



making keto work
for women over 40

By Dr. Anna Cabeca

DR. ANNA CABECA
the girlfriend doctor

Feel more energetic, confident and sexy!

Just imagine...

Waking up with plenty of energy...no need to hit the snooze button.

Looking in the mirror as you get dressed... and being happy with how your clothes fit.

Being able to stay focused through the entire day... and still having enough energy to keep going until evening.

It isn't impossible, even if you're "older."

I'm 53 and I enjoy vibrant health compared to most women my age.

If that isn't your reality right now — that's OK — it wasn't always mine either...



At age 39 I weighed more than 240 pounds.

Although I was always kind of a “heavy set” girl, things had really gotten out of control.

Hormonal imbalance had caused my weight to skyrocket until one day I stepped on the scale and it read 240 pounds...and frankly, then I stopped weighing.

I knew I had to do something — so after embarking on an intensive healing journey around the world — I implemented some diet and lifestyle changes **and was finally able to lose 80 pounds.**

Although I kept the weight off for nearly ten years, once I hit age 48 and was in full-blown perimenopause, I gained back 10... and then 20 pounds seemingly overnight “without doing anything different”.

But that was the least of my worries.

I was plagued with physical stress, emotional stress from leaving a toxic relationship, financial stress, and a constant battle with fluctuating hormones.

I felt ashamed and embarrassed. Once again, I set out to find a solution to my problems...*and yours!*



That's when I tried the ketogenic diet...

As a doctor, I had read about the ketogenic diet, and it seemed scientifically sound. I'd used it for my clients with seizures and a similar version for my clients with candida issues. so I decided to get serious with it to see if it would work for me.

Here's the big idea behind the keto diet...

By dramatically limiting carbohydrates you force your body to search for a backup source of energy.

That backup energy source is fat — both the extra fat you're eating — and the extra fat on your body!

(That's why you lose weight so fast on a high fat / low carb diet!)

Well, sure enough, I easily^{***} started losing weight.

Now before you shout, "Sign me up!", there are some things you should know.

See the ^{***} by the word easy? Well, while I did lose a couple of pounds fairly quickly...the resulting symptoms were terrible! Who knew there was a keto flu or worse = *keto-crazy!*

THE TRADITIONAL KETOGENIC DIET IN A NUTSHELL

Low-carb

Lessens insulin production

High-fat

Reduces hunger

Moderate protein intake

Increases fat burning

Beware of the Keto-Flu (or Going Keto-Crazy!)

When you restrict carbs, and force your body to burn fat for fuel, you can expect a 2-14 day transition known as the keto flu.

If you've ever experienced it before then you know it's definitely no fun.

Few women who try to go keto ever make it past this painful initiation into keto.

Symptoms of the keto flu include...

FATIGUE
BRAIN FOG
SUGAR CRAVINGS
IRRITABILITY
HEADACHES

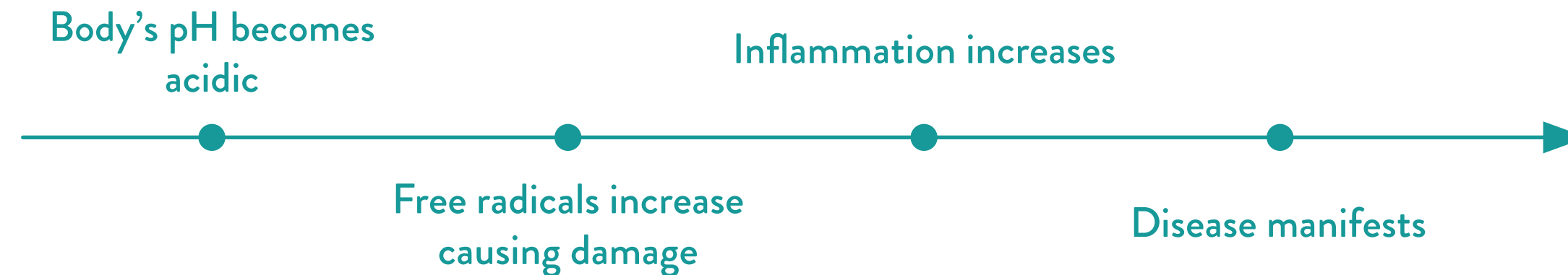
DIZZINESS
NAUSEA
LOW ENERGY
CONSTIPATION
MUSCLE CRAMPS



Increased acidity is the biggest downfall of the traditional keto diet.

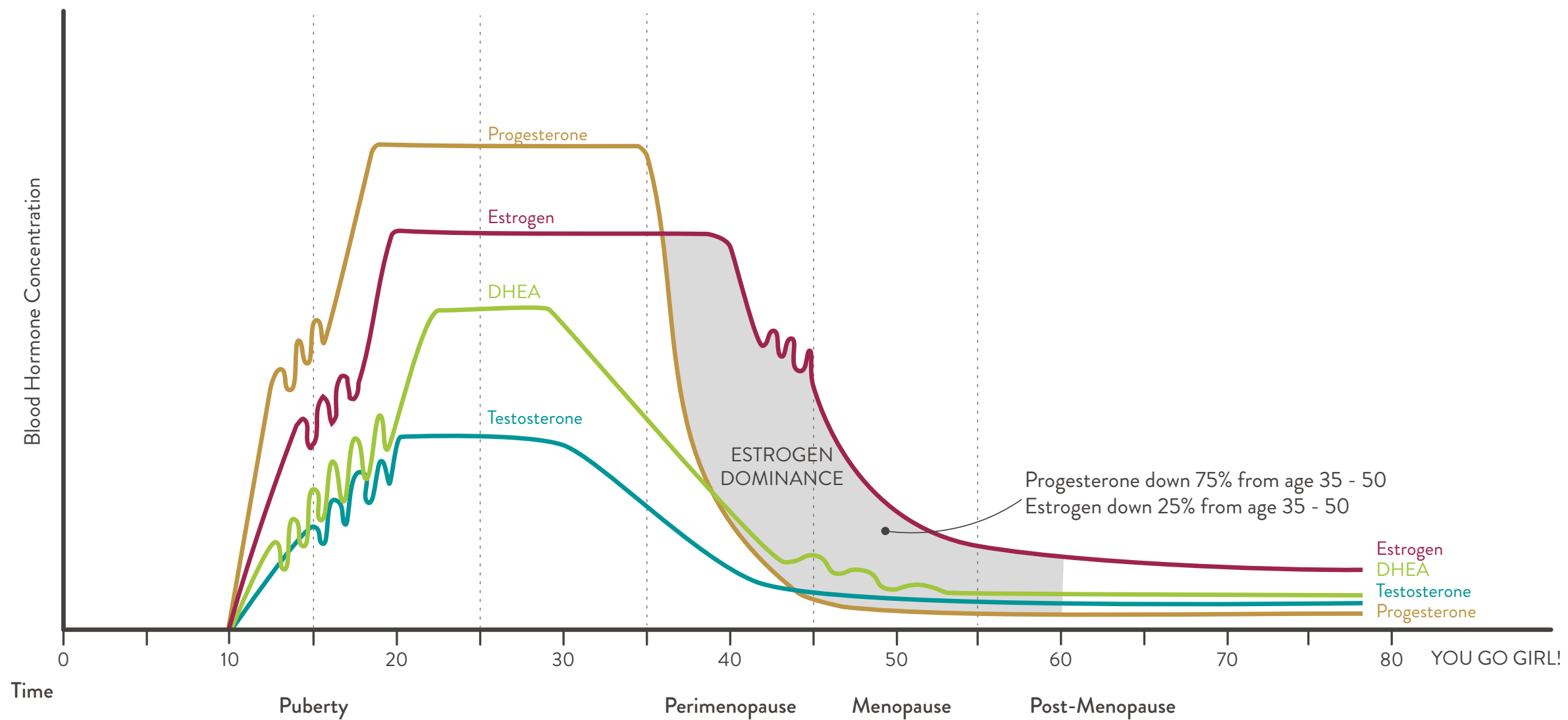
The high-fat foods that most people regularly eat on the keto diet — bacon, butter, pork rinds, cheese, even protein bars and most shake mixes — make your body very acidic over time.

This creates a negative cycle that goes something like this...



This destructive process plays out even faster for women over 40 because they have much less anti-inflammatory testosterone than men do and plummeting levels of neuroprotective hormones progesterone and estrogen.





This chart shows what's happening to these important hormones during perimenopause (our natural transition to menopause where we see declining female hormone levels), menopause (our official end of fertility which begins 12 months after your last period) and post-menopause (the time period after menopause until death...*which can be up to a third of your life*).

We can see how **progesterone** production starts to decline in our early to mid-30s. This is significant as progesterone is anti-inflammatory and provides benefits to our brain, mood, memory, bones and breasts (to name just a few). *I always say, "What doesn't progesterone do for us?"*



With decreasing progesterone we begin to experience declining ovarian function and symptoms such as anxiety, irritability and mood swings, as we transition to perimenopause. Further declines in this protective hormone can lead to estrogen dominance which is characterized by weight gain, irregular menses, dysfunctional uterine bleeding as well as sleep disturbances and bone loss. We often start to experience decreased libido and vaginal dryness, or leaking.

Estrogen starts to decline as we enter our 40s.

Estrogen fluctuations and declines are associated with insomnia, night sweats, vaginal dryness, weight gain, libido issues and infertility. Many women will turn to hormone replacement therapy to address these symptoms and for hot flash relief.

Estrogen is also neuroprotective; it transports glucose to the brain, literally feeding it. There is a reason that as estrogen declines women start to experience brain fog, anxiety, depression, memory and mood issues.

Women can have low levels of estrogen and still experience estrogen dominance symptoms (due to the gap between estrogen and progesterone levels).

DHEA and Testosterone (androgens) are both responsible for building muscle and strong healthy bones, mental acuity, drive and resilience. They are key to supporting a healthy libido and are important to a woman's quality of life and longevity. Androgen hormone replacement therapy can often provide women with beautiful results relating to issues of vaginal atrophy (vaginal dryness, urinary leaking, pelvic prolapse, pain with intercourse) and libido concerns. Our relationships may start to suffer.



With all of these hormones decline our body is more vulnerable to inflammation and the effects of an acidic diet. We are also less resistant to the effects of stress in our lives.

If left unchecked, increased acidity can often lead to...

- Decreased bone health
- Decreased lean muscle mass
- Increased joint pain
- Increased cardiovascular disease
- Disrupted hormonal cycles
- Decreased enjoyment and desire for sex

The secret to avoiding all of this is an easy GREEN tweak that makes keto safer, more effective, and easier to follow.



The weight loss secret time forgot...

As I started doing keto strictly, avoiding all carbs, I experienced the negative symptoms of keto flu and keto crazy and that is not good for any of us! I knew keto provided wonderful health benefits but only if we could stick with it and not become acidic.

I needed to figure out WHY keto made women, in particular, feel so sick and crazy.

I knew from many years working with women in my restorative health programs that an alkaline diet was anti-inflammatory and yielded many positive and protective health outcomes such as improving insulin sensitivity and supporting healthy adrenals. In fact, my Women's Restorative Health program focused on alkalinity as one of its main principles.

I wondered, would adding in alkalinity's principles to keto address keto's inflammatory effects?

I added low carb alkalizing greens, increased my [Mighty Maca](#)® Plus greens drink to 3 scoops daily, and fine-tuned from there on both dietary and lifestyle changes.

And it worked beautifully! I found with urine testing that not only did I have lots of ketones on my new combined diet, but that my urine pH (previously testing as acidic) was now testing in the alkaline range.



I no longer had those nasty keto flu symptoms. I was happier and more at peace in my life.

I quickly lost those 20 lbs I'd gained and even more importantly the brain fog cleared and my life was infused with a new kind of energy that I'd not experienced before.

***I like to call the resulting bio-chemical state:
Energized Enlightenment!***

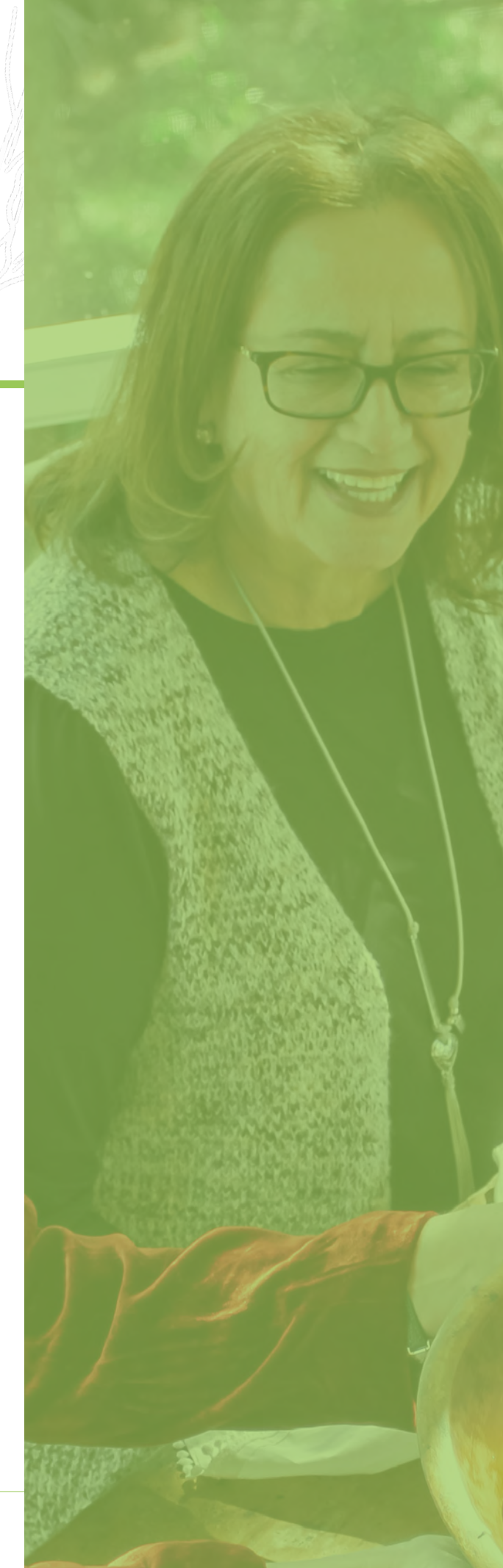
Keto-Green helps you get your body back fast and in a healthy manner. And what I find super exciting is that we get our energy and brain back and can enjoy ourselves and those we love so much more, too.

Keto-Green™ became the cornerstone for my working with women on hormone imbalances and their overall health.



Keto-Green Helps Restore Insulin Sensitivity and Healthy Adrenals!

- Perimenopause and menopause are a time when *insulin and our stress hormone cortisol is on the rise* (at the same time that protective hormones are on the decline).
- In our **stressed out and hormonally imbalanced world** our bodies pump too much cortisol on a chronic basis...we eventually start to run out...*our adrenals actually start to steal our already diminishing supplies of other protective hormones (such as progesterone, pregnenolone and DHEA)* in order to produce more cortisol.
- Consistently raised levels of cortisol will cause high blood sugar, high blood pressure, memory issues, insomnia, and immune system suppression. Many times this will also result in insulin resistance or a loss of insulin sensitivity.
- Adrenal dysfunction causes inflammation and results in degradation of our immune health; we become at greater risk for disease.
- With Keto-Green foods **we can reduce the production of glucose** – and thus the production of insulin – with our body burning stored fat for its energy. This can **help us regain insulin sensitivity**.
- **Alkalinity in particular** has been shown in the research to lower risk of disease (cardiovascular disease, hypertension, insulin resistance, diabetes, and metabolic disorders), and support quality sleep, circadian rhythm control and cortisol management.



Some differences between the Keto Diet and my Keto-Green Diet

KETOGENIC DIET

Promotes acidic food (e.g., meats)

Doesn't limit acidic fats, such as bacon and butter

Based on eating 60-75% of daily calories from fat, 5-10% carbs, and 15-30% protein

Restricts fruits to just berries

Uncomfortable side effects from acid-forming foods include nausea and the "keto flu"

Acidic toxicity build-up; inflammatory

Only measures urine ketones

KETO-GREEN™ DIET

Favors alkaline foods, such as leafy green vegetables and other low-carb vegetables

Alkaline fats, such as avocado, nuts, and olive oil are preferred

Ratio is tailored to women with 80% alkaline foods and 20% acidic protein and fat (meats)

Allows alkaline, low-sugar fruits

Alkaline food intake limits uncomfortable side effects with plant-based foods

Naturally detoxifies the body with cruciferous vegetables; anti-inflammatory

Measures urine ketones *and* alkalinity (pH). My [keto-pH test strips](#) are available at [dranna.com](#).



Keto-Green solves the problem of increased acidity... ONLY by eating keto-clean foods.

KETO-CLEAN FOODS

High-fiber, unprocessed foods

Vegetables and leafy greens

Nuts and seeds

Avocados

Coconut oil, olive oil and ghee

Wild-caught fish and grass-fed meats

KETO-DIRTY FOODS

High in sodium, sometimes processed

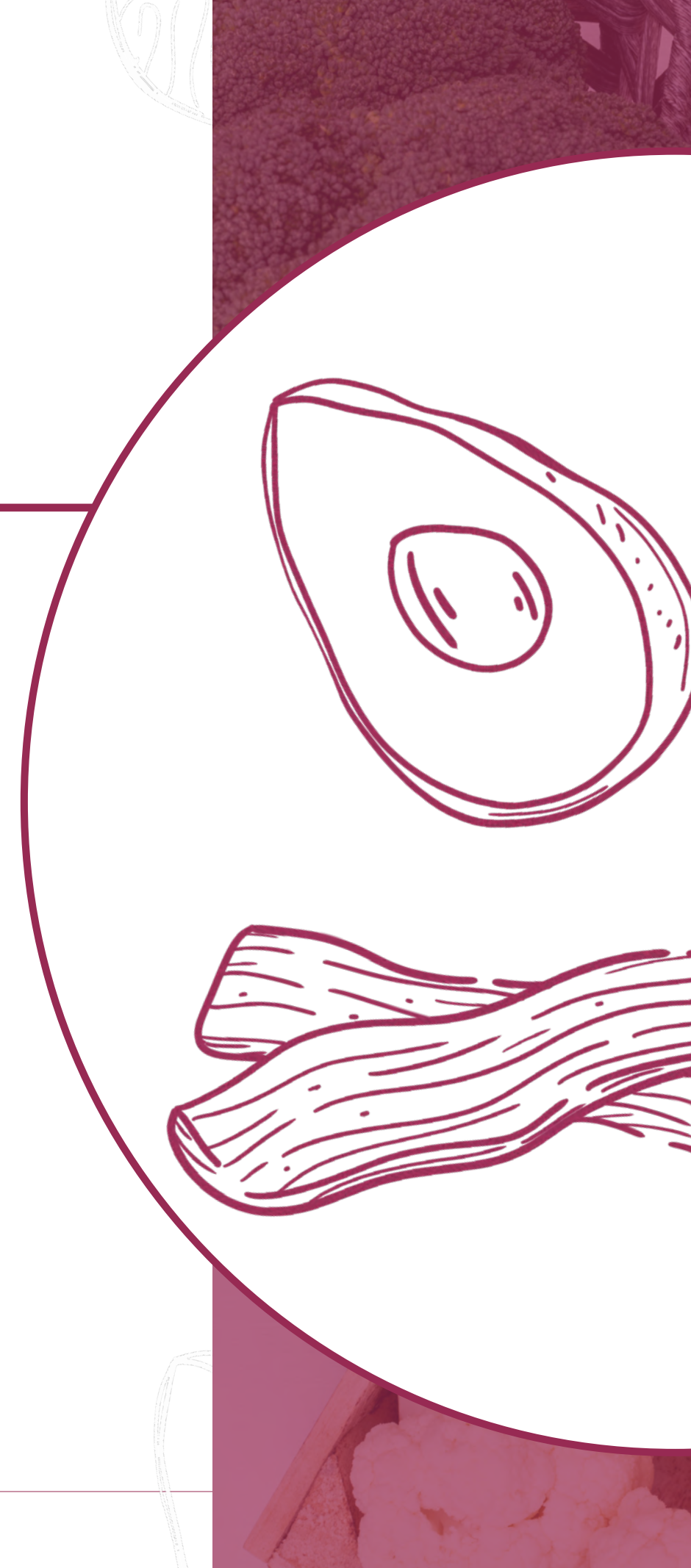
Pork rinds

Processed meats

Processed cheese

Many protein bars and packaged foods disguised as healthy keto

Factory raised, antibiotic and hormone treated meats



Eating keto-clean doesn't mean a boring or bland plate full of lettuce with no dressing at every meal.
You'll be surprised at the delicious foods that await you!

SAVORY MAIN COURSES



Garlic lime meatballs with kimchi fried rice



Fish tacos with avocado salsa



Zoodle chicken pad Thai

SATISFYING SMOOTHIES



The balancer



Glow and go



Fat burner

To sum up, the Keto-Green lifestyle follows five **EASY** steps that anyone can follow.

Yes, even **YOU!**

1.

**Go
Keto-
Green**

2.

**Break up
with Sugar
and Grains**

3.

**Test your urine
pH and ketones
regularly**

4.

**Create a daily
gratitude
practice and
movement
routine**

5.

**Listen
to your
body**

When you upgrade your lifestyle with Keto-Green, you will experience better sleep, mood, memory, digestion and energy. You will be more in tune with how your body feels...and you will be ecstatic with how you look!



RAVE REVIEWS for the Keto-Green plan

MAYA got her libido back!

“Fitting into a size-6 dress is amazing, but the best part is that I want to have sex with my husband again! He isn’t complaining, either.”

JENNA reclaimed her zest for life!

“I used to have so many aches and pains, and I was tired all the time. Keto-Green truly changed my life. I have my energy back and feel unstoppable!”

PATRICIA said goodbye to brain fog!

“My memory was decreasing with age. I often woke up confused, tired, and generally not feeling well. I gave Keto-Green a try and got my willpower back! I can’t believe how much sharper I feel!”

EMMA lost 33 pounds!

“I thought I would never get my body back after having a baby, but now I have more energy and am slimmer than ever after losing 33 pounds. The baby weight is gone!”

ALLISON took control of her menopause symptoms!

“Keto-Green has helped me manage hot flashes and gain energy. I also got my libido back and lost a few pounds. Thank you, Dr. Anna!”

MICHELLE reconnected with her husband!

“I can finally eat without gaining weight and even ditched the nightly glass of wine. But the best part is that I reconnected with my husband. Thank you!”

TESSA sleeps like a baby!

“Insomnia was taking over my life. I had zero energy from poor sleep cycles, and it was interfering with my job. Dr. Anna’s plan helped me fight not only hot flashes, but my mood has improved and I lost 15 pounds. The best part is I can sleep through the night without help!”

Feeling like herself again!

“I’ve tried keto before but I always felt awful... bloated, nauseous, and shaky. Keto-Green has been a game changer for me. Now my mood is better, my sleep is better and I’m starting to feel like the old me.”

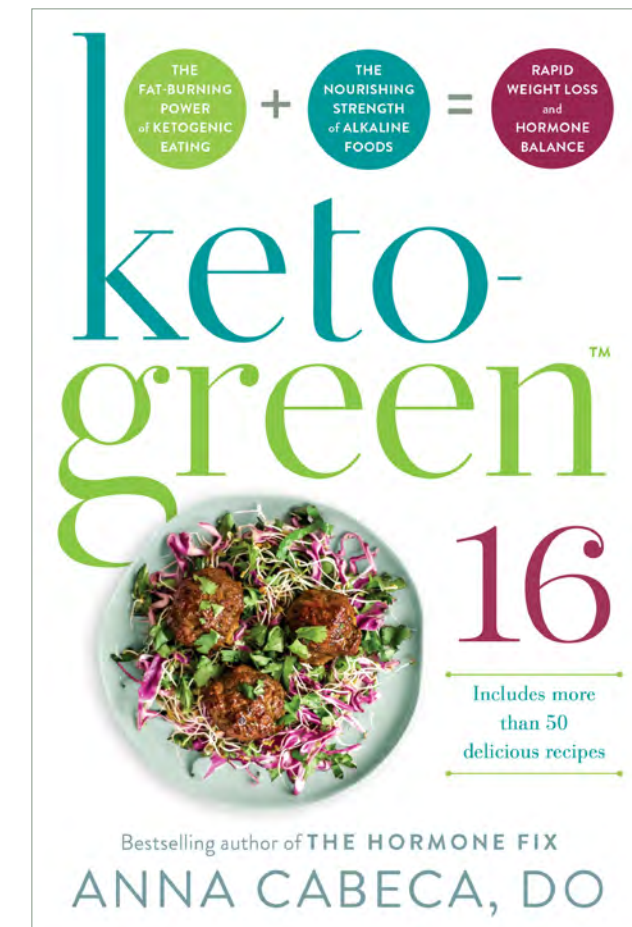
Take the next step to your sexiest healthiest self!

Everything you need is at your fingertips in my new book: *Keto-Green 16*.

Why 16?

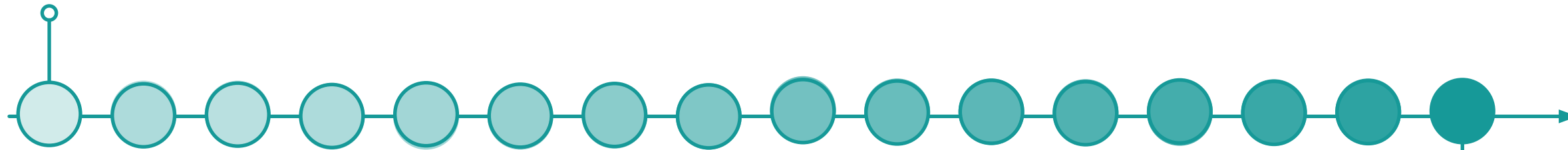
- **16 Keto-Green Foods** that are going to balance your hormones and put you into fat-burning mode
- **My Breakthrough Keto-Green 16 Day Plan** which includes meal plans, recipes, and shopping lists for 16 days
- **A 16-hour intermittent fasting plan that everyone can do**
- **A 16 minute** efficient and effective exercise routine
- **The Clean 16** — my daily rituals for positive reinforcement that can have a profound, measurable impact on your alkalinity!

[Order Keto-Green 16 Today](#)



All it takes is just 16 days!

DAY 1



In just 16 days of following this plan you can expect to...

DAY 16

- Lose weight — as much as a pound a day!
- End uncontrollable cravings
- Ditch fat around your waist - for good!
- Reduce your overall inflammation and risk for disease
- Feel better, sleep better and feel re-energized!

[Order Keto-Green 16 Today](#)



50 delicious recipes — made from just 16 key ingredient types

That means NO complicated grocery lists! All of the foods you will eat on Keto-Green 16 are easy-to-find at any grocery store (No high-end health food store necessary!). There is a vegan plan and options, too.

I picked these 16 specific ingredient types because of their special **hormone-balancing, fat-burning, and alkaline-forming** properties.

Here are three sample recipes from Keto-Green 16...

[Order Keto-Green 16 Today](#)



Curry Skillet Chicken with Coconut Cilantro Sauce and Cauliflower Rice

INGREDIENTS:

RICE

1 1/2 tablespoons olive oil
4 cups cauliflower rice
Sea salt
Freshly ground black pepper

SAUCE

1/2 cup coconut milk kefir
Juice and zest of 2 large limes
1 cup chopped cilantro
1/4 cup chopped cashews
Sea salt

CHICKEN

1 teaspoon turmeric
1/2 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1/2 teaspoon cumin
1/2 teaspoon ground coriander
8 to 10 ounces boneless skinless chicken thighs
1 1/2 tablespoons ghee

DIRECTIONS:

- 1) Heat olive oil in a large skillet over medium-high heat. Add cauliflower rice. Season with salt and pepper. Cook for about 5 minutes on medium heat, stirring occasionally, until cauliflower is tender. Place in a medium bowl and set aside. In a small bowl, combine turmeric, salt, pepper, cumin, and coriander.
- 2) Evenly coat all sides of chicken with seasoning mixture. In the same skillet used for the rice, heat ghee over medium-high heat. Add the chicken to the skillet and cook for 4 to 5 minutes per side or until chicken is cooked through.
- 3) Remove from heat. In a blender or food processor, combine kefir, juice, zest, and cilantro. Blend until fully combined, and season lightly with salt.
- 4) Serve chicken on a bed of cauliflower rice with coconut sauce on top. Garnish with chopped cilantro, 1/4 cup chopped cashews, and include a serving of pickled ginger on the side.

SERVES
2



Garlic Lime Meatballs with Kimchi Fried Cauli-Rice

INGREDIENTS:

MEATBALLS

- 10 ounces ground beef
- 3 cloves garlic, minced
- Juice and zest of 1 lime
- 1/3 cup almond flour
- 2 tablespoons olive oil
- 1/4 cup finely chopped cilantro
- 1/2 small onion, finely diced
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper

KIMCHI-FRIED CAULI-RICE

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1/2 small onion, sliced
- 1 cup chopped kimchi
- 1 tablespoon grated fresh ginger
- 2 tablespoons coconut aminos
- 2 heads baby bok choy, leaves separated
- 3 cups cauliflower rice
- Sea salt
- Freshly ground black pepper
- 2 green onions, sliced
- 2 tablespoons toasted nuts

DIRECTIONS:

- 1) Preheat oven to 400 degrees. In a large bowl, combine all ingredients for meatballs. Using your hands, make 2- to 3-inch meatballs and arrange them on a parchment-lined baking sheet. Bake meatballs for 20 to 25 minutes, turning the meatballs about every 5 to 6 minutes.
- 2) While meatballs cook, prepare the fried rice. Heat oil in a large wok or skillet over medium-high heat. Add garlic and onion and cook for about 1 minute. Add kimchi and cook for another 2 minutes. Stir in ginger, coconut aminos, and bok choy and cook for about 2 minutes. Add cauliflower, season with salt and pepper, and cook for 3 to 4 minutes, or until cauliflower is tender. Garnish with green onions.
- 3) Serve fried cauliflower rice with meatballs and a serving of toasted nuts.

SERVES
2



Not Your Mama's Cabbage Soup

INGREDIENTS:

5 to 6 cups bone broth
3 cloves garlic, minced
1 small jalapeño, seeded and minced
2 tablespoons grated fresh ginger
1 leek, white and pale green parts only, chopped
2 stalks celery, chopped
1/4 cup lemon juice
2 1/2 cups chopped cabbage
1 cup cauliflower florets
10 ounces skinless, boneless chicken breast, cubed
1 1/2 teaspoons sea salt
1 teaspoon freshly ground black pepper
2 cups chopped bok choy
3 cups spinach, kale, or other dark leafy greens
1/2 cup chopped parsley
2 cups broccoli spiralized into "noodles" or sliced and boiled until tender

DIRECTIONS:

- 1) Combine broth, garlic, jalapeño, ginger, leek, celery, lemon juice, cabbage, cauliflower, chicken, salt, and pepper in a large slow cooker. Cover and cook on high for 2 1/2 hours. Add bok choy and spinach, cover, and cook for another 30 minutes. Stir in parsley and adjust seasoning. Serve chicken in a bowl over 1 cup prepared broccoli "noodles." On the side, include a serving of nuts and pickled ginger if desired.

SERVES
2

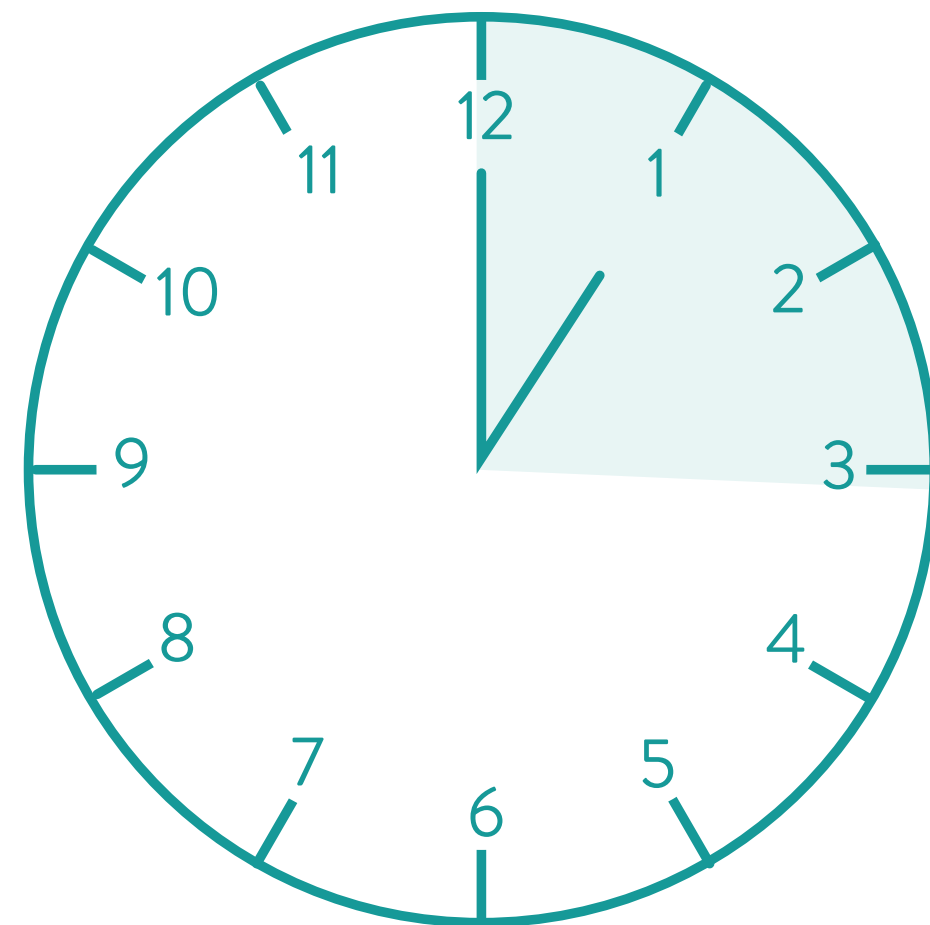


A simple exercise regimen shown to get *better results!*

When you follow the *Keto-Green 16* plan, you can enjoy the physical and mental health benefits of exercise in just 16 minutes per day with an efficient mix of strength training and cardio.

These exercises have been leveraged by many women on my Keto-Green plan with beautiful results. While it isn't simply waving a magic wand (don't we all wish!), the protocol is effective.

No expensive exercise equipment or gym membership required!



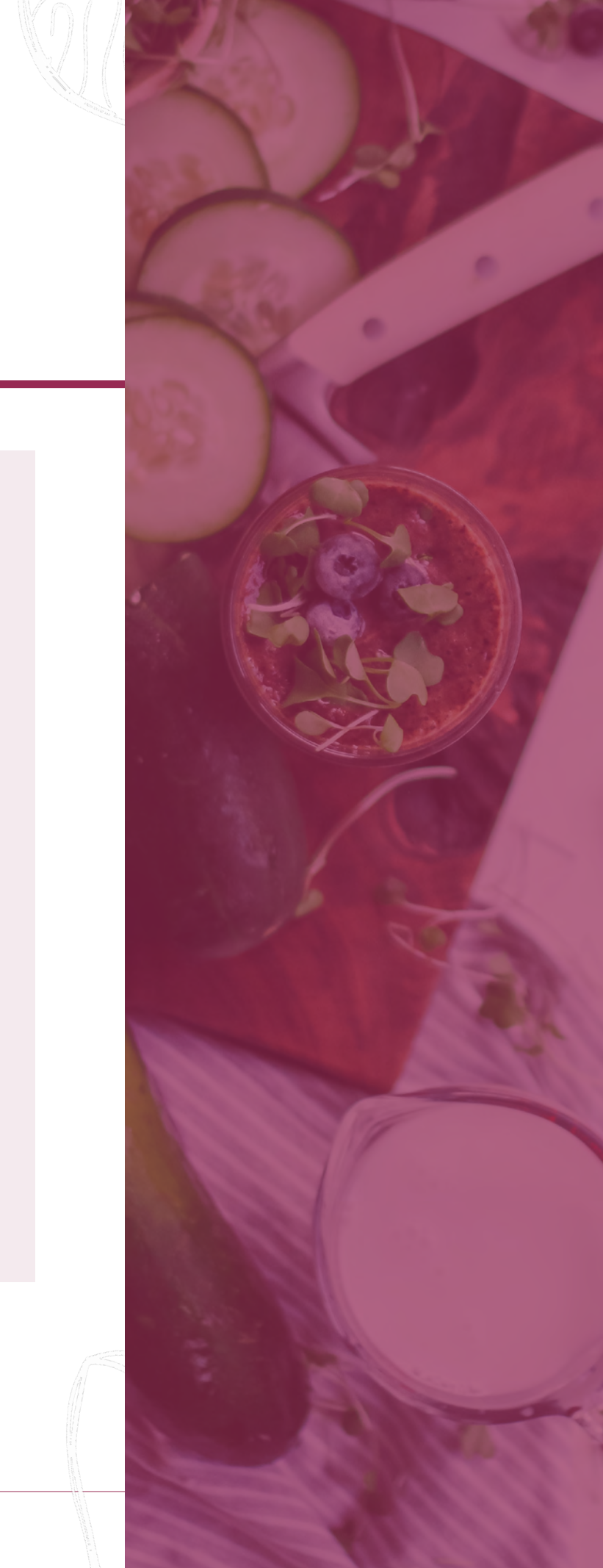
Order Keto-Green 16 Today



Research supports the benefits of 16 hour Intermittent Fasting.

- **Improves insulin sensitivity** and other metabolic markers
- **Shown to be neuroprotective** (preserves learning and memory)
- **Helps you get to and maintain a healthier weight** (reduces cravings and helps your body become an efficient fat burner)
- **Helps reset circadian rhythm** (supporting improved hormone balance and a healthier gut microbiome)
- **Improves** mental health during the menopause transition (provides an alternative fuel source to our brain as estrogen levels naturally decline).
- **Supports a process called autophagy** (working at the cellular level, removing garbage cells believed to be a hallmark of aging)

Plus most women find it easy to implement.



A clean body starts with a clean mind.

Clean 16 daily rituals are designed to encourage **you and lift you up when nobody else can - or will.**

These simple, daily reminders guide you in:

- Reducing stress (and in turn reducing fat!)
- Lowering blood sugar
- Boosting alkalinity - and your mood!
- Balancing hormones
- Manifesting positivity, even on your toughest days

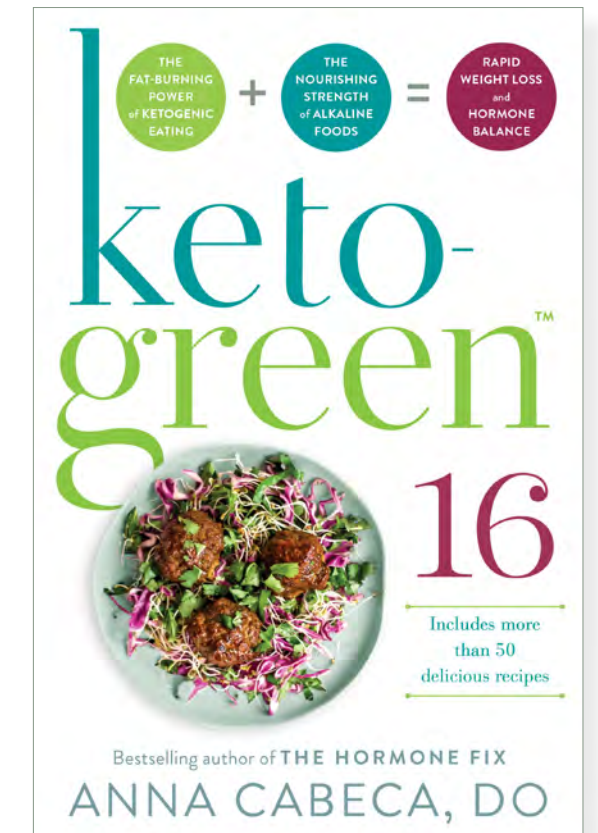
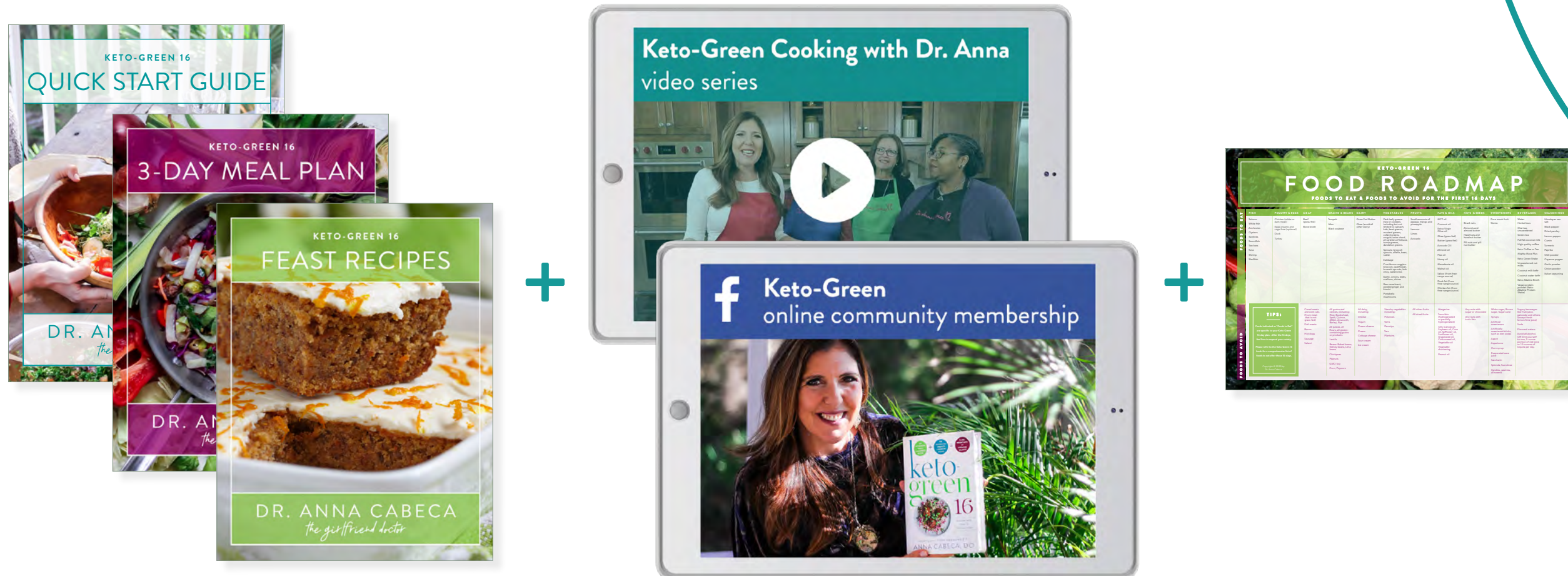
...and much, much more. Think of the Clean 16 as your personal assistant or cheerleader. Because Keto-Green 16 is about more than food. It is about taking care of your whole self.



Order Now and Get Instant Digital Bonuses!

When you order *Keto-Green 16: Harness the Combined Fat-Burning Power of Ketogenic Eating + The Nourishing Strength of Alkaline Foods for Rapid Weight Loss and Hormone Balance*, you will **instantly unlock digital bonuses** so you can reclaim your health, body, and sexy self **immediately** - even before the book arrives in the mail!

Here's what you'll get right away...



Order Keto-Green 16 Today

This is everything you need to get started successfully living your new, Keto-Green lifestyle!

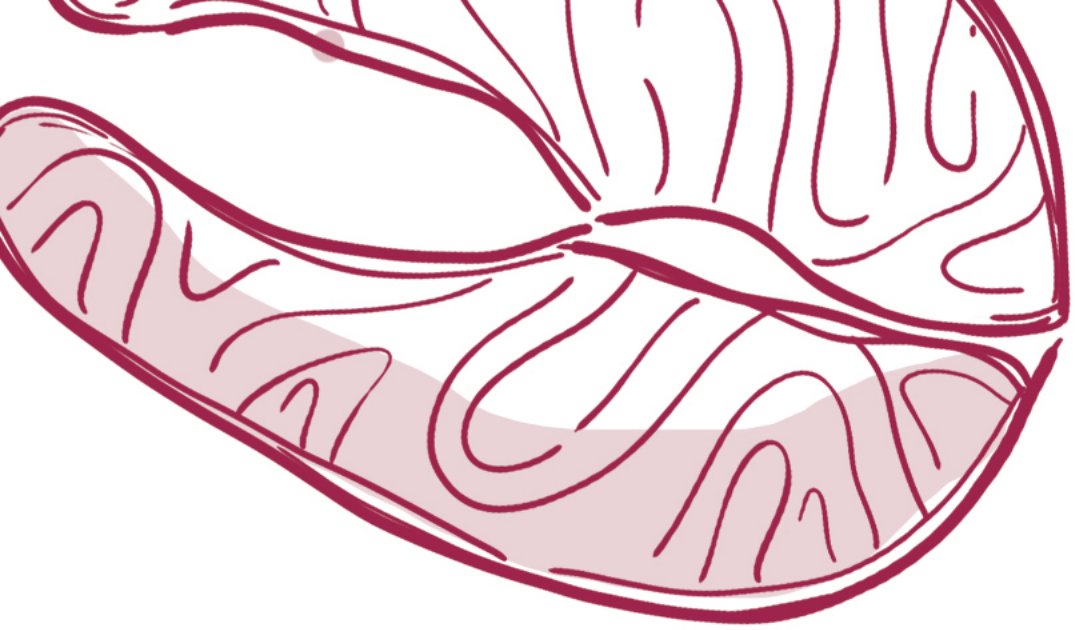
I want you to live a healthy and happy life. That means a life where you aren't suffering from chronic pain and inflammation; a life in balance (whether that be balanced hormones, gut health or even your mental health!); a life with clarity and longevity; and a life with peace, positivity, and healthy, enduring and loving relationships. Keto-Green 16 can get you started on your journey to your greatest health.

So ready to say goodbye to fat, bloating, and feeling sluggish — and say hello to a more confident, fabulous, healthier and sexier version of yourself?

I am so glad you are here and willing to take your next right step, right alongside me.

So order Keto-Green 16 and unlock all the instant digital bonuses!





DR. ANNA CABECA
the girlfriend doctor



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