



THE SECRET SCIENCE OF

Staying Slim, Sane & Sexy

After 40

the girlfriend doctor.
DR. ANNA CABECA

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A Welcome and a Warning

I'm so glad you made it here today. Get comfortable because in the next few minutes I'm going to share the most important things I've learned after decades of study as a medical researcher, OB/GYN, and hormone expert.

These are the gems I've discovered after caring for over 10,000 women in my medical clinic and helping over 100,000 more online.

So far "The Secret Science of Staying Slim, Sane and Sexy After 40" has only been revealed to a relatively small group of women.

I promise this isn't anything you've read in a women's magazine or seen Oprah talk about... yet.

That being said, I want you to pay close attention because this information has the power to transform your life in ways you can't even imagine right now.

But before we get started I just want to warn you. Some of what I'm going to share with you today is controversial. It bucks against the standard medical wisdom and may contradict what you've heard before.

You see, I'm not your average doctor. Back in my late 30s I hit a health crisis that traditional medicine couldn't solve. I was told by fellow doctors that I would just have to live with symptoms like depression, fatigue, hormone imbalance, weight gain and chronic pain. The only solution was anti-depressants and sleeping pills.

Despite being a double board-certified Ob-Gyn and Regenerative and Anti-Aging Medicine expert, I was unable to help myself. Desperate and willing to take drastic measures to reclaim my health I embarked on a trip around the world in search of ANYTHING that could help me.



The answers I found drastically improved my health and maybe even saved my life! Eventually my hormones leveled, the weight dropped off, the fog of depression lifted, and I was even able to conceive a child after doctors told me I was beginning early menopause. As a doctor, I knew these solutions could impact thousands of women just like me and so here we are.

Everything in this ebook is based on hard science and real people. Actually, real women over 40! I've used these methods on myself and on my clients who have experienced great results.

What kinds of great results are we talking about?

- Weight loss (as much as 120 pounds in 1 case)
- Better sleep with hot flashes and night sweats eliminated
- Ramped up energy
- Dramatically improved memory, focus, and motivation
- Hair growing where it belongs (and not where it doesn't)
- Revved up libido
- Vanishing aches and pains
- More beautiful skin and youthful appearance
- A renewed enthusiasm for life

Would you like to experience some of these changes in YOUR life?

If so then I'm here to tell you that you're in the right place.

You don't have to get old" or "power through" or "grin and bear it" like most women do.

You can look good and feel great at age 40... and beyond.

Sound good? Then let's begin.

Beware of the Devil's Pitchfork

After 20 years of medical practice and research I have found that all the challenges of aging have their roots in the 3 prongs The Devil's Pitchfork...

1. Inflammation
2. Adrenal dysfunction
3. Hormone imbalance

Inflammation

Inflammation is the root cause of many of the ailments that plague us as we age. In fact, the Greek suffix “-itis” actually means “inflammation” which is found in the name of so many diseases like...

- Arthritis
- Endometritis
- Mastitis
- Diverticulitis
- Hepatitis
- Encephalitis
- Gastroenteritis
- Pancreatitis
- And on and on and on

Although they are not “-itis” diseases, cancer, diabetes, and cardiovascular disease (the 3 biggest killers in developed nations) are also caused by inflammation.

Inflammation in and of itself is not a bad thing. In fact, our body's inflammatory response was designed to help us fight off infection. When tissues are injured the damaged cells release compounds that cause swelling. This swelling helps isolate the foreign substance from the rest of the body and it also attracts white blood cells to fight off any disease producing pathogens.

This is perfect if you have a little cut; inflammation turns on, the germs are killed, the cut heals, and everything goes back to normal in a few days.

But the problem is that most of us live in a constant state of chronic inflammation that never goes away. In fact, millions of women over 50 have inflammation raging in their entire circulatory system.

This chronic inflammation puts the body in crisis mode and scrambles cell to cell communication. Over time our cells, organs, and systems can get out of balance with each other and this leads to health crisis.

This is why keeping inflammation down is vital to staying healthy as we age.

Adrenal Dysfunction

The adrenal glands sit on top of your kidneys and quietly make over 50 hormones that are necessary for your survival. The most popular ones you've heard of are adrenaline, cortisol and DHEA.

In earlier times we needed adrenaline and cortisol to give us extra energy when we needed to escape a predator. But in modern times we've learned to hack this natural fight or flight response by taking stimulants (like caffeine) on a daily basis. Many of us also live in a constant state of stress that also puts demands on the adrenal glands.

This is because constant stimulation of the adrenals eventually 'short circuits' our neurologic feedback system. Our body's safety response is to put the brakes on!

This is where most people get confused when they hear the term 'adrenal fatigue'. The adrenal glands don't give out, but your brain tells them to slow down because they've been overproducing.

Why is this a big deal?

Because the adrenal glands are part of a larger system called the HPA axis which consists of the Hypothalamus, the Pituitary gland and the Adrenal glands. Each of these glands communicates with each other and our sex glands (ovaries or testes) to make sure our hormones are balanced.



If one of these organs in the HPA axis (like the adrenal glands) gets imbalanced it can disrupt the delicate dance of hormones that keep you feeling healthy and happy.

This brings us to the third and final prong of the devil's pitchfork...

Hormone Imbalance

One of my favorite health phrases is “physiology drives behavior.”

Although we think we are modern humans making conscious choices in our lives, so many of our actions are being driven by our physiology, specifically, our hormones... often without our consent!

Tired or wired? It's all controlled by hormones.

Hungry or full? Hormones decide for you.

Depressed or aroused? Again, it's hormones!

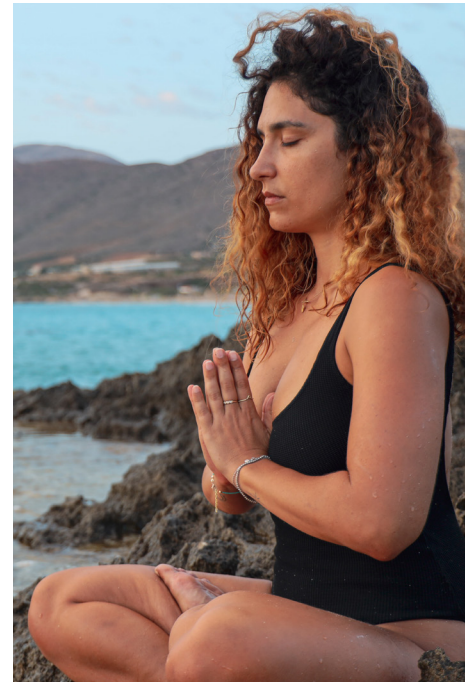
When we lived more natural lives, our hormones functioned within their reserves and were more balanced. We woke up with the sun and we were active, working outside all day alongside our families. We ate unprocessed, organic, local, nutrient dense foods.

Then when the sun went down and it got dark we went to sleep feeling happy and healthy. We adapted to this style of living for 10's of thousands of years.

In today's modern lifestyle it seems like everything is designed to create hormone imbalance.

We spend our days indoors doing sedentary work. The family is separated for most of the day and even in some cases, most of the year. Our food is processed and our environment is toxic. We stay up several hours past when we should go to bed. We fill our brains with stressful images from the TV, can't wind down, feel like we have to keep performing... and then wonder why we can't sleep.

These are the reasons why **nearly 70% of Americans are on at least one prescription drug**, and more than half take two. Women over 50 are on an average of 3 medications. When your hormones are imbalanced it's almost impossible to feel happy, content and sexy.



Over time humans have figured out how to live in almost complete comfort with all of our physical needs being met. But in order to “get there” we’ve made some big trade offs and now we are too sad and unhealthy to actually enjoy our high standard of living.

It’s quite an ironic situation.

If we want to enjoy the happiness we once enjoyed then we must go back to the habits we used to have. We must honor our design to ultimately connect with those things, people and elements in life that are most fulfilling.

Introducing The Ketogenic Diet

If we go way back a few thousand years; way before 24 hour supermarkets, restaurants and refrigerators, even before humans figured out farming, our paleolithic ancestors were hunting and gathering for survival.

They got up with the sun, walked an average of 10 miles doing their daily work, and went to bed when it got dark. Depending on the time of year that could mean 8 - 10 hours of sleep and even longer between dinner and breakfast. They couldn't just grab a muffin on the way out the door, or drive thru on the way to work, they had to go get their food, and there wasn't always a 100% chance of finding it. This meant there were sometimes long periods of time without eating.

But when they did eat they thrived on a low-carbohydrate diet which included plenty of animal protein and lots of fat.

Although mortality rates were very high back then (most women didn't live to 40), they didn't die from modern diseases like diabetes, osteoporosis or breast cancer. They died from injuries, starvation or exposure to the elements; the side-effects of living in a harsh, uncivilized environment.

In more modern times anthropologists have watched native tribes develop obesity and diabetes in just a few generations after being introduced to complex carbohydrates like wheat and rice.

So what is it about grains that makes them so unhealthy?

When you eat bread, pasta, potatoes, or rice they are quickly broken down by your digestive system into glucose which is sugar. Your pancreas releases insulin to drive that sugar into your muscle cells to be used as energy.

This is great if you plan on walking 10 miles that day to gather nuts and berries, but most of us spend our days living indoors in relative ease. So when all this extra energy is not needed by your muscles, insulin drives that extra blood sugar into your fat stores "just in case" you need it later.

But most of us never need it later and so those fat deposits build up day after day, week after week, month after month, and year after year. And as long as you are eating a high-carb diet (and you have lots of insulin in your system) your body is stuck in that fat storage mode.

If you want to get your body out of fat storage mode you need a scarcity of carbohydrates.

When you have a scarcity of carbohydrates your body goes looking for other energy sources. After about 3 days without carbs most of the insulin (the “fat storage hormone”) will be out of your system and your body will start burning fat and produce ketone bodies.

Ketone bodies are formed when fat breaks down in the liver. This is a good thing, especially if you have fatty liver, alzheimer’s, dementia, foggy brain and want fat loss! The research also supports that this metabolic state combined with intermittent mini-fasts contributes to a decreased risk of breast cancer.

You can jump start the process of getting your body into ketosis (fat burning mode) by eating plenty of healthy fats like olive oil, coconut oil, avocado, whole organic eggs, free range bacon, salmon, oysters, nuts, and meats.

Here’s what your meals on a typical day might look like. Yummy!



BREAKFAST



LUNCH



DINNER



DRINKS

10 Reasons to Go Keto!

Keto diets work. But there is a caveat here that is important to note. It depends on what effect it has on our body. However, even among patients initially doubtful, once they get into ketosis and see impressive, gratifying, oftentimes instant results, they become believers.

Experts have used keto diets since the 1920s for epilepsy, in the 1960s for obesity, and over the last decade for numerous conditions including diabetes, polycystic ovary syndrome (PCOS), acne, neurological diseases, cancer, respiratory disease, and cardiovascular disease.[1]

1 | Obesity

When patients complain they've "tried every diet in the book without results," I feel assured keto is the answer. A ketogenic diet has fat-loss benefits and can suppress your appetite, partly by stabilizing the hormones that control your appetite.[2]

2 | Diabetes

A keto diet optimizes blood sugar and insulin levels. One study among people with Type 2 diabetes found such dramatic glucose improvements that they could discontinue or reduce diabetes medications.[3] (Please never reduce or discontinue any medication without your doctor's approval.)

3 | Menopause

One of estrogen's jobs is to get glucose into your brain for fuel. That becomes a problem during menopause, when estrogen drops and so does its ability to get glucose to your brain. A keto diet eliminates that glucose problem beautifully by utilizing ketones as fuel, reducing miserable menopausal symptoms like hot flashes.

4 | Aging

A keto diet steadies insulin levels and improves your lipid profile, providing a powerful anti-aging arsenal. One study among 31 middle-aged patients found a keto diet with nutritional supplementation improved age-related serum factors.[4]

- 5 | **Polycystic ovary syndrome (PCOS)**
Insulin resistance affects about 65–70 percent of women with PCOS. Other symptoms of PCOS include obesity, Type 2 diabetes, and chronic inflammation.[5]
- 6 | **Acne**
Studies show a high-glycemic-load diet (read: high-carb diet) – contributes to acne by stimulating male hormone levels. Lowglycemic- load diets, a hallmark of keto, improve skin quality.[6]
- 7 | **Neurological issues**
Studies show ketones protect neurons and can improve outcomes of various neurodegenerative conditions including Alzheimer’s.[7]
- 8 | **Cancer**
Researchers argue keto diets are a “safe, inexpensive, easily implementable, and effective approach to selectively enhance metabolic stress in cancer cells versus normal cells.”[8]
- 9 | **Depression**
A higher-carb diet spikes and crashes your blood sugar, leading to lethargy and mood swings
One rat study found a keto diet offered antidepressant properties compared with the control.[9]
- 10 | **Energy**
Mitochondria, the little power plants in your cells, prefer ketones as fuel. New research shows ketones can significantly decrease mitochondrial production of harmful free radicals.[10]

4 Downfalls of the Standard Ketogenic Diet

As you can see, there are so many great reasons to get started on a ketogenic diet, but I wouldn't be doing my duty as a doctor if I didn't warn you about...

1 | Keto Flu

Many people who experience what's called the "keto flu" as their body gets used to burning ketones for fuel instead of glucose. The most common symptoms are headache and fatigue but some people also experience nausea, upset stomach, and brain fog.

The keto flu usually only lasts a few days but in rare cases it can last up to 2 weeks. If you can get past the keto flu you'll experience a few weeks of magic; more clarity and energy with less hunger.

You may drop a dress size or two, and watch your skin improve as mysterious aches and pains simply disappear. Many women even report refined spiritual sensitivity!

You may think, "This is wonderful! I'm going to stay in ketosis the rest of my life!" but then all of the sudden you feel terrible; like the Keto Flu, only worse thanks to...

2 | Increased Toxicity

In the past your body protected you from dangerous substances by burying them in your fat cells, but now that you're breaking down that fat you're releasing the toxic payload inside.

Heavy metals, pesticides, and chemical residues from personal care products and prescription drugs have been hiding inside you for years (or even decades!) and now you feel bad because the keto diet is releasing them into your system.

On the cellular level reactive oxygen species are on the attack. This can make us feel inflamed and foggy brained.

3 | Increased Acidity and Inflammation

Normally you could handle this detox better, but likely thanks to the keto diet your system is more acidic than usual because you are eating more acidic foods like meat and cheese and foregoing the alkalinizing carbs that you need.

In addition, all that fat metabolization is releasing a flood of free radicals into your cells.

As oxidation from free radicals goes up, so does inflammation, and as inflammation goes up detoxification goes down so you aren't able to detox as well as usual.

4 | Going "Keto Crazy"

My very scientific term for the mental state created by the resulting neuroendocrine imbalance is... Keto Crazy!

I could handle that imbalance better when I was younger, but as I got older I noticed staying in Ketosis got harder and harder.

Once I got older it became apparent that going "Keto Crazy" was no longer an option. It turned me into a moody witch and I felt terrible.

So I put my medical researcher hat on and I kept looking for the answer.

Eventually I found it in the most unlikely place...

The Weight Loss Secret That Time Forgot

In my research I discovered an obscure paper from 1924 that claimed test subjects had an easier time staying in ketosis if they stayed in an alkaline state.

(We'll talk more about what alkaline means in just a moment.)

This idea made scientific sense to me but I wondered why I hadn't heard of this idea. Perhaps this amazing weight loss breakthrough was simply forgotten.

If this worked, it could be the missing puzzle piece I'd been searching for. So I decided to test this new (old) idea on myself by keeping my body in an alkaline state while in ketosis.

Sure enough, I was able to stay in ketosis longer because I wasn't plagued by the usual unpleasant side effects! I turned some friends on to the idea and they had the same results I did. Then I started having my patients try it and it worked for them, too. They lost weight and dropped their annoying menopause symptoms... all without going Keto Crazy!

Let me explain why this works so well...

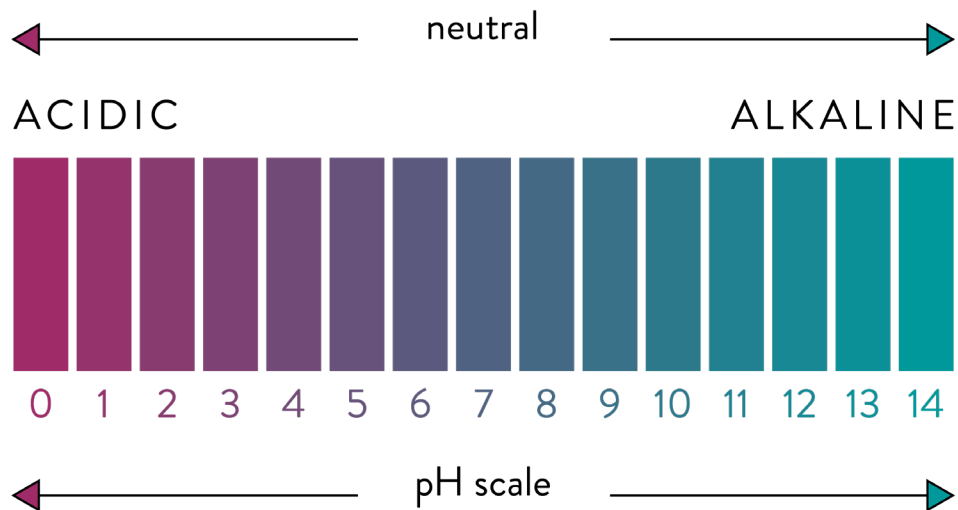


What's an Alkaline State?

Here's a brief refresher in case you don't remember high school chemistry class:

In chemistry, pH stands for "potential of hydrogen" and is a numeric scale used to measure the acidity or basicity of a liquid. The scale ranges from one to 14. Seven is neutral. Anything higher than seven becomes alkaline (base); anything lower than seven is acidic (acid).

Using that scale, human blood is quite stable at about 7.4 because your lungs and kidneys work vigilantly to keep blood pH extremely regulated.



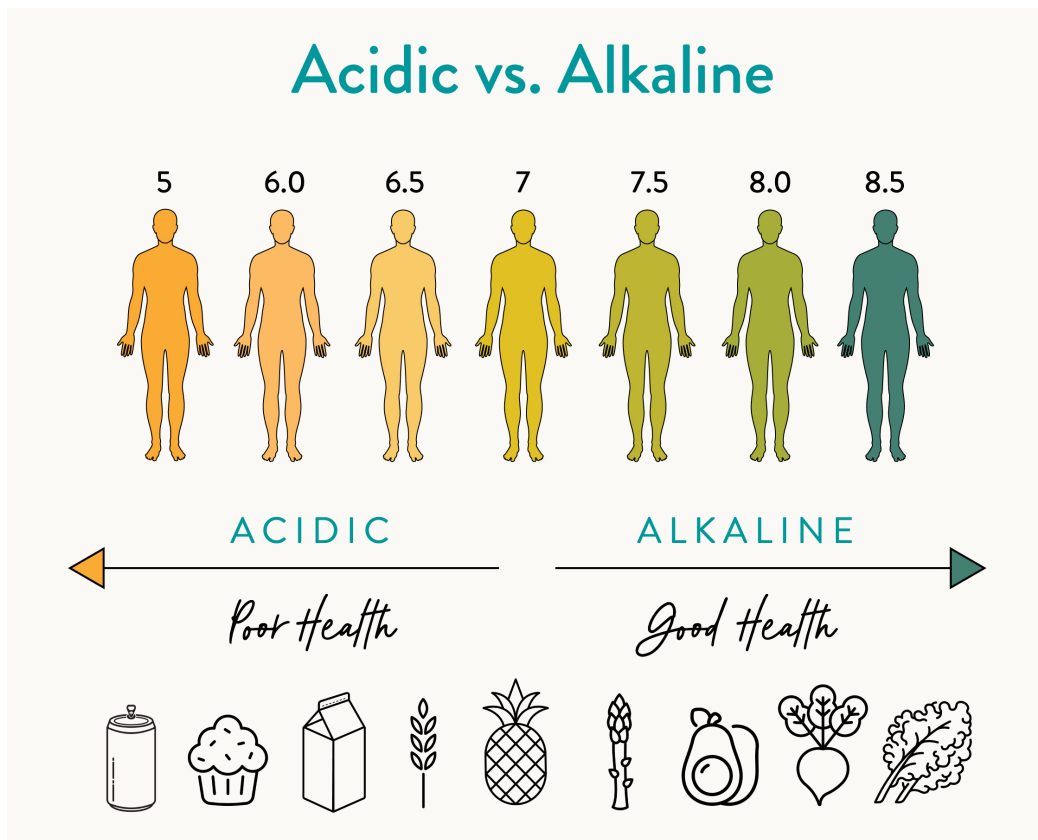
The rest of your body, however, carries different pH levels. Your stomach, which must be very acidic to break down food and kill ingested pathogens, maintains a pH less than 3.0. The vagina's pH is 3.8 – 4.4. Your skin has a pH below 5. From that understanding, every system's pH becomes very finely tuned to optimize its functions.

Why Staying Alkaline is Vital to Your Health

When experts talk about maintaining optimal pH, they're referring to urinary – not blood – pH. Checking your urine pH can provide clues to internal cellular health, mineral status, and lifestyle consequences.

Studies show eating an alkaline diet helps create a more alkaline urine pH.

Assigning pH values to particular foods can be confusing for several reasons. Some foods have a different pH outside the body. So, for instance, while a lemon has an acidic pH of 2.2 outside the body, it actually creates an alkalinizing effect when it's metabolized inside the body. [11]



A general rule of thumb is...

- Fruits and veggies are usually alkaline due to high mineral content.
- Meat, poultry, dairy, sugar, grains, and caffeine are acidic.

(As if you needed another reason to ditch it, soda has a pH of 2.5.)

If you consume too many acidic foods your body's overall pH load can become acidic [12] and may result in a condition called "chronic low-grade acidosis" [13] which can lead to...

- Osteoporosis
- Anxiety
- Sleep issues
- Headaches
- A weakened immune system
- Chronic pain
- Inflammation

Animal and cells studies have also shown that an acidic environment may actually support cancer proliferation. Conversely, research has also shown that an alkaline diet has been linked with lower rates of cardiovascular disease, cancer and other chronic diseases. [14]

Scientists recently compared how the typical acid-load from human diets has evolved over time, and there are significant differences. When they look at what our Homosapiens ancestors ate (primarily plant foods) they found a low acid diet was most likely consumed.

One review examined 159 hypothetical pre-grain diets. We aren't certain exactly what our ancestors ate, so researchers looked at a variety of diets.

They found 87 percent of those diets were primarily alkaline, not acidic. [15]

Eating an alkaline-rich diet can have profound health boosting effects, like:

- Reduced risk for osteoporosis and improved bone mineral density. [16]
- Increased lean muscle mass and reduced risk for sarcopenia. [17]
- Optimized magnesium levels – a crucial mineral up to 80 percent of Americans are low in. [18]
- Less joint pain, menstrual discomfort, and inflammation.
- Reduced risk for cardiovascular disease, cancer, and other chronic diseases. [14]
- A healthier immune system. [19]

My Magic Formula = Keto + Alkaline!

So what I've discovered is that the best way to lose weight and ensure optimal health is to combine an alkaline diet along with a ketogenic diet like this:

1. **Spend a week getting alkaline** by removing acidic substances from your diet and ingesting more alkaline substances as well as embracing an alkaline lifestyle by practicing de-stressing techniques such as meditation and getting out in nature.
2. **Next shift into ketosis** by depriving your body of carbohydrates so it learns to stop burning sugar and start burning fat for fuel and by intermittent fasting such as keeping 13-15 hours between eating dinner and breakfast.

It sounds so simple but it's a very powerful combination.

Getting alkaline before going keto stacks the fat-loss and health benefits in your favor.

I call it the Keto-Alkaline Diet™ and Lifestyle.

It really works and my patients love it.

After just 7 weeks of being Keto-Alkaline here's what they experienced...

Rave Reviews For My Keto-Alkaline Diet

Increase Libido

Fitting into a size-8 dress again feels great, I sleep better, I'm not snappy as often, but here's the real deal breaker: I feel comfortable enough in my own body that I'm initiating sex with my husband again!

– MICHELLE

More Energy

I have more energy than I have had in years. My skin looks better, my body has changed, I don't have nearly as many aches and pains, I have started taking big steps in other areas of my life. Thank you!

– RHONDA WEEKS

Weight Loss

I used to be too tired and uninspired to do anything after work... including being intimate with my husband. All that has changed for the better! As an extra win, I've lost 10 pounds, and inches from my body!

– VICKI OLIPHANT

Hot Flashes Decreased

I have had great success: I've lost weight and inches, my hot flashes have decreased and I have more energy. Most importantly I've reconnected with my husband! Thank you Dr. Anna!

– RHONDA WEEKS

Improved Relationship

I finally know how to eat delicious meals without gaining weight (I lost 10 pounds!) and I don't need to self-medicate with wine anymore. Best of all, my relationship has improved tenfold. Thank you!

– MARY LYNN RIBEIRO

Hot Flashes Decreased

I have had great success: I've lost weight and inches, my hot flashes have decreased and I have more energy. Most importantly I've reconnected with my husband! Thank you Dr. Anna!

– DIANE MATTHESON

Increased Mental Capacity

I used to be discouraged by frequent illness, memory issues, and stubborn weight, but I had no willpower to shift it no matter what I tried. Your program got my body back on track and it gave me my willpower back too. I have lost inches and weight and detoxed like crazy!

– HEATHER KROPF

Better Sleep

I really was struggling. I didn't have energy, I felt sad and honestly didn't really like myself, nor could I sleep well without sleep aids. With Dr. Anna's help my hot flashes, brain fog, energy and mood have all improved and I lost 10 lbs, 2 inches from my waist and 3 inches off my hips! I don't need sleep aids and I feel a heightened awareness.

– DEBORAH HAZARD

The 7 Principles of My Keto-Alkaline Diet

So now that I've convinced you that my Keto-Alkaline™ diet is the way to go, you're probably wondering what to do next.

Here are 7 principles you can follow to get started on the right foot...

- 1 | Focus on alkaline foods**
Great foods to maintain alkalinity include greens, bone broth, and apple cider vinegar. Cook your greens more to absorb them better and get alkaline quickly. Taking a teaspoon to a tablespoon of apple cider vinegar before your meals will help digestion and alkalinity. If you want to step things up, [try my Mighty Maca® Plus drink mix](#).
- 2 | Ditch the acidic ones**
Alcohol, coffee, and most dairy are acidic. That doesn't mean you'll never eat them again (I can't imagine life without wine, coffee and chocolate!) just be aware as your body shifts into alkaline mode, they will be "off limits" temporarily.
- 3 | Restrict carbohydrates**
Studies show with about three or four days without carbohydrate consumption, your body starts tapping its fat storage. You'll want to stay between 25 – 35 grams of carbs to get into ketosis. That requires bucking mainstream carb-heavy, supposedly nutrient-rich foods like fruit and grains.
- 4 | Test, don't guess**
Rather than guessing, you can check your urine for pH and the presence of ketones. Knowing how what you're eating and how you are living immediately affects your body chemistry is truly key to creating your optimal way of life! To make this super easy for you I've developed pH and ketone urine test strips and a corresponding phone app for keeping track of your numbers.

- 5 | Intermittent fasting**
This works wonders to help you get into ketosis. Ideally you'll go 13.5 to 15 hours between dinner and breakfast to help your body find energy reserves beyond stored glucose. (Your body can only store reserves for about 24 hours, so if you are eating much less, intermittent fasting will allow you to drop your storage levels way down, requiring your body to burn fat instead.)

- 6 | Take your temperature**
A keto-alkaline diet should increase your metabolism. That's why I want you take your temperature about 10 minutes before getting out of bed. Ideally, it will be about 97.6. Lower could indicate a thyroid issue.

- 7 | Upgrade your lifestyle**
My Keto-Alkaline™ Diet isn't just about food. Hydration becomes crucial. So does sleeping well. Stress, exercise, healthy bowel movements, and healthy relationships all contribute. Oxytocin, a hormone released when you hug, love someone, or have an orgasm, also creates alkalizing benefits and keeps our stress hormone cortisol in check.

Hacks to Get and Stay Keto-Alkaline

- 1 | Be aware of underlying issues**
Difficulty getting alkaline could signal numerous problems including toxicity, inflammation, high sugar, toxins, too little or much cortisol, or mineral insufficiencies. Find a functional practitioner to help you pinpoint underlying issues.
- 2 | Always buy quality**
When it comes to fat, buying free-range, grassfed, non-genetically modified foods is crucial. Whenever possible, choose organic since conventional foods often grow in mineraldepleted, toxin-loaded soil. [20]
- 3 | Don't eat too much protein**
You know too many carbs can knock you out of ketosis, but so can too much protein. Protein gets a health halo in the diet world, but on a ketogenic diet too much can prevent your body from getting and staying in ketosis. You needn't become militant, but aim for moderate protein (about 20 percent of your diet) and get 70 – 80 percent of your diet from healthy fats.
- 4 | Don't try to be perfect**
There's a high chance you are going to slip up and drink some wine and eat some dark chocolate. If that happens, don't worry, just get right back on track. Real life happens, and to staying 100% keto-alkaline completely is rare. Do your best but give yourself a little leeway.

Your Next Steps

In these pages I've outlined almost everything you need to know to stay slim, sane and sexy after 40. But there are 2 tools you'll need to successfully complete your journey. In fact, every woman who's used my plan successfully had these tools and would not be able to do it without them.

The first is my **Mighty Maca® Plus** superfood drink mix. It's my formulation of 30+ superfoods used by indigenous cultures in Asia, Europe, the Middle East, Africa, and South America. I traveled the world for an entire year researching these ingredients and spent another year perfecting the formulation. All 30+ ingredients are synergistically formulated to combat The Devil's Pitchfork...



- **Spirulina and chlorella** for accelerating your alkalinity.
- **Turmeric, Acerola cherries, and Mangosteen** to quench inflammation.
- **Milk thistle and Cat's Claw** to help your cells detoxify.
- **Cinnamon, Grape seed extract and Flax seeds** to balance blood sugar.
- **Maca, the super root from Peru** which has been balancing women's hormones for centuries.
- **Cruciferous vegetables** for estrogen metabolism benefits.
- Plus many more of nature's most powerful herbs, fruits, and roots for boosting energy, enhancing mood, and improving metabolism.



Peruvian
Maca Root



Turmeric



Chlorella



Pomegranate



Mangosteen

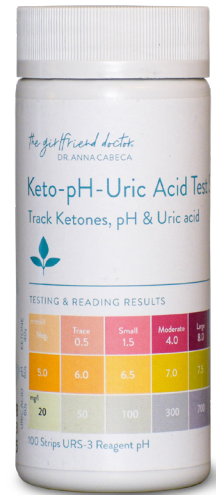


Green Tea

And if it couldn't get any better I made this super healthy formula super tasty too. You'll love drinking it twice a day to accelerate your results on my ketoalkaline diet.

Combined with my ph/keto urine test strips you'll have everything you need to start looking and feeling better as soon as possible.

If this sounds like the answer you've been looking for then check out the very special offer I've created just for people who've read this ebook...



REVEAL THE SPECIAL OFFER

When you do you'll see a hidden page (and an unpublished price) that only people who read this ebook ever see. I urge you to take advantage of this great opportunity to jumpstart your keto-alkaline transformation.

Don't put off your health and happiness another day.

I've spent decades compiling and preparing everything and now I've made it as easy as possible for you take advantage of all of my hard work.

This is the miracle you've been waiting for!

So get my best offer on Mighty Maca® Plus and I look forward to hearing YOUR success story very soon.

Dedicated to Your Health,

XX. Dr. Anna

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