way or you can become a survivor and learn to use those obstacles as stepping stones to a new and brighter future. I want to equip you to take the latter path. I want you to evolve into the very best YOU that you can be.

I know many of your stories are similar to the ones I've shared. I've sat in my office and listened to so many beautiful women tell me about the crushing blow of finding out that their husband was cheating or that their child was on drugs or that their aging parent was diagnosed with Alzheimer's. During my years' in the medical profession, I've probably heard every conceivable story. I've seen women go from being confident and healthy to sitting alone in their house with severe depression. But I've also seen women get up out of their mess and rebuild their lives from the ashes of the failures and disappointments.

You can write your own story and it can have a happy ending if you want it to. It doesn't matter how old you are or what you've been diagnosed with, as long as there's still breath in your lungs, there's still hope for a brighter tomorrow. And I want you to have the tools and the knowledge you need to discover that New Beginning you are so desperately seeking.

There are many testimonies I could share with you about past success stories from women like you who have discovered these truths. If my program will work for even one person, then it will work for you too. And I can assure you that dozens of women have moved into a whole new life filled with joy and happiness that they never dreamed possible.

So the ball is in your court. Do you really want to change? Are you truly fed up with being tired all the time, overweight, and discouraged about the direction your life is going? Are you ready to do what it takes to turn this ship around?

If the answer is YES! Then I've got Good News! This program isn't overly complicated. It's not terribly expensive. And it works! You can be transformed in just a few short months and I will show you exactly how to do that and lead you along that path.

There are two routes that you can take. If you live in the Georgia area, then I encourage you to call my office and set up an appointment. I'll sit down and talk to you about where you are now and where you want to be in six months and then together we'll formulate just the right plan specific to your needs and requirements. Myself and my staff will work alongside you to achieve your goals.

If you are not in this area, then I am excited to announce my Women's Restorative Health Virtual Boot Camp. This program is based on a book that I wrote: *Dr. Cabeca's Restorative Health Program*. I've had women literally from all over the world to enroll in this program. We've enrolled beautiful women from Egypt, Australia, Israel and Europe in my Virtual Boot Camp and they have gone through the program and had great results.

My restorative health program is a 7-week, 7-part tele-series program comprised of the 7 keys to optimum health, better energy, and a zestier sex life. We will dive into deeper areas of detoxification, healthy mental attitude, good digestion, sexual vitality, nutrition and fitness, hormonal balance, and inflammation.

In the boot camp, we are going to spend an entire 60-75 minutes on each call covering the topics above. But we will also go in depth with you and attempt to teach you what you need to know in order to implement my program. We want to equip you to take action in each of these 7 areas.

As a bonus, there's a live question and answer period at the end of each call so we can get your questions answered. If you are sitting in front of a computer, you can go to my Women's Restorative Health site, which is www.womensrestorativehealth.com.

There you may find announcements concerning our Women's Restorative Health virtual boot camp. You will also hear a little bit of my story, which I shared with you in this book, and you will see a very unflattering picture of me 100 pounds heavier than I am today. I share these things with you so you can see for yourself that transformation is possible. I want to give you back your hope and help you recall your dreams.

Together, we can achieve your goals and put you on a path to a successful, happy, healthy life. It's so very important to really embrace the keys that I've laid out for you in this boot camp. This is the true reason I work so hard to teach women everywhere about getting fit and healthy and rediscovering their true life purpose.

In the book camp, I will share a couple of stories with you about women who have gone through my Restorative Health program. They were open to change and I simply provided them with the tools to reach their optimal health and fitness levels.

I will introduce you to Lauren who first came to me after 5 doctors, all specialists in gynecology, told her that she needed a hysterectomy due to her pelvic pain and endometriosis. She had had multiple laparoscopies and was told she would never be able to have children but she was so determined because her husband was over 10 years younger than her and she wanted to have children with him because he had never had any kids of his own.

I will also introduce you to a lovely woman named Patty. Patty is someone who is a fitness buff, exercises regularly, and is a beautiful woman. But because of some setbacks and trials in her life, she began to experience some financial problems that led to major stress. Before long, Patty was very tired and old-feeling. She lost interest in her usual activities. She had joint pains, muscle aches, loss of sex drive.

When she came to me, she had almost given up and resigned herself to living this way for the rest of her life. She was in her 60's then and just thought that this was all a part of growing older and that she had to simply give in to the aches and pains and the loss of interest. Before long we had Patty back on track and feeling better than ever. You can hear her story yourself. You won't believe that this woman is in her 60s because she looks so much younger than that now.

I am so honored to be able to share these stories of women with you and so thankful that you've allowed me to share them. You can find many of these stories along with a wide range of great resources on my website at www.womensrestorativehealth.com.

I also share a great deal of important information on reviving your sex drive at this site: Sexualcpr.com. You'll be amazed at how many women tell me that they've lost all interest in sex. But my research shows that you can have a healthy libido even into your 80's and I will show you how.

Feel Good, Look Good Secrets/Anna Cabeca

In closing, I want to say that it is truly a joy to work with women. I appreciate the confidence that you place in me and I strive to go the extra mile in helping you work through whatever is going on in your life at the moment and come out stronger on the other side. I encourage you to take that next step and sign up on my website for the free monthly newsletter. Consider signing up for the virtual boot camp as well. It's an investment in a healthy new beginning for you and you deserve to invest in yourself.

Don't settle for less than becoming your very best! Reaching your life goals and seeing your dreams become a reality is well worth the time and money.

This is Dr. Anna Cabeca wishing you a Vida Pura!